



CEDAR CREST
COLLEGE

Master in Nutrition

Mission

The Mission of the Cedar Crest College Master in Nutrition is to develop leaders in the field of health promotion and disease prevention by providing the educational experiences that allow you to gain the competencies and skills needed to assess, plan, implement, and evaluate health programming to meet the needs of diverse populations locally, nationally and globally.

The concentration in Nutrition will empower Registered Dietitians and other professionals to take on the many nutrition challenges associated with public health. Graduate students will gain assessment and effective program planning skills through comprehensive assessment and effective program planning skills that allow them to make a positive impact in the health of the community

Mission of the Nutrition Program

In concert with the philosophy of Cedar Crest College and the Standards of Practice of the Academy of Nutrition and Dietetics, the nutrition program is committed to developing competent dietetic professionals who serve the public through the promotion of optimal nutrition and act with integrity and respect for differences

The Master in Nutrition Program Description

The 39 credit online curriculum for the Master in Nutrition is built on clearly defined competencies for advanced level application and practice, beyond the Baccalaureate

level entry level health professional. The Nutrition curriculum focuses on populations (Geriatric and Pediatric), education theory and practice to facilitate behavior change as well as the monitoring and nutrition management of Non-Communicable Diseases (NCD). The program allows students and professionals to pursue elective coursework which will further support their professional goals.

Graduates will develop and demonstrate the skills and competencies needed to:

1. Influence decision makers related to public policy, resources and programs.
2. Design, develop, direct and implement education and training in the identified focus area.
3. Translate and apply evidence based research into program development, implementation and assessment.
4. Conduct systematic review of the literature that identifies the weight of evidence including areas of consensus, inconsistency, and opportunities for further research and/or program development.
5. Design, develop, implement and evaluate programing to meet the needs of a specific population/organization.
6. Use innovative, appropriate communication techniques and the most effective formats for the intended audience.
7. Utilize principles of cultural competency and ethical practice in program planning and assessment.

General Admissions Requirements

Students are admitted to graduate programs at Cedar Crest College on the basis of individual qualifications. Requests for application materials and all correspondence relating to admission should be addressed to:

Cedar Crest College
School for Adult and Graduate Education
100 College Drive

Allentown, PA 18104-6196.

Phone: 610-740-3770

Email:sage@cedarcrest.edu

Fax: 610-740-3786

Online Application Materials: www.cedarcrest.edu/graduate

On campus, the main office for the School for Adult and Graduate Education is located in Blaney Hall, Room 105 and is open Monday--Thursday, 8:30 a.m. - 6:30 p.m. and Friday, 8:30 a.m.- 4:30 p.m.

A rolling admissions policy is in effect for this program. Applications are accepted and reviewed on a continuing basis throughout the year. Students may be admitted officially at the beginning of any academic term, including summer.

Be Well Solutions Dietetic Internship Admissions

Students accepted to the Be Well Solutions Dietetic Internship have secured a position in the Cedar Crest College Master's in Nutrition. Enrollment requires completion of an online enrollment form and providing the registrar at Cedar Crest College with official transcripts from the institution which granted your undergraduate degree.

- Students must also provide a Goal Statement (500 – 750 words) describing your professional ambitions, motivation for seeking Master in Nutrition, career goals, practicum interest, and time-line for completion. These essays enable the program's advisors to provide guidance and planning for courses taken to meet your academic and professional goals.

• Admissions Decisions

The Nutrition Department will make final admissions decisions based on acceptance to the Be Well Solution Dietetics Internship.

Students not matched to Be Well Solutions are welcome to complete the Cedar Crest College Master's in Nutrition application process at

https://cedarcrestcollege.force.com/ERx_Forms_Portal_Login

Candidates will be considered from a holistic perspective.

Acceptance of Transfer Credits/ Foreign Credit Evaluation

Students entering the program with graduate credits from other health professions related programs may transfer up to 6 credits of graduate coursework. The transferred coursework, however, must be equivalent to courses listed in the curriculum or meet the programs elective requirements. The courses must have been completed within five years of the date of enrollment in the program (the first day of classes of a student's first academic year).

