

# LEARN WITHOUT LIMITS AU ONLINE

MS Nutrition Education  
2025-2026



AMERICAN UNIVERSITY  
WASHINGTON, DC



# Table Of Contents

About AU	03
Why Choose American University?	04
Learning That Fits Your Life	05
MS Nutrition Education	06
Core Modules	07
Who Is This Program For?	08
Entry Requirements	09
Meet Your Program Director	10
Tuition Fees	11
Investing in Your Future	12
Where an AU Degree Takes You	13



# About AU

---

At American University, we believe that education should move with you, not the other way around. Whether you're building your career, switching paths, or looking to make a greater impact, AU offers the tools and flexibility to support your journey. Based in Washington DC, AU has been shaping global changemakers since 1893, with a strong foundation in international affairs, economics, public policy, and communication. Our location in the heart of the U.S. capital places students at the doorstep of embassies, think tanks, nonprofits, and government institutions, offering real-world opportunities to learn and lead.

Recognizing that today's professionals need more than a traditional classroom setting, AU has expanded its reach through dynamic online graduate programs. These programs are designed with working students in mind, offering the same academic excellence, faculty expertise, and engaging curriculum as our on-campus degrees, with the added benefit of studying on your own schedule, from anywhere in the world. Weekly milestones, collaborative projects, and one-on-one faculty support ensure that even online, you're never learning alone.

What sets AU apart is not just what you learn, but what you can do with it. Our graduates are prepared to think critically, act ethically, and lead boldly in their fields. With dedicated career services, personalized academic guidance, and access to a global alumni network, AU supports your success long after graduation. The numbers speak for themselves: 91 percent of our graduates are employed or enrolled in further education within six months. Whether you're advancing your career or launching a new one, AU helps turn ambition into real-world impact.



### Career Potential

Projected job growth ranges from

**6-29%**

for occupations in health, health education and services, and related management roles from 2023 to 2033

# Why Choose American University?

---

### Learn from Top Faculty:

Professors are respected health and nutrition experts who bring years of real-world experience into the classroom.

### Career-Focused:

91% of AU graduates are employed or in further study within six months.

### Flexible & Accessible:

Designed for busy professionals with full-time jobs or family responsibilities.

### Global Network:

Join an alumni community working in nutrition and health across a range of settings, including public health agencies, hospitals, research institutions, non-profits, and global health organizations.

# Learning That Fits Your Life

---

AU Online is powered by Canvas, a modern and user-friendly learning management system designed to make virtual education seamless, flexible, and engaging. The platform supports an asynchronous learning model, meaning students can access course content, contribute to discussions, and complete assignments on their own time—perfect for working professionals, parents, or anyone balancing multiple responsibilities.



## Video lectures and downloadable readings

Each course includes high-quality video lectures and downloadable readings curated by expert faculty, making complex concepts accessible and actionable.



## Discussion forums to share insights and perspectives

Discussion forums provide space for meaningful dialogue, where students exchange ideas, share perspectives, and learn from each other's diverse professional and cultural backgrounds.



