

NUTRITION - APPLIED (M.S.)

Degree: Master of Science

Major: Applied Nutrition

Total Hours: 30

Program Coordinator

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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.
- Evaluate and present appropriate nutrition guidelines to individuals with unique nutrition needs.
- 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 Case Study 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 M.S. in Nutrition is a 30-hour program. The program core includes 3 hours in Nutrition Research; 3 hours in Food, Culture and Health; 3 hours in Nutrition Education and Counseling; 3 hours in Statistics and 3 hours in Nutrition Capstone. Students have the opportunity to select 15 hours of electives in the areas of Community and Lifecycle Nutrition as well as areas of interest in Contemporary Nutrition. 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; it also positions graduates to become agents of nutrition promotion and intervention. The curriculum provides graduates with advanced knowledge and skills to succeed as administrators in community nutrition programs offering lifecycle services in pregnancy, infancy, and aging. Throughout the curriculum, the emphasis is placed on interventions that promote nutritional health and prevent chronic diseases that are nutrition-related; and, the recognition of underserved populations and those at high risk of diet-related diseases, nutrient deficiencies, hunger and malnutrition. In addition to the Nutrition Research course, every course requires students to read research from the current literature and apply the findings. The curriculum provides opportunities for students to critique study designs, strengths, and limitations. 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 nutrition and community health.

Please Note: 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

Admission Requirements

Bachelor's degree with cumulative GPA of 2.5 or Master's degree with cumulative graduate GPA of 3.0.

Code	Title	Hours
Leveling		
NUTR 1322	Introductory Nutrition	
NUTR 3328	Community Nutrition	
NUTR 4307	Lifecycle Nutrition	
Required Courses:		
KINT 5365	Stats Application Kinesiology	3
NUTR 5303	Nutrition Research	3
NUTR 5325	Nutrition Education and Counseling	3
NUTR 5350	Food, Culture and Health	3
NUTR 5389	Nutrition Capstone	3
<i>Select Three From:</i>		9
NUTR 5309	The Energy Nutrients	
NUTR 5317	Food Principles	
NUTR 5338	Integrative Nutrition	
NUTR 5351	Weight Management	
NUTR 5359	Sports Nutrition	
<i>Select Two From:</i>		6
NUTR 5319	Menu & Production Management	
NUTR 5332	Vitamins and Minerals	
NUTR 5352	Eating Disorders	
NUTR 5348	Nutrition in Pregnancy and Infancy	
NUTR 5349	Nutrition in Aging	
Total Hours		30

¹ These courses are only used for Didactic Program in Dietetics Certificate.

First Year		
Fall		Hours
NUTR 5350	Food, Culture and Health	3
Complete 3 from the following:		9
NUTR 5309	The Energy Nutrients	
NUTR 5317	Food Principles	
NUTR 5338	Integrative Nutrition	
NUTR 5351	Weight Management	
NUTR 5359	Sports Nutrition	
Hours		12
Spring		
NUTR 5303	Nutrition Research	3
NUTR 5325	Nutrition Education and Counseling	3
Complete 2 from the following:		6
NUTR 5319	Menu & Production Management	
NUTR 5332	Vitamins and Minerals	
NUTR 5348	Nutrition in Pregnancy and Infancy	

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NUTR 5349	Nutrition in Aging	
NUTR 5352	Eating Disorders	
Hours		12
Second Year		
Summer		
NUTR 5389	Nutrition Capstone	3
KINT 5365	Stats Application Kinesiology	3
Hours		6
Total Hours		30