
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. The course is taught online. (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)

NUTR 450

Independent Study

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

NUTR 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. Prerequisite: enrollment in Dietetic Internship Program. (9 credits)

NUTR 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)

NUTR 453

Advanced Topics in Preventive Nutrition

This course surveys nutritional recommendations throughout the life cycle that pertain to disease prevention and health promotion. Special emphasis is given to the latest research findings in risk factors for chronic diseases. Students are encouraged to interpret research findings and develop strategies to promote healthy lifestyles. Prerequisite: graduate nutrition standing or consent of instructor is required. (3 credits)

NUTR 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 only offered online.** Prerequisite: graduate nutrition standing or consent of instructor is required. (3 credits)

NUTR 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 nutrition recommendations for health promotion and disease prevention. The course is taught in a lecture/seminar format. Prerequisite: Statistics; graduate nutrition standing or consent of instructor is required. (3 credits)

NUTR 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. **The course is only offered online.** Prerequisite: graduate nutrition standing or consent of instructor is required. (3 credits)

NUTR 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. **The course is only offered online.** Prerequisite: graduate nutrition standing or consent of instructor is required. (3 credits)

NUTR 480

Nutrition Fieldwork

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

NUTR 489

Nutrition Proposal Development

This course prepares students for NUTR 490 and must be taken prior to NUTR 490. NUTR 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; graduate nutrition standing. (1 credit)

NUTR 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, NUTR 452, NUTR 455, NUTR 460 or concurrent and NUTR 489; graduate nutrition standing. (4 credits)