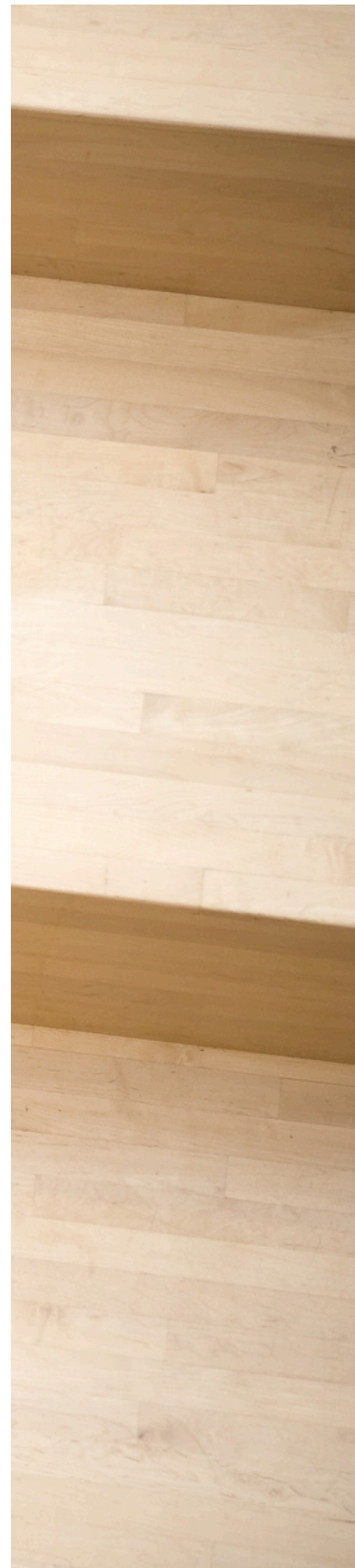
## Faculty office hours and 1:1 support

To support students every step of the way, AU faculty offer virtual office hours, personalized feedback, and 1:1 guidance throughout the term.



## Mobile-friendly access for on-the-go learning

The Canvas platform is fully mobile-friendly, so whether you're on a commute, traveling, or simply away from your desk, you can stay connected to your studies.



# MS Nutrition Education

In a world where health and nutrition are increasingly central to public well-being, skilled nutrition educators play a vital role in creating lasting change. American University's online Master of Science in Nutrition Education empowers you with the knowledge and tools to influence health behaviors at the individual, community, and policy levels. From developing effective education programs to advocating for healthier food environments, this program prepares you to lead efforts that improve nutrition outcomes across diverse communities.



**Program Length:** 22-24 Months

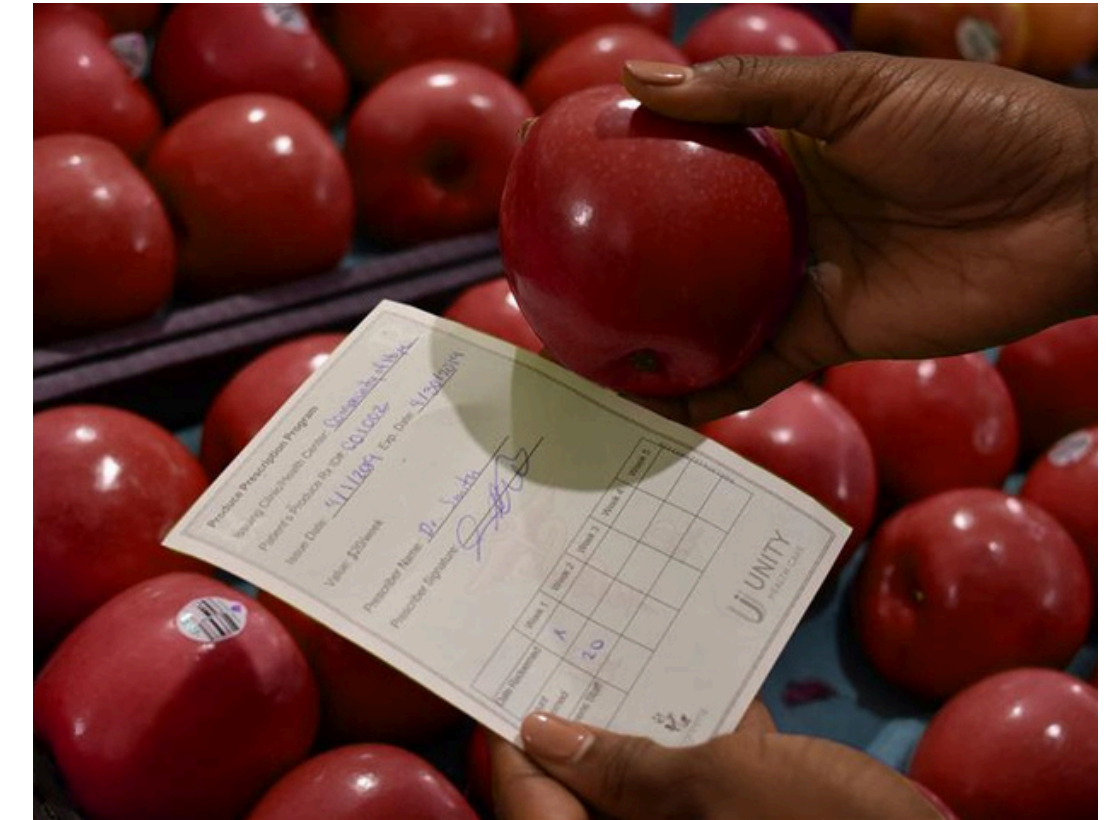
**Credit Hours:** 30

**Total Courses:** 10

**Cost per Credit:** \$1298

# Core Modules

This program allows you to complete **10 courses** over semesters, earning your degree in less than two years while balancing your career and personal commitments. Explore the complete course catalog [online](#)



## HLTH 640 Nutrition Program Design

This course introduces students to advanced principles in program planning for nutrition education activities. Building on nutrition education methods, this course emphasizes the development, implementation, and evaluation of nutrition programs to effectively reduce the risk factors associated with chronic disease and improve health.

