

4-2018

# University Of New England: Master Of Science In Applied Nutrition 2018/2019 Curriculum And Course Descriptions

UNE Applied Nutrition Program

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## Recommended Citation

UNE Applied Nutrition Program, "University Of New England: Master Of Science In Applied Nutrition 2018/2019 Curriculum And Course Descriptions" (2018). *Applied Nutrition Program Documents*. 6.  
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**University of New England: Master of Science in Applied Nutrition**  
**2018/2019 Curriculum and Course Descriptions**

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## **Master of Science in Applied Nutrition**

### **Accreditation**

All programs at the University of New England are accredited by the New England Association of Schools and Colleges (NEASC).

### **Master of Science in Applied Nutrition Curriculum**

#### **REQUIRED COURSES:**

- APN 601 Trends and Issues in Nutrition and Global Food Systems
- APN 605 Nutrition Across the Lifespan (pre-req: 601)
- APN 610 Research Methods (pre-req: 605)
- APN 615 Nutrition and Metabolism (pre-req: 610)
- APN 620 Nutrition Education and Health Behavior Change (pre-req: 605)
- APN 625 Nutrition Practice for Health Promotion and Disease Prevention (pre-req: 605)

#### **Degree Focus: Generalist**

- Complete 6 required courses (APN 601, 605, 610, 615, 620 and 625)
- Complete 5 courses from APN 700 level course offerings
- Complete 1 Capstone course (APN 725 or 755)

#### **Degree Focus: Business, Social Media, and Entrepreneurship**

- APN 701 Nutrition, Wellness, and Multimedia Communication (pre-req: 615)
- APN 705 Online Research and Advanced Research Methods (pre-req: 701)
- APN 710 Media and Ethics in Nutrition (pre-req: 605)
- APN 715 Measuring Social Media Impact (pre-req: 701)
- APN 720 Nutrition Branding Using Social Media
- APN 725 Entrepreneurship and Business Development

#### **Degree Focus: Obesity and Health Promotion**

- APN 730 Medical Nutrition Therapy (pre-req: 615)
- APN 735 Nutrition Leadership, Community Nutrition and Wellness (pre-req: 605)
- APN 740 Nutrition and Nutrition Information in the Media (pre-req: 605)
- APN 745 Overweight and Obesity (pre-req: 730)
- APN 750 Clinical Management of Overweight and Obesity (pre-req: 745)
- APN 755 Applied Nutrition Capstone

### **Degree Focus: Nutrition and Disease Prevention**

- APN 730 Medical Nutrition Therapy (pre-req: 615)
- APN 760 Micronutrients: Nutrition and Functional Applications (pre-req: 730)
- APN 765 Nutrition Therapy for Clinical Practice (pre-req: 730)
- APN 770 Nutrition Counseling and Communication (pre-req: 620)
- APN 775 Advanced Nutrition Research
- APN 755 Applied Nutrition Capstone

### **Course Descriptions**

#### **APN 601 Trends and Issues in Nutrition and Global Food Systems**

Current trends and issues relating to nutrition, food, and food products are examined. Topics may include the organic movement, nutrition and health related product trends in modern society, food and the economy, food politics and food labeling. Global food systems and trends will be explored. Socio-cultural and socioeconomic impacts on food behaviors and health will be discussed. Students will apply course concepts to their practice and/or area of study and expertise.

#### **APN 605 Nutrition Across the Lifespan (pre-req: 601)**

Nutrition requirements and metabolism from preconception through older adulthood are examined. The impacts and effects of culture, environment, economy and mental and physical health on nutrition status across the life cycle are explored. Metabolism of macronutrients, nutrition assessment methodologies, and specific concerns for each life cycle stage are emphasized.

#### **APN 610 Research Methods (pre-req: 605)**

Research methods and research design commonly used in nutrition research are examined. Topics include defining research questions, developing hypotheses, writing research goals and objectives, reviewing and interpreting literature, choosing appropriate research designs and understanding and summarizing relevant data. Professional presentation of research findings is emphasized.

