

# NUTRITION - SPORTS NUTRITION (M.S.)

Degree: Master of Science

Major: Nutrition

Concentration: Sports Nutrition

Total Hours: 30

## Program Coordinator

Dr. Jennifer Simmons

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129 Nutrition, Hospitality and Human Services Bldg.

## Program Educational Objectives

- Interpret and evaluate current nutrition literature.
- Increase cultural competence to integrate healthy food choices into diverse food patterns for sports nutrition.
- Evaluate and present appropriate nutrition guidelines to athletes and individuals participating in physical fitness and exercise.
- Develop marketable and lifelong learning skills.

## Program Student Outcomes

Upon program completion, graduates will be able to:

- Develop a research proposal using evidence-based practice, thus communicating effectively in writing.
- Provide a professional presentation using appropriate evidence-based nutrition guidelines, thus communicating effectively orally.
- Develop a professional portfolio, thus showing evidence of planning for lifelong learning.

## Curriculum

The Master of Science in Nutrition-Sports Nutrition is a 30-hour program. The program core includes 3 hours in Nutrition Research, 3 hours in Statistics and 3 hours in Nutrition Capstone. Students then will take the 18 hours of courses in the area of sports nutrition and are able to select a 3 hour elective. The curriculum prepares students for careers in nutrition and/or nutrition-related fields by developing marketable skills including leadership, flexibility, maturity, dedication, dependability, and enthusiasm. This unique program joins two fields: nutrition and exercise science to build upon foundation knowledge in each of the respective background areas. The M.S. in Nutrition culminates with the Nutrition Capstone course where students have the opportunity to integrate knowledge and skills gained throughout the program. This concluding experience is designed to expand students' capacity to master new content, think critically, and develop life-long learning skills across the disciplines of sports nutrition. This master's degree does not provide the requirements for the Didactic Program in Dietetics, provide eligibility to apply to a dietetic internship, or the eligibility to sit for the National Registration examination to become a Registered Dietitian Nutritionist or Board-Certified Specialist in Sports Dietetics.

## Admission Requirements

Applicants must have a bachelor's degree in nutrition or exercise science from an accredited university or college and have an undergraduate cumulative of GPA of 2.5.

Code	Title	Hours
KINT 5337	Sports Supplements and Ergogenic Aids	3
KINT 5340	Scientific Basis of Exercise	3
KINT 5344	Strength & Conditioning	3
KINT 5365	Stats Application Kinesiology	3
NUTR 5359	Sports Nutrition	3
NUTR 5351	Weight Management	3
NUTR 5303	Nutrition Research	3
NUTR 5352	Eating Disorders	3
NUTR 5389	Nutrition Capstone	3
Select one from:		3
NUTR 5309	The Energy Nutrients	
NUTR 5325	Nutrition Education and Counseling	
NUTR 5338	Integrative Nutrition	
NUTR 5350	Food, Culture and Health	
<b>Total Hours</b>		<b>30</b>

First Year		
Fall		Hours
NUTR 5351	Weight Management	3
NUTR 5359	Sports Nutrition	3
KINT 5340	Scientific Basis of Exercise	3
Select one from:		3
NUTR 5309	The Energy Nutrients	
NUTR 5325	Nutrition Education and Counseling	
NUTR 5338	Integrative Nutrition	
NUTR 5350	Food, Culture and Health	
<b>Hours</b>		<b>12</b>
Spring		
NUTR 5303	Nutrition Research	3
NUTR 5352	Eating Disorders	3
KINT 5344	Strength & Conditioning	3
KINT 5337	Sports Supplements and Ergogenic Aids	3
<b>Hours</b>		<b>12</b>
Second Year		
Summer		
NUTR 5389	Nutrition Capstone	3
KINT 5365	Stats Application Kinesiology	3
<b>Hours</b>		<b>6</b>
<b>Total Hours</b>		<b>30</b>