

Nutrition and Dietetics

<http://nursing.und.edu/programs/nutrition-education-counseling/index.cfm>

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Degree Granted: Master of Science (M.S.)

Mission Statement and Program Goals

The mission of the Master of Science in Nutrition Program in the Department of Nutrition and Dietetics (N&D) is to educate individuals who are likely to care for underserved populations for advanced professional roles in nutrition.

Through the specialization in nutrition and education and counseling online courses and practicum you will learn to:

- Assess nutrition education needs of diverse and at risk groups
- Develop and implement behavior theory approaches while considering unique cultural needs
- Evaluate the effectiveness of nutrition interventions for individuals and groups
- Apply educational theory, research and experiential knowledge in nutrition education and counseling activities.
- Demonstrate advanced professional practice skills in nutrition education and counseling

The overall goal of the graduate program is to enhance the nutrition profession through the development of advanced-level professionals who are able to:

- Integrate research, teaching, practice and service to identify nutrition problems and develop solutions, especially for rural, underserved areas.
- Communicate clearly, accurately and in a culturally appropriate manner.
- Demonstrate critical-thinking and intellectual awareness of problem-solving and assessment.
- Exhibit professionalism, ethical conduct, cultural competency and leadership skills.

Master of Science in Nutrition

Admission Requirements

1. Completion of a bachelor's or higher degree in nutrition, dietetics or closely related field from a regionally accredited college/university. Students must have a grade of "C" or better in undergraduate courses in advanced nutrition, physiology and biochemistry. Recency of courses will be evaluated.
2. A cumulative Grade Point Average (GPA) of at least 3.0 for all undergraduate work and a GPA of at least 3.0 for the junior and senior years of undergraduate work (based on A=4.0).
3. A graduate or undergraduate course in statistics within the last five years.
4. Satisfy the School of Graduate Studies' English Language Proficiency requirements as published in the graduate catalog.
5. Students who have received a bachelor's degree or higher from the United States or English-speaking Canada are not required to submit the TOEFL.
6. Meet minimum requirements for admission set by the UND School of Graduate Studies.

Degree Requirements

Students seeking the Master of Science in Nutrition degree at the University of North Dakota must satisfy all general requirements set forth by the School of Graduate Studies as well as particular requirements set forth by the Department of Nutrition and Dietetics:

1. A minimum of 32 credits in the major, including 16 credits of core requirements
2. A maximum of one-fourth of the credit hours (eight semester credit hours) required for the degree may be transferred from another institution.
3. Successful completion of a comprehensive examination.

4. Required courses.

Curriculum

Core requirements for two specializations:

Graduate level statistics course		3
N&D 541	Biochemical and Physiological Basis of Nutrition: Macronutrients	3
N&D 542	Biochemical and Physiological Basis of Nutrition: Micronutrients	3
N&D 550	Nutrition Education and Program Planning	3
N&D 591	Seminar in Nutrition (repeatable, 1 credits needed) *	1
N&D 594	Research Methods in Nutrition	3

Nutrition Education and Counseling Specialization course requirements:

N&D 560	Nutrition Counseling	3
NURS 582		2
N&D 596	Nutrition Education and Counseling Practicum	2
N&D 997 or N&D 998	Independent Study Thesis	2-4
Electives		7

Nutrition Science Specialization course requirements (specialization not currently available):

NURS 510	Adv Physiology/Pathophysiology I	3
NURS 511	Adv Physiology/Pathophys II	3
N&D 554	Nutrigenomics	2
N&D 997 or N&D 998	Independent Study Thesis	2-4
Electives		4-6

* hybrid courses

Electives - all specializations

Electives can come from any department that has relevant coursework. Courses must be approved by the student's academic advisor and be included on the student's Program of Study before the course is taken. Graduate level courses taken prior to acceptance as a graduate student at UND may be included in the student's Program of Study with approval of the student's advisory committee.

Courses

N&D 541. Biochemical and Physiological Basis of Nutrition: Macronutrients. 3 Credits.

Integration of the molecular, cellular, and physiologic aspects of macronutrient and energy metabolism in humans. Dietary energy, carbohydrates, fiber, lipids, proteins, nutritional interactions and metabolic consequences with emphasis on recent advances in macronutrient nutrition are explored. Prerequisites: Undergraduate or graduate biochemistry and physiology. F.

N&D 542. Biochemical and Physiological Basis of Nutrition: Micronutrients. 3 Credits.

Integration of the molecular, cellular, and physiologic aspects of vitamin and mineral metabolism in humans. Functions, biological availability, hormonal regulation, requirements, metabolic consequences of deficiencies or excesses, and interrelations with other nutrients with emphasis on current topics related to vitamins, minerals and phytochemicals. Prerequisites: Undergraduate or graduate biochemistry and physiology. S.

N&D 543. Advanced Topics in Lifecycle Nutrition. 2 Credits.

