

Benedictine University

Master of Science in Nutrition and Wellness Program

Learning Objectives:

Upon successful completion of the Master of Science in Nutrition and Wellness (M.S.N.W.) program, the student will be able to:

1. Integrate current concepts of nutrition and health to the assessment, intervention, and evaluation of individuals and groups across the life cycle.
2. Apply critical thinking skills in the field.
3. Conduct assessments of individuals and groups for preventative and therapeutic interventions.
4. Create, deliver, and evaluate nutrition and wellness education, training, and counseling programs for individuals and groups across the life cycle.
5. Conduct outcomes research, either as community-based research or wellness program evaluation.

Graduate level nutrition courses include:

NTR-511 Nutrition Education
NTR-512 Nutrition and Public Health
NTR-542 Applied Nutritional Physiology
NTR-543 Exercise Nutrition Lab
NTR-614 Advanced Life Cycle Nutrition
NTR-620 Nutrition in Women's Health
NTR-621 Obesity: Theory and Practice Applications
NTR-625 Complementary and Alternative Nutrition
NTR-629 Nutrition and Health Research Planning
NTR-685 Applied Program Evaluation
NTR-691 Nutrition and Health Research Analysis
NTR-692 Nutrition Thesis

The Dietetic Internship Learning Outcomes worksheet lists additional NTR courses (NTR 517, 595, 615 622, 624, and 689) specific to that concentration.

Alignment of Student Learning Outcomes

The discipline specific M.S.N.W. Learning Goals and outcome indicator/measures related to each of the three objectives are aligned with the university Common Student Learning Objectives and IDEA evaluation system.

Common Student Learning Objectives	IDEA Learning Objectives (as measured through IDEA Evaluation Form)	M.S.N.W. Learning Objectives (Refer list on attached tables for assessment measures)	Courses Emphasizing Objectives as Essential or Important (on IDEA Evaluation Form)
Disciplinary Knowledge	Gaining factual knowledge	#1 & 5	NTR 512, 625, 629
Disciplinary Knowledge	Learning fundamental principles, generalizations or theories	#1, 4 & 5	NTR/NUTR 511, 512, 542, 614, 620, 621, 625, 629
Disciplinary Knowledge	Learning to apply course material	#1, 4 & 5	NTR/NUTR 511, 512, 542, 543, 614, 620, 621, 625, 629
Disciplinary Knowledge	Developing specific skills, competencies, and points of view	#1, 3, 4 & 5	NTR/NUTR 543, 614, 621, 685, 692
Self-Direction and Personal Growth	Acquiring skills in working with others as a member of a team	#5	NTR 685, 692
Communication Skills	Developing creative capacities	#4	NTR 511
Communication Skills	Developing skill in expressing oneself orally or in writing	#4 & 5	NTR 511, 629, 685, 692
Problem-Solving Skills Self-Direction and Personal Growth	Learning how to find and use resources for answering questions or solving problems	#2 & 5	NTR 685, 692
Problem-Solving Skills	Learning to analyze and critically evaluate ideas, arguments, and points of view	#1, 2, 3, 4 & 5	NTR/NUTR 511, 512, 542, 543, 614, 620, 621, 625, 629
Problem-Solving Skills Self-Direction and Personal Growth	Acquiring an interest in learning more by asking questions and seeking answers	#2 & 5	NTR 685, 692

Concept Integration Goals and Outcomes

Learning Goal for student in M.S.N.W.:	
1. Integrate current concepts of nutrition and health to the assessment, intervention, and evaluation of individuals and groups across the life cycle.	
Outcome Measures	Assessment Methods
100% of graduates will demonstrate knowledge and integration of the principles of physical and biological sciences into food and nutrition.	Grade of \geq "B" in NTR 542, 543, 614, 620, 621 and 625 courses.
100% of graduates will demonstrate knowledge and integration of individual or group health problems into intervention plans.	Grade of \geq "C" on 75% of case study assignments in NTR 512, 542, 543, 614, 620, 621, and 625.
100% of graduates complete case studies, which includes referencing current literature to provide physical and biological theoretical foundation for development of recommendations.	Grade of \geq "C" on 75% of case study assignments in NTR 542, 614, 620, 621, and 625.

