

Master of Science in Nutrition and Integrated Health

The University of Wisconsin-Green Bay's Master of Science in Nutrition and Integrated Health program provides an evidence-based education to prepare the next generation of nutrition experts. Dietary and lifestyle factors are at the heart of prevention and treatment of the major chronic diseases prevalent within our local and global populations, and professionals are needed to provide integrated nutrition and lifestyle medicine to help individuals and communities reclaim their health. Food systems and nutrition-related health problems are increasingly complex and require nutrition experts with more interdisciplinary and functional nutrition knowledge to be effective members of healthcare teams in clinical settings, and to address community, public health and food system challenges.

Our program has two tracks:

1. Master of Science Track:

This route is for those interested in continuing and enhancing their education by obtaining a master's degree in nutrition and integrated health. This track is designed for persons who have a bachelor's degree and are interested in obtaining an advanced degree in nutrition. This track is also designed for those who already have their RDN credential and are interested in enhancing their nutrition/dietetics knowledge and skills with a master's degree.

2. Combined RDN and Master of Science Track:

This route is for those interested in completing a master's program and the integrated supervised experiential learning that culminates in earning a master's degree and eligibility to take the Commission on Dietetic Registration Examination for Dietitians to obtain the RDN credential. After successful accreditation through The Accreditation Council for Education in Nutrition and Dietetics (ACEND),* this program will begin in fall 2023.

*The Accreditation Council for Education in Nutrition and Dietetics (ACEND) released the *Future Education Model Accreditation Standards* for programs in nutrition and dietetics (see www.eatrightpro.org/FutureModel (<https://www.eatrightpro.org/acend/accreditation-standards-fees-and-policies/future-education-model-standards-and-templates/>)). These accreditation standards integrate didactic coursework with supervised experiential learning in a competency-based curriculum designed to prepare nutrition and dietetics practitioners for future practice.

The University of Wisconsin-Green Bay's Master of Science in Nutrition and Integrated Health has been granted Candidacy for Accreditation Status in spring 2022 from the ACEND to open a new and innovated program to prepare Registered Dietitian Nutritionists (RDNs). This innovative program combines master's coursework with over 1,000 hours of supervised practicum (also known as supervised experiential learning) in professional settings, including community/public health, food service and clinical settings. The program grants a Master of Science degree and prepares students to sit for the RDN credentialing exam.

Please see the program webpage, <https://www.uwgb.edu/nutrition-and-integrated-health/> for up-to-date information concerning all aspects of the Master of Science in Nutrition and Integrated Health.

Admission Requirements

A maximum of 24 students will be admitted into the program each year.

Each student's prior academic background is evaluated by the University of Wisconsin – Green Bay program Chair. Students who show exceptional promise but lack the minimal prerequisites may be admitted provisionally. Applicants are not required to take the GRE for admission.

Minimum Admission to the Master of Science in Nutrition and Integrated Health program requires:

- A baccalaureate degree from an accredited institution
- A minimum of a 3.0 grade point average (GPA) based on a 4.0 scale.
- Prerequisite coursework with a grade of C or better in:
 - Biology with a lab
 - General Chemistry I with a lab
 - General Chemistry II with a lab
 - Organic Chemistry or Bio-Organic Chemistry with a lab
 - Biochemistry or Nutritional Biochemistry
 - Human Anatomy and Physiology with a lab
 - General or Introductory Psychology
 - Human Nutrition*
 - Introductory Statistics
 - Microbiology with a lab

- Genetics/Human Genetics*
- Food Science/Food Chemistry with a lab*

*Upon admission into the master's program, up to **two** of these courses may be taken in the first year.

