

# Master of Science in Nutrition and Wellness



▶ **Learn. Grow. Lead.** The graduate and doctoral programs at Benedictine University.

"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 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 credits.



### ▲ Dual Degree



### Program Overview

In our dynamic health care environment, it is essential for health practitioners to develop skills for fostering improved health outcomes. The M.S. in Nutrition and Wellness program at Benedictine provides a powerful foundation in nutrition and health risk assessment, motivation, intervention and evaluation. This degree serves as a portal to careers in health

promotion and risk reduction,

therapeutic intervention and

community education.

enedictine 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 individual and group needs for interventions.
- Plan and design nutrition and wellness education or training programs for individuals or groups.
- Effectively communicate health education and health promotion.
- Conduct evaluation and outcome-based 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 Sports Nutrition, Dietetic Internship, Health Education or Nutrition Entrepreneurship (online format only). 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.

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



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-point scale and GRE in the 30th percentile or higher. Applicants must also have a bachelor's degree in a life science (e.g., biology, nutrition, dietetics, nursing, health, exercise physiology) or physical science (e.g., chemistry, biochemistry). 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 www.ben.edu/nutrition.

### Curriculum

### ▲ Prerequisites

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 36 quarter credit hours of Nutrition and Wellness foundation, students complete 28 credit hours of coursework in at least one concentration in this program.

### **Nutrition and Wellness Foundation (36)**

NTR 614 Advanced Nutrition and Metabolism (4)

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 694 Applied Data Analyses (2)

NTR 697 Research I (2)

NTR 698 Research II (2)

MPH 511 Biostatistics (4)

### Select one (based on concentration):

- MPH 601 Behavioral and Social Aspects of Public Health (4) (for Health Education, Nutrition Entrepreneurship and Sports Nutrition concentrations)
- NTR 595 Advanced Concepts in Nutrition Counseling (2) and 2 credit general elective (for Dietetic Internship concentration only)

#### **Concentration: Dietetic Internship (28)**

NTR 615 MNT Advanced Concepts and Outcome Measurement (4)

NTR 622 Case Studies in Dietetics (2)

NTR 624 Career Portfolio (2)

NTR 670 DI Orientation (1)

NTR 671 DI Foodservice (2)

NTR 672 DI Maternal and Child Nutrition (2)

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 Community Education (2)

NTR 678 DI Skill and Practice Competence (2)

General electives (4)

### **Concentration: Sports Nutrition (28)**

NTR 521 Fitness Testing Lab (2)

NTR 522 EKG Lab (2)

NTR 530 Science of Sports Nutrition (4)

NTR 619 Laboratory Ethics and Laboratory Procedures (3)

NTR 623 Graded Exercise Testing (3)

NTR 631 Nutrition for Elite Athletes (2)

NTR 632 Counseling for Disordered Eating in Sports (2)

General electives (10)

### **Concentration: Health Education (28)**

NTR 530 Science of Sports Nutrition (4)

MPH 609 Cultural Context of Health Care (4)

MPH 688 Media, Technology, and Public Health (4)

Electives (16) - select from among the following courses:

- MPH 602 Public Health System (4)
- MPH 604 Epidemiology (4)\*
- MPH 605 Environmental Health (4)
- MPH 607 Community Health Analysis (4)\*
- MPH 664 Marketing of Health Care Services (4)
- NTR 686 Health Education Internship (4)\*
- MPH 634 Public Health Programs and Skills (4)\*
- \* recommended for students planning to pursue CHES certification.

## Online concentrations in Nutrition Entrepreneurship and Health Education are also available.

For more information, visit our comprehensive academic website at www.ben.edu/nutrition.



### Faculty

### **Full-Time Faculty**

#### Catherine Arnold, Ed.D., RD, LDN

Professor and Department Chair, 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, Public Health 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., RD, LDN

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

### Karen Plawecki, Ph.D., RD, 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

Date in parenthesis indicates the year person joined Benedictine University faculty.

### **Adjunct Faculty**

Patrick Buckley, M.P.A., HC Jan Dowell, M.S., M.H.S., RD, CSSD, LDN Deepa Handu, Ph.D., RD, LDN Mary Mullen, M.S., RD, LDN Monica Pawasarat, M.S., RD, LDN Laurie Schubert, Ph.D., RD, LDN Mia Siomos, M.S., M.P.H., RD, LDN



As the director of the dietetic internship program in 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 www.ben.edu/grow.



Benedictine University is located in Lisle, Illinois just 25 miles west of Chicago, and has branch campuses in Springfield, Illinois and Mesa, Arizona. Founded in 1887, Benedictine provides 55 undergraduate majors and 17 graduate and four doctoral programs. Forbes magazine named Benedictine among "America's Top Colleges" for the third consecutive year in 2013. Benedictine University's Master of Business Administration (M.B.A.) program is listed by Crain's Chicago Business as the fifth largest in the Chicago area in 2013.





2013-2014

For more information, call the Enrollment Center at (630) 829-6300, email admissions@ben.edu or visit www.ben.edu.