Critical Thinking Goals and Outcomes

Learning Goal for student in M.S.N.W.:	
2. Apply critical thinking skills in the field.	
Outcome Measures	Assessment Methods
100% of the students will apply critical thinking through the coursework.	Courses require higher level thinking and application through use and development of assignments such as case studies (NTR 512, 542, 543, 614, 620, 621, 625), development of research proposals (NTR 629), and critical analysis of the literature (NTR 511, 629, 692).
The program mean will meet or exceed the mean for IDEA <i>Objective 11</i> (Learning to analyze and critically evaluate ideas, arguments, and points of view) \geq 70% of the terms during the review period.	Annual review of IDEA Course Evaluation Results.
100% of students conduct research and write a Thesis.	Grade of \geq "B" on performance aspects of research, as eval. by Thesis Advisor. Successful Oral Defense of research (NTR 685 or 692).

Nutrition Assessment Goals and Outcomes

Learning Goal for student in M.S.N.W.:	
3. Conduct assessments of individuals and groups for preventative and therapeutic interventions.	
Outcome Measures	Assessment Methods
100% of graduates complete case studies, which include nutrition assessments and development of plans for intervention.	Grade of \geq "C" on 75% of case study assignments in NTR 614, 620, 621, and 625.

Education and Communication Learning Goals and Outcomes

Learning Goal for student in M.S.N.W.: 4. Create, deliver, and evaluate nutrition and wellness education, training, and counseling programs for individuals and groups across the life cycle.	
Outcome Measures	Assessment Methods
100% of graduates demonstrate knowledge of education, counseling, and program development.	Grade of \geq "B" in NTR 511 and EXPH 684.
100% of graduates will have demonstrated written communication skills related to group education.	Grade of \geq "C" on NTR 511 assignment: lesson plan, including needs assessment, media, planning, materials, promotional flyer, and evaluation systems in education course. <hr/> OR Grade of \geq "A" on "original" nutrition or wellness education lesson plan as part of NTR 685 course. <hr/> OR \geq "B" on nutrition education lesson plans as part of NTR 689 course.
100% of graduates will have the demonstrated ability to provide group presentations.	Average score on Presentation Evaluation Form of \geq 4.0 on 5.0 point scale (in NTR 685 or 689). <hr/> Grade of a \geq "C" on journal article presentations in graduate courses: NTR 511, 625 and 629.
100% of graduates will have the demonstrated ability to evaluate group presentations.	Grade of \geq "A" on nutrition/wellness education program evaluation (NTR 685). <hr/> OR \geq "B" on nutrition education evaluation as part of NTR 689 course.
100% of graduates complete case studies, which include development of education and counseling plans.	Grade of \geq "C" on 75% of case study assignments in NTR 614, 620, 621, and 625.

Research Learning Goals and Outcomes

Learning Goal for student in M.S.N.W.: 5. Conduct outcomes research, either as community-based research or wellness program evaluation.	
Outcome Measures	Assessment Methods
100% of the graduates will demonstrate knowledge gain and application of research principles.	Grade of \geq "B" for NTR 629 course. <hr/> Grade of \geq "C" on NTR 629 examination. <hr/> Grade of \geq "C" on research proposal in NTR 629. <hr/> Grade of \geq "C" on presentation of research article in NTR 629.
100% of graduates demonstrate problem-solving through application of statistics in research.	Grade of \geq "B" in NTR 691 or 685 for data analysis portion of thesis.
100% of graduates participate in research investigating a community problem or deliver and evaluation of a wellness program.	Grade of \geq "B" for the data collection aspect of his/her Thesis in course NTR 685 or 692.
100% of graduates complete a written research Thesis, which includes working as a member of a team.	Grade of an "A" on the final credit (Oral Defense, refinement of Thesis manuscript) for NTR 685 or 692.