

# Nutrition Catalog

## Graduate Program in Nutrition and Health Promotion

2011-2012

The coeducational School of Nursing and Health Sciences (formerly School for Health Studies) was established in July 1989, underscoring Simmons's commitment to the preparation of students for positions of leadership in health care. The School brings together the College's health-related programs in health care administration, nutrition, physical therapy, and primary health care nursing in addition to a special clinical genetics program. Further information about these undergraduate programs is available at [www.simmons.edu](http://www.simmons.edu). The School's goal is to prepare individuals for clinical and administrative leadership positions in a rapidly changing health care environment. Its programs are committed to educating students to be sensitive to human needs in terms of access and quality of health care, and to also understand the organizational, institutional, and policy constraints that dominate the health care system. Because it incorporates both clinical and administrative programs in one organization, the School is uniquely positioned to respond to the critical need for well-prepared health care professionals, to enhance the opportunities for interdisciplinary cooperation, and to expand the resources available to faculty, graduate students, and the health care community.

SNHS students benefit from the College's location in Boston. The city has one of the world's largest medical centers, with more than seventy hospitals, dozens of health centers, and hundreds of other health care-related organizations. These countless resources, combined with Boston's equally distinguished high technology and research institutions, provide excellent learning experiences and career opportunities for students in health-related programs. At 300 The Fenway, Simmons is located in the heart of the Longwood Medical Area, neighbor to the Harvard medical, dental, and public health schools and in close proximity to noted medical institutions such as Beth Israel Deaconess Medical Center, Brigham and Women's Hospital, and Children's Hospital.

### **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, as well as those with bachelor's degrees in other fields wishing to enter the nutrition field. This program builds upon the decades-long expertise of the Simmons undergraduate program in nutrition and the interdisciplinary resources available in the School of Nursing and Health Sciences 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.

## **Mission**

The mission of the Graduate Nutrition Program is to provide the intellectual base for students to be effective participants in a profession that works to influence nutrition and health behaviors of the population. The program fosters professional growth by developing critical thinking skills and an appreciation for life-long learning. It provides the foundation for leadership, research, and doctoral study in the field of nutrition and health promotion.

## **Program of Study**

The program of study for the Master of Science in Nutrition and Health Promotion includes ten required courses and one elective. The total credits required for the degree is 31.

## **Program Features (for M.S. program)**

- The Graduate Program in Nutrition and Health Promotion provides a challenging 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 program can be completed by a full-time student in one academic year, including a summer semester.
- While an undergraduate degree in nutrition is not a requirement for admission, there are specific science and nutrition course prerequisites. See the Admissions Requirements section for more details.
- All graduate nutrition classes are offered in the evening or online.

## **Program Options**

- The Simmons program provides the opportunity to complete the Didactic Program in Dietetics post baccalaureate Certificate, the academic requirements for obtaining the credentials to become a registered dietitian. This option requires the completion of additional undergraduate courses.
- Simmons offers a special opportunity for Tufts University students who wish to complete the Didactic Program in Dietetics Certificate and to Brigham and Women's Hospital and Massachusetts General Hospital Dietetic Interns interested in applying to the M.S. program. Call the Office of Admission (617-521-2605) for more information.
- The Simmons Program also offers the option to complete a Certificate in Sports Nutrition. Specific requirements can be found later in the catalog in the section "Online Certificate in Sports Nutrition."

## **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 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.

## 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
SNHS 410	Research Methods .....	3
SNHS 450	The Health Care System: Interdisciplinary Perspectives.....	3
SNHS 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
HCA 501	Self and Small Group Leadership.....	2
HCA 545	Health Policy and Politics .....	2
SNHS 415	Sports Psychology .....	3
SNHS 581	Negotiation.....	2
MCM 453	Strategic Market Planning .....	4
MCM 486	Cultural Diversity in the Workplace.....	4
GEDUC 424	Educational Technology and Software .....	4
LIS 488	Technology for Information Professionals .....	4
IDIV 501	Globalization and Diversity.....	3
	Total credits for M.S. program.....	31

**Sample Curriculum for a Full-Time Student \***

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
SNHS 410	Research Methods .....	3
SNHS 570	Health Promotion: A Global Perspective .....	2
	Total credits.....	15

SPRING

SNHS 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
	Total credits for M.S. program.....	31

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

**Sample Curriculum for a Part-Time Student \***

YEAR 1

FALL

SNHS 570	Health Promotion: A Global Perspective.....	2
NUTR 455	Nutrition, Fitness, and Wellness .....	3
	<b>Total credits.....</b>	<b>5</b>

SPRING

SNHS 450	The Health Care System: Interdisciplinary Perspectives.....	3
	Elective .....	3
	<b>Total credits.....</b>	<b>6</b>

YEAR 2

FALL

NUTR 452	Nutrition Practice: Program Planning, Implementation, and Evaluation .....	3
SNHS 410	Research Methods .....	3
	<b>Total credits.....</b>	<b>6</b>

SPRING

NUTR 460	Nutritional Epidemiology.....	3
	<b>Total credits.....</b>	<b>3</b>

SUMMER

NUTR 453	Advanced Topics in Preventive Nutrition .....	3
	<b>Total credits.....</b>	<b>3</b>

YEAR 3

FALL

NUTR 461	Exercise Assessment and Prescription.....	3
NUTR 489	Nutrition Proposal Development .....	1
	<b>Total credits.....</b>	<b>4</b>

SPRING

NUTR 490	Nutrition Research Project.....	4
	<b>Total credits for M.S program.....</b>	<b>3<sup>1</sup></b>

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

## Online 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) Personal Trainer Exam. The Certificate is an entirely online program.

Prerequisites include: an undergraduate degree in nutrition, exercise physiology, kinesiology, sports medicine, or related fields, which would have included Anatomy and Physiology I and II with laboratory, and Introductory Nutrition. These prerequisite courses must be graded and may not be completed pass/fail or audited and completed within the past ten years.

The program consists of four, three-credit online courses and can be completed in either one or two years (for U.S. students\*). Two courses are offered each fall and spring semesters. Admission is not available for summer (May) entry since no classes are offered during this time.

Two Certificate in Sports Nutrition courses are required as part of the Master's nutrition program. Students enrolled in or considering the Master's program can also use one Certificate of Sports Nutrition course as an elective in the Master's program. However, students must apply simultaneously to the Master's program in order for these courses to apply to the Master's program. Non-degree students are not eligible to take any of the Certificate courses.

### Required Courses\*\*

SNHS 415  
Sports Psychology

NUTR 455  
Nutrition, Fitness and Wellness

NUTR 461  
Exercise Assessment and Prescription

NUTR 462  
Sports Nutrition Practice

\*International students in the U.S. are allowed to enroll in online distance courses but no more than the equivalent of one class or three credits per semester which may be counted toward the full course of study requirement if the class does not require the student's physical attendance for classes, exams, or other purposes. The course may be an elective or required course. Students may take other online courses but only in future terms, and only one course per semester. However, this one online course must be part of an overall full time enrollment status.

\*\*See the Course Descriptions section for full information.

### **Certificate in the Didactic Program in Dietetics (D.P.D.)**

The Simmons College Certificate in the Didactic Program in Dietetics (D.P.D.) is a post-baccalaureate program that fulfills one of the requirements for becoming a Registered Dietitian. The D.P.D. Certificate will prepare graduates to become competent entry level professionals, as well as preparing for success in one or more of the following: a graduate program, an accredited supervised practice program (dietetic internship, or employment.

The undergraduate courses required for the D. P.D. (indicated further in this catalog) can be completed within the context of the Simmons College curriculum either as a part of a Bachelor's degree or in addition to an already completed Bachelor's degree. Students not currently in possession of a Bachelor's degree should apply through the Simmons College Undergraduate Admissions office for a Bachelor's degree with a major in nutrition. Students who already have a Bachelor's degree and intend to apply for the DPD Certificate Program must apply for this program through the Office of Admission of the School of Nursing and Health Sciences.

The D.P.D. Certificate is designed for those students who have already completed a Bachelor's degree and who would like to complete solely the Didactic Program requirements to become a Registered Dietitian. Even students who have already obtained a Bachelor's degree in a different discipline can complete the D.P.D. Certificate program to apply for a supervised practice program (e.g., dietetic internship). The Commission on Accreditation for Dietetics Education (CADE) of the American Dietetic Association didactic undergraduate course requirements for the Simmons College D.P.D. Certificate are indicated below. Any pre-requisite courses specified in the college catalog for each course must be completed prior to taking the course in question.

This certificate, along with a verification statement signed by the D.P.D. Director at Simmons College, will confirm the successful completion of the first step in the credentialing process for dietetics practitioners. Students must successfully complete the D.P.D. courses at Simmons College to be eligible for a verification statement. In addition to a minimum of a Bachelor's degree, and the didactic courses, an accredited supervised practice program (dietetic internship) must be completed to ensure eligibility to take the R.D. exam. The courses in this certificate are coded as graduate courses (tuition is based on the graduate rate) but they are actually undergraduate in content.

