Students have the option to earn a dual degree in the Master of Science (M.S.) in Nutrition and Wellness and the Master of Public Health programs. This dual degree integrates an applied foundation of the science of health promotion with community health processes. Students learn to assess individuals and communities for health problems, services and needs, and develop appropriate solutions. This option requires separate application and admission to each degree program and the completion of all requirements for both degrees. This dual degree requires a minimum of 96 credit hours.

**Benedictine University’s Master of Science (M.S.) in Nutrition and Wellness program** prepares students to become vital ingredients in community-based nutrition and wellness programs. Through this program, students gain the essential skills to provide health promotion services to diverse populations across the lifespan.

The M.S. in Nutrition and Wellness program is designed to enable students to:
- Demonstrate in-depth knowledge and application of key areas of nutritional science.
- Assess, plan and design health education or training programs for individuals or groups.
- Effectively communicate health education and health promotion.
- Plan, conduct and analyze outcomes of research.
- Apply critical-thinking skills.

This is a unique life science-based health promotion program that provides students the opportunity to select a concentration in the Dietetic Internship, Health Education or Nutrition Entrepreneurship (concentration in Nutrition Entrepreneurship offered online). With appropriate course selection, students may be eligible for certification by the National Commission for Health Education Credentialing as a Certified Health Education Specialist (CHES).

The Dietetic Internship is accredited by the Accreditation Council for Education in Nutrition and Dietetics of the Academy of Nutrition and Dietetics,* and provides the field-based knowledge and experience for practice as a registered dietitian.

Classes are held primarily on evenings and/or weekends and are tailored for the working adult.

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*120 South Riverside Plaza, Suite 2000 Chicago, IL 60606-6995 (312) 899-0040

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“The Master of Science in Nutrition and Wellness program is for students who want to help others and make a difference in their communities. Benedictine University has a tradition of preparing students to become useful citizens of the community in which they live.”

- Catherine Arnold, Ed.D., RD, LDN Chair of the Nutrition Department at Benedictine University
Applicants to the M.S. in Nutrition and Wellness program are expected to have a GPA of 3.0 or higher on a 4.0 scale, GRE scores within the 30th percentile or higher for each section, and a bachelor's degree in a life science (e.g. biology, nutrition or dietetics, nursing, exercise physiology) or physical science. The M.S. in Nutrition and Wellness program is life-science-based. Nutrition and science course prerequisites for the program include:

- Principles of Biology course.
- Physiology course.
- Biochemistry course (requires introductory or general chemistry and organic chemistry as prerequisites).
- Basic nutrition course at the 200 level or higher.
- Application and acceptance into the Dietetic Internship is by a separate process.

For more information, visit ben.edu/nutrition.

For additional information, please refer to the student handbook at ben.edu/nutrition.

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The M.S. in Nutrition and Wellness program requires 64 quarter credit hours (approximately 43 total semester credit hours) of graduate coursework. In addition to completion of the 38 quarter credit hours of Nutrition and Wellness foundation, students complete 26 quarter credit hours of coursework in at least one concentration in this program.

### Nutrition and Wellness Foundation (38)

- NTR 621 Obesity: Theory and Practice (4)
- NTR 625 Complementary Nutrition Therapies (4)
- NTR 629 Health and Wellness Research Planning (4)
- NTR 633 Advanced Nutrition Topics in Micronutrients (2)
- MPH 632 Public Health Education (4)
- NTR 644 Advanced Metabolism: Lipids and Carbohydrates (4)
- NTR 647 Advanced Metabolism: Proteins (2)
- NTR 694 Applied Data Analyses (2)*
- NTR 697 Research I (4)*
- NTR 698 Research II (4)*
- MPH 511 Biostatistics (4)

* online students take NTR 693 (4), 695 (4) and 696 (2)

### Concentration: Dietetic Internship (26)

- NTR 615 MNT Advanced Concepts and Outcome Measurement (4)
- NTR 622 Case Studies in Dietetics (2)
- NTR 624 Portfolio and Professional Issues (2)
- NTR 632 Counseling for Disordered Eating (2)
- NTR 668 DI Clinical Review (1)
- NTR 670 DI Orientation (1)
- NTR 671 DI Foodservice (2)
- NTR 672 DI Maternal and Child Nutrition (1)
- NTR 673 DI ENP (1)
- NTR 674 DI Community (1)
- NTR 675 DI Clinical (3)
- NTR 676 DI LTC/Sub Acute (2)
- NTR 677 DI Nutrition Clinic Management (2)
- NTR 678 DI Skill and Practice Competence (2)

### Concentration: Health Education (26)

- NTR 530 Science of Sports Nutrition (4)
- MPH 609 Cultural Context of Health (4)
- NTR 657 Nutrition Communications through Technology (4)

Electives (14) - select from among the following courses:

- MPH 601 Behavioral and Social Aspects of Public Health
- MPH 602 Public Health System (4)
- MPH 604 Epidemiology (4)
- MPH 605 Environmental Health (4)
- MPH 607 Community Health Analysis (4)*
- MPH 634 Public Health Programs and Skills (4)*
- MPH 664 Marketing of Public Health (4)
- NTR 686 Health Education Internship (4)*
- MGMT 552 (2) or MGMT 579 (2)

* recommended for students planning to pursue CHES certification.

Online concentrations in Nutrition Entrepreneurship and Health Education are available.

Online Graduate Certificates are available in Nutrition Entrepreneurship, Health Research Methods, and (in 2017) Community Nutrition Engagement.

For more information, visit our comprehensive academic website at ben.edu/nutrition.
Full-Time Faculty

Catherine Arnold, Ed.D., RDN, LDN
Professor, Nutrition (1990)
Ed.D., 2006, Northern Illinois University
M.S., 1985, Rush University
B.S., 1984, Benedictine University

Bonnie Beezhold, Ph.D., CHES
Assistant Professor, Nutrition (2011)
Ph.D., 2008, Arizona State University
M.H.S., 2002, Johns Hopkins University
B.S., 1984, DePaul University

Elizabeth Bormann, M.P.H., CHES
Instructor, Public Health (2011)
M.P.H., B.S., Northern Illinois University

W. Susan Cheng, Ph.D.
Assistant Professor, Department Chair,
Public Health (2013)
Ph.D., University of California,
San Diego/San Diego State University
M.P.H., University of California,
San Diego/San Diego State University
B.A., Northwestern University

Julie Moreschi, M.S., RDN, LDN
Dietetic Internship Director (1997)
M.S., 1985, Rush University
B.S., 1983, Bradley University

Karen Plawecki, Ph.D., RDN, LDN
Assistant Professor, Nutrition (2012)
Ph.D., 2009, University of Illinois
M.S., 1991, B.S., 1986, Purdue University

Georgeen Polyak, Ph.D.
Assistant Professor, Public Health (2007)
Ph.D., 1995, University of Illinois
M.S., 1989, University of St. Francis
M.S., 1973, Northern Illinois University
B.A., 1970, Lewis University

As the director of the Dietetic Internship program for
the Master of Science degree in Nutrition and Wellness,
Julie Moreschi believes it’s essential to stay abreast of new
developments in the field. She believes in supporting and
advising students as they embark upon their professions. One
piece of advice? Strive for a well-balanced life…and diet.

Read the rest of Julie’s story at ben.edu/OurStories.