Master of Science (M.S.) in Nutrition and Wellness
Curriculum & Course Descriptions

Core Courses

MPH 601  Behavioral and Social Aspects of Public Health
Students explore social and psychological determinants and theories of health behavior.

MPH 511  Biostatistics
Apply statistical reasoning and methods in addressing, analyzing and solving problems in public health; health care; and biomedical, clinical and population-based research. Prerequisite: Algebra or equivalent.

NTR 614  Advanced Nutrition and Metabolism
Scientific examination of the nature, role, and metabolism of energy nutrients in human health and disease. Applications made to fed and fasted states, adapted starvation, and hypercatabolic and physically stressed states. Prerequisite: NTR 621.

NTR 621  Obesity: Theory and Practice
Discussion of the etiology, physiological, pathophysiological, and psychological impacts, and multidisciplinary assessment and treatment modalities of obesity for persons throughout the life cycle. Prerequisites: NTR 530 or NTR 670 or RD (consent).

NTR 625  Complementary Nutrition Therapies
Scientific examination and discussion of the efficacy of foods, herbs, nutrients, and phytochemicals in various disease conditions, including mechanisms of action, safety issues, bioavailability, and recommendations. Prerequisite: NTR 614.

NTR 629  Health and Wellness Research Planning
Principles and application of the research process with a focus on community-based research and evaluating outcomes of health educational programs. Prerequisite: Credit or concurrent registration in MPH 511.

NTR 633  Advanced Nutrition Topics in Micronutrients
Scientific examination and discussion of the efficacy of select micronutrients, as they relate to specific health concerns, including the nature, bioavailability, mechanisms of action, safety issues, assessment of status, and recommendations in prevention and therapeutic use. Prerequisite: NTR 614.

NTR 684  Program Development and Administration
Policies and procedures for the development of all phases of wellness programs with special emphasis on budgets, management, and evaluation. Prerequisites: NTR 670; OR NTR 530 or 621 and MPH 601.

NTR 694  Applied Data Analyses
Overview of quantitative and qualitative analyses and reporting. Prerequisites: NTR 629 and MPH 511. Fee: $130.

NTR 697  Research I
Students complete a review of current literature and actively participate in research processes, including planning, project implementation, data collection, data entry, and
initial data analyses. Students must take NTR 697 and 698 in the same calendar year with the same Research Supervisor (Course Instructor) to meet M.S. in Nutrition and Wellness program research competency requirements for graduation. Transportation may be required for data collection. Prerequisite: NTR 629. Fee: $160.

NTR 698 Research II
Students will continue the research process through analyses and interpretation of statistical data and outputs, development of appropriate graphics, and oral and written dissemination of the research results and conclusions. Prerequisites: NTR 697 and NTR 694. Fee: $160.

Health Education Concentration Courses

NTR 530 Science of Sports Nutrition
The course examines the metabolic and physiologic basis for macronutrient and micronutrient recommendations during training, competition/ performance, and recovery. Includes disease applications and case studies. Prerequisites: physiology, biochemistry, and nutrition courses; acceptance into M.S. in Nutrition and Wellness program.

MPH 609 Cultural Context of Health Care
Understand the cultural and sociological contexts in which the health care system developed. Examine the role of socio-economic groups in the history of the U.S. health care system.

MPH 632 Public Health Education
Study educational techniques that encourage behavior change and learn how to best apply them in various settings.

MPH 688 Media, Technology, and Public Health
Learn to assess, evaluate and develop plans for health education communication using the Internet and other media-based technologies. Examine how to apply the principles of effective risk management and crisis communications to address the health needs of specific audiences.

Health Education Elective Courses – Choose three of the following

MPH 604 Epidemiology
Students analyze chronic and communicable disease patterns in the U.S. and the world. The course covers epidemiological models, preventive health and medicine, the spread of disease throughout history and the study of epidemiological statistical methods.

MPH 605 Environmental Health
Study the health implications of human relationships to the biosphere. Examine the effect of environmental change on physical, biological and social patterns. Explore alternative solutions for environmental problems.

MPH 607 Community Health Analysis
Analyze factors relating to health needs in communities as a means to finding solutions. Coursework involves research and field work.

MPH 664 Marketing of Health Care Services
This course examines actions that successful health leaders take in the planning,
strategy, research and implementation of marketing plans. Students explore concepts of marketing theory and the execution of marketing tactics as they apply to the health industry.

**NTR 686 Health Education Internship**
Applied advanced experience in health education. Designed to meet the competencies of the National Commission for Health Education Credentialing, Inc., which serve as the basis of the Certified Health Education Specialists (CHES) Exam. Transportation required; meets at off-campus site. May be repeated for up to 8 hours of credit. Prerequisites: MPH 632, NTR 614, NTR 684, and NTR 694 and nutrition department consent. Only available to students in pursuit of Health Education concentration of the MS in Nutrition and Wellness program.

