HUMAN NUTRITION, MS

The Master of Science in Human Nutrition is a 30 credit-hour program designed to prepare nutrition professionals to practice dietetics at an advanced level and/or to pursue doctoral study. The program develops research skills, stimulates independent thought, and provides up-to-date knowledge in food and nutrition. Applicants can choose to pursue the major without a concentration or can select the Community Nutrition or Clinical Nutrition concentrations to provide a more in-depth study of their chosen area. The program is designed for the registered dietitian but can be completed by a dietetic intern or student with a bachelor's degree in nutrition or another discipline who has met the listed prerequisites.

Campus Options
The master's degree is available on campus or through distance education. The degree requirements are the same, regardless of where it is completed.

Application Deadline
Applications are accepted on a continual basis.

Additional Information
Direct additional questions to the Director of the Master's Program in Human Nutrition, Dr. Tiffany Hylton at tmhylton@ches.ua.edu or 205-348-6973.

Students earning the Master of Science (MS) degree with a major in Human Nutrition must complete all University, College, and Departmental degree requirements. These include the following requirements to total a minimum of 30 applicable semester hours.

Admission Requirements to the MS in Human Nutrition
In addition to the minimum Graduate School admission requirements, to be considered for regular admission an application must include:

- Resume
- Three letters of recommendation (at least two should come from academic references)
- Prerequisite Courses: Students must have completed an ACEND accredited dietetic program or the following undergraduate prerequisite courses or their UA equivalent prior to admission into the program.

Curricular Requirements
Graduate students in Human Nutrition will choose from one of the following: 1) Generalist Track (no concentration), 2) Clinical Concentration, or 3) Community Concentration. The required course work will differ by track/concentration. Students consider taking NHM 509 (Research Methods in Nutrition) and CHS 525 (Biostatistics) early in the program.

To complete the MS in Human Nutrition, students will need to complete the required courses designated in their track/concentration, a minimum of 18 hours in NHM designated courses (may include non-thesis and thesis research hours), a minimum of 30 credit hours at the graduate level (500 or greater), and a culminating project or exam entitled the Capstone Experience. Additionally, students need to earn a grade of B or better in all required coursework and any NHM designated course, and at least a 3.0 overall GPA to graduate.

Graduate students may develop their own plan of study unless they are coordinating their master's degree in Human Nutrition with a DPD verification statement for the MS + DPD program. Students should consult their advisor for a specific plan of study that includes both graduate and undergraduate courses. When selecting graduate electives, students should seek advice from their advisor. Some courses require a prerequisite undergraduate course while others do not.

Note: The following pertains to the Generalist Track only. Additional information about the Clinical and Community Concentrations may be found below, near the end of the page.

Human Nutrition, MS - No Concentration (Generalist Track)

<table>
<thead>
<tr>
<th>Code and Title</th>
<th>Hours</th>
</tr>
</thead>
<tbody>
<tr>
<td>CH 104 Introductory Chemistry</td>
<td></td>
</tr>
<tr>
<td>CH 105 Introductory Organic Chemistry</td>
<td></td>
</tr>
<tr>
<td>BSC 215 Human Anatomy &amp; Physiology I</td>
<td></td>
</tr>
<tr>
<td>BSC 216 Human Anatomy &amp; Physiology II</td>
<td></td>
</tr>
<tr>
<td>NHM 101 Intro Human Nutrition</td>
<td></td>
</tr>
<tr>
<td>NHM 201 Nutrition in Life Cycle</td>
<td></td>
</tr>
<tr>
<td>NHM 340 Community Nutrition</td>
<td></td>
</tr>
<tr>
<td>NHM 361 Nutritional Biochemistry</td>
<td></td>
</tr>
<tr>
<td>NHM 363 Applied Nutrition</td>
<td></td>
</tr>
<tr>
<td>NHM 372 Intro Food Service Mgt</td>
<td></td>
</tr>
</tbody>
</table>

Elective Requirements (5 total courses, 3 must be from NHM courses *)

- NHM 550 Advanced Community Nutrition I
- NHM 551 Adv. Community Nutrition II
- NHM 556 Child and Adolescent Nutrition
- NHM 557 Childhood Obesity
- NHM 558 Nutr Prev Trtmt Chron Disease
- NHM 568 Nutrition for the Older Adult
- POPH 623 Advanced Epidemiology
- CSM 537 Developing The Leader Within
- HHE 515 Adv Foundation Health Promot
- NUR 510 Basic Conc Teaching Diabetes
- NHM 599 Thesis Research

* Students who do not meet these requirements, but who excel in other areas, may be considered for "Admission with Permission to Continue." Their acceptance letter will specify the conditions of their admission. These students must meet the conditions listed in their acceptance letter and the following policy listed in the graduate catalog. See the Admission Criteria section of this catalog for more information.
Additional elective course options available upon approval of Advisor.

