

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

**Professional Paper Option**

**Group I - Required Core Courses:** (13 hours)

NFS 5314 Human Nutrition and Metabolism\*  
NFS 5363 Human Nutrition and Disease  
KINS 5023 Methods of Research  
KINS 5033 Applied Statistics

\*Students must earn a "B" or better in this core course

**Group II - Additional Required Courses:** (15 hours)

KINS 5553 Advanced Exercise Physiology  
KINS 5613 Cardiovascular Response to Exercise  
KINS 5683 Exercise Evaluation & Prescription  
NFS 5583 Nutrition and Exercise  
NFS 5681 Practicum in Exercise and Sports Nutrition\*

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

**Group III – Electives:** (6 hours)

Students should select at least one course that is not representative of the student's undergraduate major. Graduate elective courses will be chosen that complement the student's goals and meet the approval of the student's graduate advisory committee.

**Group IV – Professional Paper:** (3 hours)

KINS/NFS 5973

**Total Program Hours: Minimum 37 hours**

**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.