PLANT-BASED NUTRITION — M.S.

Program director
Ella Haddad

The Master of Science (M.S.) degree in nutrition provides students with advanced training in nutritional science, with an emphasis on plant-based nutrition, through both coursework and noncourse activities. The program offers a variety of courses in nutritional science emphasizing the role of plant-based dietary practices in human health and the environment. The program prepares students for careers in the field of nutrition, promoting plant-based nutrition for health in health-care facilities, the wellness industry, food services, and educational institutions; for leadership roles in academia, government, or the food industry; and careers involving evidence-based communication of plant-based nutritional science for the health and well-being of the individual, population, and the planet.

The M.S. degree requires a minimum of 48 units and includes research, culminating in either a publishable manuscript or a written report. This is considered a nonthesis M.S. program. A written comprehensive examination is required.

Program learning outcomes

By the end of the program, the graduate should be able to:

1. Demonstrate a grasp of the science of nutrients essential to analyzing the role of plant foods in supporting and optimizing human health and longevity;
2. Employ research skills to interpret data on nutrition, and apply it to health promotion and intake requirements across the life cycle;
3. Develop evidence-based food guidance for plant-centered eating that optimizes health and prevents disease;
4. Evaluate the impact of plant-based diets on planetary health, ecology, and the environment;
5. Communicate nutrition concepts effectively to individuals and populations.

Educational effectiveness indicators

- Comprehensive examination
- Research paper or final written report
- Oral presentation of research paper or final written report

Prerequisite

- Organic chemistry
- Human physiology
- Human nutrition or equivalent

Corequisite

NUTR 506 Nutritional Metabolism or nutritional biochemistry or equivalent

Individuals who may benefit from the program

Those who may benefit from this program include individuals holding a baccalaureate degree in science, registered dietitians, physicians, and other health professionals desiring to apply evidenced-based plant-based diets in their practice, as well as those who want to pursue a Ph.D. in nutrition, working professionals who need an online graduate degree in nutrition, health educators who want to communicate the health benefits of plant-based eating for health promotion, students motivated to promote sustainable diets, and those interested in lifestyle nutrition.

Program requirements

Public Health		
PHCJ 606	Public Health Fundamentals	4
STAT 521	Biostatistics I [1]	4
Major		
NUTR 508	Plant-Based Nutrition for Life Cycle	2
NUTR 517	Advanced Nutrition I: Carbohydrates and Lipids	4
NUTR 518	Advanced Nutrition II: Proteins, Vitamins, and Minerals	4
NUTR 519	Phytochemicals	2
NUTR 520	Sustainable Food Systems	3
NUTR 529	Health Aspects of Vegetarian Eating	3
NUTR 556	Nutritional Applications in Lifestyle Intervention	3
NUTR 564	Contemporary Issues of Vegetarian Diets	2
Religion		
RELR 540	Wholeness and Health [2]	3
Electives		
Choose from elective courses offered at LLU SPH		3-6
Statistics and research		
NUTR 530	Dietary Assessment of Populations	2
NUTR 535	Research Applications in Nutrition	3
Directed research		
NUTR 694	Research	2-5
Total Units		**48**

1 Students may take an equivalent statistics course in consultation with advisor.

2 Fulfills service learning requirement.

Culminating experience

A culminating research activity (NUTR 694 Research) carried out under the supervision of the program faculty. The deliverable will be either a publishable peer-reviewed manuscript, or a written project report. Students will also present their work in an oral presentation to their program faculty.

Normal time to complete the program

1.33 year (five [5] academic quarters) — based on full-time enrollment; part time permitted