

---

GRADUATE OFFERINGS IN

# Doisy College of Health Sciences

**Charlotte Royeen, Ph.D.,**  
*Collegiate Dean*

The Doisy College of Health Sciences incorporates Saint Louis University's long standing tradition of excellence in health care education with modern innovations in interprofessional education, research, and service. The University's undergraduate health care majors were first conceived in 1928 by the Franciscan Sisters of Mary who worked with Jesuit colleagues to implement a School of Nursing on the Medical Center Campus. Allied health programs were added as early as 1929. In 1979, two academic divisions emerged: the School of Nursing, and the School of Allied Health Professions. To better implement an interprofessional focus in the provision of health care, these two units were again merged in 2005 to form the Doisy College of Health Sciences. The college incorporates seven academic departments and the School of Nursing.

## THE SCHOOL OF NURSING

---

**Teri Murray, Ph.D.**  
*Director*

**Margie S. Edel, Ed.D.**  
*Master's Program, Chairperson*

**Andrew C. Mills, Ph.D.**  
*Doctoral Program, Chairperson*

The School of Nursing is fully accredited by the Commission on Collegiate Nursing Education and approved by the Missouri State Board of Nursing. To achieve its educational objectives, the School utilizes the hospitals within the Medical Center and many health care organizations of greater St. Louis. In addition to its undergraduate offerings, programs leading to the Master of Science in Nursing, Master of Science in Nursing (Research), and Ph.D. degrees, and a post-Master's Certificate offering, are available through The Graduate School. A range of specializations may be pursued at the Master's or Certificate level. All specializations are also available totally online. The School of Nursing also participates in a dual-degree program

at the Master's level with the School of Public Health. Two options exist for the Ph.D. degree: an academic-year/on-site option (admission in even-numbered years) and a summers/online option (admission in odd-numbered years).

The Master's degree programs enable nurses to attain specialized knowledge and skills needed to implement leadership roles in advanced practice. The research degree option, which students may choose, also prepares nurses for initial competence in the conduct of research.

The Post-Master's certificate program provides opportunities for individuals who have earned a Master's degree in Nursing to prepare for practice in a second nursing speciality or role.

The Doctoral degree program prepares nurses as scholars and skilled researchers who will contribute to the continued development of the discipline and profession of nursing.

## Master of Science in Nursing

### Master of Science in Nursing (Research)

Specialties are available in Adult, Family, Gerontological, Perinatal, and Psychiatric-Mental Health Nursing, and Nursing of Children. Role preparation as a clinical nurse specialist/case manager is offered in Adult, Gerontological, Perinatal, and Psychiatric-Mental Health Nursing, and Nursing of Children. Within Adult Nursing, Family, Gerontological Nursing and Nursing of Children, nurse practitioner preparation is also available. Nurse-practitioner tracks in the Adult Nursing specialty include both adult nurse-practitioner and acute-care nurse-practitioner. Educator tracks are available in all specialties.

#### Prerequisites

A baccalaureate degree in nursing from a program accredited by a nationally recognized accrediting agency is preferred.

Nurses with non-BSN baccalaureate degrees may be considered for admission.

Completion of a three-semester-hour introductory statistics course.

Registered nurse licensure in the State of Missouri or in other state in which the student will complete his/her practica.

(International applicants are advised to begin this process one year prior to the intended enrollment date.)

Completion of a beginning-level-health assessment course or the equivalent thereof is required.

One year of clinical nursing experience prior to enrollment in a clinical nursing course is strongly recommended. One year of nursing practice experience within the last three years is strongly recommended for all Nurse Practitioner tracks.

**Required Courses (All Students)**

- NURS.503 Ethics in Nursing and Health Care;
- NURS.505 Theoretical Foundations of Nursing Practice;
- NURS.507 Case Management: Managed Care; and
- RMET.520 General Research Methods.

**Required Courses (All Education Tracks)**

- NURS.557 Curriculum Development in Nursing Education;
- NURS.558 Instructional Strategies and Evaluation for Nurse Educators; and
- NURS.559 Practicum in Nursing Education.

**Required Courses (By Specialty)**

***Adult Nursing***

- NURS.508 Advanced Pharmacology;
- NURS.517 Advanced Pathophysiology;
- NURS.518 Health Promotion/Disease Prevention;
- NURS.519 Advanced Health Assessment;
- NURS.522 Advanced Clinical Studies in Nursing of Adults;  
or
- NURS.536 Advanced Clinical Studies: Acute Care Nurse Practitioner or
- NURS.545 Advanced Clinical Studies: Primary Health Care Nursing of Adolescents, Adults, and Older Adults;
- NURS.531 Advanced Assessment and Application of Technology (Acute Care Only); and
- NURS.589 Advanced Practice Nursing Seminar and Practicum.

