

NUTRITION AND DIETETICS (M.S.)

<https://colsa.unh.edu/agriculture-nutrition-food-systems/program/ms/nutrition-dietetics>

Description

The Master of Science in Nutrition and Dietetics option is designed as a 4 semester program of required coursework. We invite 10 new students to begin each Fall semester. Upon conclusion of the program, our graduates are eligible to take the Registered Dietitian Nutritionist (RDN) exam.

The first year of the curriculum is comprised primarily of academic course work, the core of which focuses on culinary skill development, nutrition counseling, weight management, clinical care and research. Interns will select elective coursework during the first year to tailor their learning to specific interests. The second year of the program includes practicum-based learning in a variety of clinical, community, and food service operations integrated with curriculum related coursework.

Admission Requirements

- Applicants must have a minimum of a 3.0 GPA.
- To be considered for admission, students applying for the program need to have received a Didactic Program in Dietetics (DPD) verification statement from an accredited undergraduate dietetics program that meets the requirements of the Accreditation Council for Education in Nutrition and Dietetics (ACEND) prior to the program start. Applicants are encouraged to carefully review the program website for admission requirements, application instructions, and detailed program information.

The Master of Science in Nutrition and Dietetics program at the University of New Hampshire is currently granted accreditation by ACEND of the Academy of Nutrition and Dietetics. ACEND is a specialized accrediting body recognized by the Commission on Recognition of Post-secondary Accreditation and the United States Department of Education.

Contact information for ACEND: (800) 877-1600 ext.5400, acend@eatright.org, 120 South Riverside Plaza, Suite 2190 Chicago, IL 60606-6995.

Requirements

Degree Requirements

The Master of Science in Nutrition and Dietetics requires that students complete required coursework, including over 1,200 hours of practicum-based learning and related course work in food service, community and clinical experiences. The competencies integrated into the program reflect those established by ACEND.

Students must earn a B- or better in graduate courses to earn credit toward the degree.

Code	Title	Credits
Required Courses		
NUTR 829	Dietetics: Intro to Dietetics Principle and Practice ¹	2
NUTR 831	Dietetics: Clinical Theory and Practice	10
NUTR 832	Dietetics: Food Service and Community	10

NUTR 836	Sustainable Food Systems and Culinary Arts Practicum	3
NUTR 855	Concepts and Controversies in Weight Management	4
NUTR 860	Behavioral Nutrition and Counseling	4
NUTR 876	Advanced Pathophysiology and Clinical Care	4
NUTR 960	Research Methods in Nutritional Science I	4
NUTR 961	Research Methods in Nutritional Science II	4
ANFS 901	Introduction to Agriculture, Nutrition, and Food Systems Graduate Studies	1
Electives		
Select two courses (for a minimum of 4 credits) from the following:		
NUTR 809	Nutritional Epidemiology	4
NUTR 810	Advanced Diabetes Care	2
NUTR 815	Advanced Sports Nutrition	4
NUTR 830	From Seed to Sea: Examining Sustainable Food Systems	4
NUTR 840	Nutrition for Children with Special Needs	4
NUTR 850	Nutritional Biochemistry	4
NUTR 851	Nutritional Biochemistry of Micronutrients	4
NUTR 895	Investigations	1-4
NUTR 927	Nutrition and Gut Microbes in Human Health	4

¹ NUTR 829 is taken twice for a total of 4 credits.

Student Learning Outcomes

CRDNs Explained

UNH's Master of Science in Nutrition and Dietetics accreditation agency, ACEND, requires that the curriculum covers certain competencies which are "specific knowledge, skills, values, and behaviors required for effective performance as a practitioner." These are identified as CRDNs (Competency for Registered Dietitian Nutritionists). Each required non-elective course will contain CRDNs, some of which may be tracked by the instructor and program. A complete list of the required CRDNs are as follows:

Domain 1. Scientific and Evidence Base of Practice: Integration of scientific information and translation of research into practice.

- CRDN 1.1 Select indicators of program quality and/or customer service and measure achievement of objectives.
- CRDN 1.2 Evaluate research and apply evidence-based guidelines, systematic reviews and scientific literature in nutrition and dietetics practice.
- CRDN 1.3 Justify programs, products, services and care using appropriate evidence or data.
- CRDN 1.4 Conduct projects using appropriate research or quality improvement methods, ethical procedures and data analysis utilizing current and/or new technologies.
- CRDN 1.5 Incorporate critical-thinking skills in overall practice.

Domain 2. Professional Practice Expectations: Beliefs, values, attitudes, and behaviors for the professional dietitian nutritionist level of practice.

- CRDN 2.1 Practice in compliance with current federal regulations and state statutes and rules, as applicable, and in accordance with accreditation standards and the Scope of Practice for the Registered Dietitian Nutritionist, Standards of Practice, Standards of Professional Performance, and Code of Ethics for the Profession of Nutrition and Dietetics.
- CRDN 2.2 Demonstrate professional writing skills in preparing professional communications.
- CRDN 2.3 Demonstrate active participation, teamwork and contributions in group settings.