#### **APN 615 Nutrition & Metabolism (pre-req: 610)**

The normal and disordered metabolism of carbohydrates, protein, fats, vitamins, and water, and the physiological actions of these nutrients are examined. Topics include macronutrient and micronutrient absorption, transport, and excretion, the regulation of biochemical and enzymatic pathways, variability in the bioavailability of vitamins and minerals, and the impacts of nutrient toxicity and deficiency on human and animal models.

#### **APN 620 Nutrition Education and Health Behavior Change (pre-req: 605)**

Health behavior theories and practices utilized to facilitate healthful behavior change in a variety of nutrition education, counseling, and clinical settings are examined. Topics include motivational interviewing, practice of professional and engaged verbal and nonverbal

communication, active listening, practitioner directed goal setting and group counseling. The design and evaluation of nutrition counseling and educational practices are explored.

**APN 625 Nutrition Practice For Health Promotion and Disease Prevention (pre-req: 605)**

Nutrition and health promotion and the role of nutrition in disease prevention are examined. Topics include exploring theory-based approaches to lifestyle and behavior modification to advance the health and nutriture status of individuals and communities, development of culturally and age appropriate health promotion practices, current research on the ways diet, environment and nutrition influence the incidence and prevalence of chronic diseases at individual and population levels, and best-practices in health promotion. Students develop a practical approach to explore or address health promotion and disease prevention for a target population.

**APN 701 Nutrition, Wellness, and Multimedia Communications (pre-req: 615)**

Strategic use of multimedia communications tools in the nutrition and wellness industry will be examined. Theories of mass communication, including contemporary perspectives and their application to current nutrition and wellness practice are emphasized. Topics include professional and ethical approaches to communication, multimedia writing, use of media for Integrated Marketing Communication (IMC), integration of marketing, and branding and public relations in multimedia and marketing campaigns.

**APN 705 Online Research and Advanced Research Methods (pre-req: 701)**

Advanced research methods and conducting online research will be examined. Appropriate use of qualitative and quantitative research design, methodology, data collection, and analyses will be emphasized. Topics include determining appropriate research design, population size, recruiting research participants, the use of valid and reliable measurement instruments to address research question(s), use of statistical software in analyzing and interpreting data, and presentation of research findings.

**APN 710 Media and Ethics in Nutrition (pre-req: 605)**

Media organizations, their audiences, and the ethics of advertising will be examined. Best-practices, transparency and risk mediation in advertising will be explored. Topics include communicating with potential clients in both industry and non-profit sectors, seeking grant funding for nutrition initiatives, accuracy in advertising, privacy and trust, and their application within the context of nutrition and wellness settings.

**APN 715 Measuring Social Media Impact (pre-req: 701)**

Social media metrics used to inform marketing campaigns and budgeting decisions will be explored. Analyzing social media metrics and developing strategies for viable advertising and social media information dissemination campaigns concerning nutrition and wellness will be emphasized. Topics include how to evaluate and manage the return on investment (ROI) of social media efforts and campaign strategy modification based on the outcomes of metric analyses and data visualization and presentation strategies.

**APN 720      Nutrition Branding Using Social Media**

Branding strategies and Integrated Marketing Communication (IMC) plans will be examined. Branding choice and graphic design, appropriate tools for branding and social media engagement and strategies to maximize the impact of social media on branding efforts will be explored. Topics include IMC analysis, mapping and auditing the competitive landscape approaches to increasing efficacy of social media engagement.

**APN 725      Business Development and Entrepreneurship**

Small business development in the nutrition and wellness industry will be examined. Strategic decision making and leadership will be emphasized. Topics include the development of business plans, assessing the risk of business concepts, and identifying strategies for success in competitive, traditional and emerging markets. This capstone course will culminate in a business plan, feasibility study, market analysis report or other project or work-product approved by the Instructor.

**APN 730      Medical Nutrition Therapy (pre-req: 615)**

Nutrition principles, clinical nutrition assessment, the development, use, and monitoring of therapeutic diets, and nutrition support in the treatment and prevention of disease will be examined. Topics include lifestyle strategies and nutrition and therapeutic based interventions to correct nutrition insufficiencies, promote optimal health, and prevent, manage or correct medical problems.