***Family Nursing***

- EPI.C500 Epidemiology;
- NURS.518 Health Promotion/Disease Prevention;
- NURS.577 Advanced Nursing Practice with Families;
- NURS.579 Community Assessment, Diagnosis, and Planning; and
- NURS.589 Advanced Practice Nursing Seminar and

Practicum.

- NURS.508 Advanced Pharmacology;
- NURS.517 Advanced Pathophysiology;
- NURS.519 Advanced Health Assessment;
- NURS.545 Advanced Clinical Studies: Primary Health Care Nursing of Adolescents, Adults, an Older Adults;
- NURS.547 Advanced Clinical Studies: Primary Health Care Nursing of Childbearing and Childbearing Families; and
- NURS.589 Advanced Practice Nursing Seminar and Practicum.

***Gerontological Nursing***

- NURS.508 Advanced Pharmacology;
- NURS.517 Advanced Pathophysiology;
- NURS.518 Health Promotion/Disease Prevention;
- NURS.519 Advanced Health Assessment;
- NURS.572 Advanced Clinical Studies in Gerontological Nursing;
- NURS.575 Care of the Elderly: Multidisciplinary Approach; and
- NURS.589 Advanced Practice Nursing Seminar and Practicum.

***Nursing of Children***

- NURS.508 Advanced Pharmacology;
- NURS.517 Advanced Pathophysiology;
- NURS.518 Health Promotion/Disease Prevention;
- NURS.519 Advanced Health Assessment;
- NURS.555 Family and Child Development;
- NURS.562 Advanced Clinical Studies in Nursing of Children; and
- NURS.589 Advanced Practice Nursing Seminar are Practicum.

***Perinatal Nursing***

- NURS.508 Advanced Pharmacology;
- NURS.517 Advanced Pathophysiology;
- NURS.518 Health Promotion/Disease Prevention;
- NURS.519 Advanced Health Assessment;
- NURS.555 Family and Child Development;
- NURS.552 Advanced Clinical Studies in Perinatal Nursing; and
- NURS.589 Advanced Practice Nursing Seminar and Practicum.

**Psychiatric-Mental Health Nursing**

NURS.508 Advanced Pharmacology

NURS.517 Advanced Pharmacology

NURS.518 Health Promotion/Disease Prevention;

NURS.519 Advanced Health Assessment

NURS.540 Ecological Approach to Human Behavior;

NURS.542 Advanced Clinical Studies: Psychiatric-Mental Health Nursing; and

NURS.589 Advanced Practice Nursing Seminar and Practicum

**Total Credit-Hours Required (By Specialty)****Adult Nursing:**

M.S.N. 36      M.S.N.(R) 42

**Family Nurse Practitioner:**

M.S.N. 44      M.S.N.(R) 50

**Gerontological Nursing:**

M.S.N. 36      M.S.N.(R) 42

**Nursing of Children:**

M.S.N. 36      M.S.N.(R) 42

**Perinatal Nursing:**

M.S.N. 36      M.S.N.(R) 42

**Psychiatric-Mental Health Nursing:**

M.S.N. 36      M.S.N.(R) 42

**Dual-Degree Programs**

A dual-degree program is available to qualified applicants. It is the M.S.N. or M.S.N.(R) in Family Nurse Practitioner/M.P.H. (Master of Public Health) program. Specific requirements are available from the Director of the Master's Program in Nursing.

**Post-Master's Certificate**

Preparation in a second specialty or for a second role is offered to individuals who have earned Master's degrees in Nursing. Specialties in which preparation is available are the same as those in which Master's degrees are offered. Preparation is currently available for a second role as clinical nurse specialist/case manager; or adult, gerontological, family, pediatric, or psychiatric/mental health nurse practitioner. A certificate may be earned by completing a focused program of study that includes a minimum of 15 semester hours.

**Prerequisites**

Master's degree in nursing from a program accredited by a nationally recognized accrediting agency is preferred.

Registered professional nurse licensure in the State of Missouri

or in other states in which the student will complete his/her practica.

Additional prerequisites are specific for the role option chosen by the student. Please contact the Director of the Master's program in Nursing for additional prerequisites.

**Required Courses**

Course work is dependent upon the requirements for the specific speciality or specific role.

**Master's Degree and Post-Master's Certificate Online Programs**

Complete master's degree programs and post-master's certificate programs are available online through the World Wide Web for the adult, family, gerontological, pediatric, and psychiatric/mental health clinical nurse specialist options.

**Doctor of Philosophy****Prerequisites**

A master's degree in Nursing from a nationally accredited program; Current registered professional nurse licensure in Missouri (or eligibility for licensure in the State); evidence of high potential for scholarship and leadership in nursing; Research interests that are congruent with the research expertise of the faculty; and RMET.625 Analysis of Variance and Experimental Design (or its equivalent).