The course focuses on current and evolving research relating to the physiological changes and nutritional needs throughout the lifecycle with particular emphasis on health promotion and disease prevention.

N&D 544. Obesity and Eating Disorders. 2 Credits.

The course examines the socio-psychological, physiological and nutritional factors relating to disordered eating and body image. Obesity, anorexia nervosa, bulimia nervosa and disordered eating will be discussed, potential interventions with particular emphasis of the role of the nutritionist is investigated. Prerequisite: Admission to the program.

N&D 545. Nutrition in Disease Prevention and Wellness. 2 Credits.

An exploration of prevention and wellness models specifically designed to decrease the mortality and morbidity of chronic disease in the United States population. The course specifically focuses on the involvement of nutrition in this process. The unique needs and problems facing diverse and vulnerable populations are also addressed. Prerequisite: Admission to the program.

N&D 550. Nutrition Education and Program Planning. 3 Credits.

Theoretical, research and applied aspects of adult nutrition education. Curriculum design models, instructional tools, program planning and evaluation of education interventions will be discussed in the context of chronic disease prevention. Effective teaching strategies and procedural models for designing effective nutrition education programs targeting the general public will be presented. Prerequisite: Permission of Instructor. F, even years.

N&D 552. Professional Nutrition Precepting. 2 Credits.

This course provides both didactic content and opportunities for nutrition professionals to become effective preceptors of nutrition/dietetics students. Under the direction of faculty, dietitians and nutritionists will precept undergraduates in supervised practice settings.

N&D 553. Nutritional Health Advocacy and Policy. 3 Credits.

An analysis of U.S. public policy processes in relation to food and nutrition, with emphasis on the role of the nutrition professional in influencing the public policy process and advocating for food policies. 3 graduate credit hours. Prerequisite: Admission to the program. On demand.

N&D 554. Nutrigenomics. 2 Credits.

This course explores the interactions between genomics, genetics and nutrition. The course identifies possible roles of the nutrition professional in reducing client risk for developing nutrition-modifiable diseases. Prerequisites: Undergraduate courses in biochemistry and in physiology.

N&D 555. Small Grant Proposal Development. 1 Credit.

Development of small grant proposals to support nutrition-related program planning and research studies. Prerequisite or Corequisite: ND 551 or N&D 594.

N&D 560. Nutrition Counseling. 3 Credits.

Theoretical and applied aspects of health behavior counseling including behavior change theories and how to apply these to health care issues. Dietary behaviors will be discussed in the context of chronic disease prevention and management. Effective methods of counseling patients and clients that promote individual change will be presented for individual and group counseling across the lifespan of diverse populations. Prerequisites: N&D 550 and admission into the program. S, odd years.

N&D 590. Directed Studies in Nutrition. 1-4 Credits.

Designed to meet the needs of an individual student or a small group of graduate students. Course content will be based on the interests and needs of the student(s) in consultation with the faculty member's area of specialization. Prerequisite: Consent of the instructor. Repeatable to 4 credits.

N&D 591. Seminar in Nutrition. 1 Credit.

Discussion of current research and evidence-based practice in nutrition. Practice of oral presentation of scientific data in a professional setting.

N&D 594. Research Methods in Nutrition. 3 Credits.

The course examines the scientific foundation of nutrition research and critiques nutrition research. Students develop a research proposal. Prerequisites: Graduate statistics and admission into the program.

N&D 596. Nutrition Education and Counseling Practicum. 2 Credits.

A block of supervised practice experiences working with diverse populations in a nutrition clinic focusing on the development of advanced nutrition education counseling skills. Students will develop both group and individualized client-centered counseling approaches. Practicum is taken near completion of graduate coursework. Prerequisites: N&D 560, a minimum of 20 credits in graduate program, and declared specialization of nutrition education and counseling. Repeatable to 4 credits. SS, even years.

N&D 997. Independent Study. 1-2 Credits.

Designed to meet the needs of an individual student or a small group of graduate students. Course content will be based on the interest and needs of the student(s) in consultation with the faculty member's area of specialization. Prerequisite: Consent of Instructor. On demand.

N&D 998. Thesis. 1-4 Credits.

A scholarly research project written under the mentorship of the student's advisor. Credit is given upon successful meeting of thesis requirements for the master's degree. Prerequisite: Consent of the instructor. Repeatable to 4 credits. On demand.

Undergraduate Courses for Graduate Credit**N&D 350. Medical Nutrition Therapy I. 2 Credits.**

The study and application of nutritional assessment techniques, nutrition care planning methodologies, interviewing and counseling skills, and medical nutrition therapy for common medical conditions. Prerequisite: N&D 245 and PPT 301. F.

N&D 450. Medical Nutrition Therapy II. 3 Credits.

The study and application of nutritional intervention principles and medical nutrition therapy for complex medical conditions. Prerequisites: N&D 350 and N&D 441. F.