

# Accelerated Master of Science in Human Nutrition (AMP) The University of Alabama Department of Human Nutrition and Hospitality Management



An accelerated master’s degree through the University Scholars Program can help *first time undergraduate students* get a jump start on their master’s degree. With this program, undergraduate students enrolled at The University of Alabama may count up to 15 credit hours toward both their undergraduate and master’s degrees.

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 develops research skills, stimulates independent thought, and provides up-to-date knowledge in food and nutrition.

Additionally, to become a Registered Dietitian, you will need to take all of the courses required for the DPD verification statement, complete an accredited supervised practice program, and pass the national registration exam. The AMP allows you to *substitute* select graduate level classes for some of the required DPD undergraduate classes. In other words, you can be working towards completing up to ½ of your master’s degree in Human Nutrition *while* you are also completing your undergraduate degree and DPD coursework.

### DPD Coursework Taken Prior to Applying to the Master’s Program (Prerequisites)

Prior to applying to AMP, you will need to have completed most of your general education requirements and the following courses:

UA Equivalent	Course	Credit Hours
CH 104	Introductory Chemistry + Lab	4
CH 105	Introductory Organic Chemistry + Lab	4
BSC 215	Human Anatomy & Physiology I + Lab	4
BSC 216	Human Anatomy & Physiology 2 + Lab	4
BSC 242	Microbiology + Lab	4
PY 101	Introduction to Psychology	3
NHM 101	Introduction to Nutrition	3
NHM 195	Introduction to Dietetics and Nutrition	1
NHM 201	Nutrition through the Lifecycle	3
NHM 253	Food Science	3
NHM 372	Introduction to Food Service Management	3
NHM 373	Purchasing, Design, and Risk Management in Food-Service Systems	3
	Statistics	3

These courses may have different names or numbers at your last institution. Prior coursework may be transferred to The University of Alabama to meet the requirements for the verification statement. You can take all of the courses at The University of Alabama, however, the courses highlighted in **red** are not offered by distance at UA. Keep in mind that transfer credit is not evaluated until after admission is granted.

For the master's degree, there are three tracks available: **Clinical, Community, and Generalist**. Students who do not stipulate a concentration on their application follow the Generalist Track.

The tables on the next three pages outline the requirements for each track and highlight the select graduate courses that can be taken *in lieu of* undergraduate DPD requirements.

### 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 based medicine.*
- *Critically evaluate nutrition research and apply results to practice.*

Clinical Nutrition Concentration	
<b>Research Core</b>	<b>Instead Of:</b>
HES 509: Research Methods	NHM 295: Introduction to Research in Food and Nutrition
CHS 525: Biostatistics	
<b>Required Nutrition Core</b>	
NHM 561: Advanced Vitamin and Mineral Metabolism	NHM 362: Nutrition at the Cellular Level
NHM 562: Metabolism of Energy Nutrients	NHM 361: Nutritional Biochemistry
NHM 557: Childhood Obesity OR NHM 558: Nutrition in the Prevention and Treatment of Chronic Disease	
NHM 567: Nutrition Support for the Critically Ill	
NHM 568: Nutrition for the Older Adult	
3 graduate electives (1 must be designated NHM)	
<b>Graduate courses that could be used as electives towards the M.S. and can also be substituted for required DPD courses</b>	<b>Additional Required DPD Courses</b>
NHM 550: Advanced Community Nutrition I	NHM 340: Community Nutrition
–	NHM 363: Applied Nutrition
–	NHM 365: Medical Nutrition Therapy I
–	NHM 374: Quantity Food Production and Service
NHM 551: Advanced Community Nutrition II (requires NHM 550 as a prereq)	NHM 441: Nutrition Education
NHM 530: Advanced Nutrition Counseling	NHM 442: Nutrition Care Process
–	NHM 454: Experimental and Functional Food Science
NHM 566: Advanced Clinical Nutrition	NHM 465: Medical Nutrition Therapy II
–	NHM 475: Management of Food Service Systems
–	NHM 491: Directed Professional Individual Study
<b>Additional Requirements</b>	
Capstone Experience	

## Community Nutrition Concentration

The concentration in community nutrition meets the *Advanced Practice Guidelines for Community Nutrition and Public Health Nutrition Practice; 3<sup>rd</sup> 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.*

