

IUP Graduate Handbook

Master of Science in Food and Nutrition

Department of Food and Nutrition

Handbook Updated 2020 - 2021

Master of Science in Food and Nutrition

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Program Website: iup.edu/ foodnutrition/ grad/

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To strengthen the university for academic success, I will act honestly, take responsibility for my behavior and continuous learning, and respect the freedom of others to express their views.

To foster an environment for personal growth, I will honor and take care of my body, mind, and character. I will be helpful to others and respect their rights. I will discourage intolerance, hatred, and injustice, and promote constructive resolution of conflict.

To contribute to the future, I will strive for the betterment of the community; myself, my university, the nation, and the world.

Affirmative Action www.iup.edu/ gradcatalog

Title IX Reporting Requirement www.iup.edu/ gradcatalog

Student Conduct and Student Rights www.iup.edu/ studentconduct/ policies/ www.iup.edu/ gradcatalog

Department of Food and Nutrition

The Department of Food and Nutrition has a tradition of educating quality nutrition professionals. In addition to the M.S. in Food and Nutrition program, it offers a graduate-level, accredited dietetic internship with an emphasis in Intervention and Community Education. The B.S. in Nutrition program offers three tracks: Dietetics and Culinary Dietetics (both accredited as pathways for students who are interested in becoming Registered Dietitians) and the Nutrition track.

The M.S. in Food and Nutrition is 100% online and is ranked in the top 20 by Affordable Colleges Online. There are two career-focused tracks: Administration or Education, and students have the option to pursue a dual master's degree in a related field. The MS in Food and Nutrition online degree will prepare you to:

- Provide leadership that influences and contributes to the food and nutrition arena.
- Translate important nutrition information for the public.
- Utilize new knowledge to reduce nutrition-related chronic diseases and promote nutrition and wellness.

Mission Statement and Program Objectives

The mission of the Department of Food and Nutrition reflects the total philosophy of

foundation for further learning an

for individuals, groups, and populations; and (c) Advocate for food and nutrition public policy at local, state and national levels.

Faculty and Staff

Food and nutrition faculty members are unique mentors who bring prestige and dedication to graduate studies. Recognition from national organizations and a keen sense of emerging nutritional issues steer you toward your greatest ambitions. Accessibility is the hallmark of our faculty advisors.

Financial Assistance

Graduate Assistantships

Graduate assistantships at IUP are selectively awarded to highly qualified graduate students. Among the criteria are undergraduate and graduate grade point average and professional experience and background relative to the graduate program and faculty needs. New applicants and current students are encouraged to complete their application for admission, which includes a required field about graduate assistantships, by February 1. In addition, complete the preference sheet included as an Appendix.

Note: Assistantship applications submitted beyond this date may still be reviewed. Contact the Graduate Program Coordinator to determine which options are best for you. Pao Ying Hsiao, PhD, RDN, LDN E-mail: ms-fdnt@iup.edu

More information is available at:

www.iup.edu/admissions/graduate/financialaid/assistantships-and-scholarships/

Office of Financial Aid: www.iup.edu/ financialaid/

Academic Advisement

All M.S in Food and Nutrition students are advised by the Graduate Coordinator, except for graduate students enrolled in the Dietetic Internship Certificate program who are advised by the Dietetic Internship Director. Your advisor will communicate regularly with you and will provide you with intellectual guidance and support for your scholarly efforts. 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 you with 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 to the deadlines and requirements for graduation (www.iup.edu/ commencement/ graduate/ how-to-apply-for-grduation/). You and your graduate coordinator or major advisor should discuss all the various requirements but meeting them is your responsibility.

Campus Resources & Student Support

The School of Graduate Studies and Research: <u>www.iup.edu/graduatestudies/</u> Graduate Catalog: <u>www.iup.edu/gradcatalog</u> Office of the Bursar: <u>www.iup.edu/bursar/</u> Office of the Registrar: <u>www.iup.edu/registrar/</u> Disability Support Services: <u>www.iup.edu/disabilitysupport/</u> Office of Social Equity: <u>www.iup.edu/socialequity/</u>

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Program Requirements

I. CORE COURSES(12 CR.)

FDNT 564	Nutrition Research Methods	3 cr.
FDNT 645	Proteins, Carbohydrates, Fats	3 cr.
FDNT 647	Vitamins	3 cr.
FDNT 648	Minerals and Water	3 cr.

