

# Nutrition and Dietetics

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Chair: Byington

Professor: Blanton

Associate Professor: Weeden

Assistant Professor: Gordon

Clinical Faculty: Byington, Hilvers, Reader

Emerita Faculty: Dundas, McKnight, Schneider

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Master of Science in Nutrition with two tracks:

1. MS stand-alone (<https://www.isu.edu/dietetics/ms-nutrition/>), a great option for an RDN seeking a graduate degree in nutrition.
2. MS/DI, which is a combined Master of Science and Dietetic Internship (<https://www.isu.edu/dieteticinternship/>).

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Three graduate faculty (Blanton, Gordon, and Weeden) are available to work on capstone projects/theses with a nutrition focus.

Master of Science in Nutrition

The mission of the Idaho State University Master of Science in Nutrition is to equip RDNs with the advanced knowledge required to meet professional standards and better leverage the emerging paradigm shift that focuses on patient outcomes and accountable care funding models.

## Program Goals

### Goal #1

Enhance graduate's analysis and evaluation of research as it pertains to nutrition for the maintenance of health and prevention in the treatment of disease

### Goal #2

Advance knowledge to formulate appropriate:

- Public health emphasis: Interventions for specific target populations to address current and emerging public health issues
- Marketing emphasis: Scientifically-sound, evidence-based marketing strategies
- Management emphasis: Managerial-level strategies drawing on best practices

### Goal #3

Develop a higher-level understanding of nutrition science and practice

The MS in Nutrition degree provides graduates with the knowledge and skills needed to further their passion to improve the lives of others by promoting evidence-based nutrition interventions. Each emphasis area prepares graduate students with a specialized body of advanced knowledge and skills:

Management:

- Manage organizational departments and lead team projects
- Develop managerial-level critical analysis, problem-solving, and decision-making skills
- Possess insights into business concepts and resource allocation decisions

Marketing:

- Contribute to interdisciplinary organizational marketing activities
- Participate in the marketing efforts such as conduction market research activities and evaluating consumer behavior
- Manage organizational marketing and promotional initiatives

Public Health:

- Spur systemic behavioral changes at the community and population levels
- Address public health issues across the life span, including but not limited to, obesity, diabetes, and chronic disease
- Help individuals make behavioral changes to improve health outcomes

## Master of Science in Nutrition/ Dietetic Internship

The mission of the Idaho State University Master of Science in Nutrition – Dietetic Internship is to prepare caring and competent entry-level registered dietitian nutritionists who collaborate with other health professionals through a supervised practice experience that exceeds the performance standards of the Accreditation Council for Education in Nutrition and Dietetics.

### Program Goals

Goal #1: Program graduates are professionally competent entry-level registered dietitian nutritionists through a comprehensive supervised practice experience.

- At least 80% of program interns complete program within 24 months (150% of program length).
- Of graduates who seek employment, 75 percent are employed in nutrition and dietetics or related fields within 12 months of graduation.
- 90 percent of program graduates take the CDR credentialing exam for dietitian nutritionists within 12 months of program completion.
- The program's one-year pass rate (graduates who pass the registration exam within one year of first attempt) on the CDR credentialing exam for dietitian nutritionists is at least 80%.
- 90% of working RDNs over a five-year period will be satisfied that the DI program adequately prepared them for effective entry-level careers in dietetics.

Goal #2: Prepare program graduates to be caring registered dietitian nutritionists who promote collaboration within their practice setting.

- 50% of graduates over a five-year period will participate in professional organizations within the first year following graduation.
- Of those employers who respond to the survey, 90% of employers will rate program graduates' preparation for entry-level practice as satisfactory or higher.
- 50% of employers over a five-year period will rate program graduates' collaboration within their employment setting as satisfactory or higher.

Data on ACEND-required objectives must be evaluated annually using an average of data from the previous three years. ACEND required objectives are Goal 1, objectives 1, 2, 3, & 4 and Goal 2, objective 2.