## HLTH 641 Health Communication

This course explores the development and growing importance of communicating health messages to a variety of audiences. The course covers how to identify and plan for distinct forms of delivering health messages to consumers, professionals, and large groups through various communication methods and social marketing. The social-ecological model is used as a framework to address communication at various levels.

## HLTH-650 Behavior Change in Health Promotion

This course provides students with an overview of the theory and application needed for assisting individuals and groups with changing lifestyle behaviors related to nutrition. Cognitive behavior techniques are considered to support changing lifestyle behaviors such as smoking, obesity, stress, or diet.

# Who Is This Program For?

American University's online MS in Nutrition Education is designed for dedicated individuals from a range of professional and academic backgrounds. Whether you're just beginning your journey, shifting careers, or seeking to lead systemic change in public health, this flexible, career-focused degree empowers you with the expertise to make a measurable difference in the lives of others.

1

## Aspiring Nutrition Professionals

If you're early in your career and passionate about health and wellness, this program provides a solid foundation in nutrition science, behavior change, and education strategies. It prepares you for roles such as community nutrition educator, wellness coach, or health promotion specialist.

2

## Professionals Looking to Specialize

You've been working in healthcare, education, fitness, or a related field and are ready to focus your career on nutrition. This degree provides the credentials and advanced knowledge to move into roles such as public health nutritionist, program coordinator, or nutrition consultant.

3

## Advocates for Health Equity and Community Impact

You're driven to improve access to nutrition education and promote healthier communities. Whether you work in schools, nonprofits, healthcare, or public policy, this program equips you to lead impactful initiatives, design effective interventions, and influence long-term health outcomes.



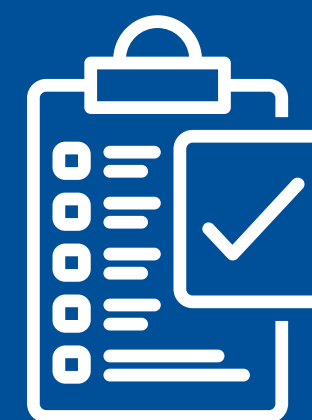


## Entry Requirements

American University's online MS Nutrition Education prepares you to translate nutrition science into practical guidance, and design effective programs that promote healthy behaviors and improve community well-being. To be considered for admission, you must hold a U.S. bachelor's degree or an internationally recognized equivalent, with a preferred GPA of 3.0 or higher. To be considered for one of our programs, you must have a U.S Bachelor's Degree or an internationally recognized equivalent, with a preferred GPA of 3.0 or above.

All applications are reviewed on a case-by-case basis, and we will also consider applicants with a lower GPA. Professional experience is recognized in lieu of academic qualifications, and those with at least two years of relevant experience are strongly encouraged to apply. Please note that some of our programs may have specific prerequisites that are required for entry into the program. This information can be found on the relevant program information [page](#).

### Required for your application:



- Personal identification document (e.g., passport or other ID)
- Official degree certificate and transcript as evidence of a minimum of a U.S. bachelor's degree or a recognized international equivalent
- A personal statement (300–500 words) explaining why you want to study this program
- Proof of English language proficiency, if applicable
- A resume and/or LinkedIn profile may be required for applicants who do not meet the standard entry requirements

Entry qualification documents must be submitted in English. In many cases, your school or university can provide an official English transcript. If not, you will need to submit official translations along with verified copies of the originals.

