Applied Nutrition (M.S.)

Degree Type
M.S.

The field of nutrition is evolving and so are the opportunities. The demand for well-rounded nutrition professionals is greater than ever. With the current obesity epidemic, soaring health care costs, the focus shift towards disease prevention, as well as calls for evidence-based clinical practice, this trend is set to continue well into the future. To meet this demand, nutrition professionals will need to obtain advanced clinical and research skills as well as broad-view problem solving abilities.

The Applied Nutrition graduate program is based on a solid scientific foundation with a strong focus on research, nutritional epidemiology, public health perspectives, and cutting edge topics in the field of nutrition. Likewise, courses in nutrition communication and food and nutrition program development and evaluation provide a well-rounded view of nutrition. The skills obtained will allow graduates to become leaders in and to make significant contributions to the field.

The 31-34-credit M.S. in Applied Nutrition is designed to be flexible and to accommodate the adult learner. Emphasis is placed on providing students with the following skills:

- Critical evaluation skills through analysis of research literature.
- Ability to integrate and apply what is learned to relevant and current situations.
- In-depth knowledge and understanding of the most recent developments in the field.
- Strong background in theory of health behavior and the translation of theory into practice, a valuable tool in public health, community as well as clinical nutrition settings.
- Skills in planning, conducting, and evaluating food and nutrition programs and interventions.
- The ability to communicate nutrition messages effectively to a wide variety of audiences.
- Hands-on experience in designing and conducting research including identifying research hypotheses, developing surveys, collecting and analyzing data, as well as interpreting results and write-up. All students will be encouraged to publish their work.

Admission Requirements

Applicants to the program must meet the general admission requirements for Sage Graduate Schools. An interview with the Director of Graduate Programs in Nutrition is recommended.

Registered Dietitians with Graduate Credits

Official transcripts will be evaluated. A maximum of nine graduate credits or 25 percent of the degree, whichever is greater, may be transferred from another institution if such work was completed within five years of the first course counted toward the MS degree at Sage. Transferred credits must be a “B” or better.

Registered Dietitians Who Completed the Sage Graduate School Dietetic Internship

Credits earned through the Sage Graduate School Dietetic Internship will apply to the MS in Applied Nutrition. Students must complete the remaining 21 credits including a master’s project (NTR 690 and NTR 691) in order to graduate with an M.S. in Applied Nutrition.

Applicants with Bachelor's Degree in a Field Other Than Nutrition

Official transcripts will be evaluated. Certain nutrition prerequisites (normally NTR 201, NTR 501, and NTR 503) will be required in preparation for graduate study. Additional basic courses needed are Introdution to Psychology, Statistics, and Anatomy and Physiology I and II. General and Organic chemistry are highly recommended.

General Information

Students may attend the MS degree program on a full-time or part-time basis. The program is a minimum of three to four terms for full-time students. Working students and commuting students will find courses conveniently scheduled. Courses are typically offered weekly during the evening, but may also be offered during the day or on an every-other-week or a weekend institute basis.

Program Summary

Core Courses

Item #	Title	Credits
NTR 561	Nutrition Programs and Interventions: Theory & Practice	
NTR 562	Weight Management	
NTR 555	Nutrition Research: Interpretation and Communication	
NTR 553	Epidemiology for the Health Sciences	
NTR 535	Leadership Development	

Support Courses

* Support Courses may be replaced with 6 elective credits for students with a Bachelor's degree in Nutrition.

Item #	Title	Credits
NTR 501	Nutrition Metabolism I: Macronutrients	
NTR 503	Nutrition Metabolism II: Micronutrients	
NTR 507	Nutrition Counseling Across the Lifespan	

Research Methods Courses

Item #	Title	Credits
NTR 551	Research Methods for the Health Sciences	
NTR 690	Directed Research I	
NTR 691	Directed Research II	

- For Students with a Bachelor's Degree in Nutrition : 30
- For Students with a Bachelor's Degree in a field other than Nutrition : 33

	Total Credits	30-33