## Master of Science in Nutrition

Two tracks are offered:

- MS in Nutrition (stand-alone)
- MS in Nutrition with Dietetic Internship

## Master of Science in Nutrition (stand-alone)

The Master of Science (MS) in Nutrition is 30 credits with eight (8) credits of approved electives to meet individual areas of emphasis in dietetics practice. This flexible program may be completed either as a part-time or full-time student. Depending on your pace, it may take you between three semesters to three years to complete the program.

The master's coursework is offered in a hybrid model. Classes are 100% online. Some require students to go to a distance learning classroom; others offer remote access via video conferencing software. In addition, some classes are self-directed, requiring students to work autonomously.

Classwork employs a variety of learning strategies, including case studies, oral presentations, research projects, exams, and other modalities. Culminating activities include:

- Capstone Project: A scholarly activity, requiring students to write, present, and defend their project that may include a range of activities such as:
  - Grant writing and submission
  - Analysis of a current data set and preparation of a manuscript
  - Development and execution of a small research study leading to submission of a presentation abstract as determined appropriate by the advising faculty member and student
- Optional Thesis: Students may choose to write a thesis in place of the capstone. Students who opt for a thesis project may find it beneficial to increase the thesis credits and decrease the elective courses.

## Admissions

Apply for the Master of Science in Nutrition through the Idaho State University Graduate School (<https://www.isu.edu/graduate/>) application.

On the graduate school application (<https://www.isu.edu/apply/graduate/>), please indicate your program intent to pursue a Master of Science in Nutrition. Once it is determined that you meet the general requirements for graduate studies at ISU, your application will be forwarded to Department of Nutrition and Dietetics for review and admission decision into this program.

The combined MS in Nutrition/Dietetic Internship program (<https://www.isu.edu/dieteticinternship/>) employs a different admission process.

## Admission Requirements

In addition to meeting the general requirements for the ISU Graduate School, admission requirements for the MS in Nutrition, include:

- BS in Dietetics, Food and Nutrition, or other related disciplines from a college or university regionally accredited in the United States or its equivalent from a school in another country
- Resume or Curriculum Vitae (CV)
- GPA—at least a cumulative of 3.0
- Three letters of recommendation from individuals who are familiar with your academic or employment performance (these are submitted electronically through the online graduate school application (<https://www.isu.edu/apply/graduate/>))
- Personal statement on why you want to pursue the MS degree (maximum 750 words)

## How to Apply

The Department of Nutrition and Dietetics website provides more information about the specific steps of the MS in Nutrition stand-alone application process (<https://www.isu.edu/dietetics/ms-nutrition/ms---how-to-apply/>).

Transfer credits may be awarded for the electives (maximum 8 credits), but not core courses. Advisor approval is required. Students should follow the graduate school policy (<http://coursecat.isu.edu/graduate/generalinfoandpolicies/creditransfer/>) and form for transfer credit requests (<https://www.isu.edu/media/libraries/graduate-school/Graduate-Transfer-Credit-Approval-Form.pdf>).

Code	Title	Credits
Master of Science in Nutrition (Public Health Emphasis)		
NTD 6610	Current Topics in Nutrition	1
NTD 6620	Nutritional Epidemiology	3
NTD 6622	Maternal, Infant, and Child Nutrition	3
NTD 6624	Nutrition and Aging	3
NTD 6640	Research, Writing, and Grantsmanship	3
NTD 6645	Capstone Project I	3
MPH 6620	Health Program Planning and Evaluation	3
MPH 6660	Behavior Change Theory and Applications	3
Approved Electives		8
<b>Total Credits</b>		<b>30</b>

