

**EXERCISE AND SPORTS NUTRITION
MASTER OF SCIENCE DEGREE
GRADUATE STUDENT HANDBOOK**

2024-2025



**TEXAS WOMAN'S
UNIVERSITY**

**Department of Nutrition and Food Sciences
Texas Woman's University**

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See Exercise and Sports Nutrition Website:

<https://twu.edu/nutrition-food-sciences/graduate-programs/ms-in-exercise-and-sports-nutrition/>

See Graduate School Website:

<https://www.twu.edu/gradschool/>

Please see the website for all current forms:

<https://twu.edu/gradschool/forms/>

Each student in the Master's Program is responsible for reading and adhering to the policies within this handbook.

Content in this handbook may be updated annually and periodically as needed. Curriculum requirements may be found in the Graduate Catalog for which the student entered the program. Later versions of the catalog may be followed upon completion of the appropriate form.

Master of Science. Exercise and Sports Nutrition

Mission and Vision Statements

ESN mission statement: The Master of Science in Exercise and Sports Nutrition exists to train students to bring about lifestyle changes in exercise and nutrition habits for individuals and groups. It also provides students opportunities to acquire strong research skills and applied learning experiences in the classroom, health-related settings, and with high school, university, and professional athletic teams.

ESN vision statement: To become the foremost program in the country teaching students to apply exercise and sports nutrition knowledge in clinical, wellness, community, and athletic settings.

Introduction

Texas Woman's University (TWU) offers the Master of Science degree with a major in Exercise and Sports Nutrition through the Department of Nutrition and Food Sciences (NFS) in the College of Health Sciences. The degree program is the result of the increased nationwide emphasis on health and fitness, awareness of the role of nutrition in athletics, increased demand for classes in both nutrition and kinesiology and increased collaborative research efforts by the faculty in both of these disciplines.

The degree program is interdisciplinary, with major emphasis in nutrition and exercise science. **The primary goals, objectives, and expectations of this program are as follows:**

1. to develop well-prepared professionals who can effect changes in exercise and nutrition habits in both the general population and athletes
2. to provide an appropriate learning atmosphere that encourages independent thinking, creativity, and professionalism, at all stages of the program
3. to provide opportunities for a wide variety of applied learning experiences in health-and sports-related settings
4. to prepare students who are also Registered Dietitian Nutritionists (RDNs) or on the RDN track to take the Certified Specialist in Sports Dietetics (CSSD) board exams.
5. to encourage research in the areas of health issues relating to nutrition and exercise and nutrition and exercise for an athletic population
6. to enable students who desire to acquire strong skills in research methodology, including developing a hypothesis to the completion of a thesis (as applicable).

Students must complete a **minimum of 36 hours for thesis option, 39 hours for coursework option**. Hours include advanced work in research methods, statistics, kinesiology, and nutrition; 3 semesters of practicum in sports nutrition; and, 6 hours of thesis or 3 hours of a capstone course.

Practical experience and/or research are two major components of this interdisciplinary program. Many graduate students are involved in research studies on how diet and exercise affect muscle proteins and body composition, athletic performance, as well as nutrition education interventions. Practicum experience is gained through working with athletes in intercollegiate and professional teams, local school districts, as well as in hospitals, private practice RDNs, and corporate wellness centers.

Policies

Conditional Admission

Applicants who meet the TWU Graduate School admission criteria, and GPA admission standards but lack prerequisite courses are admitted as *conditional* until these courses are satisfactorily completed. When equivalent courses exist, prerequisite courses may be completed at the graduate level. These courses must be completed during the first year of graduate study. Students must notify their advisor when they have met the conditions of admission. Then, the student's advisor will send a letter to the Graduate School (Change of Status- Conditional to Unconditional) at <https://twu.edu/gradschool/forms/>

Graduate Credit by Transfer from Another Institution

There is no automatic transfer of graduate credits. The student's advisory committee may recommend, and the Dean of the Graduate School may approve specific courses for transfer credit as a part of the student's master's degree plan. The maximum possible number of credits that may be transferred is determined by the graduate school. See graduate catalog at <https://catalog.twu.edu/graduate/graduate-school/general-requirements-regulations-masters-degrees/credit-transfer/>

