



## Master of Science

## Nutrition Education - Online

### Program Overview:

The Master of Science in Nutrition Education at American University equips students with the knowledge and skills to become leaders in the field of nutrition and education. The program focuses on the application of nutrition science to promote health, prevent chronic disease, and design effective nutrition education programs.

### Key Features:



100% Online format



Pathway to Advanced Credentials



Finish in as little as 20 months



Flexible, career-focused curriculum

### Program Objectives:

- Analyze and demonstrate scientific knowledge in nutrition.
- Critique and analyze scientific nutrition and disease studies and integrate evidence-based findings.
- Plan and implement a nutrition education program that is appropriate for diverse audiences.
- Evaluate a nutrition education program by using all steps of select models and theories.
- Effectively communicate nutrition-related information in an engaging and culturally relevant manner that is appropriate for diverse audiences.

### Specializations

The Master of Science in Nutrition Education at American University allows students to customize their education to fit their career goals. While the program provides a strong foundation in nutrition education, students can specialize by choosing electives in areas that enhance their expertise:

- **Health in Schools:** Focuses on promoting health and wellness in educational settings.
- **Sports Nutrition:** Delves into nutrition's role in athletic performance and fitness.
- **Vitamins and Minerals:** Explores the role of micronutrients in health and disease prevention.
- **Nutrition Epidemiology and Research Methods:** Offers a deeper understanding of how to conduct nutrition-related research, contributing to public health policy and decision-making.

### 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



AMERICAN UNIVERSITY  
WASHINGTON, DC

## 2025 Curriculum

The online program consists of 10 courses (30 credits), each eight weeks long, providing a comprehensive and flexible learning experience.

### Module

### Credits

HLTH-610 Life Cycle Nutrition

3

HLTH-625 Nutrition Epidemiology and Research Methods

3

HLTH-630 Nutrition Education Methods

3

HLTH-640 Nutrition Program Design

3

HLTH-641 Health Communication

3

HLTH-645 Nutrition for Health

3

HLTH-650 Behavior Change in Health Promotion

3

HLTH-655 Vitamins and Minerals

3

### Specialization (6 credit hours)

Complete one of the following specializations:

HLTH-525 Health in the School Environment

3

HLTH-530 Sports Nutrition

3

HLTH-570 Strategies for Weight Control

3



## Your Core Courses

### HLTH 610 Life Cycle Nutrition

This course explores the role of nutrition through the entire life span. Beginning with conception, and moving through pregnancy, early childhood feeding, adolescence, adulthood, and the elderly, each stage of the life cycle is discussed with an understanding of the physiological changes and their implications for nutritional factors. Special emphasis is placed on using this information in nutritional education programming.

### HLTH 625 Nutrition Epidemiology and Research Methods

In this course students learn how to design, implement, and analyze studies involving nutrition-disease associations. Research methods and their challenges are assessed in relation to epidemiology, focusing specifically on food and nutrition.

### HLTH 630 Nutrition Education Methods

In this course students explore the current status of nutrition and nutrition education, specifically in the United States, and identify the factors that influence nutrition status. Students learn to perform a needs assessment, and design and implement educational strategies.

### 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 645 Nutrition for Health

The role of nutrition in maintaining health and physical fitness is studied in relation to the responsibilities and opportunities of the manager of health fitness programs. Current food myths, diets for those in athletic programs, and special needs of overweight and underweight clients are included.

### 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.



## Your Core Courses

### HLTH-655 Vitamins and Minerals

This course explores the role of vitamins and minerals in maintaining cellular health through biochemical and physiological mechanisms. The course provides an in-depth view of specific vitamins and minerals as well as effective ways to translate this information towards efforts for prevention of chronic disease.

### 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.