Code	Title	Credits
Possible Electives		
DHS 5501	Mindfulness in Health Science	1-2
DHS 5502	Survey of Aging Issues	3
DHS 5503	Interprof Sys Geri Manage	3
DHS 5504	Geri Interprof Internship	2
DHS 5506	The Mindful Practitioner	2
DHS 5599	Experimental Course (Mindful Self-Compassion)	2
HE 6623	Curriculum and Supervision	3
HE 6639	Teaching Strategies in Health	3
MPH 6601	Applications in Epidemiology	3
MPH 6604	Social and Cultural Perspectives in Public Health	3
MPH 6605	Leadership Policy and Administration	3
MPH 6606	Environmental and Occupational Health	3*
NTD 5539	Sports Nutrition	3*
NTD 5557	Experimental Foods	3*
NTD 5561	Nutritional Biochemistry I	3*
NTD 5581	Special Problems in Nutrition and Dietetics	1-2
NTD 5585	Nutritional Biochemistry II	3*
NTD 6650	Capstone Project II ( Capstone II or Thesis II)	1-3
NTD 6651	Thesis	3-6
PSYC 5531	Behavioral Neuroscience I	3

\* Courses cannot be taken for graduate credit if the student has previously taken them at the undergraduate level.

\*\* Students who opt for a thesis project may find it beneficial to increase the thesis credits and decrease the elective courses. Please discuss this option with your faculty advisor.

## Master of Science in Nutrition/Dietetic Internship

The Master of Science in Nutrition/Dietetic Internship (MS/DI) is a full-time, 16-month, four-semester program (fall, spring, summer, and fall). Students rotate through the program with an established cohort of other MS/DI candidates. During their first fall semester, MS/DI students focus on coursework. In the remaining three semesters, students engage in a combination of practicum rotations and graduate coursework.

The MS/DI is 33 credits with the supervised practice rotations contributing 9 credits. Transfer credits may be awarded for the electives (maximum 8 credits), but not core courses. Advisor approval is required. Students should follow the graduate school policy (<http://coursecat.isu.edu/graduate/generalinfoandpolicies/credittransfer/>) and form for transfer credit requests (<https://www.isu.edu/media/libraries/graduate-school/Graduate-Transfer-Credit-Approval-Form.pdf>).

The practicum part of the program provides approximately 1,429 hours of "hands-on" educational experience. Interns can expect to spend 40 hours per week in rotations, with additional time required for completion of practicum assignments, coursework, and some travel opportunities. Each intern must complete the DI by the end of 16 months scheduled over the academic year.

The master's coursework is offered in a hybrid model. Classes are 100% online. Some require students to go to a distance learning classroom; others offer remote access via video conferencing software. In addition, some classes are self-directed, requiring students to work autonomously.

Classwork employs a variety of learning strategies, including case studies, oral presentations, research projects, exams, and other modalities. Culminating activities include:

- Capstone Project: A scholarly activity, requiring students to write, present, and defend their project that may include a range of activities such as:
  - Grant writing and submission
  - Analysis of a current data set and preparation of a manuscript
  - Development and execution of a small research study leading to submission of a presentation abstract as determined appropriate by the advising faculty member and student
- Optional Thesis: Students may choose to write a thesis in place of the capstone. Students who opt for a thesis project may find it beneficial to increase the thesis credits and decrease the elective courses.

### Admissions

Applicants must apply through both the DICAS match (<https://portal.dicas.org/>) and the ISU graduate school (<https://www.isu.edu/apply/>).

New students are admitted during the fall semester. Eighteen students (10 in Pocatello and 8 in Meridian) are admitted to the program with the April computer match. Two of the interns accepted to the internship in Pocatello will complete their rotations in Twin Falls.

Enrollment in the ISU and/or fulfillment of specific requirements **does not** ensure admission into the ISU Dietetic Internship program.

### Admission Requirements

Program eligibility and admission requirements must be met prior to beginning the Dietetic Internship:

1. Grade point average of at least a 3.00 on a 4.00 scale
2. Bachelor of Science in Dietetics (<https://www.isu.edu/registrar/graduation/>), Family and Consumer Sciences (Home Economics), or Food and Nutrition
3. Didactic Program in Dietetics requirements completed (as established by ACEND (<https://www.isu.edu/registrar/graduation/>)<sup>®</sup> of the Academy of Nutrition and Dietetics (<http://www.eatright.org/>))
4. Verification statement (<https://www.isu.edu/registrar/graduation/>) of DPD coursework

Work experience in food service or health care is desirable, but not mandatory for admission.