Required Application Material

1. UW System application form (apply.wisconsin.edu (<https://apply.wisconsin.edu/>))
2. \$56.00 application fee
3. **Official Transcripts** from all postsecondary institutions of higher learning from which 9 or more credits have been attempted are required. If you attended less than 9 credits you do not have to send an official transcript unless the courses completed were pre-requisites for the program. Study abroad transcripts are not required if a student attended an international University for one or fewer semesters. NOTE: If you attended UW-Green Bay you do not have to send UW-Green Bay transcripts.
 - a. Electronic transcripts can be sent to: uwgb@uwgb.edu (uwgb@uwgb.edu)
 - b. Hard copy transcripts can be mailed to:

UW-Green Bay Admissions
2420 Nicolet Drive
Green Bay, WI 54311
4. Two letters of evaluation or recommendation letter with at least one letter from an academic reference. Each reference letter must come directly from the reference and be **sent directly** to the Office of Graduate Studies email, gradstu@uwgb.edu
5. Resume: please include all work and volunteer experiences. Your resume may be uploaded as part of your application or can be emailed to gradstu@uwgb.edu
6. Personal Statement: (maximum of 1000 words). Please describe your professional goals, interest in the nutrition field and interest in pursuing a graduate degree. Please include the following; (1) descriptions of experiences (work, volunteer, or personal) that have influenced your decision to pursue a career in nutrition/dietetics, and (2) your strengths and areas in need of improvement. There is space for your statement on your application or it can be emailed to gradstu@uwgb.edu

International students (<https://www.uwgb.edu/graduate/international-students/overview/>) will also need to provide the following documentation:

- A test of English proficiency (TOEFL, IELTS (<https://www.uwgb.edu/graduate/international-students/overview/>), or Duolingo (<https://englishtest.duolingo.com/applicants/>))
- Course-by-course transcript evaluation from a professional evaluation service currently recognized by NACES (www.naces.org (<http://www.naces.org/>)). UW-Green Bay recommends one of the following evaluation services:
 - Educational Credential Evaluators (ECE) <http://www.ece.org/>
 - World Education Services (WES) <http://www.wes.org/>

Steps to Apply:

1. Complete the UWGB online Graduate Application form (<https://apply.wisconsin.edu/>) and pay the \$56 application fee
2. Send Official transcripts to the UWGB Admissions office
3. Submit two letters of evaluation or recommendation letters
4. Submit a personal statement (if not included with your application)
5. Submit a resume or CV (if not included with your application)

MS Degree Requirements

| Code | Title | Credits |
|--------------------------|--|---------|
| Required Courses: | | |
| NUT SCI 621 | Community and Public Health Nutrition | 3 |
| NUT SCI 627 | Nutrigenomics and Advanced Nutrient Metabolism | 3 |
| NUT SCI 685 | Medical Nutrition Therapy I: An Integrative and Functional Approach | 3 |
| NUT SCI 686 | Medical Nutrition Therapy II: An Integrative and Functional Approach - Lecture | 3 |
| NUT SCI 712 | Culinary Medicine | 3 |
| NUT SCI 750 | Nutrient Metabolism Across the Lifespan | 3 |
| NUT SCI 753 | Biostatistics and Research Methods | 3 |
| NUT SCI 754 | Nutritional Epidemiology | 3 |
| NUT SCI 787 | Medical Nutrition Therapy III: An Integrative and Functional Approach | 3 |
| NUT SCI 796 | Special Topics in Nutrition | 3 |
| NUT SCI 799 | Capstone Project, Thesis | 3 |

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| Elective | 3 |
| Total Credits | 36 |

MS/RDN

As a program accredited by The Accreditation Council for Education in Nutrition and Dietetics (ACEND), classroom learning is integrated with supervised practicum experiences that assist students in demonstrating competency across seven areas (foundational knowledge in food and nutrition-related sciences; client/patient services; food systems management; community and population health nutrition; leadership, business, management and organization; critical thinking, research and evidence-informed practice; and core professional behaviors).

The 47 credit program consists of 10 graduate courses (32 credits) and 5 supervised practicum courses (15 credits) that in total provide over 1000 practicum hours in the required professional settings of clinical, community/public health and food service required for RD/RDN credentialing.