**Required Courses**

NURS.600 Theory Development in Nursing;

NURS.601 Research Issues in Health Promotion, Disease Prevention, and Reduction of Health Disparities;

NURS.602 Measurement of Nursing Variables;

NURS.603 Nursing Issues and Leadership Strategies;

NURS.604 Research Issues in the Care of Acutely and Chronically Ill Populations;

NURS.609 Quantitative Methods in Nursing Research;

NURS.610 Qualitative Methods in Nursing Research

NURS.612 Issues of Scientific Integrity in Nursing and Health Research;

NURS.613 Nursing Knowledge Development: Philosophical Perspectives;

RMET.650 Multivariate Statistical Analysis;

A research-methods elective; and

A concentration related to nursing or the nurse faculty role option: nine credit-hours.

*Students may pursue a formal minor in an area of concentration related to nursing*

## COURSE DESCRIPTIONS

## Graduate Courses

**NURS.503 Ethics in Nursing and Health Care (2)**

This course offers an overview of ethical theory, principles, and norms which should inform professional nursing practice. The meaning of nursing as a profession is studied as a source of ethical obligation for the nurse. Cases which arise in the practice of nursing are analyzed and evaluated in light of the identified ethical theory, principles, and norms. (Offered annually.)

**NURS.505 Theoretical Foundations of Nursing Practice (3)**

Theories and models relevant to advanced nursing practice are analyzed. Innovation, change and decision-making theories/models are explored in the context of a systems perspective as applied to nursing and the management of resources. Selected nursing, learning, and role theories will also be explored. (Offered annually.)

**NURS.507 Case Management/Managed Care (2)**

Managed Care is explored as a patient care delivery and health-care reimbursement system within the framework of economics. Nursing case management models are examined within an interdisciplinary framework across the continuum of care. In addition, this course introduces the evaluation of patient care outcomes within the context of continuous quality improvement. (Offered annually.)

**NURS.508 Advanced Pharmacology (3)**

The course focuses on concepts, principles, and application of pharmacotherapeutics used by advanced-practice health-care providers in the management of health problems. Emphasis is placed on the action, absorption, metabolism, excretion, and toxicity of the major classes of drugs used in clinical practice. Lifespan considerations that affect management are included. (Offered annually.)

**NURS.517 Advanced Pathophysiology (3)**

Provides an in-depth study of the pathophysiological changes and responses to altered health states and their impact on the functional status of patients. Lifespan and vulnerable population considerations are integrated throughout. (Offered annually.)

**NURS.518 Health Promotion/Protection and Disease Prevention (3-4)**

Selected models and tools are used to understand behavior and to identify risks to health across the lifespan; these include lifestyle, cultural and environmental factors. Clinical and appropriate age related applications of health promotion, protection, and disease prevention strategies with individuals, families, communities, and vulnerable populations are analyzed. (Offered every Fall semester.)

**NURS.519 Advanced Health Assessment of Individuals in Primary Care (2)**

This course integrates the advanced assessments of individuals within the dimensions of the Saint Louis University Adaptation Framework. The practicum provides for learning a systematic method of performing comprehensive health assessments developing diagnostic reasoning, and developing advanced assessment skills. The third credit hour is specific to the student's nursing specialty. (Offered every Fall semester.)

**NURS.522 Advanced Clinical Studies: Care of the Adult (4)**

Prerequisite: NURS.517; NURS.518; NURS.519: Pre or Corequisite: NURS.508. Relevant theories are applied in the nursing management of clients with primary health care needs and/or acute or chronic illness. By using nursing research and practice standards students implement strategies in the physiological, psychological, sociocultural, and spiritual dimensions in caring for clients and their families. (Offered every Spring semester.)

**NURS.531 Advanced Assessment and Application of Technology in Acute Care (3)**

Content in this course focuses on the acutely ill client with complex illness. Identification of client conditions requiring the application of technology in order to provide comprehensive assessment data or to stabilize the physiological condition are described. The evaluation of these resources and clinical outcomes are also considered. (Offered annually.)

**NURS.536 Advanced Clinical Studies: Acute Care Nurse Practitioner (4)**

Prerequisites: NURS.517; NURS.518; NURS.519: Pre or Corequisite: NURS.508. Specific concepts in the management of clients with complex acute and unstable conditions are studied. Advanced theories and research findings from nursing, medicine and the psychosocial sciences are used to identify and meet client needs in physiological, psychological, sociocultural and spiritual dimensions of care. (Offered every Spring semester.)

**NURS.540 Ecological Approach to Human Behavior (3)**

A foundation theory course in psychiatric/mental health nursing, with focus on theories basic to the nurse's role in counseling the client. The ecological model and systems, psychoanalytic, interpersonal, humanistic, cognitive, behavioral, grief, and crisis theories are analyzed in relation to advanced practicum nursing. (Offered annually.)