### How to Apply

The Department of Nutrition and Dietetics website provides more information about the specific steps of the combined MS in Nutrition/Dietetic Internship application process (<https://www.isu.edu/dieteticinternship/msdi---how-to-apply/>).

Code	Title	Credits
Masters of Science in Nutrition with Dietetic Internship (Public Health Emphasis)		
NTD 6609	Seminar for Dietetic Interns (late 8 weeks)	2
NTD 6610	Current Topics in Nutrition	1
NTD 6620	Nutritional Epidemiology	3
NTD 6622	Maternal, Infant, and Child Nutrition	3
NTD 6624	Nutrition and Aging	3
NTD 6640	Research, Writing, and Grantsmanship	3
NTD 6645	Capstone Project I	3
MPH 6620	Health Program Planning and Evaluation	3
MPH 6660	Behavior Change Theory and Applications	3
NTD 6655	Dietetic Internship Practicum I	3
NTD 6656	Dietetic Internship Practicum II	3
NTD 6657	Dietetic Internship Pract III	3
<b>Total Credits</b>		<b>32</b>

### Courses

#### *NTD 5509 Professional Readings: 1-3 semester hours.*

Identification and investigation of conceptual ideas about the relationship of programs, trends, legislation, and developments in food and nutrition. 1-3 credits. May be repeated. PREREQ: Permission of instructor.

#### *NTD 5539 Sports Nutrition: 3 semester hours.*

Nutrition recommendations for competitive and recreational athletic performance. Rationale for nutrition practices through an examination of individual nutrient metabolism. Controversies and misinformation addressed. Equivalent to CFS 5539. SUGGESTED PREREQ: NTD 2239 or equivalent or permission of instructor.

**NTD 5557 Experimental Foods: 3 semester hours.**

Development of experimental methods and their application to cookery and food technology; preparation of student for independent investigation in foods; acquaintance with literature in the field. Two hours lecture/four hours laboratory. SUGGESTED PREREQ: NTD 1104 or equivalent or permission of instructor.

**NTD 5561 Nutritional Biochemistry I: 3 semester hours.**

Advanced study of nutrition science, including protein, carbohydrate, lipid, vitamin, and mineral metabolism. Introduction to research methodology and professional literature. Equivalent to CFS 5561. SUGGESTED PREREQS: NTD 2239, CHEM 1101, CHEM 1102 and CHEM 1103 or higher levels of chemistry including inorganic, organic, and biochemistry or permission of instructor.

**NTD 5581 Special Problems in Nutrition and Dietetics: 1-2 semester hours.**

Students select problems on the basis of special needs, interests, or abilities and work on them independently in the laboratory, library, or community, with regular conferences with the advisor. PREREQ: Permission of instructor.

**NTD 5585 Nutritional Biochemistry II: 3 semester hours.**

Human metabolism in health and disease. Emphasizes interrelationships among hormones, carbohydrates, proteins, lipids, vitamins and minerals within tissues and organs. SUGGESTED PREREQS: NTD 4461 or NTD 5561 or permission of instructor.

**NTD 5591 Special Problems in Nutrition and Dietetics I: 1-2 semester hours.**

Students select problems on the basis of special needs, interests or abilities, and work on them independently in the laboratory, library, or community with regular conferences with the advisor. May be repeated. PREREQ: Permission of instructor.

**NTD 5592 Special Problems in Nutrition and Dietetics II: 1-2 semester hours.**

Students select problems on the basis of special needs, interests or abilities, and work on them independently in the laboratory, library, or community with regular conferences with the advisor. May be repeated. PREREQ: Permission of instructor.