Once matriculated in the program, students will not receive any credit for coursework taken at another institution. Non-matriculated students who take program courses at Cedar Crest, may transfer all applicable Cedar Crest courses after matriculation.

If previous coursework was completed outside of the U.S, students should have their academic degree validated as equivalent to a degree in the U.S. through one of the following non-profit agencies:

World Education Service Credentials Evaluation Services, Inc

P.O. Box #745 P.O. Box 66940

Old Chelsea Station Los Angeles, CA 90066

New York, New York 10011 1-310-390-6276

1-212-966-6311

Education Credential International Education Consultants Evaluators, Inc.

P.O. Box #248233

P.O. Box #92970 Coral Gables, FL 33124

Milwaukee, WI 53202-0970 1-305-666-0233
1-414-289-3400

International Consultants Foreign Educational Document of Delaware, Inc Service
Credential

914 Pickett Lane P.O. Box #4019
Newark, DE 19711 Stockton, CA 95204
1-302-737-8715 1-209-948-6589

Association of International Evaluators
P.O. Box #6756
Beverly Hills, CA 90212
1-888-263-2423

Matriculation

Accepted students are matriculated into the program once they have registered for classes during their first term of academic study. Any post-baccalaureate student wishing to register for a program course may do so without matriculating. Only matriculated students, however, can file for a degree.

Requirements for Continued Matriculation and Completion of Program

Students must complete every class with a minimum of a B. Students who receive a grade of B- or below or withdraw from a course are only allowed to repeat the class one time. If a student does not receive a grade of B or above the second time that the student takes a course, the student will be placed on probation. Students receiving a grade of F in a course taken for the first time will also be placed on probation. A meeting with your advisor is required to develop an academic improvement plan. Failure to abide by the improvement plan and grades not meeting the program requirements in the subsequent semester may result in dismissal from the program.

Maximum Period of Candidacy

Students must complete the program in seven academic years beginning from the first term of matriculation.

Leave of Absence Policy

Students wishing to take a leave of absence from the program may request to do so in writing to the Program Director. The granting of the requested leave is at the discretion of the Program Director and pending approval from the Associate Provost of Adult and Graduate Education. The time frame associated with a leave of absence is not counted in the seven years necessary to complete the program.

Reinstatement

If a student has been dismissed from the program for any reason, the student can reapply to the program but must wait one full academic year before doing so (for instance, a student who was dismissed in academic year 2016-2017 cannot reapply until academic year 2018-2019). Students coming back from a leave of absence will be reinstated into the program and will continue at the point where they left off.

Completion of the Graduate Program and Graduation

To successfully complete the Master in Nutrition a student must adhere to the following:

- Complete all graduate education courses with a GPA of 3.0 or higher must complete courses with a minimum grade of B.
- Apply to the Registrar for graduation at a specific scheduled graduation time.
 - Complete all the requirements for a given program.
 - Fulfill all financial responsibilities to the College.

Graduate 2019-2020 Tuition and Fees

Master in Nutrition Graduate Tuition, per credit \$695.00

Full-Time/Part-Time Student Activity Fee (Fall & Spring semesters) \$20

Full-Time Technology Fee, per semester \$100.00

Part-Time Technology Fee, per semester \$50.00

Note: The College reserves the right to change the fees and charges when necessary.

Advising

Students coming into the program will be contacted individually by the program director prior to their first term of academic study to develop a course progression plan. During this time, each student will be assigned an academic advisor who will be a member of the Master in Nutrition program faculty. Students are required to consult with their faculty advisor prior to registering each term to review their course plan and professional goals.