It should be noted that fulfilling the aforementioned courses required for the Certificate in the Didactic Program in Dietetics is only one step in the credentialing process for dietetics practitioners. In addition to a minimum of a Bachelor's degree, the undergraduate D.P.D. course completion must be followed by an accredited supervised practice program (e.g., a dietetic internship program (D.I.P.)) to ensure eligibility to take the R.D. examination. The application to the D.I.P. is a separate process and completion of the Certificate in the D.P.D. in no way guarantees acceptance into a D.I.P. The dietetics internship application process is competitive and not all applicants are accepted. Statistics on the acceptance rates to dietetic internships can be found on the following web site:

<http://www.eatright.org/CADE/content.aspx?id=186>. In recent years, about half of those applying to DIPs nationally were accepted into dietetic internships, although among Simmons College D.P.D. students the match rate was about 81% in 2011. For more information on becoming a registered dietitian please see [http://www.eatright.org/cps/rde/xchg/SID-5303FFEA-66E62AB5/ada/hs.xsl/home\\_6658\\_ENU\\_HTML.htm](http://www.eatright.org/cps/rde/xchg/SID-5303FFEA-66E62AB5/ada/hs.xsl/home_6658_ENU_HTML.htm)

Students must formally apply to this program by submitting the graduate Nutrition application to the Office of Admission of the School of Nursing and Health Sciences. Carefully review the application since some items required for other nutrition program options are **not** required for the D.P.D. application. Since DPD courses are not offered in the summer, applications are only accepted for the fall (September) and spring (January) semesters

### **The Mission of the Simmons College Certificate in the Didactic Program in Dietetics**

The mission of the Simmons College Didactic Program in Dietetics (D.P.D.) is subsumed within that of the Department of Nutrition. The mission of the Simmons College Department of Nutrition is twofold. The first is to educate students and foster an appreciation of lifelong learning in preparation for their success in advanced nutrition or dietetics education or employment so that they can be effective in a profession that works to affect the eating behaviors and subsequent health and quality of life of a multicultural and diverse population, a profession that adds to the scientific investigation about food and health, and one that fosters an appreciation of food's relationship to other sciences; and second, to provide the College community with the intellectual basis and professional expertise for achieving and/or maintaining health through food habits.

### **Program Goals and Objectives**

The Nutrition Department is dedicated to quality teaching and learning. The following are the goals of Simmons College Didactic Program in Dietetics. The D.P.D. goals are consistent with the mission of the College and the corresponding college goals:

1. The Simmons College D.P.D. will prepare graduates capable of becoming competent entry level professionals.
2. The D.P.D. will prepare graduates to succeed in one or more of the following: a graduate program related to nutrition or dietetics, an accredited dietetic internship program (DIP), or employment.
3. The D.P.D. will prepare graduates to serve a culturally diverse population.



### *DPD Goals and Program Outcomes*

As part of our accreditation requirements set forth by the Commission on Accreditation for Dietetics Education of the American Dietetic Association (**A.D.A.**) measurable outcome objectives which track our progress toward attaining the aforementioned goals have been established (some are CADE requirements). The Didactic Program in Dietetics' goals and corresponding program outcomes are shown below:

1. The Simmons College D.P.D. will prepare graduates to become competent entry level professionals.

#### *Corresponding program outcomes:*

- At least 70% of those students enrolled in the BS/DPD will complete it within 150% of the time planned for completion.
- Over a five year period, the pass rate for program graduates taking the registration examination for the first time will be at least 80%.
- At least 75 % of graduates will assign a 4 (i.e., agree) or a 5 (i.e., strongly agree) to being well prepared on 75% of the items on the graduate survey.
- At least 75% of Directors of supervised Practice will rate Simmons College DPD graduates as acceptable or higher on 75% of items listed on the survey.

2. The D.P.D. will prepare graduates to succeed in one or more of the following: a graduate program, an accredited dietetic internship program, or employment.

#### *Corresponding program outcomes:*

- Over a five-year period, 60% of D.P.D. graduates will apply to supervised practice programs the academic year they complete the program.
- Over a five year period, 80% of those applying to supervised practice programs the academic year that they complete the program will be accepted.
- Within 12 months of completing the program at least 70% of those who did not apply or were not accepted to a DIP will secure one or more of the following: appointment to a graduate program, or employment.

3. The D.P.D. will prepare graduates to serve a culturally diverse population with understanding and respect.

#### *Corresponding program outcomes:*

- 80 % of D.P.D. students will demonstrate academic preparation in cultural factors affecting both nutrition and counseling via their DPD coursework.
- 75% of graduates will report satisfaction with their ability to serve culturally diverse groups.

## Required Courses for the Certificate in the Didactic Program in Dietetics

General Biology\* (BIOL 113)  
Microbiology\* (BIOL 221)  
Anatomy & Physiology I and II\* (BIOL 231 + 232)  
Introductory Chemistry: Inorganic\* (CHEM 111 or 113)  
Introductory Chemistry: Organic\* (CHEM 112 or 114)  
Introduction to Biochemistry (CHEM 223)  
Introductory Statistics (MATH 118)  
\*with Laboratory

### Nutrition Courses:

Advanced Food Science (NUTR 201)  
Introduction to Nutrition Science (NUTR 112, Fundamentals of Nutrition Science NUTR 111 can be substituted)  
The Practice of Clinical Dietetics (NUTR 231)  
The Practice of Community Nutrition (NUTR 237)  
Food Production and Service Systems (NUTR 248)  
Management of Food Service Systems (NUTR 249)  
Nutrient Metabolism (NUTR 311)  
Advanced Practice in Community Nutrition (NUTR 381)  
Medical Nutrition Therapy (NUTR 334) (this course must be taken at Simmons College)  
Seminar: Selected Topics in Nutrition (NUTR 390) *starting for those entering DPD in fall, 2011 and later.*

*In addition, there are two required social science courses; at least one of these should be in sociology or psychology.*

The Simmons College Didactic Program in Dietetics is currently granted accreditation by the Commission on Accreditation for Dietetics Education of the American Dietetic Association, 120 South Riverside Plaza, Chicago, IL 60606, 312.899.0040 ext. 5400.

## **Combined Master's of Science in Nutrition and Health Promotion and D.P.D. Program**

Those who are admitted into both the MS and the D.P.D. Certificate Program may use graduate courses in their MS program to fulfill the requirements of two of the aforementioned D.P.D. courses, Advanced Practice in Community Nutrition, and Senior Seminar in Nutrition. However, to obtain the exemption from these courses the following graduate courses must be completed prior to completion of the DPD Certificate.

- Advanced Practice in Community Nutrition (NUTR 381) is covered by the following graduate courses:
  - NUTR 452 Program Planning, Implementation and Evaluation
  - NUTR 455 Nutrition Fitness and Wellness
  - NUTR 460 Nutritional Epidemiology
  - SNHS 450 Introduction to Health Care Systems
  - SNHS 570, Health Promotion: Global Perspective
- Seminar: Selected Topics in Nutrition (NUTR 390) is covered by the following graduate courses.
  - SNHS 410 Research Methods
  - NUTR 489 Proposal Development

D.P.D certificate students (U.S. and permanent resident aliens) may take some D.P.D. courses at another regionally accredited post-secondary institution with prior approval from the D.P.D. director. However, in order to receive a verification statement attesting to the completion of the Didactic Program in Dietetics, students must complete a minimum of five courses in residence at Simmons College, even if they have a Bachelor's degree in Nutrition from another regionally accredited college or university.

Federal immigration policies prevent foreign students needing an F-1 visa to study in the U.S. from taking courses at an institution other than the one which issued the I-20, so, students issued an I-20 by Simmons must complete all courses at Simmons.

D.P.D Certificate students must pass D.P.D. science courses with a grade of C- or better and D.P.D. Nutrition courses with a grade of B- or better to be eligible to receive a Verification Statement (the latter is the official documentation of completion required by CADE). Students who successfully complete the Certificate in the D.P.D. at Simmons College will receive this certificate and also a Verification Statement, once they have submitted the following to the D.P.D. director:

- All official transcripts from all colleges attended for credit toward their degree and all colleges attended at which students took courses which fulfilled the Certificate in the D.P.D. requirements (prior approval of all courses proposed to be taken for the D.P.D. at a college other than Simmons College is required by the Nutrition Department). These official transcripts are **in addition** to and separate from those submitted as part of the admission process; photocopies are not acceptable. These official transcripts are in addition to official transcripts required by the Office of Admission upon original application to the School.
- A request for the Verification Statement (either by e-mail or hard copy). This request should include the student's full name, the last four digits of their social security number, and the address to which the verification statements should be sent.
- There is a 1-2 week turn-around time between the time of receipt of all aforementioned and the sending out of the Verification Statement.

For additional information on the Didactic Program in Dietetics at Simmons College, please see the undergraduate and graduate web sites for this program.

## **Dietetic Internship Program**

The Simmons College Dietetic Internship Program, accredited by the Commission on Accreditation for Dietetics Education (CADE) of the American Dietetic Association, 120 South Riverside Plaza, Chicago, IL 60606, 312.899.0040 ext. 5400, is designed for interested candidates who hold an undergraduate degree and meet the didactic requirements approved by CADE the American Dietetic Association. Upon successfully passing the Commission on Dietetic Registration (CDR) registered dietitian exam students may apply for licensure in the Commonwealth of Massachusetts. All interested candidates must participate in the computer matching process run by D+D Digital. More information about the process may be found at [www.dnddigital.com](http://www.dnddigital.com). The codes for Simmons College for the mark/sense cards are 254 for the program arranged dietetic internship and 183 for the student-proposed dietetic internship.

## **Mission**

**Simmons College Dietetic Internship Mission:** is to graduate competent ethical entry level practitioners who build on evidence based research and standards of practice and standards of professional performance to provide nutritional care, health promotion and disease prevention that is culturally and economically sensitive. Our graduates will develop an appreciation for life-long learning to increase knowledge and enhance professional development.

