PLANT-BASED NUTRITION — M.S.

Program director
Michael Paalani

The Master of Science (M.S.) in plant-based 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 healthcare 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. Apply the science of essential nutrients and other phytochemicals to analyze the role of plant foods in supporting and optimizing human health and longevity.
2. Employ research skills to interpret data on nutrition as it applies to lifecycle stages and enhanced well-being.
3. Develop evidence-based food guidance for plant-centered eating for optimizing health and preventing disease.
4. Evaluate the impact of plant-based diets on planetary health and sustainability.
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

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<th>Public Health</th>
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<th>Electives</th>
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<th>Statistics and research</th>
<th>Directed research</th>
<th>Total Units</th>
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<tbody>
<tr>
<td>AHRM 514</td>
<td>Biostatistics 1</td>
<td>PHCJ 606</td>
<td>Public Health Fundamentals</td>
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<td>NUTR 508</td>
<td>Plant-Based Nutrition for Life Cycle</td>
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<td>NUTR 517</td>
<td>Advanced Nutrition I: Carbohydrates and Lipids</td>
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<td>Advanced Nutrition II: Proteins, Vitamins, and Minerals</td>
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<td>NUTR 519</td>
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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