Graduate Student Handbook

Each student will be given a copy of the Graduate Student Handbook prepared specifically for the Master in Nutrition. The purpose of the handbook is to provide students with information pertaining to the curricular requirements, policies and procedures associated with the program. Students are responsible for familiarizing themselves and understanding the information presented in the Graduate Student Handbook. Questions regarding the content of the handbook should be directed to either the student's faculty advisor or the Director of the Master in Nutrition Program.

Program Requirements

The Master in Nutrition Program is conducted completely on-line. Students will need access to a computer and working internet connection. Students must also be familiar with using the Canvas Learning Management System (LMS). Resources for on-line learning can be accessed on the Cedar Crest web site within the Cedar Crest online link at https://my.cedarcrest.edu/ICS/Current_Students/Cedar_Crest_Online.jnz

A total of 39 graduate coursework credits are needed for completion of the degree.

Students fulfilling curricular requirements for the Master in Nutrition degree must complete the following courses:

Core courses (21credits)

Health Program Planning and Management (3 Credits)

Cultural Competency and Ethics in Health (3 Credits)

Evidence Analysis (3 Credits)

Health Statistics/Epidemiology (3 Credits)

Health Policy and Advocacy (3 Credits)

Capstone Practicum (6 credits)

Practicum I (3 Credits)

Practicum II (3 Credits)

Nutrition Concentration (12 credits)

Nutrition and Non-Communicable Diseases (NCD) (3 Credits)

Health Education: Learning Throughout the Lifespan (3 credits)

Pediatric Nutrition: Health Implications in the Community (3 Credits)

Geriatric Nutrition: Meeting the Needs of Aging Adults (3 Credits)

Electives (6 credits)

Disordered Eating (3 credits)

Complementary and Alternative Therapies in Nutrition and the Health of the Public (3 credits)

Social Marketing and Communication for Health Programing (3credits)

Entrepreneurship (3 credits)

Grantsmanship (3 credits)

Food Systems: An Environmental Perspective (3 credits)

Nutrition Informatics in Practice (3 credits)

Advanced Topics in Nutrition (Independent Study) (3 Credits)

Course Descriptions

Health Program Planning and Management (3 credits)

An introduction to the key concepts of health program development and evaluation. Students will be given an opportunity to apply models for developing theory-based health programs and plan a program evaluation. Models and principles of program planning and evaluation are presented and contrasted. Data gathering techniques, design considerations, and implementation strategies are covered. Other topics include systems theory applications, strategic planning methods, proposal development, and report writing.

Cultural Competency and Ethics in Health (3 credits)

This seminar course will consider questions about the practice of health promotion, disease control, and health research and the ways in which cultural and social factors influence health behaviors and interventions and associated ethical decision making practices. Gender and culture issues affecting health, with emphasis on health disparities and how gender and cultural indicators affect behavioral risk. The relationship between health and other factors such as religion, social class/socioeconomic status, acculturation, migration, and globalization is also studied.

Evidence Analyses (3 credits)

Appraisal and synthesis of research results and evidence-based methods. Identification and use of appropriate inquiry methodologies; ethical implications of research and translational scholarship. Involving complex and conscientious decision-making based

not only on the available evidence but also on client characteristics, situations, and preference (AND).

Health Stats/Epidemiology (3 credits)

Introduces students to epidemiologic theory, principles, methods and measures commonly used in public health. Students will be introduced to the theoretical basis for and practical application of common statistical methods and principles used in public health.

Health Policy and Advocacy (3 credits)

Explores the roles health advocates assume and how individuals working in public health settings might participate in advocacy strategies to affect policy. The course centers on frameworks for conceptualizing and promoting the right to health and strategies to empower consumers and other health professionals to be engaged in the decision making process, defining issues, and having a say in the development of health policies.

Nutrition and Non-communicable Diseases (NCD) (3 credits)

Will investigate the link between food, nutrition, diet and non-communicable diseases. Students will identify why NCDs need to be considered when addressing major nutritional challenges and develop skills to address NCD such as heart disease, diabetes, and obesity in healthcare and community settings.