**NURS.542 Advanced Clinical Studies: Psychiatric-Mental Health Nursing (4)**

Prerequisites: NURS.517; NURS.518; NURS.519; NURS.540: Pre or Corequisite: NURS.508. Emphasis is placed on knowledge application for client mental health promotion and maintenance and nursing care during severe persistent acute mental illness. Research findings and practice standards guide holistic care and therapy with the individual, family, or group. Client's socio-cultural background and developmental level and treatment setting are considered in management. (Offered every Spring semester.)

**NURS.545 Advanced Clinical Studies: Primary Care of the Adolescent, Adult and Older Adult (4)**

Prerequisite: NURS.517; NURS.518; NURS.519: Pre or Corequisite: NURS.508. Relevant theories are applied in the nursing management of adolescent, adult, and older adult with primary health care needs and/or acute or chronic illness. By using nursing research and practice standards students implement strategies in the physiological, psychological, sociocultural, spiritual dimensions in caring for clients and their families. (Offered every Spring semester.)

**NURS.547 Advanced Clinical Studies: Primary Health Care Nursing of Childbearing and Childrearing Families (4)**

Prerequisite: NURS.545. This course focuses on the theoretical and scientific bases for risk assessment in pregnancy and management of healthy childbearing and childrearing families. Care of children with minor acute and selected stable chronic health problems. Trends in health care, ethical issues, and the socioeconomic and political environment will be analyzed to optimize the management of care. (Offered every Summer.)

**NURS.552 Advanced Clinical Studies: Perinatal Nursing (4)**

Prerequisites: NURS.517; NURS.518; NURS.519: Pre or Corequisite: NURS.508. Emphasis is placed on application of relevant theory for health promotion and management of care. Students use nursing research and practice standards to implement strategies in the physiological, psychological, sociocultural, and spiritual dimensions in caring for both low- and high-risk pregnant women and infants and their families. (Offered every Spring semester.)

**NURS.555 Family and Child Development (3)**

Advanced study of families during the childbearing and childrearing years. Includes consideration of normative patterns of physical and psychosocial development and factors that challenge these normative processes. Emphasizes analysis of theories and research concerning families and children. (Offered annually.)

**NURS.557 Curriculum Development in Nursing Education (2)**

Course focuses on program development and curriculum design in nursing. Theories of education and cognitive development, as a foundation for program preparation, will be presented. Use of mission and philosophy statements as bases of curriculum development will be explored. Students will participate in the curriculum-design process. Issues affecting curriculum design and development of curriculum outcomes will be analyzed. The evaluation process and its impact on curriculum development and implementation will be considered. (Offered annually.)

**NURS.558 Instructional Strategies and Evaluation for Nurse Educators (2)**

Students will gain experience in the development and critique of selected instructional methods for course and lesson development. Teaching-learning principles will be incorporated in the application of educational strategies relevant to clients, staff, and nursing students. Various evaluation methods will be examined. Issues in the selection of instructional strategies and evaluation methods will be discussed. (Offered annually.)

**NURS.559 Practicum in Nursing Education (2)**

Prerequisite: NURS.558: Pre or Corequisite: NURS.557. Course facilitates the graduate student's integration of educational theory and nursing knowledge. The student will participate in a teaching practicum under the guidance of an experienced nurse educator. Concurrent seminars will address topics promoting the student's role-socialization as an educator. (Offered annually.)

**NURS.562 Advanced Clinical Studies: Nursing of Children (4)**

Prerequisite: NURS.517; NURS.518; NURS.519: Pre or Corequisite:

**NURS.508.** Relevant theories are applied in the nursing management of children with primary health care needs and/or acute or chronic illness. By using nursing research and practice standards, students implement strategies in the physiological, psychological, sociocultural, and spiritual dimensions in caring for children and their families. (Offered every Spring semester.)

**NURS.568 Research Utilization and Evidence-Based Practice in Nursing (2-3)**

Developing, evaluating, and applying an evidence-base to address nursing-care issues will be considered. The theoretical basis for research utilization, the contributions of the evidence-based practice movement, and practical instances of their application in nursing will be examined. Barriers to research implementation and strategies to address those barriers will be considered from an individual and an organizational perspective, using both model-based and practical considerations. Opportunities will be provided to develop and evaluate a research utilization plan to address a clinical area of practice. (Offered every other year.)

**NURS.569 Advanced Nursing Practice for Gynecological Issues (2)**

Course will focus on gynecologic health-care issues for advanced nursing practice. Health promotion, disease prevention, and management of common disorders seen in gynecologic and primary-care settings will be examined. By using nursing research and practice standards, students will analyze strategies in the physiological, psychological, sociocultural, and spiritual dimensions in caring for women. Trends in health-care ethical issues and the sociopolitical environment of women will be analyzed to optimize care management. (Offered every other Spring semester.)