Dietetic Internship (DI) Credit from non-TWU DI Programs

- Intern students should register for 5813-Internship Experience in Nutritional Care during the semester/s they are completing the supervised practice experience with an ACEND accredited Dietetic Internship program. Students may not retroactively register for internship courses after the Dietetic Internship program is completed.
- Dietetic interns may earn a maximum of twelve (12) graduate credit hours for supervised practice training in their dietetic internship program.
- Dietetic Interns completing an ACEND Accredited DI Program qualify.
- Dietetic intern students must be degree-seeking in the NFS department.
- Graduate credit is earned upon successful completion of the Dietetic Internship program as indicated by the program Director.
- Program Directors must submit proof of successful completion via the 'Dietetic Internship Supervised Practice Successful Completion Attestation' form

Residence

Non-resident students may be eligible for in-state tuition. Refer to the Graduate School website (<https://catalog.twu.edu/graduate/graduate-school/admission-graduate-school/residency/>). Students who receive at least \$1000 in scholarship may be eligible for an in-state tuition waiver. See more on policies regarding scholarship in the [Graduate Catalog page on financial policies](#).

Scholarships and Financial Aid

For information about eligibility and how to apply for financial aid, see the [TWU Financial Aid Webpage](#). For information on scholarship at TWU, including how to apply, see the [TWU Scholarships Webpage](#).

Teaching and/or Research Assistantships

The Department of NFS provides a limited number of teaching and research assistantships for qualified graduate students. Applications for assistantships are done through Handshake. Contact the NFS office administrators for the application link. You can also reach out to individual faculty to let them know you are interested in working as a GAW/GRA. Refer to:

<https://twu.edu/gradschool/graduate-assistants/> for more information on requirements, orientation,

and insurance benefits.

Orientation for New Graduate Assistantship Insurance Benefits

(See: <https://twu.edu/gradschool/graduate-assistants/>)

A web-based Graduate Assistant Orientation is now available year round. Visit the following site and review the sections that are applicable to your assignment:

<https://catalog.twu.edu/graduate/financial-aid/graduate-assistantships/orientation/>

Options for Completing Degree Requirements in ESN

Two options are available to complete the MS Exercise and Sports Nutrition degree. Detailed degree requirements may be found in the [MS ESN Section of the Graduate Catalog](#). Dietetic Interns in ACEND-accredited programs may choose to complete the MS ESN (Dietetics Track). Specifics may be found in the [MS ESN \(Dietetics\) section of the Graduate Catalog](#).

1. Coursework Option:

- a. The coursework option requires courses to be completed face-to-face, 100% online, and/or hybrid (combination of 100% online and face-to-face)
- b. A minimum number of 3 credits of practicum training in sports nutrition (135 to 150 hours of supervised practice) (in person)
- c. A minimum number of 39 credits are required for degree completion
- d. A final capstone project – completed in final semester prior to graduation (or when all core courses have been completed and within 9 credit hours of graduation).
 - i. Students must apply to take the capstone by sending the application form on the last page of this Handbook to their major advisor.
 - ii. Students must send an unofficial transcript with the application.
 - iii. The advisor will then provide a course registration code.

2. Thesis Option:

- a. The thesis option requires students to complete coursework face-to-face, 100% online, and hybrid (combination of 100% online and face-to face) and a thesis project under a faculty advisor
- b. Most thesis projects require on-campus data collection
- c. A minimum number of 3 credits of practicum training in sports nutrition (135 to 150 hours of supervised practice)
- d. A minimum number of 36 credits are required for degree completion

Special Degree Requirements

1. **Practicum - NFS 5681 or NFS 5133**

The Exercise and Sports Nutrition student will participate in structured, supervised practical experiences, potentially including both on and off campus experiences.