Health Education: Learning Throughout the Lifespan (3 credits)

Students will explore the current status of health education, specifically in the United States, and identify the factors that influence health status. Students learn to perform a needs assessment, and design and implement educational strategies that meet the learning needs of individuals across the lifespan.

Pediatric Nutrition Health Implications in the Community (3 credits)

Focus on the unique aspects that affect the health and nutritional status of infants, young children and adolescents and the complexity of caring for the changing nutritional needs. This course will empower dietitians to acquire new skills related to health, well-being, and nutritional care of this special population.

Geriatric Nutrition: Meeting the Needs of Aging Adults (3 credits)

Focuses on unique aspects of aging that affect health and nutrition. Physiological, psychological, social, and financial changes place the elderly at risk for poor nutritional status. Complications, nutritional screening, assessment, complexity of caring, and government and community resources available will be discussed along with appropriate interventions.

Disordered Eating (3 credits)

This course provides advanced concepts into the etiology, diagnosis and treatment of disordered eating, including anorexia nervosa, bulimia, binge eating disorder and special populations. Focus will be centered upon the theory, diagnosis, assessment, treatment, and method of evaluation for each treatment modality presented. Treatment is considered from a team-based approach to include psychological, cognitive, and physiological processes.

Complementary and Alternative Therapies in Nutrition and the Health of the Public (3 credits)

Investigation of the many Complimentary /Alternative Medicine preventative and healing practices used and analysis of safety and efficacy of these practices. Prerequisite: Evidence Analysis (or its equivalent with instructor permission)

Social Marketing of and Communication for Health Programing (3 credits)

This course is an introduction into the field of health communications, with an emphasis on the production of health education digital media with the goal of informing, influencing, and motivating individual, institutional, and public audiences about process, defining issues, and having a say in the development of current health policies.

Nutrition Entrepreneurship (3 credits)

An analysis of the problems and considerations involved in establishing, organizing, and operating a nutrition-based business or clinical nutrition practice. Focuses on tools, techniques, and resources necessary for establishing a business, including introduction to developing a business plan, marketing and advertising, as well as reimbursement and legal and regulatory matters.

Grantmanship (3 credits)

Will engage students in identifying funding sources, and developing a proposal covering program need, program objectives, a management and quality assurance plan, preliminary work, evaluation, budget, and a plan for funding support.

Food Systems: An Environmental Perspective (3 credits)

Examination of the influence of the food industry and of governmental agencies on the U.S. food system and the way we eat, and on efforts to prevent and treat chronic diet-related conditions, such as obesity.

Nutrition Informatics (3 credits)

According to the Academy of Nutrition and Dietetics, Registered Dietitian Nutritionists use technology throughout their practice. For those who specialize in nutrition informatics, their career is dependent on supporting quality nutrition care with the use of computers and information systems. This course will provide the framework for integrating Nutrition informatics in all levels of practice.

Advanced Topics in Nutrition (1 – 3 credits)

Detailed study of specific problems chosen with permission of the Program Director.

Practicum 1 (3 credits)*: Nutrition fieldwork in hospitals, schools, laboratories, and community-based organizations designed to provide opportunities to apply knowledge and skills gained from the classroom education to professional practice. This first part of the 2 part practicum series allows students to plan programming and interventions that

will be carried out and measured in Practicum 2. This experience requires students to provide an ongoing formative evaluation of the program through its developmental stages.

Practicum 2 (3 credits)*: Nutrition fieldwork in hospitals, schools, laboratories, and community-based organizations designed to provide opportunities to apply knowledge and skills gained from the classroom education to professional practice. This capstone practicum experience requires students to implement a program developed in Practicum 1. The experience will culminate with a comprehensive summative evaluation of the program design and initial implementation.

*Practicum Requirements:

- Students are required to secure their own practicum sites. All sites must be approved by the Master in Nutrition Program Director. Standards for appropriate practicum sites will be provided by the Program.
- Practicum placements require students to comply with all background and medical clearances of their host facility.