The Masters of Science in Human Environmental Sciences with an emphasis in Human Nutrition is a 30 credit-hour program designed to prepare nutrition professionals to practice dietetics at an advanced level and/or to pursue doctoral study. The program develops research skills, stimulates independent thought, and provides up-to-date knowledge in food and nutrition. This masters degree does not provide eligibility to sit for the National Registration examination to become a registered dietitian, nor does it provide eligibility to apply to a dietetic internship. There are three tracks available: Generalist, Community, or Clinical. The program tracks outlined below are designed for the registered dietitian or dietetic intern. Students with a bachelor’s degree in nutrition or another discipline who have met the listed prerequisites may apply.

**Required Courses**

The table below outlines the requirements for each track in the MS in Human Environmental Sciences with an emphasis in Human Nutrition.

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<tr>
<th>Generalist Track</th>
<th>Community Track</th>
<th>Clinical Track</th>
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<tr>
<td><strong>Research Core</strong></td>
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<td>--HES 509: Research Methods</td>
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<td>--CHS 525: Biostatistics</td>
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<td>--CHS 520: Epidemiology</td>
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<td><strong>Required Nutrition Core</strong></td>
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<td>NHM 561: Advanced Vitamin and Mineral Metabolism</td>
<td>NHM 550: Community Nutrition I</td>
<td>NHM 561: Advanced Vitamin and Mineral Metabolism</td>
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<td>NHM 562: Metabolism of Energy Nutrients</td>
<td>NHM 551: Community Nutrition II</td>
<td>NHM 562: Metabolism of Energy Nutrients</td>
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<td>NHM 555: Maternal and Infant Nutrition</td>
<td>NHM 567: Nutrition Support for the Critically Ill</td>
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<td>NHM 556: Child and Adolescent Nutrition</td>
<td>NHM 568: Nutrition for the Older Adult</td>
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<td><strong>Electives</strong></td>
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<td>5 electives; (3 must be designated as NHM)</td>
<td>2 electives (1 must be designated as NHM)</td>
<td>3 electives (1 must be designated as NHM)</td>
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<td><strong>Additional Requirements</strong></td>
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<td>Capstone Experience</td>
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Electives

Electives must be approved by the student's academic advisor. Examples of 3-hour courses the student may choose include:

- NHM 530: Advanced Nutrition Counseling
- NHM 625: Nutritional Epidemiology
- HHE 520: Health Behavior
- CHS 520: Basic Epidemiology
- CSM 537: Developing the Leader Within
- CSM 575: Entrepreneurship in HES
- NUR 510: Basic Concepts of Teaching Diabetes Self-Management Techniques
- NUR 516: Advanced Diabetes Management

Licensure

Students should be aware of the laws governing the practice of dietetics in their respective states. Most states require persons who provide nutrition advice to be a registered dietitian. This masters degree does not provide eligibility to sit for the National Registration examination to become a registered dietitian, nor does it provide eligibility to apply to a dietetic internship.

What is a registered dietitian?

A registered dietitian (RD) is a food and nutrition expert who has met academic and professional requirements to earn the credential “RD.”

To obtain this credential, individuals must complete a minimum of the following:

1. A bachelor’s degree at a U.S. regionally accredited college or university. If your bachelor’s degree is in a discipline other than nutrition, then you will need to complete a set of undergraduate courses.
2. Receive a DPD verification statement from an ACEND accredited college or university. This statement verifies that you have taken all of the required coursework needed for entry into a supervised practice program and met all program requirements.
3. Apply, be accepted and complete a supervised practice program through an ACEND accredited program. These programs are very competitive. Successful candidates tend to have an overall GPA of greater than 3.6 out of 4.0 and are highly recommended by faculty.
4. Pass the National Registration exam. To take the exam, the student must provide proof of successful completion of the ACEND accredited supervised practice program and the DPD verification statement.

If you are not a registered dietitian, you can complete the undergraduate DPD requirements through The University of Alabama (on campus or by distance). You can find more information about the ACEND accredited undergraduate program in Food and Nutrition at http://www.ches.ua.edu/nhm/undergraduates/.

