

Certificate in Sports Nutrition

Nutrition graduates, exercise physiologists, athletic trainers and sports medicine specialists can parlay their expertise into an expanded area of practice. Combining nutrition and exercise knowledge allows students to build competence in the area of personal training and fitness.

The Certificate in Sports Nutrition provides the necessary preparation for the American College of Sports Medicine (ACSM) Health/ Fitness Instructors Exam.

Course Descriptions

SHS 415

Sports Psychology

This course addresses counseling for athletes and teams including performance enhancement, motivation, stress management, and career transitions. Students build on their skills as behavior change educators. They develop an additional understanding of appropriate educational and behavioral change theory and strategies as related to sports psychology. (3 CREDITS)

NTR 455

Nutrition, Fitness and Wellness

This course develops the students' understanding of how food fuels the body and affects athletic performance. The student gains an understanding of how nutrition affects optimal fitness and sports performance. Students design a nutrition/fitness program as a course requirement. Prerequisite: graduate nutrition standing or consent. (3 CREDITS)

NTR 461

Exercise Assessment and Prescription

This course builds on the understanding of energy intake, transformation, and liberation. Students learn to evaluate, create, and implement exercise programs for a variety of populations. This course uses a critical reasoning approach to clinical situations. Students apply an understanding of how nutrition and exercise interact to influence work capacity in children and adults. This course is partially Internet-based. Students meet on site at least five times during the semester. (3 CREDITS)

NTR 462

Sports Nutrition Practice

This course introduces the student to the essential competencies necessary to establish a clinical nutrition practice in fitness and wellness. Current nutrition practice delivery systems are investigated, as are reimbursement and legal issues, and market-driven service. Students develop a business plan for a targeted market. Prerequisite: graduate nutrition standing or consent. (3 CREDITS)

Dietetic Internship Program

This program, accredited by the Commission on Accreditation for Dietetics Education of the American Dietetic Association, is designed for students who hold an undergraduate degree and meet the requirements for the Didactic Programs in Dietetics as approved by the American Dietetic Association. The program's goal is to provide students with both the attitudes and skills necessary to continue learning in a dynamic discipline. Students develop the intellectual and clinical skills of a successful professional, so as to function efficiently and effectively within a health care or community setting. Dietitians need to be educated to practice not only in hospitals, but in other health care settings such as ambulatory care units and HMOs, as well as in private practice, the business world and government agencies. The emphasis of this program reflects the current trend away from acute hospital-based care and toward health promotion and disease prevention. Upon completion of this program, the student is prepared to take the Commission on Dietetic Registration examination.

Program of Study

The Simmons dietetic internship is a twenty-nine week, full-time program which begins in September. Supervised practice at such sites as acute care and long-term care facilities, community health centers, and public health agencies, and private nutrition practices provides students the opportunity to achieve the performance requirements for an entry-level dietitian.

Twelve graduate credits are earned upon successful completion of the program. The Simmons Dietetic Internship Program awards 9 credits for the fieldwork component and 3 credits for the didactic graduate course. Simmons accepts the 3 credits for didactic course work into the M.S. program. Tuition is charged on the basis of twelve semester credit hours.

There is also an opportunity for students to apply to the Simmons Distance Dietetic Internship. Students who live in the Northeast area may be interested in this option. Students are required to attend campus orientation and attend a class once a week. Clinical rotations must be arranged by the student in their local area. These sites must be approved by the Director of the Program

The Simmons College internship is accredited by the Commission on Accreditation for Dietetics Education of the American Dietetic Association. The Commission's address is:

Commission on Accreditation for Dietetics Education
The American Dietetic Association
216 West Jackson Boulevard
Chicago, IL 60606-6995

The telephone number is 312.899.4876.

Students completing the program are expected to take the registration examination. Upon passing, the faculty anticipates that graduates will be capable of practicing in a variety of settings and participating in professional activities. Above all, the graduate is expected to be a dietitian capable of creating an atmosphere of support and respect for individual rights, thereby fostering quality health care and assurance of honor and dignity.

Course Description

NTR 451

Dietetic Internship

The Graduate Nutrition Program maintains special arrangements with Greater Boston health care agencies where staff dietitians supervise students in a variety of settings. Students spend approximately forty hours a week in the field for twenty-nine weeks.

(9 CREDITS)

NTR 452

Nutrition Practice: Program Planning, Implementation, and Evaluation

This course focuses on individual and community assessment, program planning, implementation, and evaluation. Setting program goals that produce outcomes which improve health and support wellness are emphasized. Barriers to change are explored. Program evaluation to determine effectiveness, quality control, and costs will be stressed.