**NURS.572 Advanced Clinical Studies: Gerontological Nursing (4)**

Prerequisite: NURS.517; NURS.518; NURS.519: Pre or Corequisite: NURS.508. This course focuses on the theoretical and scientific basis for the nursing management of older adult clients with primary health care needs and/or acute or chronic illness. By using nursing research and practice standards students implement strategies in the physiological, psychological, sociocultural, and spiritual dimensions in caring for older adult clients and their families. (Offered every Spring semester.)

**NURS.575 Care of the Elderly: An Interpersonal Approach (2-3)**

Designed to focus on an integrated approach for health care delivery to the elderly. Emphasis is on the physiological, psychological, socio-cultural, spiritual, ethical, and political/legal theoretical basis for care of the elderly. Opportunities are provided to acquire a knowledge about the elderly from the various disciplines in relation to practice, education, and research. (Offered every Spring semester.)

**NURS.577 Advanced Nursing Practice with Families (2-3)**

The course provides theoretical foundations for the nursing care of families within the context of community. Nurses will apply concepts and develop partnerships with families to promote their health and well-being. Contemporary family forms and policies that impact family well-being are examined. (Offered every Fall semester.)

**NURS.579 Community Assessment, Diagnosis, and Planning (2-3)**

Case studies focus on the development of advanced knowledge and skill in needs assessment and health care planning for urban and rural populations or communities. Students apply information obtained from health and population databases, study strengths and weaknesses of various planning models, and identify strategies for change across health professional and citizen groups. (Offered annually.)

**NURS.589 Advanced Practice Nursing: Seminar and Practicum (3-5)**

Prerequisites: NURS.5XX (Advanced Clinical Studies in area of specialization) or NURS.579. Provides opportunities to develop competencies as an advanced practice nurse. The selection of practice areas and experiences are based on the educational and career goals of the student. Emphasis is placed on decision making and active participation in interdisciplinary delivery of health care. Seminar allows students to discuss role issues. (Offered every Fall semester.)

**NURS.595 Special Study for Examinations (0)**

**NURS.598 Graduate Reading Course (1-3)**

**NURS.599 Thesis Research (0-6)**

**NURS.5CR.90 Master's Degree Study (0)**

**NURS.600 Theory Development in Nursing (3)**

This course studies theory development in nursing from historical and philosophical perspectives. Students analyze the process of theory construction, including current approaches to organizing and building nursing knowledge. They also evaluate selected theoretical models in terms of their relevance for

practice and research. (Offered annually.)

**NURS.601 Research Issues in Health Promotion, Disease Prevention, and Reduction of Health Disparities (3)**

Prerequisite: NURS.600. This course examines social/behavioral and health science research on promoting the state of health and risk factors associated with vulnerability to health impairment. It includes research which addresses protection of vulnerable populations from health problems and limitations of disability. Through the analysis of research, students address conceptual, theoretical, methodological, and nursing practice issues. (Offered annually.)

**NURS.602 Measurement of Nursing Variables (3)**

Prerequisite: NURS.600 and RMET.650. This course focuses on the analysis of selected mid-range theories and related research in nursing concerned with individual and family responses to health conditions. It includes study of measurement theory, quantitative methods and designs, and instrument construction and evaluation. (Offered annually.)

**NURS.603 Nursing Issues and Leadership Strategies (2)**

Prerequisite: NURS.601. This course focuses on the diffusion of innovations by nursing leaders and how historical events have influenced their innovations to shape contemporary nursing. Policy issues related to nursing and the health context of social norms and leadership theories/strategies are discussed. (Offered annually.)

**NURS.604 Research Issues in the Care of Acutely and Chronically Ill Populations (3)**

This course focuses on advanced study of evidence-based practice related to physiological and behavioral responses to acute and chronic illness. Students analyze current research to promote effective nursing care of acutely and chronically ill populations. Emphasis is on knowledge development to advance nursing as a discipline. (Offered annually.)

**NURS.609 Quantitative Methods in Nursing Research (3)**

Prerequisites: NURS.600 and NURS.613. This course examines the selection and use of quantitative methods and approaches in nursing research. It focuses on nursing research design, analysis, and knowledge generation from a quantitative perspective. Emphasis is given to writing nursing research proposals, grant applications, and the role of peer review in the research process. (Offered annually.)

**NURS.610 Qualitative Methods in Nursing Research (3)**

Prerequisites: NURS.600 and NURS.613. This course examines the philosophical and theoretical foundations of qualitative research. Its methods, designs, ethical and scientific issues are studied, including techniques of data collection, analysis, and interpretation. (Offered annually.)