**NTD 5595 Dental Nutrition: 1 semester hour.**

This course reviews the role of nutrition in attaining and maintaining optimal oral health. The course explores how the essential nutrients influence oral health, nutrition in special populations, and nutrition and disease processes that can influence oral health. This course is only available to students in the Idaho Dental Education Program in the Department of Dental Science.

**NTD 5599 Experimental Course: 1-6 semester hours.**

The content of this course is not described in the catalog. Title and number of credits are announced in the Class Schedule. Experimental courses may be offered no more than three times with the same title and content. May be repeated.

**NTD 6609 Seminar for Dietetic Interns: 2 semester hours.**

Introduction to dietetic internship practicum. Will include a review of clinical skills, program expectations and preparatory case studies. Only students who have been admitted to the M.S. Nutrition with the dietetic internship option can enroll.

**NTD 6610 Current Topics in Nutrition: 1 semester hour.**

Review of current issues and topics in nutrition and the effect on dietetics practice; course content will vary on enrollment. Students must be admitted into either track of the MS in Nutrition or have permission of instructor.

**NTD 6620 Nutritional Epidemiology: 3 semester hours.**

Study of the design, execution, analysis, and interpretation of diet and nutrition epidemiologic studies. Discussions about quantitative techniques for collecting dietary data sets, including anthropometrics, body composition, biomarkers, dietary assessments, and nutrition intake analyses. Review of the interrelationships between disease, diet and health status and implications for public health policy. Previous nutrition and statistics courses required for enrollment.

**NTD 6622 Maternal, Infant, and Child Nutrition: 3 semester hours.**

Advanced study of nutrition in human growth and development during pregnancy, lactation, infancy, childhood, adolescence. Therapeutic nutritional management of diseases specific to pregnancy, infancy, and childhood are addressed. Prerequisites: previous nutrition course, Lifecycle nutrition preferred.

**NTD 6624 Nutrition and Aging: 3 semester hours.**

Exploration of the physiological, psychosocial, and chronic degenerative conditions associated with aging and the nutritional implications of each. The epidemiological basis for setting dietary goals and program development to support the nutritional needs of the elderly is addressed. Prerequisites: Previous nutrition course, Lifecycle nutrition preferred.

**NTD 6640 Research, Writing, and Grantsmanship: 3 semester hours.**

An application of principles and research design and grant writing in the health sciences. Restriction: admission to MS in Nutrition degree or permission of instructor.

**NTD 6645 Capstone Project I: 1-3 semester hours.**

Course lays groundwork for capstone project. Scholarly project idea development, approvals, and beginning data collection. Under the supervision of an academic faculty member. 1-3 credits required. May be repeated. PREREQ: NTD 6640, and approval of advisor and/or chairperson.

**NTD 6650 Capstone Project II: 1-3 semester hours.**

Completion of scholarly project under the supervision of an academic faculty member. Includes research summation, final written work, and project defense. 1-3 credits required. Continuation of NTD 6645. May be repeated. PREREQ: NTD 6645, and approval of advisor and/or chairperson.

**NTD 6651 Thesis: 3-6 semester hours.**

Scholarly project under the supervision on an academic faculty member. Minimum of 3 credits required. May be repeated. PREREQ: NTD 6640 and approval of advisor and/or chairperson.

**NTD 6655 Dietetic Internship Practicum I: 3 semester hours.**

Supervised practice in dietetic practice settings. PREREQ: Acceptance into Track I M.S. Nutrition with Internship and NTD 6609.

**NTD 6656 Dietetic Internship Practicum II: 3 semester hours.**

Supervised practice in dietetic practice settings. PREREQ: NTD 6655

**NTD 6657 Dietetic Internship Pract III: 3 semester hours.**

Supervised practice in dietetic practice settings. PREREQ: NTD 6655 and NTD 6656.

**NTD 6699 Experimental Course: 1-6 semester hours.**

The content of this course is not described in the catalog. Title and number of credits are announced in the Class Schedule. Experimental courses may be offered no more than three times with the same title and content. May be repeated.