Nine students are accepted to the program-arranged internship. The program is a full-time program with a concentration in community nutrition, health promotion and wellness. This concentration allows the internship to build on the existing community nutrition focus. Interns will now be provided with opportunities to gain additional competency and acquire entry-level skills to promote health and wellness.

## **Simmons College Dietetic Internship Program Goals**

Since the profession of dietetics is built on a conceptual framework that is constantly changing as a result of the discovery of new operational principles, evidenced based research, and standards of practice, the dietetic internship's goals are:

### **Simmons College Program Goal #1**

Prepare dietetic professionals for a career using their intellectual and clinical skills to function within a community nutrition health promotion and wellness setting, acute care setting, and food service management setting as an entry level practitioner.

### **Program Goal #1 Outcome Measures**

- Over a five year period, 70% or more of DI graduates who seek employment in dietetics will be employed within three months of completing internship.
- 80% of employers will rate graduates as strong or superior in nutritional knowledge and professional skills compared with other entry level practitioners.
- 100% of interns enrolled in the DI program will complete the program requirements within 50 weeks, or, 150% of the time planned for completion.

## **Simmons College Program Goal #2**

Prepare entry-level dietitians to participate in continuous learning and professional development activities.

### **Program Goal #2 Outcome Measures**

- Over a five-year period, the pass rate for DI graduates taking the registration examination for the first time will be at least 80%.
- 80% of graduates seeking acceptance to graduate programs in place of employment will enroll within 5 months of program completion.
- 80% of graduates will indicate they participate in continuing education and professional development activities.

The following Department of Nutrition statements support the mission of the Simmons College Dietetic Internship Program:

- To cultivate skills in critical analysis.
- To foster a creative and effective approach to problem solving.
- To provide the opportunity for the direct application of didactic material to a variety of real-world settings at the local, state, and federal levels.
- To impart a strong scientific base for the study and application of the discipline of nutrition.
- To develop a thorough understanding of the nature and composition of foods, the technology of food production and preservation, and the factors relating to the maintenance of a nutritious and safe food supply.
- To provide food service management skills which involve the integration of financial, human, physical, and material resources and services.
- To foster a learning environment which encourages and contributes to an understanding of the psychological, social, cultural, and economic factors that influence food consumption in various populations and encourages an appreciation of cultural diversity.
- To equip students with the skills which will enable an objective and competent interpretation of the scientific literature in order to better understand the relationship of nutrition to health and disease, and the essentiality of adequate nutrition in human development and throughout the various stages of the life cycle.
- To provide students with clinical and community-related experiences that will make them strong leaders and potential entrepreneurs in the field of dietetics.
- To expose students to a variety of nutrition-related experiences in settings such as community and public health, long-term care, acute/clinical care, and with private-practice dietitians.
- To encourage students to recognize the importance of continuous learning for enrichment of their personal and professional lives.
- To assist students in successfully completing their internship experience so that they are prepared for the Registration Examination for Dietitians and are able to function as entry-level practitioners in clinical, food service, and community dietetic roles.

## **The Program Curriculum**

The curriculum is designed to create an environment where students develop the intellectual and clinical skills of an entry-level community nutrition practitioner. All students will be required to complete the core competencies and program defined competencies that have been established by the CADE of the American Dietetic Association. These competencies will be met in seven different rotations over a 33-week period starting in September and ending in April.

In addition to meeting the program defined competencies, two separate didactic components have been incorporated into the internship curriculum, including a weekly graduate-level nutrition course spanning September through December. This course, titled Nutrition Program, Planning, Implementation and Evaluation, will help students meet several of their competencies.

The second didactic component of the curriculum involves weekly or biweekly seminars and joint dietetic intern lecture series that extend throughout the internship experience. Enrolled Simmons College dietetic interns will participate in a joint dietetic internship lecture series with the internship programs at Brigham and Women's Hospital, Massachusetts General Hospital, Beth Israel-Deaconess Medical Center, Mount Auburn Hospital, and Tufts University Frances Stern Nutrition Program, and Boston University. Each month, one of the internship programs sponsors a full-day lecture series on topics related to nutrition legislation, nutrition and aging, pediatric nutrition, nutrition support, alternative medicine, eating disorders, nutrition and fitness, and entrepreneurial nutrition.

The curriculum will enable students to obtain the skills and knowledge necessary to:

- assess, plan, develop, implement and evaluate community-based nutrition programs.
- provide nutritional counseling and education to a wide variety of clients in terms of age, culture, and religion.
- screen, assess, and provide accurate medical nutritional therapy recommendations for individuals, groups, and populations.
- demonstrate competence in food service management, including management of safety and sanitation issues, facility management, food production, and recipe and menu development.
- implement proper medical nutritional therapy interventions for individuals requiring enteral and parenteral nutrition.
- take the registration exam for registered dietitians.

### **Program of Study**

The Simmons dietetic internship is a 33 week, full-time (40 hours/week) program which begins in September. Supervised, hands-on experiences at assigned rotations will provide students with the opportunities to achieve the performance requirements set forth by the CADE of the American Dietetic Association for an entry-level dietitian. The rotations include:

1. Community health center
2. Department of Public Health
3. State government-based nutrition initiative program
4. Food service
5. Clinical/acute care
6. Counseling and education experiences with private-practice dietitians, fitness centers with a strong nutrition program or other nutrition-oriented organizations
7. Research and Professional Practice Experience

Twelve graduate credits are earned upon successful completion of the program. Hence, tuition is charged on the basis of twelve semester credit hours. The program awards nine credits for the fieldwork component and three credits for the didactic graduate course. Simmons will accept the three credits for didactic course work into the M.S. program if the student has applied and has been accepted to the Simmons M.S. in Nutrition and Health Promotion program.

The seven-rotation design and the curriculum of the Simmons College dietetic internship program have been evaluated and are accredited by the CADE of the American Dietetic Association, 120 South Riverside Plaza, Chicago, IL 60606 312-899-0040 ext 5400.

### **Rotation Requirements**

The Internship experience begins with a two to three-day orientation program which occurs at the beginning of September. Orientation is held in Boston, Massachusetts on the Simmons College campus. All interns accepted to the program are required to attend this orientation program. All students are responsible for transportation, housing, and meals during orientation. The purpose of orientation is to help students make the transition between undergraduate education and the professional practice environment, and to orient new students to the program requirements, expectations, and resources available at Simmons College.

<u>Requirement</u>	<u>Time</u>
Orientation (September)	2-3 days
Acute care	10 weeks
Foodservice	6 weeks
Public health	4 weeks
Community health center	4 weeks
State government-based nutrition initiative program	4 weeks
Private practice nutrition education and counseling	4 weeks
Research and professional practice experience	1 week
TOTAL	33 weeks

### **Competency Requirements and Evaluations**

Students accepted to the Simmons College Dietetic Internship Program are required to meet the competencies created by the CADE of the American Dietetic Association and program defined competencies. To ensure students meet the intended competencies, a separate evaluation has been created for each of the seven rotations. Each evaluation form contains the competencies that apply to the particular rotation. Only the competencies with five stars (\*\*\*\*\*) must be met at the given rotations since they cannot be met easily at the other rotations. Otherwise, the competencies can be met in any and all of the rotations.

Formal evaluations by the student's primary preceptor are required at the middle and end of each rotation. Midway evaluations ensure that the student and preceptor agree with the student's performance and acquisition of the competencies prior to the intern's final evaluation.

Students are also required to evaluate each facility that they attended during their 33-week internship experience. These evaluations provide valuable information for the Simmons College internship director and coordinator, the student and the preceptor. The information from these evaluations can then be used to make program modifications, if necessary. A final exit interview with the Dietetic Internship Program Director and Coordinator will be conducted to solicit feedback from the dietetic interns after they have participated in their 33-week experience.



### **Program Completion Requirements**

- Completion of seven required rotations including related projects and assignments and make-up of any days missed or sick days.
- Completion of competencies required by CADE of the American Dietetic Association and the program defined competencies.
- A 'B' or better in the required graduate level course *Nutrition 452: Nutrition Program Planning, Implementation, and Evaluation*.
- Attendance at all scheduled Monday afternoon internship meetings at Simmons College.
- Completion of a formal evaluation by the student's primary preceptor at each rotation.
- Completion of a formal evaluation by the student of each rotation.
- Completion of various worksheets provided in the Student Handbook for each rotation, and submission to the Program Director at the end of the program.
- Participation in and evaluation of each of the monthly joint dietetic internship class days.
- Collection and submission of projects completed during each rotation, and submission to the Program Director at the end of the program.
- Participation in exit interviews at the completion of the 33 week internship experience.
- Completion of the RD exam review sessions required during the final week of the internship program and a practice RD exam.

**Note:** A student may be asked to stay beyond the 33 weeks if, in the opinion of the program director, the student has not reached entry-level competence. Scheduled ***supervised practice experiences must be completed within a two-year period.*** This two year period begins when the students start their supervised practice experiences. If it is determined that a student needs to take a leave of absence, they must complete appropriate paperwork required by the School of Nursing and Health Sciences. Factors that will be considered in determining if a student's experience must be lengthened include the following:

- Recommendations from a preceptor(s) involved in the student's experience.
- Recommendations from the program coordinator or program director.
- Student concerns about not being adequately prepared for an entry-level position in the field of dietetics.
- Incomplete or unsatisfactory student evaluations indicating sub-optimal entry level competence.
- Inability of a facility or internship site to provide an adequate experience due to unforeseen circumstances.
- Personal circumstances that interfere and delay the completion of the internship experience in the allotted 33-week period.

