

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

**Thesis 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 – Thesis:** (6 hours)

KINS/NFS 5983 Thesis I  
KINS/NFS 5993 Thesis II

**Total Program Hours: Minimum 34 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.