# Meet Your Program Director

---

MS in Nutrition Education

## Dr. Dara W. Ford

**Qualifications:** PhD, RDN, LDN

**Position:** Program Director, Master of Science in Nutrition Education, Professorial Lecturer

**Department:** Department of Health Studies

Dara Ford is the Program Director, Master of Science in Nutrition Education, and a Professorial Lecturer in the Department of Health Studies. Dara became a Registered Dietitian Nutritionist following the completion of her undergraduate degree in Nutritional Sciences, and then sought to complete her doctoral work. While earning her PhD at Penn State University, Dara explored the relationships between health-related quality of life and mortality outcomes in an elderly population. She also contributed to the development of a tool used to evaluate diet quality in this population. This research fueled her desire to work with future educators, to improve quality of life through nutrition education, with an emphasis on scientific rigor. Dara has a decade of teaching experience in both in-person and online settings, at the undergraduate and graduate level, and enjoys working with students in the classroom and beyond.





# Tuition Fees

---

At American University, tuition for a 10-course (30-credit) program is \$38,940, with a per-credit rate of \$1,298. Scholarships, if awarded, are applied on top of the total tuition and distributed throughout the duration of the degree. For Academic Year 2025–2026, there is a \$165 per semester fee for technology and support services. Fees are subject to annual adjustments by the university.

## Payment Options

- Tuition can be paid in full upfront or by semester, based on registered courses.
- Tuition bills are due each semester—monthly or quarterly payment plans are available

## A Smart Investment

- 90 percent of master’s degree recipients (May 2024) were employed within six months of graduation.
- Nearly all were working in roles related to their field of study.
- 73 percent of graduates earned \$60,000 or more within six months.
- 32 percent earned \$80,000 or more.
- 29 percent of master’s graduates are employed in private, for-profit companies.

AU’s graduate students benefit from robust career services, including lifetime support from the Career Center, a global alumni network of over 150,000 professionals in more than 170 countries.

# Investing in Your Future

**Example Enrollment Plan (assuming a Fall semester start)**

You'll complete the 30-credit program over six semesters, taking a mix of 3 and 6 credits per term. A standard course at American University is typically worth three credits.

Semester	Credits	Tuition \$1,298/credit	Support Service Fee	Semester Total
Semester 1 (Fall)	6	\$7,788	\$165	\$7,953
Semester 2 (Spring)	6	\$7,788	\$165	\$7,953
Semester 3 (Summer)	3	\$3,894	\$165	\$4,059
Semester 4 (Fall)	6	\$7,788	\$165	\$7,953
Semester 5 (Spring)	6	\$7,788	\$165	\$7,953
Semester 6 (Summer)	3	\$3,894	\$165	\$4,059
<b>Total</b>	<b>30</b>	<b>\$38,940</b>	<b>\$990</b>	<b>\$39,930</b>

Please note that while tuition is fixed for the duration of the program, university fees are subject to change and may be adjusted annually.

# Where an AU Degree Takes You

Graduates of the MS in Nutrition Education at American University enter the workforce equipped with scientific expertise, behavior change strategies, and practical experience essential for today's evolving nutrition landscape. Whether designing community programs, promoting wellness in schools and workplaces, or advocating for public health policies, AU alumni are transforming nutrition education into a powerful driver of healthier communities.

## 87%

- 87% of graduates are either employed full- or part-time, enrolled in further graduate studies, or successfully managing both simultaneously.
- 5% are actively seeking employment.

## 52%

- 52% of graduates pursue careers in the for-profit sector
- Many assume leadership roles in public health nutrition, wellness program management, and nutrition education within nonprofit organizations, government agencies, and educational institutions.

## 25%

- 25% earn more than \$90,000 annually
- Competitive salaries reflect roles in the food industry, corporate wellness programs, and private consulting.

"When I was looking for a Master's program. I wanted something that would give me a strong solid foundation in the science of nutrition, combined with an educational component that would teach me how to communicate the science in a way that people will understand its importance in their overall health and wellness. With this degree, I hope to really focus my education in community nutrition, particularly with a preference in underserved communities, teaching individuals and communities how to use nutrients to possibly decrease disease risk or progression of disease "

Senita Beverly, MSNE Graduate Student



# Ready to take the next step toward your future?

Our admissions team is here to help you with questions about programs, application requirements, scholarships, and more.



<https://www.american.edu/global-online/>



[globalsupport@american.edu](mailto:globalsupport@american.edu)



[Book a call](#)



AMERICAN UNIVERSITY  
WASHINGTON, DC