Each student is required to complete a minimum of 45 clock hours of supervised practice during a semester or an average of 3 practicum hours a week for each credit hour. Before beginning these experiences, copies of immunization records and CPR certification must be uploaded to the Demographic Form. This form, along with instructions, can be found here:

<https://twu.edu/student-health-services/immunization-compliance/>

The student is required to complete NFS 5213 and 5223 (Human Nutrition and Metabolism: Macronutrients and Micronutrients) as well as Nutrition and Exercise (5583) prior to enrolling in practicum. The student will follow the syllabus provided for each course. The syllabus and related documents will detail requirements for successful completion of the practicum experience, including, but not limited to documentation of supervised practice hours, documentation of a preceptor's positive evaluation of the student, and documentation of completed competencies.

The ESN student will be evaluated throughout the period by the Practicum Coordinator and the site supervisor. It is the student's responsibility to schedule an evaluation meeting for the end of the practicum with both the practicum coordinator and the site supervisor. A site visit or a scheduled phone evaluation are acceptable. It will again be the responsibility of the student to inform the practicum coordinator at least a week in advance for an appropriate time for that visit. The grade in the course will be dependent on several factors detailed in the syllabus, including the final evaluation, documentation of completed hours, documentation of completed competencies, professional behaviors, and quality of work completed. (Please review each syllabus for further details.) Evaluation forms will be completed separately by the student and the site supervisor/preceptor. The student will then meet with both of these individuals to discuss strengths and areas for improvement.

2. **Research competency**

Research competencies will be demonstrated through the successful completion of the graduate research methods and statistics courses and/or the production of a thesis.

3. **Time limits**

No absolute time period exists, but credit hours older than six years cannot apply towards the master's degree. Under extraordinary circumstances, credit hours older than six years may be reinstated with the permission of the Dean of Graduate School upon recommendation of the student's advisory committee, and Dean of the College of Health Sciences.

Special Requirements for MS Exercise and Sports Nutrition Thesis Option

Academic Advisor

When a student is accepted into the Master of Science in Exercise and Sports Nutrition, the Admission Committee Chair will assign an academic advisor. The academic advisor will be responsible for the student's program until a permanent academic advisor is selected. During the first semester, the student will select an advisor of her/his choice and develop a plan of courses with the major advisor. Only graduate faculty members whose major faculty appointment (half time or more) is in the Department of NFS qualify to serve as academic advisors.

<https://twu.edu/gradschool/graduate-faculty/>

Time limits

No absolute time period exists, but credit hours older than six years cannot apply towards the master's degree. Under extraordinary circumstances, credit hours older than six years may be reinstated with the permission of the Dean of Graduate School upon recommendation of the student's advisory committee, and Dean of the College of Health Sciences.

Research Committee Policy

The student may enroll in Thesis I (NFS 5983) with permission of their research advisor. The student should recommend the members of the research committee and the research advisor approves the membership. The research committee consists of three, but not fewer than two, voting members of the graduate faculty from the student's degree program. If the student has a minor, an additional member of the committee should be a faculty member from the minor area. The research committee advises the student on the thesis process, reviews the thesis, hears the student's defense of the thesis, and decides if the thesis is successfully defended. The research advisor leads the committee. While the thesis prefix is NFS, the interdisciplinary nature of the research will be ensured by the constituency of the research committee and by the research topic itself.

Policies and Procedures for Prospectus and Thesis

Prospectus

Students completing a thesis must meet the requirements for NFS 5983 Thesis I (taken first) and NFS 5993 Thesis II (taken second). During 5983 enrollment, the student presents a prospectus to the research committee. The prospectus must be successfully defended and approved **prior to** collecting data for the thesis project.