Community Nutrition Concentration	
<b>Research Core</b>	<b>Instead of:</b>
HES 509: Research Methods	NHM 295: Introduction to Research in Food and Nutrition
CHS 525: Biostatistics	
CHS 520: Epidemiology	
<b>Nutrition Core</b>	
NHM 550: Advanced Community Nutrition I	NHM 340: Community Nutrition
NHM 551: Advanced Community Nutrition II	NHM 441: Nutrition Education
NHM 557: Childhood Obesity OR NHM 558: Nutrition in the Prevention and Treatment of Chronic Disease	
NHM 555: Maternal and Infant Nutrition	
NHM 556: Child and Adolescent Nutrition	
2 graduate electives (1 must be designated NHM)	
<b>Graduate courses that could be used as electives towards the M.S. and can also be substituted for required DPD courses</b>	<b>Additional Required DPD Courses</b>
NHM 561: Advanced Vitamin and Mineral Metabolism	NHM 362: Nutrition at the Cellular Level
NHM 562: Metabolism of Energy Nutrients	NHM 361: Nutritional Biochemistry
–	NHM 363: Applied Nutrition
–	NHM 365: Medical Nutrition Therapy I
–	NHM 374: Quantity Food Production and Service
NHM 530: Advanced Nutrition Counseling	NHM 442: Nutrition Care Process
–	NHM 454: Experimental and Functional Food Science
NHM 566: Advanced Clinical Nutrition	NHM 465: Medical Nutrition Therapy II
–	NHM 475: Management of Food Service Systems
–	NHM 491: Directed Professional Individual Study
<b>Additional Requirements</b>	
Capstone Experience	

## 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	
<b>Research Core</b>	<b>Instead Of:</b>
HES 509: Research Methods	NHM 295: Introduction to Research in Food and Nutrition
CHS 525: Biostatistics	
<b>Nutrition Core</b>	
NHM 561: Advanced Vitamin and Mineral Metabolism	NHM 362: Nutrition at the Cellular Level
NHM 562: Metabolism of Energy Nutrients	NHM 361: Nutritional Biochemistry
NHM 555: Maternal and Infant Nutrition OR NHM 567: Nutrition Support for the Critically Ill	
5 graduate electives (3 must be designated NHM)	
<b>Graduate courses that could be used as electives towards the M.S. and can also be substituted for required DPD courses</b>	<b>Additional Required DPD Courses</b>
NHM 550: Advanced Community Nutrition I	NHM 340: Community Nutrition
–	NHM 363: Applied Nutrition
–	NHM 365: Medical Nutrition Therapy I
–	NHM 374: Quantity Food Production and Service
NHM 551: Advanced Community Nutrition II (require NHM 550 as a prereq)	NHM 441: Nutrition Education
NHM 530: Advanced Nutrition Counseling	NHM 442: Nutrition Care Process
–	NHM 454: Experimental and Functional Food Science
NHM 566: Advanced Clinical Nutrition	NHM 465: Medical Nutrition Therapy II
–	NHM 475: Management of Food Service Systems
–	NHM 491: Directed Professional Individual Study
<b>Additional Requirements</b>	
Capstone Experience	

## Electives

Electives must be approved by the student's academic advisor. Examples of 3-hour courses the student may choose include:

- 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
- CHS 520: Basic Epidemiology
- CSM 537: Developing the Leader Within
- CSM 575: Entrepreneurship in HES
- NUR 516: Advanced Diabetes Management

## Potential Student Concerns

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 officer. Your financial aid plan may limit the number of undergraduate classes that can be taken as a graduate student.

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.

## Who Qualifies for AMP?

- Students with a current GPA of at least **3.5** and **90 or more credit hours**.

## How to Apply

Go to the graduate admission website at [graduate.ua.edu](http://graduate.ua.edu) to apply. Click on *Apply Now*, and follow the directions to apply on the website. **Select the AMP or Scholars option in the application. Please also specify that you are applying to the AMP in your statement of purpose.**

Please specify a desired program track. Please review the 3 tracks outlined above, and be prepared select the appropriate track when filling out the application. This is an important decision. At the graduate level, applicants are accepted *only* to the program listed on the application. If you would like to pursue the generalist track, do not select a concentration.

There is a \$65 (domestic) and \$80 (international) non-refundable application fee. **These fees are waived for AMP applicants.** If you are asked to pay the fee, then you have not completed the application correctly.