**APN 735      Nutrition Leadership, Community Nutrition and Wellness (pre-req: 605)**

Nutrition behavior, public health implications of nutrition status, nutrition education initiatives and leadership in the nutrition and wellness fields will be examined. Development of educational materials and programs for a range of settings will be explored and dissemination of professional education materials for a variety of audiences will be emphasized.

**APN 740      Nutrition and Nutrition Information in the Media (pre-req: 605)**

Commercial and media influence on concepts of physical and mental health, wellness, nutrition and nutrition education will be examined. Commercialization and consolidation of food systems and the impacts on nutrition are explored. Topics include food labeling, food advertising, the impact of consumers and food businesses on food supply and policy, food lobbyists and policy practices impacting consumer habits, social influences of advertising on the impact of food choices, and media dissemination of nutrition information.

**APN 745      Overweight and Obesity (pre-req: 730)**

The epidemiology, etiology, and pathophysiology of overweight and obesity are examined. Complications in management of overweight and obesity are explored. Topics include public health, psychosocial and economic factors impacting overweight and obesity, current educational and theoretical models used to combat overweight and obesity, and emerging research on the causes of overweight and obesity.

**APN 750      Clinical Management of Overweight and Obesity (Pre-req: 745)**

The management and treatment of overweight and obesity are examined. Treatment approaches including medical, behavioral, and lifestyle management interventions are explored. Current practices will be critically reviewed and appropriate research methodology for proposing clinical or behavioral research will be examined. Clinical management of overweight and obesity across the population will be emphasized. Topics include specific treatment strategies in managing overweight, obesity, and related disease processes, implementing best-practices in clinical and counseling environments and appropriate and effective counseling modalities.

**APN 755      Applied Nutrition Capstone**

The latest theories, research, policy, and practices relating to a variety of nutrition concepts, controversies and practice will be applied to a relevant area of the students choice and approved by the instructor. This capstone course will culminate in a paper or project such as: a proposal of and explanation for new research, a research investigation of an educational or clinical question or practice, a proposal to modify current policy or practice, or a proposal to research, develop and/or implement new approaches to the management and treatment of a nutrition or wellness concern.

**APN 760      Micronutrients: Nutrition and Functional Applications (pre-req: 730)**

This course examines the role of micronutrients and micronutrient metabolism in human health and nutrition, specifically the digestion, absorption, transport, storage and excretion of vitamins and minerals. Homeostatic mechanisms and micronutrient interactions with dietary, organic and inorganic compounds will be explored. Topics will include micronutrients and medical nutrition therapy, micronutrient toxicity and deficiency, bioavailability of micronutrients and clinical implications of micronutrient status.

**APN 765      Nutrition Therapy for Clinical Practice (pre-req: 730)**

The epidemiology and etiology of nutrition-related disease will be examined. Dietary, lifestyle and behavior change approaches in chronic disease prevention and management will be emphasized. Disease prevention and management using dietary modification and specialized therapies will be emphasized. Topics include specialized treatment for the critically wounded or ill, nutrition-related disease prevention, nutrition therapies for genetic and chronic disease states and therapeutic approaches to disease management.

**APN 770      Nutrition Counseling and Communication (pre-req: 620)**

The role of the nutrition professional in promoting general health and wellness through a variety of communication methods will be examined. Theoretical models of nutrition counseling and behavior change and evidence-based nutrition intervention design strategies are emphasized. Topics include calculation of diet modifications for a variety of disease states, development of educational materials, techniques for communicating nutrition information to individuals, use of multimedia communication strategies, and culturally appropriate information dissemination strategies.

**APN 775      Advanced Nutrition Research**

Critical review and evaluation of current nutrition and wellness literature will be examined. Development and presentation of nutrition related research will be performed. Quantitative and/or qualitative research methods including research design and methodology, data collection and analysis and interpretation of findings will be employed. Topics include appropriate use of statistical software, Continuous Quality Improvement (CQI) processes, research design, implementation and evaluation methods for a variety of nutrition research initiatives, and professional presentation of research findings.

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