



# Online Master of Science in Nutrition

## 39 Credit Hours

### Admission Requirements:

- Complete the online program application accompanied by a non-refundable processing fee.
- Submit official transcripts showing earned bachelor's from a regionally accredited college or university or the equivalent.
- Have a cumulative undergraduate grade point average of 3.0 and a minimum grade of B in Didactic Program in Dietetics courses and supporting courses including the sciences, statistics, and management.
- Completed requirements in an accredited Didactic Program in Dietetics as specified by the Accreditation Council for Education in Nutrition and Dietetics (ACEND).
- Submit three letters of recommendation.
- Submit a personal statement addressing the following: Short-term and long-term professional goals; how faith can inform your work in the profession of dietetics; experiences you have had working with individuals who are dealing with poverty or are at risk for homelessness and how you felt about those experiences; and your philosophy of working with the impoverished.

### Cost:

- Per Credit Hour: \$650
- Per Course: \$1,950
- Resource Fee: \$200 per part of term
- Total Tuition: \$27,950

### Job Outlook in Texas:



**1,565 Jobs**  
Open in 2020\*



**1,727**  
Unique Postings (9/16-12/21)



**\$53,200** per year  
Median Earnings



### Graduation Requirements:

Students must earn a 3.0 GPA or higher to meet graduation requirements.

### Acquired Skills:

#### Top Hard Skills

- Dietetics
- Clinical Nutrition
- Nutritional Assessment
- Nutrition Education

#### Top Common Skills

- Communications
- Planning
- Management
- Research

\*Filtered by the proportion of the national workforce in these occupations with a Bachelor's degree. Source Emsi Analyst 2022.

# Master of Science in Nutrition

**Prerequisite:** Completion of Didactic Program in Dietetics requirements.



## Core Curriculum:

### **NTRO 621: Nutrition Research**

Overview of the research process used to enhance evidence-based knowledge in the field of nutrition. Includes use of literature reviews, formulation of research questions and study designs, managing a nutritional study, preparing surveys and interviews, and interpreting quantitative and qualitative data. Formulation of research proposal and obtaining IRB approval.

### **NTRO 622: Weight Management I**

Provides working knowledge of pathophysiology, medical nutrition therapies, pharmacology, and surgical procedures related to overweight and obesity. The nutrition care process will be utilized throughout all aspects of nutritional care.

### **NTRO 623: Nutrition and Poverty**

Nutritional effects of poverty in the US and developing countries on physical, education and emotional status of individuals and families. Impacts of government and non-profit programs (including WIC, Food Stamps, and food banks) on nutritional outcomes. Students apply appropriate methods of assisting families with nutritional food choices and budgeting.

### **NTRO 624: Weight Management II**

This course provides working knowledge related to overweight and obesity therapies including physical activity, pharmacology, and bariatric surgical procedures. Fad diets and dietary supplements for weight loss will be reviewed. The nutrition care process will be utilized.

### **NTRO 625: Pediatric Nutrition**

Students develop skills needed to direct a school nutrition program by providing healthy meal choices, nutrition education for students, and marketing plans that enhance the goals of school nutrition in a cost-effective manner while adhering to all federal and state regulations.

### **NTRO 626: Nutrition Assessment**

This course provides comprehensive information concerning the role of nutritional assessment in disease prevention and progression and information concerning objective and subjective measures of nutritional status, including anthropometrics, biochemical measurements, clinical parameters, and dietary assessment.

### **NTRO 627: Nutrition and Diabetes**

This course provides information concerning firstline therapy for diabetes, medical nutrition therapy. Current evidence-based recommendations and interventions are presented for Type 1 and Type 2 diabetes for different age groups and complicating conditions.

### **NTRO 628: Nutrition Education and Counseling**

Students design effective nutrition education presentations appropriate for different ages and lifestyles. Motivational interviewing and behavior theories are used to guide clients to improved nutrition behaviors. Appropriate evaluations are designed to measure effectiveness of education and counseling approaches.

### **NTRO 629: Nutrition and Integrative Medicine**

This course equips dietitians and others providing nutritional advice to look at human beings as whole persons. Individual nutritional needs are affected by genetics, environment, dietary choices, exercise, and lifestyle patterns as well as stress and trauma. Evidence-based research includes digestive, absorptive, and hormonal imbalances.

### **NTRO 632: Nutrition for Eating Disorders**

This course provides an overview of the various eating disorders, evidence-based treatment therapies, specific counseling techniques that are effective with clients, and tips for working with families. Students utilize case studies and current peer-reviewed journal articles to evaluate various approaches while developing a personal philosophy of treating Eating Disorders.

### **NTRO 633: Nutritional Genomics**

This course provides information concerning how diet and genotype interactions affect phenotype. Students will learn to apply nutritional genomics through interpretation of genetic test results and to make personalized nutrition recommendations that result in health benefits and not harm to individuals.

### **NTRO 634: Practice Skills and Current Issues**

This course provides instruction in honing skills for entry-level dietetics in various areas of the field. Regulations affecting dietetics are reviewed. The Code of Ethics, Scope of Practice, and Standards of Professional Performance are applied to practice. Current issues will be reviewed.

### **NTRO 635: Nutrition for Exercise and Sport**

Provides comprehensive, evidence-based information concerning fundamentals of how the active individual can achieve optimal nutrition by appropriate fueling for various sports and activity choices. Includes information on body composition, energy balance, food choices, and supplements before, during, and after exercise.