Total Hours 30

Footnotes
* Students have the option to complete a thesis or non-thesis research project or a comprehensive exam for their Capstone Experience. If selecting the thesis option, a minimum of 6 hours of NHM599 - Thesis Research must be taken. If they chose the exam path then, rather than having 3-6 thesis/non-thesis research hours, 15 hours total would be required in elective courses with a minimum of 3 courses being from NHM-designated courses.

Clinical Nutrition Concentration
Human Nutrition, MS - Clinical Nutrition Concentration

Hours
Core Requirements
POPH 522 Biostatistics 3
NHM 509 or Research Methods in Nutrition 3
HES 509 Research Methods
NHM 561 Adv. Vitamins and Minerals 3
NHM 562 Metabolism of Energy Nutrients 3

Clinical Requirements
NHM 567 Nutr Support Criticll Ill 3
NHM 568 Nutrition for the Older Adult 3
NHM 557 or Childhood Obesity
   NHM 558 Nutr Prev Trtmt Chron Disease 3

NHM Clinical Elective 3
NHM 530 Advanced Nutrition Counseling
NHM 550 Advanced Community Nutrition I
NHM 555 Maternal and Infant Nutrition
NHM 625 Nutritional Epidemiology

Additional elective course options available upon approval of Advisor

Additional Electives 6
POPH 623 Advanced Epidemiology 3
CSM 537 Developing The Leader Within
HHE 515 Adv Foundation Health Promot
NUR 510 Basic Conc Teaching Diabetes

Total Hours 33

Community Nutrition Concentration
Human Nutrition, MS - Community Nutrition Concentration

Hours
Core Requirements
POPH 522 Biostatistics 3
NHM 509 or Research Methods in Nutrition 3
HES 509 Research Methods
NHM 555 Maternal and Infant Nutrition 3
NHM 557 or Childhood Obesity
   NHM 558 Nutr Prev Trtmt Chron Disease 3

Community Requirements
NHM 625 or Nutritional Epidemiology 3

POPH 623 Advanced Epidemiology
NHM 550 Advanced Community Nutrition I 3
NHM 551 Adv. Community Nutrition II 3
NHM 556 Child and Adolescent Nutrition 3

NHM Elective 3
NHM 530 Advanced Nutrition Counseling
NHM 561 Adv. Vitamins and Minerals
NHM 568 Nutrition for the Older Adult
NHM 625 Nutritional Epidemiology

Additional elective course options available upon approval of Advisor

Additional Electives 3
POPH 623 Advanced Epidemiology
CSM 537 Developing The Leader Within
HHE 515 Adv Foundation Health Promot
NUR 510 Basic Conc Teaching Diabetes

Total Hours 30

Transfer Requirements
MS students can request the transfer of up to 12 credit hours of graduate courses taken at other institutions. The Program Director may request the student provide a copy of the course syllabus for evaluation.

Courses completed at other post-secondary institutions and accepted for UA graduate credit are given a grade of “P” and are not calculated in the overall GPA. ALL coursework must fall within six years from the date that this degree will be awarded. Thesis work, practicum hours, pass/fail courses and internship hours do not count towards the graduate credit hours that can be transferred into the program.

More information may be found on the Graduate School's catalog page.

Accelerated Master's Program
Current Food and Nutrition undergraduate students with a 3.3 or higher GPA, 90 or more hours of undergraduate course credit, and who have completed the required prerequisite courses are eligible to apply for the Accelerated Master's Program (AMP). AMP allows undergraduate students to simultaneously count up to 15 hours of graduate coursework toward both the undergraduate and graduate degrees.

