

# NUTRITION, MS

**Banner Code:** HH-MS-NUTR

## Academic Advising

Website: [chhs.gmu.edu/students/coordinators.cfm#nfs](http://chhs.gmu.edu/students/coordinators.cfm#nfs)

The master's program in nutrition emphasizes a skill-set tailored to expanding nutrition-related needs. Through coursework, students learn to assess, evaluate, and intervene in the most current and relevant nutrition issues. The curriculum prepares graduates to work for agencies, businesses, and organizations that seek to improve nutrition at the local, national, and global level. This program also prepares students to engage in further study for research careers in nutrition.

## Admissions & Policies

### Admissions

#### Requirements

Applicants must meet the admission standards and application requirements specified in Graduate Admissions and must apply using the online Application for Graduate Admission (<https://www2.gmu.edu/admissions-aid>). For application deadlines and detailed application requirements, refer to the CHHS Admissions website (<http://chhs.gmu.edu/admissions/graduate/deadlines.cfm>).

### Policies

For policies governing all graduate degrees, see AP.6 Graduate Policies.

#### Transfer of Credit

Transfer credit is governed by university transfer of credit policy and the university requirements for master's degrees, and transfer credit must be approved by the program director and the dean. Students who enroll initially through non-degree studies should seek course advising through the department prior to taking a course and plan to submit their application to the MS in Nutrition program in their first semester of study.

## Requirements

### Degree Requirements

Total credits: 39

#### Nutrition Core Courses

NUTR 651	Nutrition Assessment, Monitoring and Surveillance	3
NUTR 620	Nutrition Education	3
NUTR 522	Nutrition Across the Lifespan	3
NUTR 515	Fundamentals of Cooking	3
NUTR 642	Macronutrients	3
NUTR 644	Micronutrients	3
NUTR 670	Nutrition Research Methods	3
NUTR 675	Nutrition Program Development, Interventions and Assessments	3
NUTR 626	Food Systems	3

GCH 601 or HAP 602	Introduction to Biostatistics Statistics in Health Services Management	3
NUTR 583	Food and Culture <sup>1</sup>	3
Total Credits		30-33

<sup>1</sup> Required only for students who will complete the Practicum Option

### Elective

All electives must be approved by advisor.

**Select one from the following elective courses in any topic area.** 3

#### Cultural Competency:

NUTR 530	Introduction to Wine and Beer
NUTR 630	Global Nutrition
ANTH 699	Contemporary Issues in Sociocultural Anthropology <sup>1</sup>

#### Nutrition Intervention, Programs, and Policy:

NUTR 566	Nutrition and Weight Management
NUTR 608	Perspectives on Food Security
NUTR 610	Food Safety and Defense
NUTR 611	Food and Nutrition Security Policy

#### Nutrition Research:

GCH 752	Nutritional Epidemiology
GCH 804	Advanced Quantitative Data Analysis for Health Care Research I
GCH 805	Advanced Quantitative Data Analysis for Health Care Research II
HAP 719	Advanced Statistics in Health Services Research I
RHBS 710	Applied Physiology I
RHBS 711	Applied Physiology II

Total Credits 3

<sup>1</sup> ANTH 699 may be selected only when topic is focused on food and human evolution.

### Capstone Experience

Students must complete either the Practicum or Thesis option.

#### Practicum Option

The practicum option entails a supervised practical application of previously studied theory through fieldwork. Students will be required to engage for a minimum of 200 contact hours per practicum in a nutrition-related organization under the guidance of a preceptor and a faculty advisor. Students must attend one seminar course, complete a project while working in the agency, and produce a formal report and presentation during the practicum. Students will enroll in the Pre-Practicum course (1 credit) the semester prior to conducting the practicum. In their final semester, students will enroll in the Nutrition Practicum (2 credits).

NUTR 788	Pre-Practicum Seminar	1
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NUTR 790	Nutrition Practicum	2
Total Credits		3

### Thesis Option

The thesis option is a research project incorporating an original design to test a theory and resulting in a final written thesis. The topic must fall within one of the areas of faculty expertise within the department, including: food science, food studies, global nutrition, public health nutrition, nutrition policy, nutrition assessment, and chronic disease and nutrition. Students may register for the thesis only with approval from their advisor and after they have completed at least 18 credits of the program.

Students in the master's thesis option are required to work with a committee of three faculty members. It is the responsibility of the student to form a committee at least 9 months before the desired graduation. The thesis director and at least one of the committee members must be members of the Department of Nutrition and Food Studies faculty, but the third member may or may not be from the Department. Students must take two thesis classes (6 credits total) while working on their thesis. Students must develop a proposal and have it approved by their committee and by the appropriate University committees, such as the Human Subjects Review Board, before undertaking the project. The thesis must conform to the format stated within Mason's University Libraries guidelines.

<b>Six credits of</b>		6
NUTR 799	Thesis Research	
Total Credits		6