

**Texas Woman's University**  
**Department of Nutrition and Food Sciences**  
**Department of Kinesiology**  
**M.S. in Exercise and Sports Nutrition**

**International Olympic Committee (IOC) Diploma in Sports Nutrition Option**

**Group I - Required Core Courses:** (9 hours)

NFS 5363     Human Nutrition and Disease  
KINS 5023     Methods of Research  
KINS 5033     Applied Statistics

**Group II - Additional Required Courses:** (9 hours)

KINS 5553     Advanced Exercise Physiology  
KINS 5613     Cardiovascular Response to Exercise  
NFS 5681     Practicum in Exercise and Sports Nutrition\*

\*Students must take NFS 5681 three times in different semesters

**Group III – Electives:** (12 hours)

Students should select at least one course from the Department of Kinesiology and at least two courses from the Department of Nutrition and Food Sciences. Graduate elective courses will be chosen that complement the student's goals and meet the approval of the student's graduate advisory committee.

**Total Program Hours:** Minimum 30 hours plus IOC Diploma

**Written comprehensive examination:**

A written comprehensive examination based on formal coursework is required and can be taken after satisfactory completion of 21 graduate credit hours including the required core courses. Students must satisfactorily pass the written examination with a score of 70% or better, and it can be taken more than once. The examination will be offered only one time each semester.

**Minor:**

A minor of 9 graduate credit hours in an area of emphasis can be achieved within the total number of program hours or by taking additional coursework. If a minor is declared, a faculty member in that minor area of study must serve on the academic committee.