

Graduate Program in Nutrition and Health Promotion Curriculum

Required Courses (28 credits)

NUTR 452	Nutrition Practice: Program Planning, Implementation, and Evaluation	3
NUTR 455	Nutrition, Fitness, and Wellness	3
NUTR 460	Nutritional Epidemiology.	3
NUTR 461	Exercise Assessment and Prescription.	3
NUTR 489	Nutrition Proposal Development.	1
NUTR 490	Nutrition Research Project	4
SHS 410	Research Methods	3
SHS 450	The Health Care System: Interdisciplinary Perspectives	3
SHS 570	Health Promotion: A Global Perspective	2
NUTR 453	Advanced Topics in Preventive Nutrition	3
		total credits 28

Examples of Elective Courses (3 credits)*

NUTR 462	Sports Nutrition Practice	3
NUTR 480	Nutrition Fieldwork.	4
SHS 415	Sports Psychology	3
SHS 426	The Mind/Body Connection	3
SHS 427	Advanced Interpersonal and Counseling Skills.	3
SHS 597	Treatment and Prevention of Eating Disorders.	1
MCM 453	Strategic Market Planning	4
MCM 481	Strategic Communication and Organizational Change	4
MCM 485	Communicating Across Cultures.	4
MCM 486	Cultural Diversity in the Workplace	4
GEDUC 415	Building Fair and Effective Classroom Communities	4
GEDUC 424	Educational Technology and Software	4
LIS 468	Communications Media and the Information Professions	4
LIS 431	The Design, Production, and Presentation of Instructional Materials	4
LIS 475	Organizational/Information Ethics	2-4
		total credits 3

* In addition to the courses listed above, students will be able to take selected courses in the Graduate Program in Health Care Administration.

Sample Curriculum for a Full-Time Student (who has met all the prerequisites)

FALL

NUTR 452	Nutrition Practice: Program Planning, Implementation, and Evaluation	3
NUTR 455	Nutrition, Fitness, and Wellness	3
NUTR 461	Exercise Assessment and Prescription.	3
NUTR 489	Nutrition Proposal Development	1
SHS 410	Research Methods	3
SHS 570	Health Promotion: A Global Perspective	2

total credits 15

SPRING

SHS 450	The Health Care System: Interdisciplinary Perspectives.	3
NUTR 460	Nutritional Epidemiology.	3
NUTR 490	Nutrition Research Project	4
TBN	Elective	3

total credits 13

SUMMER

NUTR 453	Advanced Topics in Preventive Nutrition	3
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total credits 31

Sample Curriculum for a Full-Time Student (who has not met all the prerequisites)*

YEAR 1

FALL

CHEM 111 or		
CHEM 113	Inorganic Chemistry	4
NUTR 112**	Introduction to Nutrition.	4
		total credits 8

SPRING

CHEM 112 or		
CHEM 114	Organic Chemistry.	4
MATH 118	Introductory Statistics	4
		total credits 8

SUMMER

BIOL 231	Anatomy and Physiology 1	4
BIOL 232	Anatomy and Physiology 11	4
NUTR 237	Practice of Community Nutrition	4
		total credits 12

YEAR 2

FALL ***

NUTR 311	Human Nutrition/Metabolism	4
SHS 410	Research Methods	3
SHS 570	Health Promotion: A Global Perspective	2
		total credits 9

SPRING

SHS 450	The Health Care System: Interdisciplinary Perspectives	3
NUTR 460	Nutritional Epidemiology	3
		total credits 6

SUMMER

NUTR 453	Advanced Topics in Preventive Nutrition	3
		total credits 3

YEAR 3

FALL

NUTR 452	Nutrition Practice: Program Planning, Implementation, and Evaluation	3
NUTR 455	Nutrition, Fitness, and Wellness	3
NUTR 461	Exercise Assessment and Prescription.	3
NUTR 489	Nutrition Proposal Development	1
		total credits 10

SPRING

NUTR 490	Nutrition Research Project	4
TBN	Elective	3
		total credits 63

*Prerequisites can only be completed on a part-time basis at Simmons; students may transition to full-time status after fulfilling the prerequisites. These schedules are for illustrative purposes only and are subject to change without notice.

**NUTR 111 Fundamentals of Nutrition will also meet this requirement.

***Can begin graduate SHS courses while completing prerequisite nutrition courses. Prerequisite courses do not need to be completed at Simmons.

Sample Curriculum for a Part-Time Student (who has met all the prerequisites)*

YEAR 1

FALL

SHS 570 Health Promotion: A Global Perspective 2

SHS 410 Research Methods 3

total credits 5

SPRING

SHS 450 The Health Care System: Interdisciplinary Perspectives. 3

NUTR 460 Nutritional Epidemiology. 3

total credits 6

YEAR 2

FALL

NUTR 452 Nutrition Practice: Program Planning,
Implementation, and Evaluation 3

NUTR 455 Nutrition, Fitness, and Wellness 3

total credits 6

SPRING

TBN Elective 3

total credits 3

SUMMER

NUTR 453 Advanced Topics in Preventive Nutrition 3

total credits 3

YEAR 3

FALL

NUTR 461 Exercise Assessment and Prescription. 3

NUTR 489 Nutrition Proposal Development 1

total credits 4

SPRING

NUTR 490 Nutrition Research Project 4

total credits 31

*These schedules are for illustrative purposes only and are subject to change without notice.

Sample Curriculum for a Part-Time Student (who has not met all the prerequisites)*

YEAR 1

FALL

CHEM 111 or	
CHEM 113	Inorganic Chemistry 4
NUTR 112**	Introduction to Nutrition. 4
total credits 8	

SPRING

CHEM 112 or	
CHEM 114	Organic Chemistry. 4
MATH 118	Introductory Statistics 4
total credits 8	

SUMMER

BIOL 231	Anatomy and Physiology 1. 4
BIOL 232	Anatomy and Physiology 11 4
NUTR 237	Practice of Community Nutrition 4
total credits 12	

YEAR 2

FALL ***

NUTR 311	Human Nutrition/Metabolism 4
SHS 570	Health Promotion: A Global Perspective 2
total credits 6	

SPRING

SHS 450	The Health Care System: Interdisciplinary Perspectives. 3
TBN	Elective 3
total credits 6	

SUMMER

SHS 410	Research Methods 3
total credits 3	

YEAR 3

FALL

NUTR 452	Nutrition Practice: Program Planning, Implementation, and Evaluation 3
NUTR 455	Nutrition, Fitness, and Wellness 3
total credits 6	

SPRING

NUTR 460	Nutritional Epidemiology. 3
total credits 3	

SUMMER

NUTR 453	Advanced Topics in Preventive Nutrition 3
total credits 3	

YEAR 4

FALL

NUTR 461	Exercise Assessment and Prescription.	3
NUTR 489	Nutrition Proposal Development	1

total credits 4

SPRING

NUTR 490	Nutrition Research Project	4
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total credits 63

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**NUTR 111 Fundamentals of Nutrition will also meet this requirement.

***Can begin graduate SHS courses while completing prerequisite nutrition courses. Prerequisite courses do not need to be completed at Simmons.