

# Applied Nutrition

MASTER OF SCIENCE

Northeastern University  
College of  
Professional Studies

Increased attention to disease prevention through better dietary habits has heightened the demand for skilled nutrition professionals.

In response, the College of Professional Studies has developed an online Master of Science in Applied Nutrition degree program.

Led by real-world practitioners, this innovative nutrition degree provides you with a solid grounding in nutrition, metabolism, disease prevention, health promotion, and clinical behavior.

## PROGRAM OVERVIEW

- **Investigate and recommend solutions** to facilitate the adoption of healthy behaviors involved in practicing applied nutrition.
- **Articulate the significance of applied nutrition concepts and practices** in terms of the challenges and current trends.



**As a graduate of the MS program in applied nutrition and now a faculty member, I can speak to the excellence of the program from both perspectives. Courses taught by registered dietitians and expert clinicians in their field provide students with a cutting-edge, evidence-based education that incorporates relevant, real-world experience. With four concentrations, the program has options for all nutrition professionals looking to further their career.”**

Monica Lebre, MS, RD, LDN

- **Create or enhance a plan or program for wellness** and prevention education of nutrition-related diseases.
- **Develop an approach to civic, social, or economic issues** in the field of nutrition at the local, national, or global level.
- **Integrate discipline-specific best practices** and tools into work.
- **Effectively communicate** to educate the public and consumers based on science, literature, and sound research.

## CAREER OUTLOOK

Demand for nutritional counseling, treatment, and education is on the rise—a result of greater emphasis on diet and nutrition, as well as a growing population that is living longer.

## CURRICULUM OUTLINE

### Concentrations (17-19 quarter hours)

- Business and Entrepreneurship in Nutrition
- Nutrition Education
- Nutrition and Fitness
- Obesity and Nutritional Health
- Integrated Health and Wellness (coming soon)

### Required Core Courses (32 quarter hours)

- Advanced Nutrition and Metabolism
- Medical Nutrition Therapy
- Research Methods in Nutrition
- Clinical Health Behavior Change
- Applied Research in Nutrition
- Health Promotion/ Disease Prevention
- Food and Society
- Nutrition in Practice

### Total Degree Requirements (49-51 quarter hours)

- On average, students can complete this degree in less than two years.



### **About Northeastern University College of Professional Studies**

The College of Professional Studies is one of nine colleges of Northeastern University, a nationally ranked private research university in Boston, Massachusetts. Founded in 1960, the college provides lifelong experiential learning that unleashes the capacities of aspiring individuals in all stages and walks of life. The college teaches undergraduate, graduate, and doctoral students on campus and online in more than 90 programs.

## **Northeastern University**

Founded in 1898, Northeastern is a global research university and the recognized leader in experience-driven lifelong learning. Our world-renowned experiential approach empowers our students, faculty, alumni, and partners to create impact far beyond the confines of discipline, degree, and campus.

Our locations—in Boston; Charlotte, North Carolina; London; Portland, Maine; San Francisco; Seattle; Silicon Valley; Toronto; Vancouver; and the Massachusetts communities of Burlington and Nahant—are nodes in our growing global university system. Through this network, we expand opportunities for flexible, student-centered learning and collaborative, solutions-focused research.

Northeastern's comprehensive array of undergraduate and graduate programs—in a variety of on-campus and online formats—lead to degrees through the doctorate in nine colleges and schools. Among these, we offer more than 195 multidisciplinary majors and degrees designed to prepare students for purposeful lives and careers.