

# Applied Nutrition, MS

Increased attention on disease prevention through better dietary habits has heightened the demand for skilled nutrition professionals.

To meet the demands and need in the industry, this Master of Science in Applied Nutrition degree is designed to build upon your clinical knowledge and to allow you to concentrate in one of five specialty areas. This advanced program is open to individuals who hold undergraduate degrees in health science, dietetics, or a related area.

Led by real-world practitioners, including dietitians, an exercise scientist, and a clinical psychologist, this innovative nutrition degree seeks to provide you with a solid grounding in nutrition, metabolism, disease prevention, health promotion, and clinical behavior. Complementing the core nutrition courses is the college's renowned nutrition practicum that allows you to work directly with registered dietitians, fitness specialists, as well as other health professionals.

Further differentiating this master's degree in nutrition is the option to choose from five degree concentrations: business and entrepreneurship in nutrition; integrative health and wellness; nutrition education; nutrition and fitness; and obesity and nutritional health. This degree program seeks to give you the knowledge and skills you need to succeed in the field of nutrition.

## Program Requirements

Complete all courses and requirements listed below unless otherwise indicated.

### Required Courses

Code	Title	Hours
NTR 6100	Advanced Nutrition and Metabolism	4
NTR 6110	Medical Nutrition Therapy	4
NTR 6112	Research Methods in Nutrition	4
NTR 6115	Health Promotion/Disease Prevention	4
NTR 6118	Clinical Health Behavior Change	4
NTR 6165	Food and Society	4
NTR 6866	Applied Research in Nutrition (Recommended as the last course taken)	1-4

The remaining required quarter hours for the program may be completed by a combination of completing a concentration and additional electives or selecting any courses listed in the concentrations and electives list.

### Electives

Code	Title	Hours
EDU 6184	Interdisciplinary Foundations	
NTR 6101	Nutrition Program Planning	
NTR 6105	Foundations of Integrative Health	
NTR 6119	Pediatric Nutrition	
NTR 6120	Healthy Aging: Nutrition Strategies for Optimal Longevity	
NTR 6125	The Process of Health and Healing: Exploring Systems in the Body—Part 1	
NTR 6130	Healthcare and Nutrition Communication	
NTR 6135	The Process of Health and Healing: Exploring Systems in the Body—Part 2	
NTR 6148	Exercise Physiology	
NTR 6150	Sports Psychology	
NTR 6155	Nutrition Entrepreneurship	
NTR 6160	Survey of Integrative Practices and Interventions	
NTR 6200	Nutrition Education	
NTR 6201	Commercialization of Nutrition and Nutritional Information	
NTR 6202	The Financing of Nutrition and Wellness	
NTR 7130	Overweight and Obesity 1	
NTR 7132	Overweight and Obesity 2	
NTR 7135	Eating Disorders in Children and Adults	
NTR 7140	Wellness and Nutrition	
NTR 7147	Sports and Fitness Nutrition	

NTR 7880	Wellness in Practice
PJM 5900	Foundations of Project Management

## Program Credit/GPA Requirements

45 total quarter hours required

Minimum 3.000 GPA required

### Concentrations

#### BUSINESS AND ENTREPRENEURSHIP IN NUTRITION

Code	Title	Hours
NTR 6155	Nutrition Entrepreneurship	3
NTR 6130	Healthcare and Nutrition Communication	4
PJM 5900	Foundations of Project Management	4
NTR 6202	The Financing of Nutrition and Wellness	3
NTR 7880	Wellness in Practice	1-4

#### INTEGRATIVE HEALTH AND WELLNESS

Code	Title	Hours
<b>Required Courses</b>		
NTR 6105	Foundations of Integrative Health	4
NTR 6125	The Process of Health and Healing: Exploring Systems in the Body—Part 1	4
NTR 6135	The Process of Health and Healing: Exploring Systems in the Body—Part 2	4
NTR 6160	Survey of Integrative Practices and Interventions	4
<b>Experiential Capstone</b>		
NTR 7880	Wellness in Practice	2-4

#### NUTRITION EDUCATION

Code	Title	Hours
<b>Required Courses</b>		
NTR 6200	Nutrition Education	4
NTR 6130	Healthcare and Nutrition Communication	4
NTR 6201	Commercialization of Nutrition and Nutritional Information	3
NTR 7880	Wellness in Practice	1-4
<b>Nutrition Education Elective</b>		
Complete one of the following:		4
NTR 6119	Pediatric Nutrition	
NTR 6120	Healthy Aging: Nutrition Strategies for Optimal Longevity	
NTR 6101	Nutrition Program Planning	

#### NUTRITION AND FITNESS

Code	Title	Hours
<b>Required Courses</b>		
NTR 7147	Sports and Fitness Nutrition	3
NTR 6148	Exercise Physiology	3
NTR 6150	Sports Psychology	3
NTR 7880	Wellness in Practice	1-4
<b>Nutrition and Fitness Elective</b>		
Complete one of the following:		4
NTR 6120	Healthy Aging: Nutrition Strategies for Optimal Longevity	
NTR 6101	Nutrition Program Planning	

#### OBESITY AND NUTRITIONAL HEALTH

Code	Title	Hours
<b>Required Courses</b>		
NTR 7130	Overweight and Obesity 1	4
NTR 7132	Overweight and Obesity 2	4
NTR 6201	Commercialization of Nutrition and Nutritional Information	3

NTR 7880 Wellness in Practice 1-4

**Obesity and Nutritional Health Elective**

Complete one of the following: 4

NTR 7140 Wellness and Nutrition

NTR 7135 Eating Disorders in Children and Adults