All students completing a thesis or dissertation must complete a prospectus that is approved by the Research Committee and the Dean of the Graduate School prior to beginning research. The policy of the Nutrition Program stipulates that a **10 working day reading period** be granted to each member of a research committee who receives a prospectus or thesis. An outline of the procedure follows:

1. **Deadline:** Graduate School approval must be obtained no later than the semester prior to the semester in which a student intends to graduate. A student cannot enroll in 5993/6993 until their prospectus has been approved.
2. Consult with the research chair regarding feasibility of the project and verify that all prerequisites for candidacy have been met.
3. Prepare a draft of the prospectus. The prospectus is a maximum 10-page document that includes the relevance and purpose of the research project, specific aims, methodology, and statistical analysis. Submit the draft to the research chair for comments, suggestions for improvement, etc.
4. Submit the corrected draft to the research chair for approval.
5. After the research chair gives approval, the draft is submitted to all committee members by the student a minimum of **10 working days** prior to prospectus or thesis meetings.
6. Schedule a prospectus meeting of the committee at which the draft is clarified and defended by the student. The prospectus defense cannot be scheduled within the first or last two weeks of a semester.
7. If the committee requests changes in the prospectus, the research advisor and committee must approve the changes prior to the last day of the semester. Refer to the Graduate School prospectus deadline in #1 above.
8. An approval letter from the Institutional Review Board (IRB) if using human participants or Institutional Animal Care and Use Committee (IACUC) if using animals to conduct the research must be submitted to the Graduate School at the same time the committee and chair-approved prospectus is submitted.
9. Secure letters of agreement from any non-university agency which will supply participants (schools, hospitals, etc.). Letters of agreement must accompany the prospectus. Revise the tentative outline as suggested by the committee and reduce the length to a maximum of 10 pages, excluding references and appendices. Appendices include approval from IRB, IACUC, or letters of agreement. Secure committee members' signatures of approval (Prospectus Cover Sheet at <https://twu.edu/gradschool/forms/> and forward the prospectus to the Chair of NFS for approval and signature. The original signature sheet, letters of approval, and IRB or IACUC approval must be attached.
10. The student and chair of the student's research committee must file copies of the Responsible Conduct in Research Training with the prospectus to the Graduate School – see <https://www.twu.edu/institutional-review-board-irb/training-requirements/>
11. Only after the prospectus has been filed with the Graduate School can a student enroll in Thesis II (NFS 5993).
12. As soon as the student is notified of approval of the prospectus, data collection may begin.

Format of Thesis

Each thesis should reflect the highest standards of research and scholarship and should make a meaningful contribution to the field of Nutrition and/or Exercise. Consequently each thesis must manifest rigorous standards of content, style, and format. The format for the title page and abstract for a thesis are found at the graduate website:

<https://twu.edu/gradschool/current-students/thesis-and-dissertation/>

A calendar of deadlines is available in the Graduate Office and lists graduation requirements and dates. Final dates for submitting the thesis CANNOT be waived for any reason (See Graduation Deadlines at <https://twu.edu/gradschool/current-students/degree-completion/>). Each candidate, not the faculty advisor, is responsible for meeting Graduate School requirements and deadlines. The Graduate School staff is available to answer questions or to clarify policies or procedures.

The proposed section headings must follow the manuscript format used either by the American Psychological Association or the American Medical Association:

a. Chapter I – INTRODUCTION, will include the following:

- Title
- Introduction
- Problem Statement
- Hypothesis or Hypotheses
- Definitions
- Assumptions and Limitations
- Significance

b. Chapter II – REVIEW OF THE LITERATURE

This chapter should aim toward contrasting/comparing of similarities and differences in terms of the present study and completed literature.

c. Chapter III - MANUSCRIPT TITLE (may follow formatting guidelines for journal to which you plan to submit)*

- Disclosure stating if the paper is already published or will be published. Also reference Appendix if needed
 - Ex: The work described in this chapter in its entirety has been published in the following reference with minor modifications in numbering of figures: (citation)
 - Ex: Additional data that was not included in the submission is located in Appendix A.
- **Abstract**
- **Introduction**
- **Methods**
- **Results**
- **Discussion**

d. Chapter IV – will be titled CONCLUSIONS and include the following sections:

- Discussion – should be summary of what is in the manuscript(s)
- Conclusions – Overall conclusions from the research completed
- Implications and Recommendations

e. Chapter V – REFERENCES

Should be one comprehensive reference list for the whole document

f. APPENDICES –

Created and used as needed. Contains additional information regarding methods or results

*while submitting a manuscript is recommended with thesis, the TWU Graduate School will accept a thesis with Chapter III as Methods, Chapter IV as Results and Chapter V as Discussion/Conclusions.

