

Winthrop University

Department of Human Nutrition

Graduate Program Handbook

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**MS Human Nutrition Handbook
Fall 2024**

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Program Goals and Objectives in Human Nutrition

Program Mission:

The Master of Science in Human Nutrition at Winthrop University provides advanced, evidence-based instruction in nutrition therapy and chronic disease prevention.

Program Goal:

The goal of the Master of Science in Human Nutrition at Winthrop University is to prepare graduate students to excel as nutrition professionals, meeting the changing needs of society and industry with a focus on nutrition therapy and chronic disease prevention.

Program Objectives:

A. Effectively communicate the impact that food and nutrition have on health and chronic disease prevention.

SLO: Students will be able to develop evidence-based resources for communicating health and chronic disease prevention information to the public.

Outcome Measurements:

- 80% of students in NUTR 608 will earn a grade of 80% or higher on their public health campaign presentation.
- 85% of students in NUTR 611 will earn a grade of 90% or higher on their community engagement project

SLO: Students will be able to demonstrate proficiency in metabolism as it relates to chronic disease and nutrition.

Outcome Measurements:

- 80% of students in NUTR 619 will earn an average of 85% or higher on the cumulative final exam.
- 80% of students in NUTR 624 will earn 85% or higher on their case study assignment.
- 80% of students in NUTR 521 will earn an average of 80% or higher on the cumulative final exam

B. Demonstrate their ability to provide evidence-based nutrition recommendations.

SLO: Students will be able to provide individualized, evidence-based nutrition recommendations.

Outcome Measurements:

- 85% of students in NUTR 624 will receive a grade of 80% or higher on their client presentation project.
- 85% of students in NUTR 617 will average a grade of 85% or higher on their assigned ADIME notes.
- 85% of students in NUTR 620 will average a grade of 85% or higher on their case study assignments.
- 85% of students in NUTR 621 will average a grade of 85% or higher on their case study assignments.

SLO: Students will be able to provide evidence-based population level nutrition recommendations.

Outcome Measurements:

- 80% of students in NUTR 608 will earn a grade of 80% or higher on their personal brand product.

SLO: Students will be able to develop evidence-based community programs.

Outcome Measurements:

- 100% of students in NUTR 611 will earn a grade of 80% or higher on their program planning assignment

C. Apply critical thinking skills to appropriately analyze and disseminate scientific literature in nutrition.

SLO: Students will be able to communicate scientific literature appropriate for delivery to scientific and lay populations.

Outcome Measurements:

- 80% of students in NUTR 619 will earn 90% or higher on their final communication assignment
- 80% of students in NUTR 624 will earn an average of 80% or higher on the week 12 discussion board post
- 100% of students in NUTR 600 will receive a grade of 80% or higher on their second 30-minute nutrition seminar on a faculty assigned topic
- 80% of students in NUTR 608 will earn an 80% or higher on their journal article review assignment

SLO: Students will demonstrate competency in design, interpretation, and ethical conduct of research.

Outcome Measurements:

- 80% of students in MATH 546 will earn an average of 85% or higher on their class discussion board posts

- 85% of NUTR 607 students will receive a grade of 80% or higher on their Evidence Analysis Library (EAL) assignment
 - 100% of NUTR 607 students will receive a grade of 80% or higher on their systematic literature review assignment
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Curriculum:

The MS in Human Nutrition requires six courses:

NUTR 600	Seminar in Food and Nutrition
NUTR 607	Research Methods
NUTR 611	Public Health and Global Nutrition
NUTR 619	Macronutrients
NUTR 624	Vitamin and Mineral Metabolism
MATH 546	Applied Statistics for the Sciences

1. Academic Advising and Course Enrollment

- If you are an MS-only student with authorized auto enrollment, you must have an advising session each semester with your assigned advisor. This session will be utilized for career advising and ensuring you are receiving appropriate support throughout the program.
- Override Form** – to request enrollment in a course that has reached its capacity or for which your pre-requisites are not linked to the graduate transcript (i.e. undergraduate courses). The link to complete a course override form is: https://winthrop.qualtrics.com/jfe/form/SV_ddnYXpKDHDrdRRz.
**Please note this link is only for overrides into NUTR courses. Each department has their own link. So, for Math or Biology you will need to contact the department chair to request their override link.*
- Graduate course absences are only excused for personal events with documentation and emergencies with immediate family members (i.e. grandparents, parents, or siblings).
- Primary form of communication is email. Please check your email regularly throughout each semester.

2. Academic Preparation Activities

- Review the metric system: volumes and weights.
- Review your basic nutrition materials if you have already introduced them.
- Refresh your math skills (statistics, solutions, proportions).
- To be ready to participate in on-campus research you should consider completing Human Subjects Research Modules provided by CITI training. Winthrop University has subscribed to the Collaborative Institutional Training Initiative (CITI) maintained at the University of Miami for provision of required training in the areas of Human Subject Research, The Care and Use of Animals in Research, Biosafety and Responsible Conduct of Research. When you complete

the modules, your name and record is automatically sent to SPAR here on campus. This allows you to participate in research sponsored by Winthrop. If you have completed this training in another course or as a research assistant, you DO NOT have to redo the course provided you are within the time span for certification. You simply need to provide proof of completion. You do not have to complete all modules in one sitting.

