Master of Science in Human Nutrition + DPD Verification Statement

Your path to becoming an RDN

The University of Alabama

Department of Human Nutrition and Hospitality Management

Master of Science in Human Nutrition
+
DPD Verification Statement

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 pursue doctoral study. The program helps students develop research skills, stimulates independent thought, and provides up-to-date knowledge in food and nutrition.

Additionally, to become a Registered Dietitian/Nutritionist (RDN), you will need to complete an accredited supervised practice program and pass the national registration exam. Many supervised practice programs will require a DPD verification statement prior to admission.

Our Master's + DPD program allows you to *substitute* select graduate level classes for some of the required DPD undergraduate classes required for the DPD verification statement. In other words, you can be working towards completing your MS in Human Nutrition *while* you are also completing the DPD coursework.

What is a Verification Statement?

The Didactic Program in Dietetics (DPD) Verification Statement verifies completion of educational requirements and is required for application to many accredited Dietetic Internship (DI) programs.

To complete and meet all the DPD requirements for a Verification Statement, a student:

- Must earn a C- or higher in all "DPD Science courses" and PY 101 (or equivalent)
- Must earn a B- or higher in all DPD Professional courses (NHM designated and BER 345) or equivalent
- Must maintain a combined GPA of 3.0 or higher in the "DPD Science Courses" and "DPD Professional Courses."
- Must complete the courses required for the DPD
- Must earn at the minimum a bachelor's degree
- Must complete 24 credit hours of DPD courses, including the DPD Capstone courses (NHM 340, NHM 465 and NHM 475) from The University of Alabama

Effective Fall 2022

Minimum Eligibility Requirements and Applying to the Program

3.0 overall GPA | Prerequisite Courses | Statement of Purpose | 3 Letters of Recommendation | Resume

3.0 Overall GPA

Your application *may* also be considered if you have a 3.0 or higher in your last 60 hours of undergraduate coursework and you have completed the prerequisite undergraduate courses. This will include the prerequisites listed on the next page.

Transcripts

Unofficial copies of applicants' transcripts are accepted for initial admissions review. If you are accepted and plan to attend UA, then you will be required to submit official copies from **ALL** colleges you have attended for verification. Official transcripts should be emailed to grad.transcripts@ua.edu or mailed to:

Graduate School, The University of Alabama
Box 870118
Tuscaloosa, AL 35487-0118

Three Letters of Recommendation

At least two of your references should come from academic sources (professors, instructors, department chair, preceptors, etc..). The online application will prompt you for the name and email address of your references. They will each be emailed a link to upload a letter.

Selecting Your Program Track

You will be required to specify a desired program track. Please review the 3 tracks outlined later in this document, and be prepared select the appropriate track when filling out the application. If you would like to pursue the generalist track, do not select a concentration.

Minimum Eligibility Requirements and Applying to the Program

- 3.0 overall GPA
- Prerequisite Courses
- Statement of Purpose
- 3 Letters of Recommendation
- Resume

Prerequisite Courses

CH 104 Intro to Chemistry *(not offered online through UA)*

CH 105 Intro to Organic *Chemistry (not offered online through UA)*

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 295 Intro to Research in Food and Nutrition

NHM 340 Community Nutrition *(must take undergraduate [NHM 340] or graduate version [NHM 550] from UA)*

NHM 361 Nutritional Biochemistry

NHM 363 Applied Nutrition

NHM 365 Medical Nutrition Therapy I

Application Deadlines

- April 15th to begin in the summer semester (June)
- July 1st to begin in the fall semester (August)
- December 1st to begin in the spring semester (January)

Visit graduate.ua.edu to apply. If you have any questions regarding the Graduate School application process, please refer to the following: graduate.ua.edu/prospective-students/apply-now/.

