

# MS in Food and Nutrition Services

[Overview](#)

[Degree Requirements](#)

## Description

The Master of Science in food and nutrition services degree prepares students for doctoral studies in nutrition or food service management, for postsecondary teaching positions, or for careers in established or emerging clinical or industrial settings. The program is designed to provide students with a broad background in nutrition and food service management; development of necessary analytical skills; and exposure to current nutrition and food service management research.

**Minimum Total Credit Hours: 36**

## Goals/Mission Statement

The mission of the M.S. in food and nutrition services is to prepare students for entry into nutrition-related fields of study and/or the nutrition industry with excellence and integrity. Learning Outcomes 1. Students will be able to demonstrate how to interpret, evaluate, and use professional literature to make ethical, evidence-based practice decisions. 2. Students will be able to demonstrate effective and professional oral and written communication and documentation when communicating with individuals and groups of other professionals or the public. 3. Students will be able to incorporate didactic knowledge with effective counseling and education techniques to facilitate food and nutrition related behavior change. 4. Students will be able to use the nutrition care process to make decisions, to identify nutrition-related problems and determine and evaluate nutrition interventions. 5. Students will be able to apply knowledge of nutrition to enhance wellness in individuals and groups. 6. Students will be able to apply management and business theories and principles to the development, marketing, and delivery of nutrition programs or services.

## Course Requirements

| Core curriculum (18 hours)                                            | Hours |
|-----------------------------------------------------------------------|-------|
| NHM 611 Advanced Nutrition                                            | 3     |
| NHM 612 Nutrition & Exercise in Health & Disease Management           | 3     |
| NHM 613 Theoretical Applications for Nutrition Education              | 3     |
| NHM 617 Health Facilities Management                                  | 3     |
| --- --- Statistics                                                    | 3     |
| NHM 625 Research Design and Evaluation<br>(same as ES, HP, & PRM 625) | 3     |

## Other Academic Requirements

| Research and Practical Application              | Hours |
|-------------------------------------------------|-------|
| Students will choose from one of the following: |       |
| NHM 693 Directed Independent Research           | 3-6   |
| NHM 697 Thesis                                  | 6     |

Electives (with adviser approval, to bring the total number of credits to 36 semester hours). The following list is suggested but not inclusive:

|                                                            | Hours |
|------------------------------------------------------------|-------|
| NHM 614 Foundations in Child Nutrition Program Management  | 3     |
| NHM 615 Administrative Financial Management                | 3     |
| NHM 618 Maternal, Infant, and Child Nutrition              | 3     |
| NHM 619 Sports Nutrition                                   | 3     |
| NHM 621 Advanced Human Development                         | 3     |
| NHM 622 Nutrition Policy                                   | 3     |
| NHM 623 Nutritional Epidemiology                           | 3     |
| ES 608 Methods and Procedures of Exercise Testing          | 3     |
| ES 611, 616 Exercise Physiology I and II                   | 6     |
| ES 615 Physiological Aspects of Aging                      | 3     |
| HP 605 Health Promotion Planning                           | 3     |
| HP 645 Organization and Administration of Health Promotion | 3     |
| HP 646 Introduction to Epidemiology                        | 3     |