II. TRACKS-SELECT ONE (9 CR.)

A. Administration Track

FDNT 515	SustainableNutrition	3 cr.	
FDNT 612	Administration of Food Service Systems	3 cr.	
FDNT 625	Community Nutrition and Policy	3 cr.	
FDNT 522	Public Health Nutrition and Epidemiology	3 cr.	
B. Education Track			

FDNT 630	Linking Nutrition Theory and Research to Practice	3 cr.
FDNT 631	Eating Behaviors and Food Habits	3 cr.
FDNT 635	Intervention and Education Strategies	3 cr.
FDNT 771	Lifecycle Nutrition	3 cr.

III. RESEARCH REQUIREMENT (6 CR.)

All students must engage in research. Thesis option students will complete 6 credits of FDNT 795 Thesis. Non-thesis option students will enroll in FDNT 661 and FDNT 662.

FDNT 795	Thesis	6 cr.
(OR)		
FDNT 661	Designing Effective Food & Nutrition Research Projects	3 cr.
FDNT 662	Applying Food and Nutrition Research Methods	3 cr.

IV. ELECTIVES(9 CR.)

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 or Department Chair will approve elective choices.

FDNT 545 Advanced Sports Nutrition

3 cr.

Summer*	FDNT 635	Nutrition Intervention, Counseling, and Educational Strategies	3 cr.
Fal**	FDNT 696	Dietetic Internship	4.5 cr.
Spring**	FDNT 696	Dietetic Internship	4.5 cr.

* Students complete 9 credits in the summer prior to starting supervised practice.

** Students complete over 1,200 hours of supervised practice in clinical nutrition, foodservice management, and nutrition intervention and community education, as required by the accrediting agency. Graduate students are considered full-time if they are enrolled for 4.5 credits each semester.

Student Learning Outcomes

There are 4 domains and 41 student learning outcomes (called core knowledge and competencies of Registered Dietitian Nutritionists) based upon the accrediting requirements. Students accomplish and are evaluated on these through a combination of credit-bearing classes, supervised practice experience in three rotations, professional meetings, and oral reports given to faculty/ site supervisors. The student learning outcomes for the Dietetic Internship Certificate Program are that, upon completion of the program, graduates can:

#	Outcome	How outcome measured
1	Demonstrate comprehensive understanding of core nutrition knowledge, including macronutrients, micronutrients, and research methods.	The acute care rotation's major case study measures this.
2	Think critically and use evidence- based approaches to solve problems in clinical nutrition, community nutrition, nutrition education and intervention, and food service.	This is measured through the evidence- based projects submitted throughout supervised practice.



4	Demonstrate attributes of professional development for the field of food and nutrition.	This is measured through the mid-point and final rotation evaluations, a total of four times each per academic year.
5	Certificate-specific: Demonstrate proficiency in all competencies required by the accrediting agency.	This is measured through assignments, evaluations, and data collected throughout the academic year. Data are evaluated each summer for every competency and improvement plans developed if necessary.



FDNT 571/* Integrative Nutrition in Complementary and Alternative Healthcare 3cr

Explores the foundation of complementary, alternative, integrative, and functional nutrition theories and practices. Differentiates among traditional, compleme

FDNT 648 Minerals and Water in Human Nutrition 3cr

Focuses on biochemical role of minerals and water in human metabolism. Examines biochemical and physiological 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. Prerequisite: Experience as a clinical dietitian.

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, sampling, recruitment, instrument development and testing, data collection, and analysis plans. Development of a defendable proposal to conduct research in food and nutrition is required.

FDNT 662 Applying Research Methods in Food and Nutrition 3cr

Conduct research in food and nutrition. Participate in decisions and activities related to study design, instrument construction and pilot testing, data management and analysis, interpretation and communication of results. Prerequisite: FDNT 661 with a minimum grade of C.

FDNT 681 Special Topics 1 - 3cr

FDNT 696 Dietetic Internship 1 – 6cr

Supervised practice experience for students who are enrolled in IUP's accredited dietetic internship certificate program.

FDNT 698 Internship 1 - 6cr

Supervised work experience for graduate students.

FDNT 771 Nutrition in the Life Cycle 3cr

Studies bodily functions at different stages of development under differing environmental conditions and at various levels of biological organization.

FDNT 773 Advanced Clinical Nutrition Therapy 3cr

Provides in-depth investigation of diet and nutrition in the treatment of select diseases and conditions. Will address measures of nutritional status, intervention, monitoring and evaluation using nutrition standardized language and evidence-based practice. Focuses on current nutrition issues impacting clinical nutrition. Prerequisite: Undergraduate coursework in Medical Nutrition Therapy or department permission.

FDNT 795 Thesis 1 - 4cr

FDNT 799 Independent Study in Food and Nutrition 1 – 3cr

Advanced study and/or selected research problems from the field of food and nutrition. May be taken for a maximum of three credits. Prerequisite: Completion of two graduate courses.

