

Master of Science in Human Nutrition

The University of Alabama

Department of Human Nutrition and Hospitality Management



The Master 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 pursue doctoral study. The program develops research skills, stimulates independent thought, and provides up-to-date knowledge in food and nutrition. This master's 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: **Clinical, Community, and Generalist**. Students with a bachelor's degree in nutrition or another discipline who have met the listed prerequisites may also 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.

Clinical Track	Community Track	Generalist Track
Research Core	Research Core	Research Core
HES 509: Research Methods	HES 509: Research Methods	HES 509: Research Methods
CHS 525: Biostatistics	CHS 525: Biostatistics	CHS 525: Biostatistics
	CHS 520: Basic Epidemiology	
Nutrition Core	Nutrition Core	Nutrition Core
NHM 561: Advanced Vitamin and Mineral Metabolism	NHM 550: Community Nutrition I	NHM 561: Advanced Vitamin and Mineral Metabolism
NHM 562: Metabolism of Energy Nutrients	NHM 551: Community Nutrition II	NHM 562: Metabolism of Energy Nutrients
NHM 557: Childhood Obesity OR NHM 558: Nutrition in the Prevention and Treatment of Chronic Disease	NHM 557: Childhood Obesity OR NHM 558: Nutrition in the Prevention and Treatment of Chronic Disease	NHM 555: Maternal and Infant Nutrition OR NHM 567: Nutrition Support for the Critically Ill
NHM 567: Nutrition Support for the Critically Ill	NHM 555: Maternal and Infant Nutrition	
NHM 568: Nutrition for the Older Adult	NHM 556: Child and Adolescent Nutrition	
Electives	Electives	Electives
3 electives (1 must be designated as NHM)	2 electives (1 must be designated as NHM)	5 electives (3 must be designated as NHM)
Additional Requirements	Additional Requirements	Additional Requirements
Capstone Experience	Capstone Experience	Capstone Experience

Track Descriptions

- Clinical
 - The clinical nutrition competencies developed by the American Society of Parenteral and Enteral Nutrition were used as a guide to develop the curriculum for the clinical concentration. In this concentration, students will develop advanced competency so they may:
 - *Utilize theoretical and skill-based knowledge of nutrition science needed for advanced clinical nutrition practice.*
 - *Apply advanced clinical nutrition assessment and diagnostic skills.*
 - *Develop advanced nutrition intervention and monitoring skills.*
 - *Utilize methodological and analytic skills necessary to acquire, analyze, and apply data to interpret the scientific literature and practice the principles of evidence based medicine.*
 - *Critically evaluate nutrition research and apply results to practice.*

- Community
 - The concentration in community nutrition meets the *Advanced Practice Guidelines for Community Nutrition and Public Health Nutrition Practice; 3rd ed. Public Health/Community Nutrition Practice Group, Academy of Nutrition and Dietetics and Association of State Public Health Nutritionists; 2015.* In this concentration, students will develop advanced competency so they may:
 - Demonstrate an understanding of biological and physiological processes that affect nutrient needs of individuals and populations across the lifespan.
 - Analyze and interpret data needed to perform the core public health functions of assessment, assurance, and policy development.
 - Develop, implement, sustain, and evaluate systems of care or theory-based programs and interventions (preventive and treatment) for improving the nutritional health of populations.
 - Advocate for policy and environmental supports in both public and private sectors.
 - Utilize cultural competency skills to develop programs and services that are responsive to the cultural, social, linguistic and ethnic diversity of the community.

- Generalist
 - Some students are not sure which direction their career in nutrition will take. Students can stipulate no concentration on their application. These students will receive a degree in Human Nutrition without a concentration. We call this track the Generalist Track. This track provides the greatest flexibility when selecting electives. Students will develop advanced competency so they may:
 - *Demonstrate an understanding of biological and physiological processes that affect nutrient needs of individuals and populations across the lifespan.*
 - *Acquire, analyze, and apply data to interpret the scientific literature and practice the principles of evidence based medicine or utilize Best Practices.*
 - *Critically evaluate nutrition research and apply results to practice.*

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

Prior Coursework (Prerequisites)

If you received your bachelor's degree from a nutrition program accredited by ACEND and received your verification statement, then you are eligible to apply to this program. Before you apply, read the admission requirements carefully (below).

If you received a bachelor's degree in nutrition from a program that was **not** accredited by ACEND you must have completed the coursework listed below. These courses may have different names or numbers at your last institution. 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.

The following courses should be completed **before** you apply to the graduate program:

UA Equivalent	Course	Credit Hours
CH 104	Introductory Chemistry + Lab	4
CH 105	Introductory Organic Chemistry + Lab	4
BSC 215	Human Anatomy & Physiology I + Lab	4
BSC 216	Human Anatomy & Physiology 2 + Lab	4
BSC 242	Microbiology + Lab	4
PY 101	Introduction to Psychology	3
NHM 101	Introduction to Nutrition	3
NHM 201	Nutrition in the Life Cycle	3
NHM 253	Food Science	3
NHM 361	Nutritional Biochemistry	3
NHM 362	Nutrition at the Cellular Level	3
NHM 363	Applied Nutrition	3
NHM 365	Medical Nutrition Therapy I	3
NHM 441	Nutrition Education	2
NHM 442	Nutrition Care Process	1

*Courses highlighted in red are not offered through distance education at The University of Alabama.

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. Your application may also be considered if you have a 3.0 or higher in your last 60 hours of undergraduate coursework.

How to Apply

Go to the graduate admission website at graduate.ua.edu to apply. Click on *Apply Now*, and follow the directions to apply on the website. There is a \$65 (domestic) and \$80 (international) non-refundable application fee. You will be required to specify a desired program track. Please review the 3 tracks outlined above, and be prepared select the appropriate track when filling out the application. This is an important decision. At the graduate level, applicants are accepted *only* to the program listed on the application. If you would like to pursue the generalist track, do not select a concentration.

Other necessary documents needed for the application are a statement of purpose, resume, and three letters of recommendation (at least two 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 emailed to grad.transcripts@ua.edu or mailed to:

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

Letters of recommendation that need to be sent through the U.S. Postal Service can be sent to:

Attn: Dr. Tiffany Hylton, PhD, RDN, LD
Director of Master's Program in Human Nutrition
Dept. of Human Nutrition & Hospitality Management
Russell Hall 446
Box 870311
504 University Blvd.
Tuscaloosa, AL 35487

If you have any questions regarding the Graduate School application process, please refer to the following: graduate.ua.edu/prospective-students/apply-now/.

Deadlines for Application

April 15th to begin in the summer semester (June)
July 1st to begin in the fall semester (August)
December 1st to begin in the spring semester (January)

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 master's 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.

Program related questions may be directed to:
Dr. Tiffany Hylton, RDN, LD
Director of Master's Program in Human Nutrition
Russell Hall 446
Office phone: 205-348-6973
tmhylton@ches.ua.edu