Students plan and evaluate a program for a specified population. (3 CREDITS)

COURSE DESCRIPTIONS

SHS 410

Research Methods

This course focuses on preparing students to critically analyze research literature. Emphasis is placed on critically reading and interpreting published research in terms of applicability to the practice of health care professionals. Taught using small groups, discussions and lectures, this course provides a foundation for subsequent participation in research. (3 CREDITS)

SHS 415

Sports Psychology

This course addresses counseling for athletes and teams including performance enhancement, motivation, stress management, and career transitions. Students build on their skills as behavior change educators. They develop an additional understanding of appropriate educational and behavioral change theory and strategies as related to sports psychology. (3 CREDITS)

SHS 450

The Health Care System: Interdisciplinary Perspectives

The course includes basic epidemiology, determinants of health, an overview of the health system, health providers, financing, and interdisciplinary practice models. It also includes issues of quality, technology, aging and long-term care, ethical analysis, and alternative (complementary) healing modalities. The course is taught in a lecture/seminar format and is open to matriculated graduate students in Health Care Administration, Nutrition, Primary Health Care Nursing, and Physical Therapy. (3 CREDITS)

SHS 570

Health Promotion: A Global Perspective

This interdisciplinary course explores health issues from a societal perspective. An epidemiological model is used to identify health issues from local, community, national, and global perspectives. Healthy People 2000 is used to analyze data on current health issues. Leininger's transcultural model and Pender's model of health promotion focus the discussions. Health promotion of diverse populations is emphasized. Students conduct a needs assessment of a particular population group which allows for the integration of health promotion issues as they are affected by social, political, economic, ethical, and cultural policies. (2 CREDITS)

SHS 597

Treatment and Prevention of Eating Disorders

This course focuses on symptoms, physiological changes, medical treatment team options, and nutrition therapy for eating disorders—*anorexia*, *bulimia*, and *binge eating*. Child, adolescent, and adult eating disorders are reviewed. Prevention strategies and outreach efforts are explored. (1 CREDIT)

NTR 450

Independent Study

The student selects a problem for indepth analysis and study. Prerequisite: graduate nutrition standing and consent. (1-3 CREDITS)

NTR 452

Nutrition Practice: Program Planning, Implementation, and Evaluation

This course focuses on individual and community assessment, program planning, implementation, and evaluation. Setting program goals that produce outcomes which improve health and support wellness are emphasized. Barriers to change are explored. Program evaluation to determine effectiveness, quality control, and costs is stressed. Students plan and evaluate a program for a specified population. Prerequisite: graduate nutrition standing or consent (3 CREDITS)

NTR 455

Nutrition, Fitness, and Wellness

This course develops the students' understanding of how food fuels the body and affects athletic performance. The principles of nutrition are discussed to provide the student with an understanding of how optimal fitness is achieved. Students design a nutrition/fitness program as a course requirement. The course is taught in a lecture/seminar format. Prerequisite: graduate nutrition standing or consent (3 CREDITS)

NTR 460

Nutritional Epidemiology

This course includes a study of the basic principles of nutritional epidemiology, and enables students to understand the strengths and weaknesses of research design for epidemiological studies, to analyze and interpret nutritional epidemiological data, and to define effective and safe food and nutrient recommendations for health promotion and disease prevention. The course is taught in a lecture/seminar format. Prerequisite: Statistics (3 CREDITS)

NTR 461

Exercise Assessment and Prescription

This course builds on the understanding of energy intake, transformation, and liberation. Students learn to evaluate, create, and implement exercise programs for a variety of populations. This course develops a critical reasoning approach to clinical situations. Students apply an understanding of how nutrition and exercise interact to influence work capacity in children and adults. This course is partially Internet-based. Students meet on site at least five times during the semester. (3 CREDITS)

NTR 462

Sports Nutrition Practice

This course introduces the student to the essential competencies necessary to establish a clinical nutrition practice in fitness and wellness. Current nutrition practice delivery systems are investigated, as are reimbursement and legal issues, and market-driven service. Students develop a business plan for a targeted market. Prerequisite: graduate nutrition standing or consent. (3 CREDITS)

NTR 480

Nutrition Fieldwork

This elective course offers students the opportunity to participate in an individualized nutrition field experience. Prerequisite: graduate nutrition standing or consent (3 CREDITS)

NTR 489

Nutrition Proposal Development

This course prepares students for NTR 490 and must be taken prior to NTR 490. NTR 489 provides the framework for the research project including: problem: statements, literary review, questionnaire development, study design, and data analysis. Prerequisite: SHS 410 or concurrent (1 CREDIT)

NTR 490

Nutrition Research Project

Students design, implement, and write in publishable format a research project related to nutrition and health promotion. Students are guided individually by a faculty member who will be their advisor for the research project. Students formally present their research to faculty and student colleagues. Prerequisites: SHS 410, NTR 452, NTR 455, NTR 460 or concurrent and NTR 489 (4 CREDITS)