Other necessary documents needed for the application are your statement of purpose, current resume, and three letters of recommendation (at least two of the letters should come from former professors). Letters of recommendation are waived for on campus students. You will find the area to upload these documents in the supporting documents section of your online application. You must have official transcripts sent from **ALL** colleges you have attended. Official transcripts should be emailed to [grad.transcripts@ua.edu](mailto:grad.transcripts@ua.edu) or mailed to:

The University of Alabama Graduate School  
102 Rose Administration  
Box 870118  
Tuscaloosa, AL, 35487

If you have any questions regarding the application process, please contact the graduate school during business hours (8am to 4:30 pm CST) at (205) 348-5921.

### **Deadlines for Application**

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

### **Distance Education**

The AMP is available through distance education. The degree requirements and course content are the same regardless of where it is completed, on campus or through distance education.

### **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. This 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.

### **Becoming a Registered Dietitian**

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

1. A bachelor's degree at a U.S. regionally accredited college or university.
2. Receive a DPD verification statement from an ACEND accredited college or university. This statement verifies that you have taken all of the required coursework needed for entry into a supervised practice program and met all program requirements.
3. Apply, be accepted and complete a supervised practice program through an ACEND accredited program. These programs are very competitive. Successful candidates tend to have an overall GPA of greater than 3.6 out of 4.0 and are highly recommended by faculty.
4. Pass the National Registration exam. To take the exam, the student must provide proof of successful completion of the ACEND accredited supervised practice program and the DPD verification statement.

### **To complete and meet all the DPD requirements and receive a Verification Statement, a student:**

1. Must maintain an overall GPA of 3.0 or higher.
  2. Must make a B- or higher in all DPD Professional courses (NHM designated and BER 345) or equivalent.
  3. Must make a C- or higher in all "DPD Science courses" and PY 101 (or equivalent).
  4. Must complete the courses required for the DPD
  5. Must earn at the minimum a bachelor's degree
  6. 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
  7. May only have a total of 2 retakes in one "DPD Professional Course" (NHM designated and BER 345), or 1 retake in up to two different DPD Professional Courses (excluding original attempt) to earn the required grade.
- Note: The re-take policy applies to all DPD Professional courses and BER 345 equivalent courses regardless of whether they were taken at UA or transferred from another institution.

**Course work counted toward the DPD verification statement from The University of Alabama**

Required DPD Courses	Credit Hours	Graduate Level Substitute	When should I take the course?		
			Before I apply to the Graduate Program	In the semester I apply to the Graduate Program	After I start the Graduate Program
CH 104: Introductory Chemistry + Lab	4		X		
CH 105: Introductory Organic Chemistry + Lab	4		X		
BSC 215: Human Anatomy & Physiology I + Lab	4		X		
BSC 216: Human Anatomy & Physiology II + Lab	4		X		
BSC 242: Microbiology + lab	4		X		
Undergraduate Statistics	3		X		
PY 101: Introduction to Psychology	3		X		
NHM 101: Introduction to Nutrition	3		X		
NHM 195: Introduction to Dietetics and Nutrition	1		X		
NHM 201: Nutrition through the Lifecycle	3		X		
NHM 253: Food Science	3		X		
NHM 295: Introduction to Research in Food and Nutrition	1	HES 509			X
NHN 340: Community Nutrition	3	NHM 550			X
NHM 361: Nutritional Biochemistry	3	NHM 562			X
NHM 362: Nutrition at the Cellular Level	3	NHM 561			X
NHM 363: Applied Nutrition	3			X	
NHM 365: Medical Nutrition Therapy I	3				
NHM 372: Introduction to Food Service Management	3		X		
NHM 373: Purchasing, Design, and Risk Management in Food-Service Systems	3		X		
NHM 374: Quantity Food Production and Service	3			X	
NHM 441: Nutrition Education	1	NHM 551			X
NHM 442: Nutrition Care Process	2	NHM 530			X
NHM 454: Experimental and Functional Food Science	3				X
NHM 465: Medical Nutrition Therapy II	3	NHM 566			X

NHM 475: Management of Food Service Systems	3				X
NHM 491: Directed Professional Individual Study	3				X

\*Courses highlighted in red are not offered through distance education at The University of Alabama.

**Please note that there are no graduate level alternatives for general education hours. Plan to take the majority of your general education electives prior to applying to AMP.**

Program related questions can be directed to:

**Dr. Tiffany Hylton, RDN, LD**  
Director of Master's Program in Human Nutrition  
Russell Hall 446  
Office phone: 205-348-6973  
Email: [tmhilton@ches.ua.edu](mailto:tmhilton@ches.ua.edu)