Most students begin as a post-graduate, undergraduate student at UA to complete the prerequisites. Connect with an Admissions Counselor:

- Undergraduate On-Campus Admissions
- Undergraduate UA Online Admissions

*Transfer credit is not evaluated until **after** admission is granted.*

Clinical Nutrition Concentration

The clinical nutrition competencies developed by the American Society of Parenteral and Enteral Nutrition were used as a guide to develop the curriculum for the clinical concentration. In this concentration, students will develop advanced competency so they may:

- *Utilize theoretical and skill-based knowledge of nutrition science needed for advanced clinical nutrition practice.*
- *Apply advanced clinical nutrition assessment and diagnostic skills.*
- *Develop advanced nutrition intervention and monitoring skills.*
- *Utilize methodological and analytic skills necessary to acquire, analyze, and apply data to interpret the scientific literature and practice the principles of evidence*

Community Nutrition Concentration

The concentration in community nutrition meets the *Advanced Practice Guidelines for Community Nutrition and Public Health Nutrition Practice; 3rd ed. Public Health/Community Nutrition Practice Group, Academy of Nutrition and Dietetics and Association of State Public Health Nutritionists; 2015.* In this concentration, students will develop advanced competency so they may:

- *Demonstrate an understanding of biological and physiological processes that affect nutrient needs of individuals and populations across the lifespan.*
- *Analyze and interpret data needed to perform the core public health functions of assessment, assurance, and policy development.*
- *Develop, implement, sustain, and evaluate systems of care or theory-based programs and interventions (preventive and treatment) for improving the nutritional health of populations.*
- *Advocate for policy and environmental supports in both public and private sectors.*
- *Utilize cultural competency skills to develop programs and services that are responsive to the cultural, social, linguistic and ethnic diversity of the community.*

Generalist: No Concentration Designated

Some students are not sure which direction their career in nutrition will take. Students can stipulate no concentration on their application. These students will receive a degree in Human Nutrition without a concentration. We call this track the Generalist Track. This track provides the greatest flexibility when selecting electives. Students will develop advanced competency so they may:

- *Demonstrate an understanding of biological and physiological processes that affect nutrient needs of individuals and populations across the lifespan.*
- *Acquire, analyze, and apply data to interpret the scientific literature and practice the principles of evidence based medicine or utilize Best Practices.*
- *Critically evaluate nutrition research and apply results to practice.*

Generalist: No Concentration Designated

This track will allow you to maximize on course substitutions.

DPD Course Requirements (79 Credit Hours)

Prerequisites for the MS in Human Nutrition	Additional Required DPD Courses
CH 104 Intro to Chemistry	BSC 242 Microbiology
CH 105 Intro to Organic Chemistry	PY 101 Intro to Psychology
BSC 215 Human Anatomy and Physiology I	BER 345 Educational Statistics
BSC 216 Human Anatomy and Physiology II	NHM 195 Intro to Dietetics and Nutrition
NHM 101 Intro to Human Nutrition	NHM 253 Food Science
NHM 201 Nutrition in the Life Cycle	NHM 345 Nutrition Counseling
NHM 295 Intro to Research in Nutrition	NHM 346 Nutrition Education
NHM 340 Community Nutrition	NHM 362 Nutrition at the Cell Level
NHM 361 Nutritional Biochemistry	NHM 372 Intro to Food Service Management
NHM 363 Applied Nutrition	NHM 373 Purchasing Design, Risk Management
NHM 365 Medical Nutrition Therapy I	NHM 374 Quantity Food Production and Service
	NHM 454 Experimental and Functional Foods
	NHM 465 Medical Nutrition Therapy
	NHM 475 Mgmt in Food Service Systems
	NHM 491 Directed Professional Study

This track allows students to take up to 6 graduate courses in place of undergraduate DPD courses. These courses are listed in *red*.

Master of Science in Human Nutrition Generalist Track (30 Credit Hours)

Research Core (6 credit hours)

NHM 509: Research Methods in Nutrition

POPH 522: Biostatistics *(satisfies BER 345 in the DPD)*

Nutrition Core (12 credit hours)

NHM 572: Metabolism of Energy Nutrients *(satisfies NHM 362 in the DPD)*

NHM 573: Advanced Vitamin and Mineral Metabolism

NHM 555: Maternal and Infant Nutrition

OR NHM 567: Nutrition Support for the Critically Ill

OR NHM 530: Advanced Nutrition Counseling *(satisfies NHM 345 in the DPD)*

NHM 597, 598 or 599: Capstone Experience

Graduate Electives (students pick 4 courses equaling 12 credit hours) ***Additional options available***

NHM 550: Advanced Community Nutrition I

NHM 551: Advanced Community Nutrition II (*satisfies NHM 346 in the DPD*; requires NHM 550 prereq)