**NURS.612 Issues of Scientific Integrity in Nursing and Health Research (1)**

This course discusses the historical development of principles of research ethics with particular focus on their evolution in nursing and health research. Students explore issues associated with intellectual responsibility for and avoidance of misconduct in individual work. They also explore issues of mentoring, intellectual property, and conflict of interest associated with joint work. The course augments the consideration of issues associated with research on human subjects with illustrative case studies in nursing. (Offered annually.)

**NURS.613 Knowledge Development in Nursing: Philosophical Perspectives (3)**

This course examines the development of nursing knowledge from diverse philosophical perspectives and traditions. Different conceptions of truth, knowledge, rationality, personhood, the body, and the moral good are examined as a foundation for understanding and investigating nursing phenomena. (Offered annually.)

**NURS.614 Interpretive Phenomenology: Research Method for Conducting Human Science (3)**

Prerequisite: Introductory qualitative-research course or permission of the Instructor. The course will examine phenomenology as a methodology for understanding human actions and for conducting research into human practices. The hermeneutic turn for developing knowledge for practice disciplines (e.g., education, psychology, family therapy, nursing, social work, public administration, and medicine) will be addressed together with issues and skills in conducting interpretive research. Post-modern conceptions of validity for evaluating interpretive research will also be examined. (Offered every other Fall semester.)

**NURS.695 Special Study for Examinations (0)**

**NURS.697 Research Topics (1-3)**

NURS.698 Graduate Reading Course (1-3)

NURS.699 Dissertation Research (0-6)

NURS.6CR.99 Doctor of Philosophy Degree Study (0)

## NUTRITION AND DIETETICS

---

**Mildred Mattfeldt-Beman, Ph.D.**

*Department Chairperson*

**Edward Weiss, Ph.D.**

*Coordinator of Nutrition and Physical Performance option*

**Lori Jones, M.S., M.P.H.**

*Coordinator of dual M.S./M.P.H. option*

The Department of Nutrition and Dietetics offers a dietetic internship program and a graduate program leading to the Master of Science in Nutrition and Dietetics degree. All interns register as graduate students, and twelve credit-hours of graduate courses are incorporated into the internship. Graduates of the internship are prepared to conduct health promotion programs, provide nutrition care and counseling, formulate specific dietary plans, participate in food systems management, and may engage in biochemical and nutrition research in universities and in industry. Upon completion of the internship, students are eligible to sit for the national registration exam.

Medical Dietetics and Nutrition and Physical Performance are available as areas of concentration in the Master's Program. The Department, in conjunction with the School of Public Health, also offers a dual M.S. in Nutrition and Dietetics/M.P.H. degree program.

Students in the Nutrition and Physical Performance specialty area will complete a one-semester, 20-hour-per-week practicum arranged to provide experience in exercise/nutrition testing and measurement as well as research.

Students in the dual Master of Science in Nutrition and Dietetics/ M.P.H. program take the core courses from each of the two programs to provide a solid base in both fields. The total credit-hour requirement is 53. In addition, each student will complete a one-semester, 20-hour-per-week practicum in an area combining dietetics and public health designed to strengthen the student's area of primary interest.

## Dietetic Internship

### Prerequisite

B.S. degree in dietetics or related area of study with certification of completion of the didactic program requirements of the American Dietetic Association.

### Required Courses

DIET.510 Human Nutrition in Physiology and Metabolism I;

DIET.513 Human Nutrition in Physiology and Metabolism II;

DIET.530 Community Nutrition;

DIET.535 Clinical Systems Management.

### Additional Requirements

DIET.578 Applied Education in Dietetics I;

DIET.579 Applied Education in Dietetics II;

DIET.594 Dietetic Internship (two semesters).

## Master of Science in Nutrition and Dietetics

### Prerequisites

B.S. degree in Dietetics or related area of study, Biochemistry, Advanced Nutrition, Medical Nutrition Therapy, and Nutrition in the Life Cycle.

### Additional Prerequisites for Nutrition and Physical Performance Option

Human Anatomy; Human Physiology; Basic Nutrition; Inferential Statistics; and Community Nutrition.

### Required Courses for Both Options and Dual Degree Program

DIET.510 Human Nutrition in Physiology and Metabolism I;

DIET.511 Nutritional Assessment;

DIET.513 Human Nutrition in Physiology and Metabolism II;

DIET.588 Seminar in Dietetics Research.

