

Master of Science in Nutrition

COLLEGE OF HEALTH AND HUMAN SERVICES

100% ONLINE

36
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.
- Successful completion of: 3 hours of Introductory Nutrition, 3 hours of Nutrition Through the Life Cycle course, and 6-8 hours of Anatomy & Physiology.
- 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 nutrition profession.

Cost:

- Per Credit: \$650
- Per Course: \$1,950
- Total Tuition: \$23,400
- Total Tuition + Fees: \$25,920

Timeline: 1-2 Years

Job Outlook in Texas:

2,815 Jobs

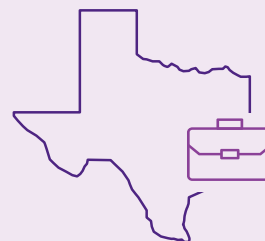
in 2025*

+2.1%

Employment Growth (2025-2026)

\$61,400 *per year*

Median Earnings



*Filtered by the proportion of the national workforce in these occupations with a Masters degree. Source Lightcast 2026.



Core Curriculum:

NUTR 622: Weight Management I

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

NUTR 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.

NUTR 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.

NUTR 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.

NUTR 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.

NUTR 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.

NUTR 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.

Electives:

Choose 5 classes from the following:

NUTR 610L Medical Nutrition Therapy

Provides working knowledge of pathophysiology related to nutrition care and medical nutrition therapies. The student will demonstrate the ability to interpret laboratory parameters, calculate and define therapeutic diets, and determine nutrient requirements.

NUTR 621 Nutrition Research I

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, preparing surveys and interviews, formulation of research proposal, and obtaining IRB approval.

NUTR 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.

NUTR 625: Pediatric Nutrition

Pediatric Nutrition provides information about nutritional care of children from conception through adolescence. This course provides guidance on normal nutrition for health and development and research-based approaches to Medical Nutrition Therapy. Information is provided regarding enteral and parenteral nutrition and feeding difficulties, including allergies, and inborn errors of metabolism.

NUTR 627: Nutrition and Diabetes

This course provides information concerning first-line 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.

NUTR 631: Nutrition Research II

Overview of the research process used to enhance evidence-based knowledge in the field of nutrition. Includes implementing and managing a research study, interpreting quantitative/qualitative data, and writing a manuscript.

NUTR 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.



NUTR 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.

The following courses will be awarded as electives if a student has completed a Dietetic Internship within the last 5 years.

NUTR 651: Dietetic Internship I

Provides working knowledge of the domains of dietetics: principles of dietetics, nutrition care for individuals and groups, management of food and nutrition programs and services, and food service systems.

NUTR 652: Dietetic Internship II

Provides working knowledge of the clinical domain of dietetics practice, including the components of the nutrition care process, medication interactions, and the nutrition focused physical exam.

NUTR 653: Dietetic Internship III

Provides working knowledge of the domain of dietetic practice. This includes the nutrition care process for all ages and medical nutrition therapy for various disease states. Special emphasis on hot topics in dietetics.

NUTR 654: Dietetic Internship IV

Provides working knowledge of the clinical domain of dietetics practice. This includes the nutrition care process for all ages and medical nutrition therapy for various disease states as well as coding and billing for nutrition services. Preparation for the registration exam for dietitians and professional development will be emphasized.