### **Preceptor Responsibilities**

All preceptors for the Simmons College Dietetic Interns must agree to meet the following responsibilities when they are supervising a student. The program will confirm that all affiliated preceptors and facilities are aware of these responsibilities prior to the students' first day at a new rotation.

The preceptor must:

- Review all informational materials provided by Simmons College.
- Have adequate time to supervise, mentor, and evaluate an intern.
- Ensure that an intern will be able to accomplish all the learning experiences outlined in the rotation materials.
- Schedule learning experiences with the intern upon arrival to a new rotation.
- Provide feedback to the intern regarding observed strengths and weaknesses on a regular basis.
- Conduct performance evaluations of the intern and act as the primary contact in the facility and communicate with the dietetic internship director and coordinator.
- Agree to fulfill the curriculum and abide by the policies and procedures of the Simmons College Dietetic Internship Program.
- Provide a resume or curriculum vitae to be placed on file at Simmons College.
- Have an affiliation agreement drafted by Simmons College and signed prior to the students' entry into the facility.
- Have a computer with internet access.

### **Simmons College Dietetic Internship Director and Coordinator Responsibilities**

The faculty at Simmons College will:

- Provide curriculum and evaluation materials, and issue a contract between Simmons College and the specified facility.
- Contact the preceptor and intern periodically to discuss rotation experiences.
- Participate in the joint dietetic internship days where appropriate.
  
- Interview enrolled dietetic interns at the end of their experience to assess whether program modifications are necessary. Preceptors will also be contacted at the end of their experience with the Simmons College Dietetic Interns to discuss their experience and to elicit suggestions for program modifications.
- Be available for consultation and troubleshooting for issues such as student-preceptor conflicts, communication and scheduling problems, discipline problems, and any other issues that may arise during the various rotations.
- Conduct the weekly/biweekly seminars.

### **Expected Program Outcomes**

Graduates of the Dietetic Internship at Simmons College are expected to be able to function as entry-level practitioners in clinical, food service, and community dietetic roles. Each is expected to operate independently with high levels of professionalism and integrity. Each is expected to be properly prepared to take the registration examination for dietitians.

### **Program Scholarships**

The American Dietetic Association ([www.eatright.org](http://www.eatright.org)) and the Massachusetts Dietetic Association ([www.massnutrition.org](http://www.massnutrition.org)) award scholarships to outstanding students. Inquiries regarding these scholarships should be directed to these organizations. In addition, students enrolled at least halftime may be eligible for financial aid (low interest loans) and loan deferment for undergraduate or graduate loans. Please contact the Office of Student Financial Assistance at 617-521-2001 at Simmons College for more information.

The following is a list of rotations

#### **Acute Care Rotation (10 weeks)**

The hospital should offer a variety of services to ensure a well-rounded and varied experience, including inpatient medical, surgical and psychiatric services for pediatrics and adults, emergency, ambulatory and diagnostic services, and/or outpatient nutritional services and clinics. Students should gain experience in the nutrition care process and interact with patients and health care professionals. Students will work on simpler tasks to the more complex.

In addition to a strong inpatient component, it is advantageous for a facility to offer a wide variety of outpatient preventive health and educational programs on topics such as weight management, healthy heart, bone health, women's health, pregnancy, lactation and childcare, alternative medicine, etc.

#### **Acute Care Preceptor:**

The preceptor must be a registered dietitian. The preceptor must be available to the student during the time that he/she is at the facility. In other words, there must be at least one full time dietitian available to the student at all times. It is also valuable if the facility has diet technicians so that the student can supervise their work.

#### **Food Service Rotation (6 weeks)**

Students will learn how a food service operation functions and will begin to develop management skills through observation and practice. Students will also become familiar with regulations and procedures that are required by the state.

#### **Food Service Preceptor:**

The preceptor must be a registered dietitian, food service director and/or food service supervisor.

**Public Health Rotation (4 weeks)**

Students are to spend time at the local department of public health so that they can observe and participate in policy development, education and training, program development, program implementation and research as it relates to nutrition. The programs should emphasize development of strategies and programs for health promotion and disease prevention for children, adolescents, adults, elderly and families.

**Public Health Preceptor:**

It is preferred that the main preceptor for this rotation is a registered dietitian. However, it is expected that students will spend time with other health care professionals during this rotation.

**Community Health Center Rotation (4 weeks)**

The community health center will generally be a non-profit, community-based organization that provides primary and preventive health care services to their communities, particularly the vulnerable and underserved populations. Students will gain proficiency in providing nutrition counseling and education in a multi-ethnic outpatient or community setting, with both individuals and groups. During this rotation, students can also work with community hunger agencies such as soup kitchens, food pantries and food banks.

**Community Health Center Preceptor:**

It is preferred that the main preceptor for this rotation is a registered dietitian. The preceptor may also be a WIC supervisor. However, it is expected that students will spend time with other health care professionals during this rotation.

**State Government-based Nutrition Initiative Program Rotation (4 weeks)**

Students are required to arrange a 3-week experience in which they will observe and participate in various activities involved with a federal and/or state funded nutrition-related program. Examples of appropriate programs include food banks or kitchens, congregate meal programs, home-delivered meal programs, AIDS clinics, and other nutrition-based programs for the homeless, pregnant women and their families and the elderly. Statewide or local programs focusing on childhood and adult obesity are another possibility. Students will be involved in observing and participating in key nutrition services including provision of nourishing meals to all individuals across the lifespan, nutrition screening, assessment, education, and counseling to ensure that individuals achieve and maintain optimal nutritional status.

**State Government-based Nutrition Initiative Preceptor:**

It is preferred that the main preceptor for this rotation is a registered dietitian. However, it is expected that students will spend time with other health care professionals during this rotation.

### **Private Practice Nutrition Education and Counseling Rotation (4 weeks)**

Students will observe and participate in client and patient nutrition education and counseling. Students can spend their time with a private practice dietitian, a fitness or wellness facility with a nutrition component run by a registered dietitian, a corporate wellness program, a medical practice, dialysis center, eating disorder program, diabetes management program or any other site that focuses on preventive medicine, disease management, and overall health and wellness. Activities in this rotation include developing educational seminars, writing articles for the public, community education programs, and developing educational tools.

#### **Nutrition Education Preceptor:**

It is preferred that the main preceptor for this rotation is a registered dietitian. However, it is expected that students will spend time with other health care professionals during this rotation.

### **Research and Professional Practice Experience (1 week)**

This one week rotation will occur at the end of the internship. The rotation will allow the student to complete an ongoing research project and visit a site for opportunities that were not available during the time of an assigned rotation.

#### **Research and Professional Practice Preceptor:**

The dietetic internship director/coordinator will precept students working on a research project. A registered dietitian or food service manager may also fulfill the role of preceptor depending on the learning activity of the student.

### **Contacting the Commission on Accreditation for Dietetics Education**

The Simmons College dietetic internship program 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  
120 South Riverside Plaza, Suite 2000  
Chicago, IL 60606  
312-899-4876

### **Required Courses for the Dietetic Internship**

NUTR 451A & NUTR 451B

Dietetic Internship

(The weekly/biweekly seminar is included as part of NUTR 451 as is the all-day joint internship class.)

NUTR 452

Nutrition Practice: Program Planning, Implementation, and Evaluation

## **Five Year BS/MS Nutrition and Health Promotion Requirements**

This program allows students interested in nutrition to obtain a BS in nutrition and a MS in nutrition and health promotion in an accelerated five-year program. Working with her advisor, a BS/MS student will take two graduate courses in her senior year of her undergraduate program of study. SNHS 410 Research Methods and SNHS 450 The Health Care System: Interdisciplinary Perspectives are taken during the fall and spring of her senior year. Consequently the student takes two fewer courses as a graduate student, thus gaining a cost and time savings.

The following are the three five year BS/MS programs:

- BS (biology or public health)/MS Nutrition and Health Promotion.
- BS (exercise science)/MS Nutrition and Health Promotion
- BS (nutrition and dietetics)/MS Nutrition and Health Promotion

## **Admission Requirements, starting with the fall, 2011 applicants:**

The applicant must...

- be earning a BS degree (in one of the formerly listed programs), and be in their junior year of their BS.
- have maintained satisfactory academic progress in their coursework and attained a final minimum GPA of 3.3 at the time of their application (GPA usually through their fall semester of their junior year).
- show strong evidence of communication skills and motivation.
- Submit a nutrition graduate application to the Office of Admission of the School of Nursing and Health Sciences in the junior year (please note that the application requirements are specific and different for other nutrition program options); include two favorable letters of recommendation from Simmons College faculty members; at least one must be from a full time faculty member in the department of their major.

## **Admitted students-Requirements (starting fall, 2011) to continue in the graduate program**

In order for an accepted student to continue with the program after her/his senior year (UG), she/he must meet the following academic standards her/his senior year.

The student must...

- Have maintained satisfactory academic progress in coursework through the spring semester of her/his senior year and attained a final undergraduate minimum GPA of 3.0 upon graduation (including spring semester grades).
- Have met the MS in Nutrition and Health Promotion requirement of attaining a minimum of a B in each of the graduate courses taken as part of the program during her/his senior year.

## Course Descriptions

### SNHS 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)

### SNHS 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)

### SNHS 450

#### The Health Care System: Interdisciplinary Perspectives

This course provides a comprehensive overview of the structure, function, and financing of the United States health care system. It focuses on the critical issues facing the United States with emphasis on the relationships among providers, payers, and patients. The course is designed to foster an appreciation for the myriad interdependent actors within the health care system and for the widespread consequences of decisions in the clinical, policy, and management arenas. The behavior of key actors within the system (for example, providers, private and government payers and patients) is examined in the context of current economic, political and ethical developments. Students are encouraged to analyze the system critically and to consider ways in which it might be restructured to improve its efficiency, effectiveness and equity. The course is required for all matriculated graduate students within the School of Nursing and Health Sciences.