Prerequisites courses:

• CH 104 Intro to Chemistry
• CH 105 Intro to Organic Chemistry
• BSC 215 Human Anatomy and Physiology I
• BSC 216 Human Anatomy and Physiology II
• NHM 101 Intro to Human Nutrition
• NHM 201 Nutrition in the Life Cycle
• NHM 340 Community Nutrition
• NHM 361 Nutritional Biochemistry
• NHM 363 Applied Nutrition
• NHM 372 Intro to Food Service Management

More information may be found on the Graduate School's catalog page.
Capstone Experience

All students must complete a Capstone Experience toward the end of their degree program. The Capstone Experience is a culminating project (thesis or non-thesis research project) or comprehensive exam that integrates prior learning. Main campus students can select either the thesis option (Plan I) or one of the non-thesis options (Plan II). Distance learning students may select from the available options in the non-thesis track (Plan II). Students need to contact their graduate advisor, and convey their decision regarding their Capstone Experience at least two semesters prior to the semester they wish to graduate. Students selecting the thesis track need to contact their advisor earlier.

Plan I - Thesis Option:

Students interested in a thesis track should contact their advisor early in their studies. Thesis projects usually take two to three semesters to complete. Students completing a thesis will need to sign up for a total of six hours of NHM 599. These hours can count toward the required 18 hours in NHM designated courses needed for the degree. The thesis should focus on current nutritional concerns in which the student has a special interest. To complete the thesis option, students will need to:

- Select a designated mentor (Chair) from the UA Nutrition faculty who is willing to serve as your chair
- Select a thesis committee of at least three members including their mentor (one member must be from outside of the nutrition department)
- Write a proposal that includes an extensive review of the literature and proposed methods that will be used in the study
- Receive approval of the proposal from the designated mentor
- Seek guidance from committee members prior to collecting data
- Formally propose the research plan to the committee and respond to feedback
- Receive IRB approval for the project in their own institution and UA
- Collect data
- Analyze data
- Interpret the data and write up the results
- Discuss implications of the study
- Seek final approval from committee members and formally present the research to the committee members and other faculty
- Electronically publish the thesis according to The University of Alabama’s guide for “Electronic Theses and Dissertations.”

Students completing a thesis should ensure that they can meet the Graduate School’s deadlines for students.

Plan II - Non-Thesis Option:

Students, who select the non-thesis option, will complete either a non-thesis research project (NHM 598) or the comprehensive exam. The majority of students prefer the comprehensive exams.

Non-thesis Research Project

The non-thesis research project will take at least two semesters to complete. The student should take NHM 598 (Non-Thesis Research) with a designated mentor (UA Nutrition faculty) as the instructor in the semester the student plans to complete the project and graduate. The course is worth 3 hours and can be applied to the 30 hours required for graduation and the required 18 hours in nutrition. Students will need to write a proposal and seek approval by a designated mentor, seek and obtain IRB approval in their own institution and UA, collect data, analyze the data, and write up results using the brief manuscript style used by the Journal of the Academy of Nutrition and Dietetics. If the student plans to complete research in their hospital or health care facility, then the project may require review by the medical IRB at UA. This group meets to review IRB proposals only once per month. Students must follow HIPPA guidelines when conducting medical research. Students should plan their project and seek IRB approval in the semester prior to registering for NHM 598.

Comprehensive Exam Option:

The master’s program in Human Nutrition requires students who do not complete a thesis (6 hours of NHM 599) or a non-thesis research project (3 hours of NHM 598) to pass a written comprehensive exam prior to graduation. The comprehensive examination is a culminating experience in which the student is expected to integrate prior learning. Students must inform the master’s program Director of their intent to complete the comprehensive exam at least 1 semester prior to taking the exam. The comprehensive exam is taken in the student’s last semester. The material covered in the exam will vary depending on the track the student selected. Students must be enrolled in at least one hour of graduate coursework in the semester they take the comprehensive exam. Students do not enroll in a comprehensive exam course. Students taking the exams will receive a study guide for the exam early in the semester they plan to take the exam. This is typically the best option for distance learners, as coordinating research projects by distance is difficult.

The master’s comprehensive will be administered three times per year: once each fall, spring, and summer semester. The exact dates will be specified in the comprehensive exam guide. This exam guide will be provided to each student prior to the start of their final semester.

The exam will be divided into 3 parts.

- Students following the Generalist Track will answer questions from the following courses:
  a. General Research Methods
  b. Maternal and Infant Nutrition OR Clinical Applications
  c. Nutrient Metabolism
- Students following the Clinical Concentration will complete:
  a. General Research Methods
  b. Nutrient Metabolism
  c. Clinical Applications
- Students following the Community Concentration will complete:
  a. General Research Methods
  b. Community Nutrition
  c. Maternal and Infant Nutrition

Students should independently prepare for the master’s comprehensive exam. Students may not solicit any advice or request an instructor provide further details regarding any question on the exam. The best answers are those in which the student demonstrates in-depth understanding of the topic. To do so, students should incorporate course material and scientific literature into the foundation of each answer. Sufficient justification for each answer will be expected. Insufficient depth or detail or incorrect content will not result in a passing grade.