NHM 566: Advanced Clinical Nutrition *(satisfies NHM 465 in the DPD)*

NHM 587: Integrated Food Systems Mgmt *(satisfies NHM 475 in the DPD)*

HHE 520: Theories of Health Behavior

HHE 530: Health Promotion Techniques

NHM 625: Nutritional Epidemiology

NUR 510: Basic Concepts of Teaching Diabetes Self-Management Techniques

POPH 523: Basic Epidemiology

NUR 516: Advanced Diabetes Management

Clinical Concentration

DPD Course Requirements (79 Credit Hours)

Prerequisites for the MS in Human Nutrition	Additional Required DPD Courses
CH 104 Intro to Chemistry	BSC 242 Microbiology
CH 105 Intro to Organic Chemistry	PY 101 Intro to Psychology
BSC 215 Human Anatomy and Physiology I	BER 345 Educational Statistics
BSC 216 Human Anatomy and Physiology II	NHM 195 Intro to Dietetics and Nutrition
NHM 101 Intro to Human Nutrition	NHM 253 Food Science
NHM 201 Nutrition in the Life Cycle	NHM 345 Nutrition Counseling
NHM 295 Intro to Research in Nutrition	NHM 346 Nutrition Education
NHM 340 Community Nutrition	NHM 362 Nutrition at the Cell Level
NHM 361 Nutritional Biochemistry	NHM 372 Intro to Food Service Management
NHM 363 Applied Nutrition	NHM 373 Purchasing Design, Risk Management
NHM 365 Medical Nutrition Therapy I	NHM 374 Quantity Food Production and Service
	NHM 454 Experimental and Functional Foods
	NHM 465 Medical Nutrition Therapy
	NHM 475 Mgmt in Food Service Systems
	NHM 491 Directed Professional Study

This concentration allows students to take up to 4 graduate courses in place of undergraduate DPD courses. These courses are listed in *red*.

Master of Science in Human Nutrition Clinical Concentration (30 Credit Hours)

Research Core (6 credit hours)

NHM 509: Research Methods in Nutrition
POPH 522: Biostatistics *(satisfies BER 345 in the DPD)*

Nutrition Core (18 credit hours)

NHM 572: Metabolism of Energy Nutrients *(satisfies NHM 362 in the DPD)*
NHM 573: Advanced Vitamin and Mineral Metabolism
NHM 558: Nutrition in the Prevention and Treatment of Chronic Disease
OR NHM 585: Clinical Nutrition Management
NHM 567: Nutrition Support for the Critically Ill
NHM 568: Clinical Nutrition for the Older Adult
NHM 597, 598 or 599: Capstone Experience

Graduate Electives (students pick 2 courses equaling 6 credit hours) **Additional options available*

NHM 530: Advanced Nutrition Counseling *(satisfies NHM 345 in the DPD)*
NHM 550: Advanced Community Nutrition I
NHM 551: Advanced Community Nutrition II (*satisfies NHM 346 in the DPD*; requires NHM 550 prereq)
NHM 566: Advanced Clinical Nutrition *(satisfies NHM 465 in the DPD)*
NHM 587: Integrated Food Systems Mgmt *(satisfies NHM 475 in the DPD)*
HHE 520: Theories of Health Behavior
HHE 530: Health Promotion Techniques
NHM 625: Nutritional Epidemiology
NUR 510: Basic Concepts of Teaching Diabetes Self-Management Techniques
POPH 523: Basic Epidemiology
CSM 537: Developing the Leader Within
NUR 516: Advanced Diabetes Management

Community Concentration

DPD Course Requirements (79 Credit Hours)

Prerequisites for the MS in Human Nutrition	Additional Required DPD Courses
CH 104 Intro to Chemistry	BSC 242 Microbiology
CH 105 Intro to Organic Chemistry	PY 101 Intro to Psychology
BSC 215 Human Anatomy and Physiology I	BER 345 Educational Statistics
BSC 216 Human Anatomy and Physiology II	NHM 195 Intro to Dietetics and Nutrition
NHM 101 Intro to Human Nutrition	NHM 253 Food Science
NHM 201 Nutrition in the Life Cycle	NHM 345 Nutrition Counseling
NHM 295 Intro to Research in Nutrition	NHM 346 Nutrition Education
NHM 340 Community Nutrition	NHM 362 Nutrition at the Cell Level
NHM 361 Nutritional Biochemistry	NHM 372 Intro to Food Service Management
NHM 363 Applied Nutrition	NHM 373 Purchasing Design, Risk Management
NHM 365 Medical Nutrition Therapy I	NHM 374 Quantity Food Production and Service
	NHM 454 Experimental and Functional Foods
	NHM 465 Medical Nutrition Therapy
	NHM 475 Mgmt in Food Service Systems
	NHM 491 Directed Professional Study

This concentration allows students to take up to 3 graduate courses in place of undergraduate DPD courses. These courses are listed in *red*.