(3 credits)

### SNHS 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 2010 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)

### NUTR 450

#### Independent Study

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

### NUTR 451A & B

#### 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 thirty weeks. Prerequisite: enrollment in Dietetic Internship Program. (9 credits – 451A 3 credits fall; 451B 6 credits spring)

### 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 offered only 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 epidemiology and nutritional epidemiology. The goal is to enable students to understand the strengths and weaknesses of research designs used for epidemiological studies, to analyze and interpret nutritional epidemiological data, and to make research based nutrition recommendations for health promotion and disease prevention. The course is taught in a lecture/seminar format.

Prerequisite: Statistics; graduate nutrition standing and consent of instructor are required. (3 credits)

## NUTR 461

### Exercise Assessment and Prescription

This course prepares the allied health student for basic health risk appraisal, exercise testing, analysis, and design of exercise programs for healthy individuals. Students also learn special exercise considerations for children, the elderly, and pregnant women, as well as those living with cardiopulmonary or metabolic disease. The course is offered only online, and uses home labs, case study, and group discussion as learning tools. Students must show proof of CPR certification by the end of the course. Prerequisite: graduate nutrition standing or consent of the instructor (3 credits).

## NUTR 462

### Sports Nutrition Practice

This course introduces the student to the essential competencies necessary to establish a 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 offered only 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

NUTR 489 provides the framework for the research project including: problem statement, literature review, questionnaire development, study design, and data analysis. A research proposal will be completed by the student in preparation for implementation in NUTR 490. The student will also submit a proposal to the Simmons College Institutional Review Board for approval of the research. This course prepares students for NUTR 490 and must be taken prior to NUTR 490. Prerequisite: SNHS 410, NUTR 452, NUTR 455, NUTR 460 and consent of instructor. (1 credit)

## NUTR 490

### Nutrition Research Project

Students 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: SNHS 410, NUTR 452, NUTR 455, NUTR 460 or concurrent and NUTR 489; graduate nutrition standing. (4 credits)

## Academic Program Information

### ACADEMIC ADVISING

Academic advising is the student's best source of information about academic programs, majors, procedures and sequence of taking courses at Simmons College. Academic advisors also provide guidance on gaining work experience in the nutrition profession and on applying to Dietetic Internship Programs. Each student in the nutrition department is assigned an advisor at the beginning of her/his academic program. Faculty members and students should review requirements and suggested sequence and then meet to discuss course selection and workload. The student may meet with her/his advisor at any pre-arranged time. Students should meet with their advisors at least once a semester prior to registration. It is the student's responsibility to set meetings with her/his advisor.

#### **Degree/Certificate Requirements:**

Requirements for Certificate in Sports Nutrition (C.S.N)

The Certificate in Sports Nutrition is awarded to students who have satisfactorily completed the Program (12 credit hours) attaining a B (3.0) average in all courses.

Requirements for Dietetic Internship Certificate

The verification statement of completion of the dietetic internship is awarded to students upon successful completion of the program with a cumulative grade point average of at least 3.0. Students are expected to take the national registration exam.

Requirements for the D.P.D. Certificate

This certificate is awarded to students upon successful completion of the required A.D.A. didactic courses necessary to apply for a dietetic internship with a cumulative grade point average of at least 2.0. Students are expected to apply for a national dietetic internship.

Requirements for the Degree of Master of Science in Nutrition and Health  
Promotion

The M.S. is awarded to students who have satisfactorily completed the program (31 credit hours) with a cumulative grade point average of at least 3.0.

#### **Graduation Honors**

Any student completing the program course work with a grade point average of 3.80 or higher will be awarded the Master of Science degree with Distinction.

#### **College Registration**

Contact the Nutrition Department directly about course registration for newly-accepted and enrolled students. If you have not completed undergraduate required courses, for the M.S. or C.S.N. which must be in progress, near completion or complete at the time of application, you may register through the Dorothea Dix Scholar's Program (undergraduate adult continuing education department) as a non-degree (special) student since most required courses are considered undergraduate courses. You would need to complete their non-degree student application. If you have any questions regarding this process, the Dix Office can be reached at 617.521.2500 and [dix@simmons.edu](mailto:dix@simmons.edu).

**Orientation**

A mandatory orientation for new students is held at the beginning of the September semester. Students are notified during June or July about the date and time of this orientation program. Since important information about the School of Health Sciences, the program, and the College is provided at that time, it is expected that all new students will attend.

**Student Handbook**

A SNHS Student Handbook, can be found on the Nutrition section of the undergraduate and graduate websites; includes details about student rights and responsibilities, SNHS academic regulations, tuition and fees, financial aid for graduate students, college facilities, student services, and other useful general information. A nutrition student guide is distributed at orientation.

**Student Records**

Simmons College, in accordance with the Educational Privacy Act of 1974 (the Buckley Amendment), provides for the privacy and accessibility of certain student records. Students are permitted to review and inspect their own Simmons academic records and to challenge specific parts of them thought to be inaccurate. Review of academic records must be done under the supervision of the Department Chair and by a request in advance of the review.

## Nutrition Faculty

Lisa S. Brown, Ph.D., M.S., R.D.  
Assistant Professor of Nutrition  
B.A. Clark University  
M.S. Simmons College  
Ph.D. Boston University, School of Medicine

Dr. Brown's research has looked at dietary patterns and premature cardiovascular disease in women enrolled in the Framingham Heart Study. She specializes in community nutrition and has held professional positions in dietetics including Senior Nutritionist of a local WIC Program, consultant dietitian in long term care facilities, and clinical dietitian for a small community hospital. Dr. Brown continues to counsel clients in a small private practice on a variety of nutrition related issues at the MetroWest YMCA in Framingham, Massachusetts.

Sari Edelstein, Ph.D., R.D.  
Associate Professor of Nutrition  
B.S. Florida State University  
M.S. Florida International University  
Ph.D. University of Florida

Dr. Edelstein's doctorate dissertation research included ethics education in dietetic preparatory programs. She has previously worked in private practice and has served as a hospital Food Service Director and Chief Dietitian. Additionally, Dr. Edelstein is a past president of the Miami Dietetic Association and has served in several other leadership positions in Florida. She has also written some recent articles on private practice reimbursement. She recently published the books *Nutrition in Public Health* and *A Nurse's Pocket Guide to Nutrition and Nutrition in the Lifecycle*.

Teresa T. Fung, Sc.D., R.D., LD/N  
Professor of Nutrition  
B.S. and M.S., Cornell University  
Sc.D. Harvard University School of Public Health

Dr. Fung's research interests are in the fields of nutritional epidemiology, especially the link between dietary patterns and chronic disease development. Dr. Fung completed her dietetic internship at the Yale-New Haven Hospital where she worked as a clinical nutrition specialist in many specialties from pediatrics to geriatrics. Her current research projects include assessing the relationship between dietary patterns and the risk of developing diabetes, cancer, and heart disease. Her work has been published in the *Annals of Internal Medicine*, *Archives of Internal Medicine*, and the *American Journal of Clinical Nutrition*.

Nancie Harvey Herbold, Ed.D., R.D., LD/N  
Department Chair and Ruby Winslow Linn Professor of Nutrition  
Dietetic Internship Director  
B.S. University of Rhode Island  
M.S. and Ed.D., Boston University

Dr. Herbold recently published a paper "Influence of Weight Status of Female Adults at 6 Months Post Partum." *Topics in Clinical Nutrition* (2010) and "Endurance Athletes and Type 1 Diabetes" *Diabetes Educator*. (2011). She is also the recipient of a grant studying the holistic athlete. Other research interests include complementary therapies and weight management issues. Dr. Herbold has worked as a consultant for corporate wellness programs, home health agencies, and individuals wanting to improve their nutritional well-being. She is a past-president of the Massachusetts Dietetic Association and a former two term delegate to the American Dietetic Association. Dr. Herbold also completed a fellowship in adolescent nutrition at Children's Hospital, Boston. She is a member of the state's Nutrition Board and is on the Advisory Committee for the Massachusetts Pediatric Overweight Initiative funded by the Centers for Disease control. Dr. Herbold has brought Simmons students to Italy, in the summer, to study the Mediterranean diet. Dr. Herbold is also the Co-Director for the Simmons College Center for Hygiene and Health in Home and Community, and traveled to Peru to the Institute de Invetigacion Nutrition al to explore with colleagues joint interests in improving food safety for newly weaned infants.

Elizabeth Metallinos-Katsaras, Ph.D., R.D.  
Associate Professor of Nutrition  
B.S., M.S., Ph.D., University of California, Davis

Dr. Metallinos-Katsaras's graduate work focused on the study of the effects of undernutrition on behavior and growth in children. In her doctoral work, she studied the effects of iron deficiency anemia on cognitive development and growth in preschool aged children. Her research interests have continued to be in the area of maternal and child health, with an emphasis on public health nutrition issues, nutrition surveillance, specifically in relation to the causes and consequences of household food insecurity. She has collaborated with the Massachusetts Department of Public Health and the Centers for Disease to assess the degree of food insecurity among nutritionally at risk families. She is currently a recipient of a United States Department of Agriculture grant to examine food insecurity's relationship to child health related outcomes, such as breastfeeding, birth outcome, and child overweight. Recently, she was awarded the 2010 SNHS's Scholarly Excellence Award for her research.