Evaluation

Two NHM graduate faculty members will independently read and evaluate the answers to each exam section. A four point scale will be used to record each evaluation of student responses (1 = Emerging, 2 = Progressing, 3 = Proficient, 4 = Mastery). Students must earn Proficient or Mastery on each section to pass. If a student fails 1 of the 3 parts (earning Emerging or Progressing), they may retake that part of the exam.
during the current semester. Students who fail 2 or more parts of the exam must wait until the following semester to retake the exam. The student must also register for another course during the semester they retake the comprehensive exam.

Notification of Passing/Failing
The master's program Director will email each student the results of the examination within 3-4 weeks after the end of the exam period.

Retake Policy
Only 1 retake is allowed. All retakes are proctored. Failure to successfully pass any part(s) of the examination retake will result in dismissal from the degree program and the Graduate School without confirmation of the degree.

Time Limits for Degree Completion Requirements
All requirements for the master's degree must be completed during the six years (18 fall, spring, and summer semesters) immediately preceding the date on which the degree is to be awarded. There is no provision for an extension of the time limit beyond six years for master’s students. More information may be found on the Graduate School’s catalog page. Additional Academic Requirements
As a graduate student in the Department of Human Nutrition and Hospitality Management, you are responsible for your overall program of study and progress toward your degree. Progress toward degree includes adherence to all deadlines, milestones, and curriculum requirements. Your primary advisor and thesis/dissertation committee members will advise you throughout your time with us. However, it is incumbent on each student to be familiar with all requirements and take responsibility for your own education. Students should be familiar with the guidelines outlined in this handbook as well as those listed within the graduate catalog.

A graduate student is considered a professional student. Therefore, students should demonstrate professionalism in all aspects of course work and research. In addition, a graduate degree in Human Nutrition builds on foundational knowledge. As a new graduate student, you will notice a significant difference in expectations between undergraduate and graduate studies.

Onboarding:
• Newly admitted graduate students will have mandatory onboarding/orientation requirements.
• Failure to complete required activities and/or assignments may impact program progression and enrollment.
• The MS Program Director will provide additional details upon acceptance.

Academic Expectations:
• Graduate students should expect assignments that are complex and challenging. Graduate level courses usually require a research paper with critical analyses of multiple peer-reviewed research articles. Students who are not familiar with research designs should start their education by taking a graduate level research methods course.
• Students should review assignments early so they can schedule an appropriate amount of time to complete each assignment. Students should expect that graduate level assignments should take two to three times longer than undergraduate assignments.
• Graduate students should expect lectures with a greater level of detail than undergraduate courses. Instructors will expect the same level of detail in exam answers and assignments.
• Graduate students should expect that exam questions may ask the student to apply, analyze, or evaluate materials presented in class rather than simply list or describe.
• Students should not assume that every instructor has the same policies (ex. due dates, late assignments, etc.). Students should view the instructor’s introduction to the course, syllabus, and any additional materials.
• Most instructors of graduate courses assume that the student has mastered English grammar and punctuation. Students needing additional help or reassurance should complete their writing assignments early and use the Writing Center to help improve these skills.
• In courses where Turnitin.com is used, students are expected to review matches, edit, and resubmit their edited work to Turnitin prior to submitting the paper for grading. Papers submitted to Turnitin.com should match the paper submitted to the instructor for grading.
• Main campus students are encouraged to participate in research activities.

Attendance:
• Distance learning students should set aside time to virtually attend class each week. Students are responsible for reviewing the course schedule and developing a plan to complete each unit in a timely manner. Additional time is needed to complete assignments and readings.
• Main campus students are expected to attend class and participate in discussion. Students should prepare for class by completing all assigned readings.

Academic Advising:
• Students should consult their academic advisor prior to registering for classes each term. Some graduate level courses may require specific undergraduate pre-requisite courses.
• Students attempting to complete a graduate level course in lieu of an undergraduate course should note that the course may require additional time to master both the undergraduate and advanced materials.
• Graduate courses are designated as either masters (5XX) or doctoral (6XX). Courses designated as 100-400 are undergraduate courses and cannot be counted toward graduate hours.