| Code | Title | Credits |
|--------------------------|--|-----------|
| Required Courses: | | |
| NUT SCI 612 | Supervised Experiential Learning Practicum I - Food Service & Systems (4 credits required) | 4 |
| NUT SCI 621 | Community and Public Health Nutrition | 3 |
| NUT SCI 627 | Nutrigenomics and Advanced Nutrient Metabolism | 3 |
| NUT SCI 685 | Medical Nutrition Therapy I: An Integrative and Functional Approach | 3 |
| NUT SCI 686 | Medical Nutrition Therapy II: An Integrative and Functional Approach - Lecture | 3 |
| NUT SCI 712 | Culinary Medicine | 3 |
| NUT SCI 750 | Nutrient Metabolism Across the Lifespan | 3 |
| NUT SCI 753 | Biostatistics and Research Methods | 3 |
| NUT SCI 754 | Nutritional Epidemiology | 3 |
| NUT SCI 721 | Supervised Experiential Learning Practicum - Community Nutrition | 4 |
| NUT SCI 786 | Supervised Experiential Learning Practicum - Medical Nutrition Therapy Long-term Care | 2 |
| NUT SCI 787 | Medical Nutrition Therapy III: An Integrative and Functional Approach | 3 |
| NUT SCI 788 | Supervised Experiential Learning Practicum - Medical Nutrition Therapy Inpatient | 3 |
| NUT SCI 789 | Supervised Experiential Learning Practicum - Medical Nutrition Therapy Outpatient | 2 |
| NUT SCI 799 | Capstone Project, Thesis | 3 |
| Total Credits | | 45 |

Progress to Degree

1. Prospective student submits an admission application and is recommended for admission.
2. Applicant is admitted to the Nutrition and Integrated Health graduate program.
3. The student develops a Capstone project or thesis which is defined in consultation with the program faculty and adviser.
4. The student files an *Application for Graduation* with the Registrar's Office through the Student Information System (SIS). The application must be completed and submitted to the Office of the Registrar in the fall semester for spring and summer semester graduates.
5. Upon successful completion of the Capstone project or thesis and all other graduation requirements, the degree is awarded and graduate receives diploma.

Faculty

Le Zhu, PhD, RDN

Dr. Zhu instructs courses in areas of Food Science, Community Nutrition, and Ethnic Studies, and serves as the faculty adviser for UWGB-Food Recovery Network student organization. Her research revolves around food chemistry such as iron fortification and bioavailability studies. She is also involved in Public Health research, examining various tools to help promote healthy donations to food pantries as one piece of the puzzle in alleviating food insecurity.

Sara Wagner, MS, RDN

Sara Wagner, MS, RDN, is the director of the undergraduate dietetics program at the University of Wisconsin Green Bay, where she teaches courses in medical nutrition therapy and foodservice. Ms. Wagner teaches using cutting-edge research, encouraging students to elevate the role of the nutrition professional by providing personalized and evidence-based care. Wagner is currently researching self-care practices and markers of well-being in dietetic professionals.

Heather Masters, MS, RDN, CD

Heather Masters, MS, RDN, CD coordinates the scheduling of all supervised experiential learning rotation sites with Registered Dietitians within the community ensuring all program curriculum meet the standards of the Accreditation Council for Education in Nutrition & Dietetics (ACEND) as well as remains relevant to prepare our interns to be competitive entry-level professionals. An essential portion of Heather's role includes intern recruitment, advisement, evaluation and counseling in coordination with our Registered Dietitian Preceptors and University Faculty and Staff.

Heather's has extensive experience with behavior change counseling in relation to wellness, sports nutrition, weight and chronic disease management demonstrated while practicing within the clinical outpatient setting as well as during her work as a Registered Dietitian and Certified Personal Trainer in the health and fitness field.

Heather's nutrition philosophy focuses on integrative nutrition and wellness promoting quality nutrition in addition to maintaining health through functional movement.

Debra Pearson, PhD, RDN

Debra Pearson is an Associate Professor and the Chair of the Master of Science in Nutrition and Integrated Health Program at UW-Green Bay, and Adjunct Associate Professor at Medical College of Wisconsin. She received her PhD in Nutritional Sciences from the University of California-Davis. Her fields of interest include nutrigenomics, phytochemicals and heart disease, the effect of agricultural practices on the nutrient profile of foods and she is currently doing research on vitamin D, omega-3 fats and ovarian cancer. She teaches courses in nutrigenomics, advanced nutrient metabolism, life cycle nutrition, biochemistry and culinary medicine. She is passionate about moving the dietetics profession forward in delivering evidence-based integrative, dietary and lifestyle nutrition medicine to improve human health.