## Admission

For more information about admission, please see this section on the graduate web site.

*Applicants to all nutrition programs are required to submit all application materials, in one packet. Officially signed/sealed transcripts and recommendations should not be opened as this will render these documents as unofficial. They should be included in your application packet along with the other required materials. Photocopies, faxes, or student copies of original transcripts and recommendations are not acceptable.*

*Please note complete applications must be received by the stated deadlines; dates are not the post mark date (with the exception of D.I.P. applications which follow A.D.A. deadlines), rather, the date when all materials need to be received in the Office of Admission. No application can be acted upon unless all materials are received. There is no guarantee that late applications will be considered; late applicants are not eligible for consideration of graduate assistantships.*

### Admission Options for M.S. Program

- Simmons undergraduate students with an overall GPA of 3.0 or higher may apply for the Master's program at the end of their first semester junior year (deadline: February 15) by contacting the Office of Admission at the School of Nursing and Health Sciences.
- Undergraduate degree candidates at other academic institutions may apply during their final year of study for fall (September), spring (January), or summer (May) start terms (see application deadlines).
- Applicants who already possess an undergraduate degree may apply for fall (September), spring (January), or summer (May) start terms (see application deadlines).

### Admission Requirements for M.S. Program

- Applicants must hold an undergraduate degree from a regionally accredited U.S. college or university or an overseas institution of higher learning recognized by the Ministry of Education in the home country.
- The following prerequisite courses, which may be taken at other U.S. regionally accredited colleges or universities or a higher education institution abroad which is recognized by the Ministry of Education, are required before applying to the M.S. only program :

Inorganic Chemistry with a lab (at Simmons, CHEM 111 or CHEM 113)

Organic Chemistry with a lab (at Simmons, CHEM 112 or CHEM 114)

Anatomy and Physiology I and II with labs (at Simmons, BIOL 231 and BIOL 232)

Introduction to Nutrition\* (at Simmons, NUTR 112)

Introduction to Community Nutrition (at Simmons, NUTR 237)

Biochemistry (at Simmons, CHEM 223)

Introductory Statistics at (Simmons, MATH 118)

\*Fundamentals of Nutrition (at Simmons, NUTR 111) will also meet this requirement.

An overall GPA of 3.0 or better is required in the prerequisite courses. All science courses, with the exception of Biochemistry must include labs and must have been completed within ten years prior to the application deadline. These prerequisite courses must be graded and may not be completed on a pass/fail basis or audited. Additionally, international students must be enrolled full time (at least nine credit hours). CLEP, IB, or AP (Advanced Placement) scores are not accepted for such required courses.

There are two ways to complete the prerequisites:

- complete courses elsewhere (call the Nutrition program directly at 617.521.2718 to determine if a specific class will fulfill our requirement) and then apply;
- take classes at Simmons by applying to the DIX Program via the Office of Undergraduate Admission.

### **Application Procedure for M.S. Program**

Applicants are responsible for mailing the application materials (except standardized test scores) in **one** envelope to the School of Nursing and Health Sciences. Make certain that the application packet is addressed to the Office of Admission at the School of Nursing and Health Sciences since there are six admission offices at Simmons College. All documents submitted become the property of Simmons College and cannot be returned to the applicant. The packet must include:

1. A completed application form, including personal statement, resume, checklist, and Certification of Finances Form (for non-US citizens only).
2. A non-refundable \$50 application fee made payable to Simmons College.
3. Official academic transcripts from all undergraduate and graduate academic institutions attended whether or not a degree was awarded, and whenever courses were completed or if courses are not specific to the program for which you are applying or whether courses appear on another transcript. Applicants who are completing an undergraduate degree in the year of application must submit grades from the most recently completed academic term.; if official transcripts are not available, applicants may submit a copy of their grade report in the interim but an official transcript is required to finalize the application process.
4. Applicants who have studied abroad must submit academic documents in the native language as well as official English translations (not by the applicant, family members or a friend). Additionally, academic records may need to be evaluated by an agency as specified by the School of Health Sciences. Also, U.S. students who have studied abroad must submit an official transcript for all coursework from the sponsoring institution or agency.



5. Three letters of recommendation (in sealed, signed envelopes) from individuals able to comment on the student's academic ability, work experience, and leadership potential. **At least two letters should be from a faculty member** (if the applicant has recently graduated) or a current employer. Both the School of Nursing and Health Sciences recommendation form located in the application for admission and individual letters written on letterhead stationery should be sent directly to the Office of Admission of the School of Health Sciences.

In addition, the following should be sent directly to the School of Nursing and Health Sciences by the Education testing Service (ETS):

1. Applicants whose first language is not English must submit an official TOEFL score from the Educational Testing Service (ETS), taken within two years prior to the application deadline. The official score report must be sent directly by the Educational Testing Service (ETS) to SNHS. At this time, SNHS is unable to accept electronic scores.
2. The TOEFL requirement is based on native language, not citizenship status. No other English proficiency exam will be accepted. The TOEFL is waived for applicants who have graduated at the bachelor's or master's level from a regionally accredited U.S. institution or a post-secondary institution abroad that is recognized by the Ministry of Education in the host country in English-speaking countries **only**. Copies of student score reports are not acceptable. A minimum score of 570 (paper test), 230 (computer test), or 88 (internet test) is required. The SNHS code is 3761. Further information can be obtained by directly contacting: TOEFL, Educational Testing Service, P.O. Box 6151, Princeton, New Jersey 08541-6151. Telephone: 215-750-8050.

### **Application Deadline for M.S. Program**

Carefully review application deadline dates for programs in the School of Nursing and Health Sciences. Deadline dates differ. The application deadline for the M.S. and/or C.S.N. programs for fall (September) entry is March 1 and for spring (January) entry, it is November 1. The application deadline for the M.S. program for summer (May) entry is March 1. Students cannot apply to the C.S.N. or D.P.D. programs in the summer. International students may apply only for September entry.

It is imperative that students who have or are studying abroad commence the application process at least six months prior to the application deadline date for the September term. Please allow ample time for the pace of international postal systems, obtaining visa documents, arrival in the U.S. and transitioning to a new environment. International students will not be allowed to enroll if they arrive after the official start of the term.

## **Admission Requirements for Certificate in Didactic Program in Dietetics (D.P.D.)**

This credential provides the required courses as stipulated by the American Dietetic Association (A.D.A) in order to meet the requirements to apply later for a dietetic internship and in order to take the Registered Dietitian (R.D.) exam. While the academic credential awarded upon completion of all required courses is a graduate certificate, the courses are undergraduate level courses and the graduate tuition rate is applied. This program is offered for fall (September) or spring (January) entry only.

An applicant must hold an undergraduate degree from a regionally accredited U.S. post-secondary institution or university abroad which is recognized by the Ministry of Education in the home country. No prerequisite courses or GREs are required.

However, TOFEL is required for all non-native speakers of English who did not earn either a bachelor's or master's degree from a regionally accredited U.S. college or university or post-secondary institution abroad which is recognized by the Ministry of Education in the home country in English-speaking countries only. This requirement is based on native language not citizenship.

Application to and acceptance to this program is required; completing courses on a non-degree basis is not possible. A certain number of courses must be completed at Simmons. For specific information about this curriculum and the requirements, check on The Didactic Program in Dietetics page on the SNHS website.

## **Application Procedure for the Certificate in the Didactic Program in Dietetics (D.P.D.)**

Applicants are responsible for mailing the application materials (except TOEFL scores, where required) to the School of Nursing and Health Sciences. All documents submitted become the property of Simmons College and cannot be returned to the applicant. The packet includes:

1. A completed application (the entire application is not required: carefully review the application for instructions), checklist, and Certification of Finances Form (for non-U.S. citizens only).
2. A non-refundable \$50 application fee made payable to Simmons College.
3. Official academic transcripts from all undergraduate and graduate academic institutions attended whether or not a degree was awarded, and whenever courses were completed or if courses are not specific to the program for which you are applying or whether courses appear on another transcript. Applicants who are completing an undergraduate degree in the year of application must submit grades from the most recently completed academic term.
4. Applicants who have studied abroad must submit academic documents in the native language as well as official English translations (not by the applicant, family members or friends). Additionally, academic records may need to be evaluated by an agency as specified by the School of Nursing and Health Sciences.

5. Two letters of recommendation (each in sealed, signed envelopes) from individuals able to comment on the student's academic ability, work experience, and leadership potential. At least one letter should be from a faculty member (if the applicant has recently graduated) or a current employer. Both the recommendation form in the application for admission and individual letters, written on official letterhead stationery should be sent directly to the Office of Admission for the School of Nursing and Health Sciences.

In addition, the following should be sent directly to the School of Nursing and Health Sciences by the testing or educational agencies and by recommenders:

1. The TOEFL requirement is based on native language, not citizenship status. No other English proficiency exam will be accepted. The TOEFL is waived for applicants who have graduated at the bachelor's or master's level from a regionally accredited U.S. institution or a post-secondary institution abroad that is recognized by the Ministry of Education in the host country in English-speaking countries **only**. Copies of student score reports are not acceptable. SNHS is unable at this time to accept electronic scores, so allow 4-6 weeks for the official paper scores to arrive at Simmons. A minimum score of 570 (paper test), 230 (computer test) or 88 (internet test) is required. The SNHS code is 3761. Further information can be obtained by directly contacting: Educational Testing Service, P.O. Box 6000, Princeton, New Jersey 08541-6000, or by telephone, 609-771-7670, or visit [www.gre.org](http://www.gre.org).

