



Master of Science in Food and Nutrition

Department of *Food and Nutrition*

Handbook Updated 2021 - 2022

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Introduction

Welcome to the Department of Food and Nutrition! We are delighted that you have decided to join us. This handbook has been developed to aid you by serving as a guide to our program,(c)5.9 (i)-14.1 (i5)Tc 0 Tw 0.84

Title IX Reporting Requirement

www.iup.edu/gradcatalog

The mission of the Department of Food and Nutrition is to graduate students that will shape the food choices and impact the nutritional status of the public. To accomplish this, the professional of the future will need to exhibit:

- x A thorough understanding of food and nutrition theory
- x Excellence in the delivery of high-quality programs and services
- x The ability to education the public using food and nutrition theories
- x Leadership skills
- x Ethical behavior
- x Respect for diverse societies and viewpoints
- x The ability to collaborate with others
- x The ability to manage materials and resources
- x Commitment to lifelong learning skills
- x Critical thinking skills
- x Communication skills
- x An ability to adapt to change
- x An ability to utilize emerging technology
- x A commitment to advocacy for the profession

The expected student learning outcomes for the MS in Food and Nutrition students are to:

- x Demonstrate comprehensive understanding of core nutrition knowledge, including macronutrients, micronutrients, and research methods;
- x Think critically and use evidence-based approaches to solve problems in clinical nutrition, community nutrition, nutrition education and intervention, and food service;
- x Design, implement, interpret, and communicate research in food and nutrition; and
- x Demonstrate attributes of professional development for the field of food and nutrition

Specific objectives for (currently enrolled) students in Administrative track are: (a) Apply management and leadership principles to foodservice, clinical and community nutrition services; and, (b) Evaluate emerging research to advance evidence-based clinical nutrition knowledge, skill and practice.

Specific objectives for students in the Education track are: (a) Apply emerging research to advance evidence-and theory-based knowledge, skills and practice in implementation, and evaluation; (b) Use community and public health nutrition research and methods to support optimal nutritional status for individuals, groups, and populations; and, (c) Advocate for food and nutrition public policy at local, state and national levels.

Faculty and Staff

regularly with you and will provide you with intellectual guidance and support for your scholarly efforts and professional growth. Your advisor will also assist you in participating in scholarly and professional experiences that will add depth and breadth to your skills. Your advisor will provide accurate and timely information about academic requirements and academic evaluation. You are responsible for adhering to the policies outlined in the Graduate Catalog (www.iup.edu/gradcatalog) and for meeting deadlines and requirements for graduation (www.iup.edu/commencement/graduate/how-to-apply-for-graduation/).

Graduate Student Assembly

The Graduate Student Assembly (GSA) represents the graduate student body's interests at IUP and within the Indiana community. The GSA makes recommendations related University-wide and graduate-specific policies and in areas of concern in the cultural, intellectual, and social life of the part- and full-time graduate student. Visit www.iup.edu/graduatestudies/gsa for more information.

Programs and Degrees

Master of Science in Food and Nutrition

The 36-credit Master of Science in Food and Nutrition program is designed to provide advanced training in food and nutrition through both course work and research. This program prepares students for food- and nutrition-related careers or to complement their existing occupations by increasing the depth of their knowledge with respect to food and nutrition, developing research skills, and enhancing their application skills by specializing in the area of applied human nutrition. Students may choose either the thesis or non-thesis option and may also opt to select a specialization track: Education.

Graduates of the program are employed by hospitals, non-profit organizations, foodservice and hospitality industries, educational institutions, public health agencies, fitness facilities, and state and federal government. Students may opt to continue their education and pursue a doctoral degree.

Program Requirements (36cr)

Nutrition Science Core Courses (12cr)

FDNT 564	Nutrition Research Methods	3cr
FDNT 645	Proteins, Carbohydrates, & Fats	3cr
FDNT 649	Vitamins, Minerals & Water	3cr
FDNT 771	Lifecycle Nutrition	3cr

Research (6cr)

FDNT 795	Thesis OR	6cr
FDNT 661	Designing Effective Food and Nutrition Research Projects	3cr
FDNT 662	Applying Research Methods in Food and Nutrition	3cr

Education Track – Optional (18cr)

FDNT 515	Sustainable Nutrition	3cr
FDNT 522	Public Health Nutrition & Epidemiology	3cr

FDNT 571	Integrative Nutrition in Complementary/ Alternative Healthcare	3cr
FDNT 625	Community Nutrition and Policy	3cr
FDNT 636	Nutrition Education and Intervention	3cr
FDNT 631	Eating Behaviors in Food Habits	3cr

Electives (0-18cr)

Students will elect additional courses from the IUP Graduate Catalog (including FDNT courses) that are appropriate for their needs and interests as they work toward meeting the program objectives. The Graduate Coordinator will approve elective courses.

For students who do not opt to select a track, courses listed in the Education track may be applied as electives.

FDNT 545	Advanced Sports Nutrition	3cr
FDNT 630	Linking Nutrition Theory & Research to Practice	3cr
FDNT 642	Contemporary Issues in Food and Nutrition	3cr
FDNT 696±	Dietetic Internship	6cr
FDNT 698	Internship in Food and Nutrition	3cr

- ±For students coming into the MS -

FDNT 515	Sustainable Nutrition	3cr
FDNT 522	Public Health Nutrition & Epidemiology	3cr
FDNT 571	Integrative Nutrition in Complementary/ Alternative Healthcare	3cr

FDNT 645 Proteins, Carbohydrates, and Fats 3cr

Nutritional considerations of protein, carbohydrate, and fat metabolism. Physiological and biochemical functions of these nutrients will be discussed.

FDNT 649 Vitamins, Minerals and Water 3cr

Focuses on biochemical role of vitamins, minerals, and water in human functions and current research implications in health and disease.

FDNT 651 Professional Dietetic Practice 3cr

Examines professional topics relevant to the dietetic professional. Provides a forum for clinical case study presentations and education about professional development opportunities and challenge.

FDNT 653 Leadership for the Nutrition Professional 3cr

Provides a theoretical analysis of leadership theory, organizational management concepts, consulting strategies, and ethics as it relates to both the novice, and advanced food and nutrition professional.

FDNT 661 Designing Effective Food and Nutrition Research Projects 3cr

Enhances understanding and skills in food and nutrition research and evaluation with emphasis on survey methods. Examines decisions related to research ethics, study design.

Appendix B Signature Page

My signature below indicates that I am responsible for reading and understanding the information provided and referenced in this department/program student handbook.

_____ [please initial] I understand my program coordinator may share this document with the School of Graduate Studies and Research.

Print Name

Signature

Date

Submit to msfdnt@iup.edu by August 31, 2021

The Department of Food and Nutrition will keep this signed document on file.

Appendix C: Graduate Assistantship Preference Sheet

PLEASE RETURN TO THE GRADUATE COORDINATOR via email
(MS-FDNT@iup.edu) along with your resume