**Nutrition Entrepreneurship Concentration Courses**

**MGMT 552 Leadership**
This course examines alternative models of leadership and their effects on employee and organizational performance. Key topics include leadership skills and strategies for effective performance.

**MBA 559 Entrepreneurship**
The course covers new venture management, entrepreneurial personalities, managing creativity and establishing a successful enterprise. The major project is a new business plan.

**MBA 622 Creativity & Innovation in Business**
This course explores individual and group methods to enhance innovation in the organization. Theories of creativity are reviewed, as well as the use of technologies to develop new products and processes.

**NTR 657 Nutrition Communication through Technology**
This course applies new and emerging technologies for collaboration, communication, and dissemination of nutrition services and innovations. Prerequisite: NTR 621 or RD (by consent).

**NTR 658 Venture Planning in Nutrition**
This course examines the process of planning a successful launch for a new venture. Students in this class will examine actual business ventures they intend to launch or that they are already operating. Prerequisite: MBA 559; and NTR 621 or RD (by consent).

**Nutrition Entrepreneurship Elective Courses – 10 quarter hours – choose from the following**

**NTR 530 Science of Sports Nutrition**
The course examines the metabolic and physiologic basis for macronutrient and micronutrient recommendations during training, competition/ performance, and recovery. Includes disease applications and case studies. Prerequisites: physiology, biochemistry, and nutrition courses; acceptance into M.S. in Nutrition and Wellness program.

**MPH 609 Cultural Context of Health**
Understand the cultural and sociological contexts in which the health care system developed. Examine the role of socio-economic groups in the history of the U.S. health care system.
MPH 610  **Health Policy**  
This course considers current health policies as they relate to larger political and social debates, the determinants of disease, and available resources and information-gathering systems necessary to formulate health policies.

MPH 632  **Public Health Education**  
Students will focus on educational techniques that encourage behavior change and their applications in various settings.

MPH 662  **Management of Health Services Organizations**  
This course is an overview of the organizational structures, management styles and challenges in health care organizations. Students will learn key business functions as they apply to the effective management of health care organizations.

MPH 664  **Marketing of Health Care Services**  
This course examines actions that successful health leaders take in the planning, strategy, research and implementation of marketing plans. Students explore concepts of marketing theory and the execution of marketing tactics as they apply to the health industry.

MBA 520  **Leadership and Ethics in a Global Environment**  
The course reviews paradigms of leadership in the global environment. Students will learn to apply principles for ethical decision-making in business situations and assess their capacity for leadership and responsibility.

MBA 666  **Consumer Behavior**  
Understanding why consumers do the things they do is essential in marketing. In this course, students will explore the many influences that affect individual purchase and consumption behavior. The wide-ranging approach taken will draw on current theory in psychology, sociology and anthropology.

MBA 676  **Marketing Strategies in the Digital Age**  
This class focuses on the marketing efforts that companies of all sizes use to create effective Internet strategies. Students will also investigate what new technologies are dominating the marketplace today, and what we can expect as the Internet and other technologies evolve. The student will become fluent in the language of e-marketing and learn how to effectively design and execute an organization's digital marketing plan.

MBA 683  **Project Management**  
The class is an examination of the art and science of project management as applied to a variety of business and technology settings. Students will study how to initiate, plan, execute, control and close projects within budget and on schedule. Advanced topics may include critical chains, adaptive and agile project management and portfolio management. A project planning software tool is used, usually MS Project. This course is appropriate for technology and non-technology managers alike.

MBA 686  **International Marketing**  
Applies marketing principles and concepts across national borders by examining several key variables of the international environment, such as competition, politics, laws and consumer behavior.
MGMT 530  **Organizational Behavior**
Students learn appropriate theory and application of administration and management. The course emphasizes organizational behavior, including motivation, leadership, and organization design.

MGMT 532  **Organizational Development**
Students gain mastery in the theory and practice of organizational change and organization development (O.D.), including skills for analysis, planning, implementation, and evaluation of change programs. Topics include the learning process, O.D. interventions, consultant skills, employee participation, monitoring success, reinforcement and ethical issues.

MGMT 558  **Service Management**
Students gain an understanding of the management and delivery of effective service. Coursework covers service strategy, development of service systems, human resource strategy and implementation of the service management concept.

MGMT 579  **Training and Development Overview**
Students will learn steps in the training and management development process from needs assessment to training evaluation. Topics will explore the role of training in strategic human resource planning and organizational career management.

MGMT 581  **Team Building**
The focus of this course is on the theoretical basis of team building and its strengths and weaknesses as an organization development intervention.