Preparation of Thesis

- a. Submit the completed thesis to the research advisor for comments and suggestions per research advisor's schedule and instructions.
- b. Resubmit the corrected draft to research advisor until it is finally approved.
- c. After the research advisor has given approval, corrected thesis is submitted to other research committee members by the student.
- d. Student provides the corrected thesis to the research committee members **at least 10 working days** prior to the oral examination.
- e. Student schedules final oral examination with scheduling input from all committee members. The thesis defense cannot be scheduled within the first or last two weeks of a semester.

Thesis Defense Announcement

The major professor and the student are responsible for sending information about the oral thesis defense at least one week prior to the defense meeting for other interested faculty and students to attend. Defense information can be entered using this google form or by emailing Dr. LeMieux (mlemieux@twu.edu), If emailing, please make sure to include:

- Student's name and Credentials (if any)
- Advisor's name
- Graduate Program Name
- Thesis title
- Defense Date and location
- Photo of student.

Final Oral Examination Procedures

The student schedules a meeting for defense of the thesis after distributing the paper and at a time all members will be present. Two forms (Certification of Final Examination (Dissertation, Thesis, Professional Paper at <https://twu.edu/gradschool/current-students/thesis-and-dissertation/>) are to be presented by the student at the time of final oral examination. At the conclusion of a satisfactory oral examination, the final examination certification form is digitally signed by all research committee members and is filed in the NFS office for the chair's signature. The chair of NFS will then send the form to the Dean of the Graduate School.

Final Thesis Filing Procedures

The thesis must be prepared in accordance with regulations outlined on TWU Graduate School website (Please see <https://twu.edu/gradschool/current-students/thesis-anddissertation/>). Also, make an appointment with a Graduate Service Formatting Editor to ensure you have followed the proper formatting for filing a thesis. The research advisor may not forward the thesis unless a clearance has been obtained from the IRB or IACUC. To close an approved IRB study, all signed informed consents from human participants must be electronically submitted to the IRB and the Close Study Request Form is completed.

Guidelines for Publication Agreement

The ethical standards written in Publication Manual of the American Psychological Association: Seventh Ed. will be used as guidelines for authorship, reporting and publishing the master's thesis. <https://apastyle.apa.org/products/publication-manual-7th-edition>

Graduation Policies

Graduate students must be enrolled in Thesis II (NFS 5993) during the semester in which they

graduate unless all requirements of the Graduate School are met prior to the first day of registration of the ensuing semester.

If a student fails to meet the deadline for graduation established by the Graduate School in a given semester but completed all requirements by the close of that semester, the Dean of the Graduate School will write a letter to the student's employer. The letter is tantamount to the awarding of the degree.

Students in the MS in Exercise and Sports Nutrition Program who wish to qualify for **August graduation** should be aware of the following:

1. NFS 5983 - Thesis I must be completed and approved prior to the first day of spring semester.
2. Data and the Results, Discussion, and Conclusion must be completed and approved prior to spring semester last week of classes.
3. If a member of the research committee is to be replaced because the faculty member will not be available when the student plans to defend during the summer, the request for change must be initiated by the research chair prior to dead week of spring semester.
4. The final defense must be held during the research chair's scheduled summer session.

COURSE REQUIREMENTS FOR MS IN EXERCISE AND SPORTS NUTRITION

Please see the current Graduate Catalog for all course requirements:

[Master of Science in Exercise and Sports Nutrition < CourseLeaf](#)

All MS in ESN degrees require the following courses:

