Do you want to help others make a positive difference in the health of their communities? The Nutrition and Wellness program at Benedictine University develops students’ skills to educate and counsel people on disease prevention and health promotion.

**COMPETENCIES**

The Master of Science (M.S.) in Nutrition and Wellness program prepares students to become vital ingredients in community-based health programs. Benedictine’s program is unique in that it is a life science-based health promotion program, in which students gain the essential skills to provide health promotion services to diverse populations across the lifespan. The research component fosters development of skills in evaluating the outcomes of a health education assessment, intervention or conducting community-based research, and the non-thesis option focuses on Nutrition Entrepreneurship.

**CURRICULUM**

**Foundation Courses – 18 Semester Credit Hours**

NUTR 5501 Introduction to Wellness (3)
NUTR 5530 Science of Sports Nutrition (3)
NUTR 5557 Nutrition Communications through Technologies (4)

**Required Applied Nutrition Research Foundation Courses – 15 Semester Credit Hours**

MPH 5011 Biostatistics (3)
NUTR 5539 Health & Wellness Research Planning (3)
NUTR 5581 Obesity: Theory & Practice Applications (3)
NUTR 5585 Complementary Nutrition Therapies (3)
NUTR 6610 Issues in Metabolism (3)
NUTR 6693 Descriptive Research (3)

**Thesis Option**

*On-campus thesis student requirements:*
NUTR 6697 Research I (3)
NUTR 6698 Research II (3)

**Online student requirements:**
NUTR 6695 Applied Research (3)
NUTR 6696 Research Communications (3)

**Non-Thesis Option**

MBA 6559 Entrepreneurship (3)
MBA 6622 Creativity & Innovation in Business (3)*

*Optional course to complete Nutrition Entrepreneurship certificate*
CAREERS BENEFITTING FROM THIS DEGREE

- Registered dietitian/nutritionist
- Health and wellness specialist
- Nutrition educator/counselor
- Physiologist
- Public health professional

GRADUATION REQUIREMENTS

The M.S. in Nutrition and Wellness program requires 33 semester credit hours of graduate coursework. Students need to complete the degree within six years with a 3.000/4.000 GPA and a grade of “B” or better in all coursework. Students are responsible for securing required textbooks and other resources prior to the start of each course.

All tuition fees are due to Benedictine University at the start of each course. Please note that fees are nonrefundable. Benedictine reserves the right to change tuition, fees, courses and sequencing of courses without notice. Refer to the Graduate Catalog for details.

FOR MORE INFORMATION, OR TO APPLY

Call toll-free at (877) 353-9622 or visit ben.edu/gradadult

Benedictine University is located in Lisle, Illinois, just 25 miles west of Chicago, and has a branch campus in Mesa, Arizona. Founded as a Catholic university in 1887, Benedictine enrolls nearly 5,000 students in 59 bachelor's degree programs, 22 master's degree programs and 4 doctoral programs. Forbes magazine named Benedictine among “America’s Top Colleges” for the eighth consecutive year in 2018. Accredited by the Higher Learning Commission (hlcommission.org).

The Annual Security Report and Annual Fire Safety Report are available at ben.edu/police.

Benedictine has a nearly 40-year history of excellence in nutrition. Our students move through the program in a cohort, forming a community of peers, and are taught by experienced nutrition and wellness practitioners that have presented research at conferences and clinics nationwide.

According to the U.S. Bureau of Labor*, employment of dietitians/nutritionists is projected to grow 15% from 2016 to 2026, much faster than the average for all occupations. The role of food in preventing & treating diseases is now well known. More specialists will be needed to care for patients with various medical conditions and to advise people who want to improve their overall health.


‘America’s Top Colleges’
8 straight YEARS
2018 Forbes Magazine