### **Application Deadline for Certificate in the Didactic program in Dietetics**

Carefully review application deadline dates for programs in the School of Nursing and Health Sciences. Deadline dates differ. The Certificate in the Didactic Program in Dietetics deadlines are:

March 1 for September entry and November 1 for January entry.

### **Admission Requirements for Certificate in Sports Nutrition (C.S.N.)**

The student must hold an undergraduate degree from a regionally accredited U.S. college or university or an institution of higher education abroad which is recognized by the Ministry of Education in the home country. Undergraduate majors in the following areas are appropriate for this certificate: nutrition, exercise physiology, kinesiology, sports medicine, or related fields. Required courses which must be completed before or in progress at the time of application include: introductory nutrition and human anatomy and physiology I and II (with labs) from a regionally accredited U.S. college or university. Students are selected on the basis of academic performance, letters of recommendation, and personal statements. Please note that graduate credits from another institution cannot be transferred to the Certificate in Sports Nutrition program, nor can courses be completed on a non-degree basis. All courses must be completed at Simmons College. All courses are offered online.

## Application Procedure for Certificate in Sports Nutrition

Applicants are responsible for mailing the application materials (except TOEFL where required) to the School of Nursing and Health Sciences. All documents submitted become the property of Simmons College and cannot be returned to the applicant. The packet includes:

1. A completed application (the entire application is not required: carefully review the application), checklist, and Certification of Finances Form (for non-U.S. citizens only),
2. A non-refundable \$50 application fee made payable to Simmons College.
2. Official academic transcripts from all undergraduate and graduate academic institutions attended whether or not a degree was awarded, and whenever courses were completed or if courses are not specific to the program for which you are applying or whether courses appear on another transcript.  
Applicants who are completing an undergraduate degree in the year of application must submit grades from the most recently completed academic term.
3. Applicants who have studied abroad must submit academic documents in the native language as well as official English translations (not by the applicant, family members or friends). Additionally, academic records may need to be evaluated by an agency as specified by the School of Nursing and Health Sciences.
4. Two letters of recommendation (each in sealed, signed envelopes) from individuals able to comment on the student's academic ability, work experience, and leadership potential. At least one letter should be from a faculty member (if the applicant has recently graduated) or a current employer. Both the recommendation form in the application for admission and individual letters, written on official letterhead stationery should be sent directly to the Office of Admission for the School of Nursing and Health Sciences.

In addition, the following should be sent directly to the School of Nursing and Health Sciences by the testing or educational agencies and by recommenders:

The TOEFL requirement is based on native language, not citizenship status. No other English proficiency exam will be accepted. The TOEFL is waived for applicants who have graduated at the bachelor's or master's level from a regionally accredited U.S. institution or a post-secondary institution abroad that is recognized by the Ministry of Education in the host country in English-speaking countries **only**. Since SNHS is unable to accept electronic scores, please request that official paper scores be sent by ETS and allow 4-6 weeks for them to arrive at Simmons. Copies of student score reports are not acceptable. A minimum score of 570 (paper test), 230 (computer test) or 88 (internet test) is required. The snhs code is 3761. Further information can be obtained by directly contacting: Educational Testing Service, P.O. Box 6000, Princeton, New Jersey 08541-6000, or by telephone, 609-771-7670, or visit [www.gre.org](http://www.gre.org).

## Application Deadline for Certificate in Sports Nutrition

Carefully review application deadline dates for programs in the School of Nursing and Health Sciences. Deadline dates differ. The C.S.N. deadline for fall (September) entry is March 1 and for spring (January) entry, it is November 1. This program is not available for summer (May) entry.

## Admission Requirements for Dietetic Internship Program

An applicant must hold an undergraduate degree from a regionally accredited U.S. college or university and meet the didactic requirements of the American Dietetic Association. Applicants must submit the A.D.A. application **and the Simmons graduate nutrition application**; carefully review the Simmons application since only certain sections of the application is required.

## Application Procedure for Dietetic Internship Program

SNHS does not subscribe to the DICAS program, thus applicants are responsible for mailing the paper application in one packet: the A.D.A application and Simmons application (except TOEFL where required, which must be sent by ETS, if also applying to the M.S. program) to the School of Nursing and Health Sciences. All documents submitted become the property of Simmons College and cannot be returned to the applicant. The packet includes:

1. A completed American Dietetic Association (A.D.A.) Supervised Practice Program Application Form, **and** pages A, B, C and N of the Simmons application, a personal statement (see page B for instructions) and the Certification of Finances Form (for non-US citizens only).
2. Three letters of recommendation (in sealed, signed envelopes) from individuals able to comment on the academic ability, work experience, leadership potential, character and personality of the applicant. At least two letters should be from a food and nutrition instructor. The American Dietetic Association (A.D.A) Supervised Practice Program Application recommendation form is required.
3. Verification of completion of Didactic Program in Dietetics approved by the Commission on Accreditation for Dietetics Education of the American Dietetics Association or the Declaration of Intent to Complete Didactic Program. (In the latter instance, the verification statement must be received before the student enters the program.); a final academic transcript with a degree conferral and date must be received before the student enters the program.
4. A non-refundable \$50 application fee, made payable to Simmons College.

5. Official academic transcripts from all undergraduate and graduate academic institutions attended (including official transcripts for study abroad) whether or not a degree was awarded, and whenever courses were completed or if courses are not specific to the program for which you are applying or whether courses appear on another transcript. Applicants who are completing an undergraduate degree in the year of application must submit the most recent term grades. If official transcripts are not available, students should submit copies of their grade reports but an official transcript is required to finalize the admission process.
6. Applicants who have studied abroad must submit academic documents in the native language as well as official English translations (not by the applicant, family member or friends). Additionally, academic records may need to be evaluated by an agency as specified by the School of Nursing and Health Sciences.
7. In addition, the following should be sent directly to the School of Health Sciences by the appropriate testing agency:

If you are concurrently applying to the M.S. program, official scores of the Test of English as a Foreign Language (TOEFL) taken within two years prior to the application deadline, for all applicants whose first language is not English, and do not meet the stipulations stated previously in this catalog. Copies of student score reports are not acceptable. A minimum score of 570 (paper test), 230 (computer test), or 88 (internet test) is required.

No application can be acted upon unless all materials are received.

All applicants to Dietetic Internships (D.I.) must participate in computer matching. Applicants should request instructions and a mark/send card to prioritize their D.I. preferences. Applicants should request this material from any ADA-approved Didactic Program in Dietetics or from D & D Digital Systems. This request should be made early enough to allow turnaround time for submission by the national (postmark) deadline. There is no charge for this material. However, there is a charge for computer matching that is due with the applicant's prioritized ranking. Address requests to:

D & D Digital Systems  
304 Main Street, Suite 301  
Ames, IA 50010-6148  
Telephone: 515.292.0490  
Fax: 515.663.9427  
Email: [dnd@netins.net](mailto:dnd@netins.net)

### **Enrollment Deposit for Nutrition Programs**

All accepted applicants (including M.S., C.S.N., D.P.D. Certificate, and Dietetic Interns) are required to submit a non-refundable enrollment deposit. This deposit is applied to the first term bill.

### **Deferred Entrance for Nutrition Programs**

An accepted student may request, in writing, to the Assistant Dean/Director of Admission of SNHS a deferral of the entrance date for a maximum of one year. The student must indicate what he/she will do in the interim. If granted a deferral, a non-refundable enrollment deposit is required by the date stated in the letter of admission to ensure enrollment. International students will be considered on an individual basis due to immigration issues. Since the Dietetic Internship program requires placement for a specific year, interns are not eligible for a deferral. Deferrals are designed for accepted students wishing to delay the start of their program; are approved by the Office of Admission.

A Leave of Absence (LOA) is applicable when students have enrolled in courses but would like to take a break and return at a later date. Leave of Absences must be requested and approved by the Chair of the Nutrition Department.

### **Reapplication Procedure**

An applicant who wishes to have a previous application reactivated should submit her or his request in writing to the Assistant Dean/Director of Admission of SNHS. Call the Office of Admission at 617-521-2605 to learn what information is needed as each applicant's situation is different. All re-applicants are required to submit any official academic transcripts for courses completed since the initial application and another application processing fee.

### **Transfer Credit**

Applicants to the program may petition to transfer a maximum of six (6) elective credits into the M.S. program provided the credits were not used for a previously conferred degree and were completed within five years of the petition. This petition must be approved by the Chair of the Nutrition Department and the Dean of the School of Nursing and Health Sciences. The student must have earned a grade of B or better.

### **Waivers**

Students who enter the program with a strong background in a particular content area may petition for a course waiver. Such waivers require demonstration of mastery of course content. Students receiving course waivers must still complete the required number of credit hours, accomplishing this by taking additional electives to replace the waived credits. The decision to accept waivers is determined by the Chair of the Nutrition Department.

## Financial Information

For information about the current tuition and fees, please see our website under the Tuition and Financial Aid section.

### **Financial Aid for U.S. Citizens**

While the responsibility for educational financing belongs with the student, Simmons College administers low-interest loan programs and other alternative loan programs that assist U.S. and permanent resident alien students in financing their education. At Simmons, financial need is used to determine eligibility for federal financial aid (low-interest loans). Financial need is determined through an evaluation of a student's ability to contribute toward educational expenses and is administered through the Office of Student Financial Services.