NFS 5213	Human Nutrition and Metabolism: Macronutrients	3 credits
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NFS 5223	Human Nutrition and Metabolism: Micronutrients	3 credits
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Research Methods or Statistics Course (Select 3 SCH from the following):		3 credits
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NFS 5233	Research Techniques in Nutrition Sciences	
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HDFS 5193	Statistics for Family Sciences	
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HS 5703	Applied Statistics in Health Promotion	
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KINS 5023	Methods of Research	
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KINS 5033	Applied Statistical Principles	
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MATH 5573	Statistical Methods I	
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NFS 5583	Nutrition and Exercise	3 credits
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Select 3 SCH from the following:		3 credits
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NFS 5163	Advanced Exercise Physiology	
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KINS 5553	Advanced Exercise Physiology	
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Select 3 SCH from the following with approval from faculty advisor		3 credits
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NFS 5133	Professional Internship for Exercise and Sports Nutrition	
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NFS 5681	Sports Nutrition Practicum (taken 3 times or taken 2 times in addition to NFS 5911 Independent Study)	
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In addition, to the courses required for all ESN students, students enrolled in coursework only for the MS in ESN will take:

NFS 5363	Human Nutrition and Disease	3 credits**
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NFS 5633	Capstone Seminar (with a 'C' grade or higher)	3 credits
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15 SCH in elective, NFS, Kinesiology, or Health Studies courses*		15 credits
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*For students in the MS in ESN (Dietetics Track), only 3 credit hours of electives are needed. Instead, 12 SCH hours of NFS 5813 are taken during the dietetic internship.

Minimum Total Program Hours for MS Exercise and Sports Nutrition Coursework: 39 hours

In addition, to the courses required for all MS ESN students, students enrolled in Thesis will also take the following courses for the MS ESN Thesis track:

NFS 5983 Thesis I	3 credits
NFS 5993 Thesis II	3 credits
12 SCH of electives in NFS, Kinesiology, or Health Studies**	12 credits

**For students in the MS in ESN (Dietetics Track) no electives are needed. Instead 12 SCH of NFS 5813 are taken during the dietetic internship. In addition, students on the MS ESN thesis (Dietetics Track) do NOT take NFS 5363 Nutrition and Disease.

Minimum Total Program Hours for MS Exercise and Sports Nutrition Thesis: 36 hours

Recommended Sequence of Classes:

Coursework-Only Option for MS ESN Dietetic Interns (Denton)

Course	Credit Hours
Summer 1	
NFS 5163 Advanced Exercise Physiology or KINS 5553	3
Research/Statistics course	3
	<u>6 total</u>
Fall 1	
NFS 5213 Nutrition and Human Metabolism: Macro	3
NFS 5583 Nutrition and Exercise	3
NFS 5363 Nutrition and Disease	3
NFS 5681 Sports Nutrition Practicum	1
	<u>10 total</u>
Spring 1	
NFS 5223 Nutrition and Human Metabolism: Micro	3
NFS 5493 MNT in Pediatrics (or NFS Elective)	3
NFS 5813 Internship in Nutrition Care	3
NFS 5681 Sports Nutrition Practicum	1
	<u>10 total</u>
Summer 2	
NFS 5813 Internship in Nutrition Care	6
	<u>6 total</u>
Fall 2	
NFS 5813 Internship in Nutrition Care	3
NFS 5681 Sports Nutrition Practicum	1
NFS 5633 Capstone Seminar	3
	<u>7 total</u>
Total Hours:	39

Thesis Option for MS ESN Dietetic Interns (Denton)

Course	Credit Hours
Summer 1	
NFS 5163 Advanced Exercise Physiology or KINS 5553	3
Research/Statistics course	3
	<u>6 total</u>
Fall 1	
NFS 5213 Nutrition and Human Metabolism: Macro	3
NFS 5583 Nutrition and Exercise	3
NFS 5983 Thesis I	3
	<u>9 total</u>
Spring 1	
NFS 5223 Nutrition and Human Metabolism: Micro	3
NFS 5493 **MNT in Pediatrics (if want peds rotation)	0-3
NFS 5813 Internship in Nutrition Care	3
	<u>9 total</u>
Summer 2	
NFS 5813 Internship in Nutrition Care	6
	<u>6 total</u>
Fall 2	
NFS 5813 Internship in Nutrition Care	3
NFS 5133 Sports Nutrition Practicum	3
	<u>6 total</u>
Spring 2	
NFS 5993 Thesis II	3
	<u>3 total</u>
Total Hours:	36