## Medical Dietetics Option

### Required Courses

CFT.530 Counseling Theory and Practice;

CMH.500 Health Care Organization;

DIET.510 Human Nutrition in Physiology and Metabolism I;

DIET.511 Nutritional Assessment;

DIET.513 Human Nutrition in Physiology and Metabolism II;  
 DIET.535 Clinical Systems Management;  
 RMET.410 Introduction to Inferential Statistics;  
 RMET.520 General Research Methods.  
 Nine credit-hours selected from  
 DIET.507 Culinary and Medicinal Herbs;  
 DIET.521 Pediatric Nutrition;  
 DIET.522 Gerontological Nutrition;  
 DIET.530 Community Nutrition;  
 DIET.540 Nutrition Education;  
 DIET.550 Nutrition and Physical Performance;  
 DIET.560 Current Research in Vitamins;  
 DIET.565 Current Research in Minerals.

#### **Additional Requirements**

DIET.588 Seminar in Dietetics Research;  
 DIET.589 Special Problems in Dietetics  
*A formal minor is permitted.*

## Nutrition and Physical Performance Option

#### **Required Courses**

DIET.510 Human Nutrition in Physiology and Metabolism I;  
 DIET.511 Nutritional Assessment;  
 DIET.513 Human Nutrition in Physiology and Metabolism II;  
 DIET.540 Nutrition Education;  
 DIET.550 Nutrition and Physical Performance;  
 DIET.570 Aspects of Prevention and Rehabilitation of Sports and Exercise Injury;  
 DIET.580 Cardiovascular and Metabolic Physiology;  
 MPT.415 Applied Exercise Physiology;  
 RMET.520 General Research Methods;  
 Three credit-hours selected from  
 CMH.500 Health Care Organizations;  
 DIET.507 Culinary and Medicinal Herbs;  
 DIET.521 Pediatric Nutrition;  
 DIET.522 Gerontological Nutrition;  
 DIET.535 Clinical Systems Management;  
 DIET.560 Current Research in Vitamins;

DIET.565 Current Research in Minerals.

#### **Additional Requirements**

DIET.581 Practical Aspects of Cardiovascular Fitness and Rehabilitation Practicum;  
 DIET.588 Seminar in Dietetics Research;  
 DIET.589 Special Problems in Dietetics.  
*A formal minor is permitted.*

## Master of Science in Nutrition/ M.P.H. Dual Degree Program

#### **Required Courses**

DIET.510 Human Nutrition in Physiology and Metabolism I;  
 DIET.511 Nutritional Assessment;  
 DIET.513 Human Nutrition in Physiology and Metabolism II;  
 DIET.530 Community Nutrition;  
 DIET.540 Nutrition Education.  
 Three credit-hours selected from  
 DIET.521 Pediatric Nutrition;  
 DIET.522 Gerontological Nutrition.

#### **Additional Requirements**

Core courses for M.P.H. program;  
 DIET.545 Patient/Client Nutrition Management Practicum;  
 DIET.588 Seminar in Dietetics Research.

#### **COURSE DESCRIPTIONS**

#### **Upper-Division Course**

**DIET.489: Independent Study (0-3)**

#### **Graduate Courses**

##### **DIET.507 Culinary and Medicinal Herbs (3)**

Prerequisite: DIET.385 or the equivalent. Course will be divided into three sections. The first section will include techniques for the identification of the most common classifications of herbs as well as a history of their uses. The second section will focus on medicinal herbs with an evaluation of the indications for use, side effects, and drug/herb interactions. The final section will focus on the culinary properties of herbs. (Offered every Spring semester.)

##### **DIET.510 Human Nutrition in Physiology and Metabolism I (3)**

Prerequisites: Biochemistry, Advanced Nutrition, Medical Nutrition Therapy. Examines the role of nutrition in human metabolism and physiology with primary consideration of regulatory mechanisms; relationships appraised in both health and disease; emphasis on current research. (Offered every Fall semester.)

##### **DIET.511 Nutritional Assessment (3)**

Prerequisites: DIET.513. Systematic study of assessment methodologies and their applications in institutional and community settings; current research innovations as well as pragmatic approaches are detailed. (Offered every

Fall semester.)

**DIET.513 Human Nutrition in Physiology and Metabolism II (3)**

Prerequisites: Biochemistry, Advanced Nutrition, Medical Nutrition Therapy. Examines the role of nutrition in human metabolism and physiology with primary consideration of regulatory mechanisms; relationships appraised in both health and disease; emphasis on current research. Continuation of DIET.510. (Offered every Spring semester.)

**DIET.521 Pediatric Nutrition (3)**

Prerequisite: DIET.513. In-depth examination of the normal nutritional requirements for fetal development through adolescence in regard to normal physiological and psychological growth. Pathophysiologies specific to abnormal growth patterns will be reviewed in relation to nutritional support. Review of recent research. (Offered every Fall semester.)

**DIET.522 Gerontological Nutrition (3)**

Prerequisite: DIET.513. In-depth exploration of the physiological, psychological and social aspects of nutritional needs during the aging process; integration and application of nutritional needs to programs and support systems for the elderly. (Offered every Fall semester.)