Potential first year graduate students must submit a FAFSA (Free Application for Federal Student Aid) form and the Simmons College Supplemental Form to the Office of Student Financial Services by the March 1 deadline for summer or fall entry or October 1 for spring entry for federal financial aid (low-interest loans). Students must be enrolled at least half time (usually 5 credit hours per semester) to be eligible for federal financial aid. Check with the specific program you are interested in to determine the minimum number of credits considered to be half time. The Simmons FAFSA code is 002208.

All Simmons financial aid decisions are made on an academic year basis. In order to receive aid in subsequent years, you must reapply each year, and for priority consideration, meet established deadlines. Renewal of financial aid is contingent upon meeting satisfactory academic progress as well as all other eligibility criteria. Students interested in further information about financial aid at Simmons can find comprehensive information on the financial aid web site at <http://my.simmons.edu/services/sfs/> or by calling the Office of Student Financial Services at 617.521.2001.

The Office of the Admission of the School of Nursing and Health Sciences offers assistance in the form of assistantships to accepted and qualified nutrition students. These limited stipends are competitive and are based on merit. It is important to understand that no merit award will fully cover tuition. Applicants are automatically considered for these assistantships. There is no separate, special application for such awards.



## **Expenses**

Information on policies, procedures, charges, registration, and other financial matters is provided by the Office of Student Financial Services (617.521.2001). All students are responsible for becoming familiar with these regulations of the College.

College charges for tuition, fees, and residence must be paid according to the scheduled payment dates. Please note that no student is allowed to complete registration and attend classes without account approval from the Office of Finance. The College reserves the right to withhold all of its services to students who have not met their financial obligations to the College. Such services include mailing transcripts, grades, references, placement materials, and using various offices and facilities.

The Commonwealth of Massachusetts mandates proof of medical insurance for students who are at least three-quarters time (nine credits). You may be required to purchase this insurance if you are not already covered by your personal health plan. Simmons College will accept American Express, Master Card, Visa and Discover Card payments for graduate tuition. Students may present their cards in person to the Student Accounts Office, or by fax, 671.521.3195. The College regrets it cannot accept credit card information over the telephone.

## **Refund Policy**

The College's general policy regarding refunds to students is stated on a separate flyer titled Financial Information. Questions regarding refunds should be directed to Student Accounts personnel in the Office of Student Financial Services at 617.521.2009.

## Information for International Applicants

The School of Nursing and Health Sciences (SNHS) welcomes applications from international students (U.S. citizens living and studying abroad, non-U.S. citizens and permanent resident aliens) because the campus community is made richer by the presence of individuals with different perspectives from other countries. To assist applicants in understanding the nature of the application and admission process, this section highlights important information to make the transition easier. Due to immigration stipulations, international students requiring a student visa to study in the U.S. must be enrolled full time in an academic program. Carefully review the individual program descriptions in this catalog since not all programs are full time. Additionally, if you are currently in the U.S. and have any visa other than an F-1, you must check with the Bureau of Citizenship and Immigration Services regarding procedures for changing your visa status.

### **Application Deadlines**

Application deadline dates differ for nutrition programs. Check the first page of the application for specific dates. These dates are when all materials must be received, not the postmark date. It is imperative that students who have or are studying abroad apply at least six months prior to the application deadline date for the September term. Please allow ample time for the pace of international postal systems, obtaining visa documents, arrival in the U.S., and transitioning to a new environment. International students will not be allowed to enroll if they arrive after the official start of the term.

### **Required Academic Records**

In the U.S., academic records or mark sheets are called “transcripts” (this is the term used throughout our website, catalogs, and applications.) All applicants who have studied abroad must submit official (signed in original ink and stamped with a seal) academic records for study completed at all universities (including schools where no degree or certificate was earned by the student). These documents should include end-of-year result sheets, national exam results and a copy of degrees or certificates, both in the native language and English translations (not by the applicant, family member, or friend). Photocopies or facsimiles are not acceptable. Additionally, the academic records may need to be evaluated by an agency specified by the School of Nursing and Health Sciences.

A “college” abroad usually means a secondary institution whereas in the U.S., a college is an institution providing higher education. A college can be part of a larger university or represent a singular institution such as Simmons College. Academic records from overseas colleges which are actually secondary schools (high schools in the U.S.) are not required as part of the application process. Courses taken at the secondary level do not fulfill the prerequisite requirements for application and admission to a graduate program.

A baccalaureate in the U.S. is a first university degree. Many overseas systems award baccalaureates which represent the completion of secondary education or a year beyond.

### **Required Standardized Test Results**

The TOEFL requirement is based on native language, not citizenship status. No other English proficiency exam will be accepted. The TOEFL is waived for applicants who have graduated at the bachelor's or master's level from a regionally accredited U.S. institution or a post-secondary institution abroad that is recognized by the Ministry of Education in the host country in English-speaking countries **only**. Copies of student score reports are not acceptable. The minimum acceptable score is 570 (Paper Test) or 230 (Computer Test). Copies of student score reports are not acceptable; we are currently unable to accept electronic scores at this time. The SNHS code is 3761. Further information about this exam can be obtained by directly contacting: TOEFL, Educational Testing Service, P.O. Box 6151, Princeton, New Jersey 08541-6151, telephone: 215.750.8050 or [www.toefl.org](http://www.toefl.org). TOEFL does not replace GRE.

Applications cannot be reviewed without the receipt of these test scores. It is very important that applicants register for these exams well in advance of applying for admission.

### **Required Financial Documentation**

All non-U.S. citizens who will require a student visa for study in the U.S. must provide accurate and current (within six months prior to applying) evidence of ability to pay for the cost of a Simmons education. These costs are variable (but include fixed and living costs beyond tuition) and outlined on the "Certification of Finances Form" enclosed in the application. This form must be completed and returned directly to the SNHS Office of Admission. Additionally, an original signed statement from the applicant's sponsor indicating a willingness to provide financial support and a statement from the sponsor's bank verifying the availability of sufficient funds must be received.

All documents must be signed in original ink, written in English and funds must be shown in U.S. dollars (\$). Certain countries limit the amount of money which may be sent abroad. Thus, it is very important for the applicant to inquire about the regulations in the home country concerning transfer of funds. Applications cannot be reviewed without certification and documentation of financial resources. This information is required in order to process an I-20 to obtain an F-1 student visa.

## **Academic Year**

For each academic semester, students receive grades for each subject (course) taken. The first (fall) semester generally begins in early September and ends in mid December. The second (spring) semester begins in mid January and ends in mid May. Additionally, there are summer sessions lasting from May to August. Most programs begin in the September semester.

## **Grading and Credit Hours**

The School of Nursing and Health Sciences at Simmons College awards letter grades for all completed courses: A=Excellent, B=Good, C=Fair, D=Poor, F=Fail and P=Pass. Each letter grade is assigned a value: A=4.00, B=3.00, C=2.00, D=1 and F=0. Each course carries a certain number of credit hours, where, usually, one credit is equal to one hour of classroom instruction. Graduate courses are usually worth three credits although some are worth four, two or one. The total number of credit hours required to obtain a specific degree will determine the number of courses a student needs to complete the program.

## **Arrival at Simmons College**

It is important that international students plan properly to arrive at the required time to commence their studies. Allow ample time for obtaining immigration documents, shipping personal items and adjustment due to time and climactic changes. Students will NOT be allowed to enroll in classes if they arrive after classes have officially started. It is imperative that students allow adequate time for moving, student orientation and establishing contacts. Students who choose to live in campus housing are allowed to use those facilities during official school breaks in December/January and May to August.

## **Notice of Non-Discrimination**

Statements in the Simmons College catalogs should be taken as the College's current determination of courses, programs, tuition, and fees as currently established. Admission to specific courses and programs will be dependent upon qualifications of students and availability of instruction, Simmons College reserves the right to change its courses, programs, tuition, and fees subsequent to the publication of this catalog.

Simmons College is first and foremost an academic community whose primary goals are to prepare women and men to be well informed, open-minded, and sensitive to values. To attain these goals we seek to create an atmosphere within which students may become actively engaged members of society and to develop the resources to lead rich personal lives. We hope to achieve these goals through an active and continuing exchange of ideas among students and faculty and the general college community.

To ensure that these goals are attained, Simmons has committed itself to the following principles:

Simmons College supports the principle and spirit of equal employment opportunity for all persons, based on each individual's qualifications and fitness. In accordance with applicable law, the College administers its employment and personnel policies without regard to race, color, religion, ancestry, national origin, age, sex, sexual orientation, legally-recognized disability, or veteran status.

Simmons College admission and financial aid policies are administered in accordance with the Education Acts of 1965, Title VI of the Civil Rights Act of 1964, Title IX of the Education Amendments of 1972, Section 504 of the Rehabilitation Act of 1973 and Title III of the Americans with Disabilities Act of 1990. The College is committed to admitting students of any race, color, or national origin to all the programs and activities generally made available to students at the College, including scholarship and loan programs, athletic programs, and other College-administered social, educational, and recreational programs, and student services.

Simmons College strives to ensure that all decisions concerning hiring and promotion of faculty and staff, or the educational process of students, are based on considerations appropriate to an academic institution and not on factors such as race, color, sex, sexual orientation, religion, age, national origin, handicap, or veteran status.

Furthermore, Simmons College is committed to creating an atmosphere within which the diversity of its members' individual roles meets with understanding, respect, and encouragement, and where discrimination and harassment by any member of the faculty, staff, or student body against any other will be condemned and redressed. The College does not tolerate sexual harassment of employees or students.

Complaints of discrimination or harassment should be addressed to Vice President of Human Resources, or the applicable dean for appropriate action.

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