Course Load Restrictions:
The maximum course load for a semester is 15 credit hours. Students may register for a maximum of 6 semester hours in a summer term or 12 hours during an entire summer dual session. No more than 3 semester hours may be taken during the Interim session. Taking more than 12 semester hours in a summer dual term requires a petition from the department regarding the extraordinary circumstances for approval by the Graduate School. A student who is employed part-time should consider taking a reduced load. It is recommended that fully employed students should register in no more than one course.

Academic Warning and Dismissal:
Students may be dismissed from this program for failure to meet the scholastic requirements listed above. Departmental suspension
(dismissal) from a degree program also results in suspension from the Graduate School.

A graduate student with good academic standing whose GPA drops below 3.0 at any time after earning 12 semester hours will have earned Academic Warning.

Academic Warning: A student placed on Academic Warning has the next 12 hours of graduate work to raise the overall GPA to 3.0 or better. The overall GPA after the next 12 hours following academic warning must be at least 3.0 to avoid Academic Suspension (dismissal) from the Graduate School.

The department may dismiss a student from a degree program if there is unsatisfactory academic or other progress toward completion of the degree. Departmental dismissal also results in suspension from the Graduate School. Students who are suspended may not attend class or enroll in any form of distance learning courses.

Students are encouraged to use the time of the suspension in ways that assist their academic progress. Students may study in order to finish courses in which they have earned an incomplete (I) or no grade (N) and may work with faculty members in this process. Students may also address other non-academic problems that have impeded their progress.

While on academic warning, the student is not eligible to apply for candidacy for a degree or hold a Graduate Assistantship. Warning status must be removed by raising the overall GPA to 3.0 or better and/or retaking all required courses with grades below “B” to achieve a grade of “B” or better, during the next 12 hours of graduate course work. Failure to remove either a warning or conditional status within the first attempted 12 hours of graduate course work will result in Academic Suspension (dismissal) from the Graduate School.

Assistantships:

Students must maintain a minimum of a 3.0 while holding any assistantship. If the GPA drops below a 3.0 overall, this will result in the loss of the assistantship.

Academic Misconduct Information

Students who are completing courses in the Department of Human Nutrition and Hospitality Management are expected to maintain high standards of honesty and integrity as befits those in or planning to enter the workforce in health care or human service professions. This includes, but is not limited to, adhering to The University of Alabama’s Academic Misconduct Policy.

More information may be found on the Graduate School's catalog page.

Withdrawals and Leave of Absence Information

Information may be found on the Graduate School's catalog page.

Academic Grievances Information

If concerns arise, students are encouraged to communicate with the instructor or staff member who is directly involved with the concern. Usually, the concern can be resolved satisfactorily through honest and open communication with the faculty or staff member. Meeting with the instructor or staff member should be the first step in resolving the concern.

However, if informal discussions have not yielded a satisfactory resolution, or where the matter is more serious, the student may bring the concern to the Assistant Department Chair. Should the Assistant Department Chair not be able to come to a satisfactory resolution, they will direct the student on the next steps to move the concern to the next level.

More information may be found on the Graduate School's catalog page.

Scholastic Requirements

Students must earn a B or better in a required course. Students earning a C or lower in a required course will be allowed to repeat the course. Students must receive a B or better when repeating a required course. The first attempt will not be counted toward the degree but will be counted in the overall GPA. Additionally, students must earn a B or higher in a minimum of 18 credit hours taken within the nutrition department.

Seventy-five Percent Rule:

At least 75 percent of the hours taken must have been completed with grades of “A” or “B” at The University of Alabama. In applying this 75 percent rule, a maximum of 6 hours of thesis research may be counted, if appropriate.

Repeating Courses:

Regular courses (courses other than IDGR assistantship, thesis, dissertation, etc.) typically may not be repeated for graduate credit; this includes courses initially taken on an audit basis. However, a course that is required in a student's curriculum in which the student earned a “C,” “D,” or “F” may be repeated. Both grades contribute to the computation of the GPA. Only required courses where the student has received a B or better will be counted toward the degree requirements. Federal regulations limit the number of times a student may repeat a course and receive financial aid for that course.

DPD Verification Statement:

DPD requirements to receive a Verification Statements will apply to any graduate level DPD course. For more information, students should check with their advisor and DPD Program Director.

More information may be found on the Graduate School's catalog page.

Graduate School Deadlines Information

Information may be found on the Graduate School's website.

Application for Graduation Information

Information may be found on the Graduate School's catalog page.