**DIET.530 Community Nutrition (3)**

Prerequisites: Nutrition in the Life Cycle. An overview of the delivery of public health and community nutrition programs at local, state, national levels. Current issues relating to the promotion of good nutrition and prevention health care are examined. Students will evaluate nutrition components of various community health agencies. (Offered every Spring semester.)

**DIET.535 Clinical Systems Management (3)**

A systems approach to clinical nutrition services management, including the human dimensions of management, management tools and techniques for assessing accountability, cost containment, productivity and marketing plans. Includes development of a personnel and operational budget to expand nutrition services. (Offered every Fall semester.)

**DIET.540 Nutrition Education (3)**

Educational theories and principles, as applied to nutrition education, in a variety of settings. Students will design materials, become familiar with various types of media, and demonstrate skills learned. Review of recent research. (Offered every Fall semester.)

**DIET.545 Patient/Client Nutrition Management Practicum (3)**

Field experience in patient/client nutritional management at various sites under professional supervision (20 hours per week). Research component required as part of the practicum. Practice experience carried concurrently with theory. (Offered every semester.)

**DIET.550 Nutrition and Physical Performance (3)**

Prerequisite: DIET.510. Examination of metabolism and nutritional requirements associated with the performance of exercise. Emphasis on maximizing physical performance through nutrition. Includes in-depth coverage of nutrient quantities and qualities and the timing of nutrient consumption as they relate to exercise performance and training adaptations. (Offered every Spring semester.)

**DIET.560 Current Research in Vitamins (3)**

Prerequisites: Biochemistry and Advanced Nutrition. Update on the latest research on vitamins; requirements, deficiencies, and toxicities in humans. Focus on current literature. (Offered every Fall semester.)

**DIET.565 Current Research in Minerals (3)**

Prerequisites: Biochemistry and Advanced Nutrition. Update on the latest research on minerals; requirements, deficiencies, and toxicities in humans. Focus on current literature. (Offered every Spring semester.)

**DIET.570 Aspects of Prevention and Rehabilitation of Sports and Exercise Injury (3)**

Prerequisite: Human Anatomy and Physiology. An introduction to physical fitness assessment and exercise prescription with a focus on preparation for the American College of Sports Medicine Health and Fitness Instructor Certification. Includes assessment methods for cardiovascular and muscular fitness, body composition, and flexibility and an examination of the principles for prescribing cardiovascular, strength, and flexibility exercise. Also addresses emergency procedures and planning, risk stratification, and special needs for pediatric, pregnant, and older individuals. Includes a practicum laboratory. (Offered every Fall semester.)

**DIET.578 Applied Education in Dietetics I (0-1)**

Prerequisite: Dietetic intern. Interns write and publish a newsletter for healthcare professionals. They prepare and conduct adult education, including cook-

ing demonstrations, and nutrition-education for elementary school children in kindergarten through fifth grade. (Offered every Fall semester.)

**DIET.579 Applied Education in Dietetics II (0-1)**

Prerequisite: Dietetics intern. Continuation of DT.H578. (Offered every Spring semester.)

**DIET.580 Cardiovascular and Metabolic Physiology (3)**

Prerequisite: Applied Exercise Physiology. Examines cardiovascular structure and function during rest and exercise as well as adaptations of the cardiovascular system to chronic exercise training. The course examines hemodynamic, metabolic, and electrical aspects of cardiovascular physiology including disease-related alterations in structure and function where relevant to exercise responses or adaptations. (Offered every Summer semester.)

**DIET.581 Practical Aspects of Cardiovascular Fitness and Rehabilitation Practicum (2-3)**

Prerequisite: DIET.570. A total of 320 hours (20 hours per week) of applied experiences in a variety of on- and off-site settings for the purpose of developing the knowledge, skills and abilities of a certified health and fitness instructor. Practical experiences include physical fitness assessment, development and modification of exercise prescriptions, and monitoring of exercise training sessions. May include experiences in exercise physiology research, cardiac rehabilitation, recreation and wellness programs, and athletics. (Offered every semester.)

**DIET.588 Seminar in Dietetics Research (0-1)**

Define a problem for in-depth research. Review of the research process and University and departmental requirements. (Offered every Fall and Spring semester.)

**DIET.589 Special Problems in Dietetics (0 or 3)**

Conduct in-depth research. Develop a tool for data collection and statistical analysis. Interpretation and discussion of results presented in written format and submitted for publication in a refereed journal. (Offered every semester.)

**DIET.594 Dietetic Internship (0)**

Required of all students participating in the American Dietetic Association accredited internship.

**DIET.595 Special Study for Examinations (0)**

**DIET.598 Graduate Reading Course (1-3)**

Prior permission of guiding professor and department/program required.

**DIET.5CR.90 Master's Degree Study (0)**