Evaluation of Students

For information regarding School of Graduate Studies and Research policies on grading, view the Graduate Catalog: www.iup.edu/gradcatalog

Students will be evaluated based on the syllabus for each given course taken. For more information regarding School of Graduate Studies and Research Policy on grading, view the Graduate Catalog: www.iup.edu/gradcatalog

Comprehensive/Candidacy Examinations

The Department of Food and Nutrition does not require candidacy/ qualifier exams.

Degree Completion

<u>Degree requirements</u> are specified under the Programs and Degrees heading > Program Requirements section of this handbook.

Evaluation for Graduation is completed by the Graduate Coordinator.

<u>Deadlines</u> are in accordance with those specified by the School of Graduate Studies and Research.

<u>Applying for Graduation</u> guidelines are in accordance with those specified by the School of Graduate Studies and Research.

For more information, view the Graduate Catalog: www.iup.edu/ gradcatalog

Thesis and/or Dissertation Completion

The Department of Food and Nutrition guidelines are consistent with the requirements of the School of Graduate Studies and Research at IUP.

Defense of the Thesis consists of two parts: an open presentation of the thesis research (faculty and students welcome) and closed (only the committee and chair of the project).

Evaluation Outcome for Dissertation and/or Thesis

Effective fall 2017 for students admitted and students admitted after -- Dissertation and thesis credits will be assigned Pass or Fail as the final evaluation outcome for the taken credits and carry no quality points weighted towards a student's CGPA.

Ongoing Dissertation and Thesis students admitted "prior" to fall 2017 – Dissertation and thesis credits will be assigned a letter grade as the final evaluation outcome for the credits taken and carry quality points weighted towards a student's CGPA for the number of dissertation credits required for the program. "Extended" dissertation credits are not calculated into a student's CGPA.

For more information, view the view the Graduate Catalog: <u>www.iup.edu/ gradcatalog</u>

University Policies and Procedures

University policy is the baseline policy. Programs may have policy that is more stringent than the University baseline policy; however, not less stringent than the University baseline policy. For questions regarding this statement, please contact [Program Coordinator] or the School of Graduate Studies and Research.

Academic Calendar View the IUP Academic Calendar: <u>www.iup.edu/ news-events/ calendar/ academic/</u>

The following University and SGSR policies can be found at <u>www.iup.edu/gradcatalog</u>

Academic Good Standing www.iup.edu/ gradcatalog

Academic Integrity

www.iup.edu/ gradcatalog The Source: A Student Policy Guide: www.iup.edu/ studentconduct/ thesource/

Bereavement-Related Class Absences www.iup.edu/ gradcatalog

Continuous Graduate Registration for Dissertation and Thesis www.iup.edu/ gradcatalog

Grade Appeal Policy www.iup.edu/ gradcatalog

Graduate Fresh Start Policy www.iup.edu/ gradcatalog

Graduate Residency Requirement www.iup.edu/ gradcatalog

Leave of Absence Policy www.iup.edu/ gradcatalog

Time Limitations www.iup.edu/ gradcatalog

Time-to-Degree Masters/Doctoral Dismissal Appeal Policy www.iup.edu/ gradcatalog

Time-to-Degree Extension for Master's Thesis and Doctoral Dissertation www.iup.edu/gradcatalog

Transfer of Credits Policy www.iup.edu/ gradcatalog

Research

For more information, visit the website of the School of Graduate Studies and Research, dick on *Research*: <u>www.iup.edu/ graduatestudies/</u> <u>www.iup.edu/ gradcatalog</u> <u>www.iup.edu/ research/</u>

Appendix C: Graduate Assistantship Preference Sheet

PLEASE RETURN TO THE GRADUATE COORDINATOR via email (<u>MS-FDNT@iup.edu</u>) along with your resume NO LATER THAN <u>4:00pm ON February 1,</u> <u>2021.</u>

Name ____

Graduate Assistantship Assignments

The following types of assistantships may be available. Please rank (1 = highest) the positions of interest to you. Please note that if you are selected for an assistantship award, we cannot guarantee placement based on your stated preference, but we will try to do so. It is imperative that we have your reply by the deadline established above.

 I am interested in a full-time assistantship (20 hours per week) ONLY.

 I am interested in a half-time assistantship (10 hours per week) ONLY.

 I am interested in either a full-time OR half-time assistantship.

 I am only interested in a 1-(one) semester assistantship. Circle one: FALL only or SPRING only

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 only
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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 the Graduate Coordinator (email: MS-FDNT@iup.edu) by August 31, 2020.

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