**This course is optional but recommended if you want a pediatrics rotation for DI.

Recommended Sequence of Classes:

Coursework-Only Option for MS ESN Dietetic Interns (Houston)

Course	Credit Hours
Summer 1	
NFS 5163 Advanced Exercise Physiology	3
	<u>3 total</u>
Fall 1	
NFS 5213 Nutrition and Human Metabolism: Macro	3
NFS 5583 Nutrition and Exercise	3
NFS 5813 Internship in Nutrition Care	3
	<u>9 total</u>
Spring 1	
NFS 5223 Nutrition and Human Metabolism: Micro	3
NFS 5233 Research in NFS or other Research/Statistics course	3
NFS 5813 Internship in Nutrition Care	3
	<u>9 total</u>
Summer 2	
NFS 5813 Internship in Nutrition Care	6
NFS Elective	3
	<u>9 total</u>
Fall 2	
NFS 5363 Nutrition & Disease	3
NFS 5133 Sports Nutrition Practicum	3
NFS 5633 Capstone Seminar	3
	<u>9 total</u>
Total Hours:	39

Thesis Option for MS ESN Dietetic Interns (Houston)

Course	Credit Hours
Summer 1	
NFS 5163 Advanced Exercise Physiology	3
	<u>3 total</u>
Fall 1	
NFS 5213 Nutrition and Human Metabolism: Macro	3
NFS 5583 Nutrition and Exercise	3
NFS 5813 Internship in Nutrition Care	3
	<u>9 total</u>
Spring 1	
NFS 5223 Nutrition and Human Metabolism: Micro	3
NFS 5233 Research in NFS	3
NFS 5813 Internship in Nutrition Care	3
	<u>9 total</u>
Summer 2	
NFS 5813 Internship in Nutrition Care	6
	<u>6 total</u>
Fall 2	
NFS 5983 Thesis I	3
NFS 5133 Sports Nutrition Practicum	3
	<u>6 total</u>
Spring 2	
NFS 5993 Thesis II	3
	<u>3 total</u>
Total Hours:	36

Coursework-Only Option for MS ESN (Non-Interns)

Course	Credit Hours
Summer 1	
NFS 5163 Advanced Exercise Physiology or KINS 5553	3
Research/Statistics course or elective	3
	<u>6 total</u>
Fall 1	
NFS 5213 Nutrition and Human Metabolism: Macro	3
NFS 5233 Research Techniques in Nutrition Science or other Research/Stats	3
NFS 5583 Nutrition and Exercise	3
	<u>9 total</u>
Spring 1	
NFS 5223 Nutrition and Human Metabolism: Micro	3
NFS 5363 Nutrition and Disease	3
NFS, KINS, or Other Elective	3
	<u>9 total</u>
Summer 2	
NFS, KINS, or Other Electives	6
	<u>6 total</u>
Fall 2	
NFS, KINS, or Other Electives	3
NFS 5133 Sports Nutrition Practicum	3
NFS 5633 Capstone Seminar	3
	<u>9 total</u>
Total Hours:	39

Thesis Option for MS ESN (Non-Interns)

Course	Credit Hours
Summer 1	
NFS 5163 Advanced Exercise Physiology or KINS 5553	3
NFS, KINS, or Other Elective	3
	<u>6 total</u>
Fall 1	
NFS 5213 Nutrition and Human Metabolism: Macro	3
NFS 5233 Research Techniques in Nutrition Science or other Research/Stats	3
NFS 5583 Nutrition and Exercise	3
	<u>9 total</u>
Spring 1	
NFS 5223 Nutrition and Human Metabolism: Micro	3
NFS, KINS, or Other Electives	6
NFS 5983 Thesis I	3
	<u>9 total</u>
Summer 2	
NFS 5133 Sports Nutrition Practicum	3
NFS, KINS, or Other Electives	6
	<u>9 total</u>
Fall 2	
NFS 5993 Thesis II	3
	<u>3 total</u>
Total Hours:	36