Master of Science in Human Nutrition Community Concentration (30 Credit Hours)

Research Core (9 credit hours)

NHM 509: Research Methods in Nutrition
NHM 625: Nutritional Epidemiology
POPH 522: Biostatistics *(satisfies BER 345 in the DPD)*

Nutrition Core (18 credit hours)

NHM 550: Advanced Community Nutrition I
NHM 55I: Advanced Community Nutrition II *(satisfies NHM 346 in the DPD)*
NHM 555: Maternal and Infant Nutrition
NHM 556: Child and Adolescent Nutrition
NHM 557: Childhood Obesity
OR NHM 558: Nutrition in the Prevention and Treatment of Chronic Disease
NHM 597, 598 or 599: Capstone Experience

Graduate Electives (students pick 1 courses equaling 3 credit hours) **Additional options available*

NHM 530: Advanced Nutrition Counseling *(satisfies NHM 345 in the DPD)*
NHM 572: Metabolism of Energy Nutrients *(satisfies NHM 362 in the DPD)*
NHM 573: Advanced Vitamin and Mineral Metabolism
NHM 566: Advanced Clinical Nutrition *(satisfies NHM 465 in the DPD)*
NHM 587: Integrated Food Systems Mgmt *(satisfies NHM 475 in the DPD)*
HHE 520: Theories of Health Behavior
HHE 530: Health Promotion Techniques
NUR 510: Basic Concepts of Teaching Diabetes Self-Management Techniques
CSM 575: Entrepreneurship in HES
NUR 516: Advanced Diabetes Management

Licensure

Students should be aware of the laws governing the practice of dietetics in their respective states. Most states require persons who provide nutrition advice to be a Registered Dietitian/Nutritionist (RDN). A master's degree alone **does not** provide eligibility to sit for the National Registration examination to become a Registered Dietitian, nor does it provide eligibility to apply to a dietetic internship or supervised practice program. See below for more details.

Becoming a Registered Dietitian/Nutritionist

A registered dietitian/nutritionist (RDN) is a food and nutrition expert who has met academic and professional requirements to earn the credential "RDN." To obtain this credential, individuals must complete a minimum of the following:

1. Complete a bachelor's degree and receive a verification statement from an ACEND-accredited program (Didactic Program in Dietetics, Coordinated Program, Future Graduate Program, Foreign or International Dietitian Education Program)
    - Note, effective January 1, 2024, a graduate degree will be required to be eligible to take the Commission on Dietetic Registration's dietetic registration exam.
2. Complete an ACEND-accredited supervised practice dietetic internship program or Individual Supervised Practice Pathway.
3. Pass the Commission on Dietetic Registration's dietetic registration exam.
4. Gain licensure in your state of practice, if applicable.
5. Maintain continuing education.

Additional Considerations

If you are currently receiving financial aid or plan to apply for financial aid, please discuss your plan to complete *both* undergraduate and graduate courses simultaneously with your financial aid advisor. Your financial aid plan may limit the number of undergraduate classes that can be taken as a graduate student.

Tuition rates can be found here. Students admitted to the MS + DPD are classified as a graduate student, and are charged the graduate tuition rate regardless of the class designation.

Traditionally, students take an undergraduate course to develop a basic understanding of the concepts and then proceed to an advanced level graduate course. Grades are important considerations in your application to a supervised practice program. In some instances, it may be better to take the undergraduate equivalent of the course prior to attempting the graduate course. This choice will depend on your individual skills, aptitude and prior educational experiences. Students accepted to the MS + DPD program are assigned a graduate advisor to assist with making these decisions.

International students residing outside of the US are not eligible to apply to graduate UA online programs. They may apply as a main campus student only. Contact the Graduate School with any residency related questions.

Program related questions may be directed to:

Dr. Tiffany Hylton, RDN, LD
Director of Master's Program in Human Nutrition
Russell Hall 487
Office phone: 205-348-6973
Email: tmhylton@ches.ua.edu