- CRDN 2.4 Function as a member of interprofessional teams.
- CRDN 2.5 Work collaboratively with NDTRs and/or support personnel in other disciplines.
- CRDN 2.6 Refer clients and patients to other professionals and services when needs are beyond individual scope of practice.
- CRDN 2.7 Apply change management strategies to achieve desired outcomes.
- CRDN 2.8 Demonstrate negotiation skills.
- CRDN 2.9 Actively contribute to nutrition and dietetics professional and community organizations.
- CRDN 2.10 Demonstrate professional attributes in all areas of practice.

Domain 3. Clinical and Customer Services: Development and delivery of information, products and services to individuals, groups, and populations.

- CRDN 3.1 Perform Medical Nutrition Therapy by utilizing the Nutrition Care Process including use of standardized nutrition terminology as a part of the clinical workflow elements for individuals, groups and populations of differing ages and health status, in a variety of settings.
- CRDN 3.2 Conduct nutrition focused physical exams.
- CRDN 3.3 Perform routine health screening assessments including measuring blood pressure, conducting waived point-of-care laboratory testing (such as blood glucose or cholesterol), recommending and/or initiating nutrition-related pharmacotherapy plans (such as modifications to bowel regimens, carbohydrate to insulin ratio, B12 or iron supplementation)
- CRDN 3.4 Provide instruction to clients/patients for self-monitoring blood glucose, considering diabetes medication and medical nutrition therapy plan.
- CRDN 3.5 Explain the steps involved and observe the placement of nasogastric or nasoenteric feeding tubes; if available, assist in the process of placing nasogastric or nasoenteric feeding tubes.
- CRDN 3.6 Conduct a swallow screen and refer to the appropriate health care professional for full swallow evaluation when needed.
- CRDN 3.7 Demonstrate effective communication and documentation skills for clinical and client services in a variety of formats and settings, which include telehealth and other information technologies and digital media.
- CRDN 3.8 Design, implement and evaluate presentations to a target audience.
- CRDN 3.9 Develop nutrition education materials that are culturally and age appropriate and designed for the literacy level of the audience.
- CRDN 3.10 Use effective education and counseling skills to facilitate behavior change.
- CRDN 3.11 Develop and deliver products, programs or services that promote consumer health, wellness and lifestyle management.
- CRDN 3.12 Deliver respectful, science-based answers to client/patient questions concerning emerging trends.
- CRDN 3.13 Coordinate procurement, production, distribution and service of goods and services, demonstrating and promoting responsible use of resources.
- CRDN 3.14 Develop and evaluate recipes, formulas and menus for acceptability and affordability that accommodate the cultural

diversity and health needs of various populations, groups and individuals.

Domain 4. Practice Management and Use of Resources: Strategic application of principles of management and systems in the provision of services to individuals and organization.

- CRDN 4.1 Participate in management functions of human resources (such as hiring, training and scheduling).
- CRDN 4.2 Perform management functions related to safety, security and sanitation that affect employees, clients, patients, facilities and food.
- CRDN 4.3 Conduct clinical and client service quality management activities (such as quality improvement or quality assurance projects).
- CRDN 4.4 Apply current information technologies to develop, manage and disseminate nutrition information and data.
- CRDN 4.5 Analyze quality, financial and productivity data for use in planning.
- CRDN 4.6 Propose and use procedures as appropriate to the practice setting to promote sustainability, reduce waste and protect the environment.
- CRDN 4.7 Conduct feasibility studies for products, programs or services with consideration of costs and benefits.
- CRDN 4.8 Develop a plan to provide or develop a product, program or service that includes a budget, staffing needs, equipment and supplies.
- CRDN 4.9 Engage in the process for coding and billing for nutrition and dietetics services to obtain reimbursement from public or private payers, fee-for-service and value-based payment systems.
- CRDN 4.10 Analyze risk in nutrition and dietetics practice (such as risks to achieving set goals and objectives, risk management plan, or risk due to clinical liability or foodborne illness).

Domain 5. Leadership and Career Management: Skills, strengths, knowledge and experience relevant to leadership potential and professional growth for the nutrition and dietetics practitioner.

- CRDN 5.1 Perform self-assessment that includes awareness in terms of learning and leadership styles and cultural orientation and develop goals for self-improvement.
- CRDN 5.2 Identify and articulate one's skills, strengths, knowledge and experiences relevant to the position desired and career goals.
- CRDN 5.3 Prepare a plan for professional development according to Commission on Dietetic Registration guidelines.
- CRDN 5.4 Advocate for opportunities in the professional settings (such as asking for additional responsibility, practicing negotiating a salary or wage or asking for a promotion).
- CRDN 5.5 Demonstrate the ability to resolve conflict.
- CRDN 5.6 Promote team involvement and recognize the skills of each member.
- CRDN 5.7 Mentor others.
- CRDN 5.8 Identify and articulate the value of precepting.