Once you have completed the prior coursework, you may apply to the graduate program and complete the MS in Human Environmental Sciences with an Emphasis in Human Nutrition. Some of the courses required for the verification statement can be taken at the graduate level and count as both graduate degree requirements and courses needed for the DPD verification statement.
DPD Coursework Taken Prior to Applying to the Graduate Program (Prerequisites)

If you received a bachelor’s degree in another discipline and want to become a registered dietitian, then you will need to take undergraduate coursework to meet the requirements for a verification statement. Prior to applying to the graduate program, you will need to have completed the following courses (In parenthesis is The University of Alabama’s equivalency):

- (CH 104) Introductory Chemistry and lab
- (CH 105) Introductory Organic Chemistry and lab
- (BSC 215) Human Anatomy & Physiology I and lab
- (BSC 216) Human Anatomy & Physiology II and lab
- (BSC 242) Microbiology and Lab
- (PY 101) Introduction to Psychology
- (NHM 101) Introduction to Nutrition
- (NHM 201) Nutrition through the Lifecycle
- (NHM 253) Food Science
- (NHM 361) Nutritional Biochemistry
- (NHM 362) Nutrition at the Cellular Level
- (NHM 363) Applied Nutrition
- (NHM 365) Medical Nutrition Therapy I
- (NHM 372) Introduction to Food Service Management
- (NHM 373) Purchasing, Design, and Risk Management in Food-Service Systems
- (NHM 374) Quantity Food Production and Service
- (NHM 441) Nutrition Education
- (NHM 442) Nutrition Care Process

These courses may have different names or numbers at your last institution. Prior coursework may be transferred to The University of Alabama to meet the requirements for the verification statement. You can take all of the courses at The University of Alabama, however, the courses highlighted in red are not offered by distance at UA. Keep in mind that transfer credit is not evaluated until after admission is granted. If you need to complete one or more of these courses prior to applying to the graduate program, you can complete the courses as a post-graduate/undergraduate student at UA.

DPD Coursework that can be taken After Acceptance to the Graduate Program

The following required DPD courses can be taken after acceptance to the graduate program:

- (NHM 550) Advanced Community Nutrition I
- (NHM 454) Experimental and Functional Food Science
- (NHM 475) Management of Food Service Systems
- (NHM 491) Directed Professional Individual Study
- (CHS 525) Biostatistics (substitutes for an undergraduate statistics course)
- (HES 509) Research Methods (substitutes for NHM 395: Introduction to Research in Food and Nutrition)
- (NHM 566) Advanced Clinical Nutrition (substitutes for NHM 465: Medical Nutrition Therapy II)

To receive a Verification Statement for a Dietetic Internship, a student must: (a) maintain an overall GPA of 3.0 or higher in undergraduate coursework; (b) make a B- in all NHM designated food and nutrition courses including statistics and a grade of C or better in all sciences; and (c) submit a “Request for Verification Statement” form. In addition, students must take a minimum of 24 hours of DPD course work including the Capstone Courses (NHM 340/NHM 550, NHM 475, NHM 465/566) from UA.
**Admission Requirements**

Students with an overall grade point average (GPA) of 3.0 or higher may apply for admission. Students with an undergraduate GPA of 3.4 or below may enhance their application by taking the GRE.

**How to Apply**

Go to the graduate admission website at [http://graduate.ua.edu/](http://graduate.ua.edu/) to apply. Follow the directions to apply on their website. There is a $50 non-refundable application fee. You will be required to specify a desired program track. If you have any questions regarding the application process, please contact the admissions office: [http://www.ua.edu/admissions.html](http://www.ua.edu/admissions.html).

Other necessary documents needed for the application are your statement of purpose, current resume, and three letters of recommendation (at least two of the letters should come from former professors). You will find the area to upload these documents in the supporting documents section of your online application.

You must have official transcripts sent from ALL colleges you have attended. Official transcripts should be mailed to:

The University of Alabama Graduate School  
102 Rose Administration  
Box 870118  
Tuscaloosa, AL, 35487

For letters of recommendation that need to be sent through the U.S. Postal Service send to:

Attn: Dr. Linda Knol Ph.D., R.D.  
Coordinator, Human Nutrition Graduate Program  
Dept. of Human Nutrition & Hospitality Management  
404 Russell Hall  
Box 870311  
504 University Blvd.  
Tuscaloosa, AL 35487

**Deadlines for Application**

June 1st to begin in the fall term (August)  
November 1st to begin in the spring term (January)  
April 1st to begin in the summer term (June)

**Transfer Credit**

You will need to apply and be accepted to the university in order to have an official transcript evaluation. All courses applied to your degree must be completed within a six year time period. Hours used to fulfill the requirements of a previous graduate degree cannot be applied to your current degree. Thesis work, practicum hours, pass/fail courses and internship hours do not count towards the maximum 12 graduate credit hours that can be transferred into the program.

**Distance Education**

The masters degree is available through distance education. The degree requirements and course content are the same regardless of where it is completed—on campus or through distance education.