

Master's Program in Nutrition and Health Promotion

The Master of Science in Nutrition and Health Promotion is designed for those who wish to be leaders in nutrition and wellness. The program attracts students with backgrounds in such disciplines as nutrition, biology, health sciences, health education, athletic training, exercise physiology, or physical education. This program builds upon the decades-long expertise of the Simmons undergraduate program in nutrition and the interdisciplinary resources available in The School for Health Studies (SHS) programs in health care administration, physical therapy, and primary health care nursing. Students are also able to take relevant elective courses in the Simmons graduate programs in Communications Management, Education, and Library and Information Science.

Program of Study

The program of study for the Master of Science in Nutrition and Health Promotion includes nine required courses and two electives. The total credits required for the degree is 31.

Program Features

- The Graduate Program in Nutrition and Health Promotion provides a challenging, flexible curriculum that prepares its graduates for leadership roles in nutrition and wellness.
- The program offers an exciting opportunity to learn in a unique interdisciplinary environment where small group experiences and mentoring are the norm.
- The program provides a supportive educational environment with small classes and a collegial relationship with nationally-known faculty.
- This eleven-course master's degree can be completed by a full-time student in one academic year, including a summer semester.
- The program can also be completed on a part-time basis (for U.S. citizens only).
- Students enrolled in the dietetic internship program can simultaneously enroll in courses in the Masters Program.
- The Simmons program provides the opportunity to complete the academic requirements for obtaining the credentials to become a registered dietitian and obtain a Master of Science Degree in Nutrition and Health Promotion. This option requires the completion of additional undergraduate courses.
- While an undergraduate degree in nutrition is not a requirement for admission, there are specific science and nutrition course prerequisites.
- All graduate nutrition classes are offered in the evening or on weekends.

Program Career Opportunities

The Master of Science in Nutrition and Health Promotion prepares professionals for a variety of career opportunities in health care, business, and government. For students already in the health professions, this degree allows an expansion of their existing practices to include health promotion program planning, implementation, and evaluation. Graduates are qualified to work in the health promotion departments of managed care plans, corporate wellness programs, fitness centers, food service companies, school systems, and for-profit organizations concerned with nutrition and health. Graduates bring a health promotion orientation to the delivery of nutrition services in hospital ambulatory care centers, neighborhood health centers, private practices, and community-based programs.