EXERCISE AND SPORTS NUTRITION
MASTER OF SCIENCE DEGREE
GRADUATE STUDENT HANDBOOK

2025-2026

TEXAS WOMAN'S
UNIVERSITY

Department of Nutrition and Food Sciences
Texas Woman's University

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See Exercise and Sports Nutrition website.

See Graduate School website:

Please see the Graduate School forms webpage for all current 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 Exercise and Sports Nutrition Catalog for which the student entered the program. (Choose the correct catalog and track. This link is for the 25-26 Catalog,

non-dietetics track.) 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 (ESN) 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-only 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 Change of Status Form: Conditional to Unconditional to the Graduate School.

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 the Graduate Catalog.

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

- Intern students should register for 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 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. 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 NFS Department provides a limited number of teaching and research assistantships for qualified graduate students. Applications for assistantships are initiated through Handshake. Contact the NFS office administrators for the application link. Students can also reach out to individual faculty to show interest in working as a GAW/GRA. Refer to the Graduate School Graduate Assistantship webpage for more information on requirements, orientation, and insurance benefits.

Orientation for New Graduate Assistantship Insurance Benefits

A web-based Graduate Assistant Orientation is now available year round. Visit the following site and review the sections that are applicable to the student's assignment: Graduate School Graduate Assistantship 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 in ESN Section of the Graduate Catalog. Dietetic Interns in ACEND-accredited programs may choose to complete the MS in ESN (Dietetics Track). Specifics may be found in the MS in 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 the 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 on the Student Health Services webpage.

   The student is required to complete NFS 5213 and 5223 (Human Nutrition and Metabolism: Macronutrients and Micronutrients) as well as Nutrition and Exercise (NFS 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 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 choose an advisor and develop a plan of courses with the major advisor. Only graduate faculty members whose major faculty appointment (half time or more) in the NFS Department qualify to serve as academic advisors.

Research Committee Policy

The student may enroll in NFS 5983 Thesis I 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 two or three 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, evaluates 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 NFS 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 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 NFS 5993/6993 until the prospectus has been approved.
2. Consult with the research chair regarding feasibility of the project.
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.
10. Secure committee members' signatures of approval on the Prospectus Cover Sheet 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.
11. 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.
12. Only after the prospectus has been filed with the Graduate School can a student enroll in NFS 5993 Thesis II.
13. 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 on the Graduate School website.

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. 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 similarities and differences in terms of the present study and completed literature.

c. Chapter III* – MANUSCRIPT TITLE
- Title may follow formatting guidelines for journal to which the student plans 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 – CONCLUSIONS will 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 the 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 the research advisor until it is finally approved.
c. After the research advisor has given approval, the corrected thesis is submitted to other research committee members by the student.
d. The student provides the corrected thesis to the research committee members **at least 10 working days** prior to the oral examination.
e. The student schedules the 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. Monique 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. Present Certification of Final Examination (Dissertation, Thesis, Professional Paper) at or after the time of final oral examination. At the conclusion of a satisfactory oral examination, all research committee members sign the form and the research chair sends it to the Chair for signature. The NFS Chair 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. Also, make an appointment with a Graduate Service Formatting Editor to ensure the thesis has 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 the Publication Manual of the American Psychological Association: Seventh Ed. will be used as guidelines for authorship, reporting and publishing the master's thesis.

Graduation Policies

Graduate students must be enrolled in NFS 5993 Thesis II during the semester in which they graduate.

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.

Artificial Intelligence (AI) Policies

- Your private student data (e.g., grades, assignments, personal identifiers) will not be entered by faculty into any third-party AI tool unless you give explicit written consent, as required under FERPA.
- Any tool that faculty use with student data will operate under a data-minimization principle – only the smallest amount of information possible will be used.
- Any vendor employed by the university must have FERPA-compliant data-protection policies and safeguards, and this must be transparent to you (e.g., privacy policy, encryption, data disposal).
- For thesis, AI may be used for statistical coding and language editing only, after the first draft has been created, with approval of the student's committee chair. The committee chair has the authority to prohibit any use of AI. Only TWU's licensed applications may be used, and students must use their TWU email to access approved AI tools only. Use of AI must be disclosed with details about the tool used and how it was used. The student is responsible for the accuracy and ethics of any AI outputs that are used in the work. This policy may change as university policies change. Refer to this policy: URP 01.205 Responsible and Ethical Use of Artificial Intelligence."

COURSE REQUIREMENTS FOR MS IN EXERCISE AND SPORTS NUTRITION

Please see the correct Graduate Catalog for all course requirements. (This link is for the 25-26 catalog.)

All MS in ESN degrees require the following courses:

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

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**
NFS 5633	Capstone Seminar (with a 'C' grade or higher)	3 credits
15 SCH in elective, NFS, Kinesiology, or Health Studies courses*		15 credits

*For students in the MS in ESN (Dietetics), 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 in ESN students, students enrolled in Thesis will also take the following courses for the MS in 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), no electives are needed. Instead 12 SCH of NFS 5813 are taken during the dietetic internship. In addition, students on the MS in ESN thesis (Dietetics) 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 in ESN Dietetic Interns (Denton)

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

Thesis Option for MS in ESN Dietetic Interns (Denton)

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

**This course is optional but recommended if a student wants a pediatrics rotation for DI.

Recommended Sequence of Classes:

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

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

Thesis Option for MS in ESN Dietetic Interns (Houston)

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

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

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

Thesis Option for MS in ESN (Non-Interns)

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