- a. Refresh your skills related to writing research papers. Both the APA and AMA styles are utilized in Human Nutrition.
- b. Complete a module on plagiarism from any University Library or choose one of these:
 - i. www.lib.usm.edu/legacy/plag/plagarismtutorial.php
 - ii. www.lib.utexas.edu/services/instruction/learningmodules/plagiarism/index.html
 - iii. Winthrop's "Correct Use of Borrowed Information"
www.winthrop.edu/cas/english/default.aspx?id=21084
- c. *Turnitin* is a plagiarism detection device meant to aid students and faculty in their joint effort to reduce plagiarism and promote originality in student papers, and may be used in your courses to detect plagiarism.
If you need to use *Turnitin*:
 - ✓ Go to *Turnitin* Home Page, click on "Create A User Profile". **You must be enrolled in a class that is using *Turnitin* before you can create a user profile.** In addition, your professor must have given you the class ID number and password for the class.
 - ✓ You must join ***each class*** for ***each Professor*** before you can submit papers to those classes. You ***cannot*** submit a paper to a class if the Professor has not created an assignment on *Turnitin*. **The following resource provide more information on using *Turnitin*:**
http://www.turnitin.com/en_us/training/student-training
- E. Winthrop University uses Blackboard Ultra as its Learning Management System. Important course information is posted on Blackboard. This may include course syllabi, announcements, lectures, discussion boards, assignments, quizzes, and exams posted on Blackboard. Faculty expect that you are familiar with Blackboard Ultra and utilize it daily to keep up with announcements and assignments. In addition to the University Online Learning System Requirements, Online MS students are required to have and be able to use a webcam.

Recommended Student Advising Flow: Curriculum Map

<p><i>Students with Nutrition Background Fall Admission</i></p> <p>Semester 1 - Fall:</p> <ul style="list-style-type: none"> • MATH 546 – Applied Statistics for the Sciences <ul style="list-style-type: none"> ◦ Pre-requisites met by admissions pre-requisites • NUTR 619 – Macronutrient Metabolism <ul style="list-style-type: none"> ◦ Pre-requisites: undergraduate nutritional biochemistry <p>Semester 2 - Spring:</p> <ul style="list-style-type: none"> • NUTR 607 – Research Methods <ul style="list-style-type: none"> ◦ Pre-requisites: MATH 546 • NUTR 624 – Vitamin and Mineral Metabolism <ul style="list-style-type: none"> ◦ Pre-requisites: NUTR 619 <p>Semester 3 - Summer:</p> <ul style="list-style-type: none"> • NUTR 600 – Seminar in Food and Nutrition <ul style="list-style-type: none"> ◦ Pre-requisites met by admissions requirements • ELECTIVE COURSE <ul style="list-style-type: none"> ◦ Elective options: NUTR 608, SCWK 601, SCWK 602, SPED 610 <p>Semester 4 - Fall:</p> <ul style="list-style-type: none"> • NUTR 611 – Public Health and Global Nutrition <ul style="list-style-type: none"> ◦ Pre-requisites met by admissions pre-requisites • ELECTIVE COURSE <ul style="list-style-type: none"> ◦ Elective Options: NUTR 620, NUTR 695, SCWK 601, SCWK 602, SPED 610 (based on availability), SPFA 619 (odd falls only), SPFA 625 (odd falls only) <p>Semester 5 - Spring:</p>	<p><i>Students with no Nutrition Background Fall Admission</i></p> <p>Semester 1 – Fall:</p> <ul style="list-style-type: none"> • MATH 546 – Applied Statistics for the Sciences <ul style="list-style-type: none"> ◦ Pre-requisites met by admissions pre-requisites • NUTR 521 – Nutritional Biochemistry <ul style="list-style-type: none"> ◦ Pre-requisites met by admissions pre-requisites <p>Semester 2 - Spring:</p> <ul style="list-style-type: none"> • NUTR 607 – Research Methods <ul style="list-style-type: none"> ◦ Pre-requisites: MATH 546 • ELECTIVE COURSE <ul style="list-style-type: none"> ◦ Elective options: NUTR 621, SCWK 601, SCWK 602, SPED 610 <p>Semester 3 - Summer:</p> <ul style="list-style-type: none"> • NUTR 600 – Seminar in Food and Nutrition <ul style="list-style-type: none"> ◦ Pre-requisites: NUTR 607 • ELECTIVE COURSE <ul style="list-style-type: none"> ◦ Elective options: NUTR 608, NUTR 695, SCWK 601, SCWK 602, SPED 610 <p>Semester 4 – Fall:</p> <ul style="list-style-type: none"> • NUTR 611 – Public Health and Global Nutrition <ul style="list-style-type: none"> ◦ Pre-requisites met by admissions pre-requisites • NUTR 619 – Macronutrient Metabolism <ul style="list-style-type: none"> ◦ Pre-requisites: NUTR 521 <p>Semester 5 - Spring:</p> <ul style="list-style-type: none"> • NUTR 624 –Vitamin and Mineral Metabolism <ul style="list-style-type: none"> ◦ Pre-requisites: NUTR 619 • ELECTIVE COURSE <ul style="list-style-type: none"> ◦ Elective options: NUTR 621, NUTR 696*, SCWK
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<ul style="list-style-type: none"> • 2 ELECTIVE COURSES <ul style="list-style-type: none"> ○ Elective options: NUTR 617, NUTR 621, NUTR 696*, SCWK 601, SCWK 602, SPED 610 <p>*Note: in order to enroll in NUTR 696, you need to have taken NUTR 695</p>	<p>601, SCWK 602, SPED 610</p> <p>*Note: in order to enroll in NUTR 696, you need to have taken NUTR 695</p>
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ACADEMIC PROBATION The first semester a student’s cumulative grade-point average falls below a 3.00, he or she is placed on academic probation. Students on academic probation may not enroll in more than 9 semester hours per semester. A student on academic probation whose semester grade-point average is 3.00 or higher is not dismissed at the close of that semester even though the cumulative grade-point average remains below 3.00. The student may continue enrollment on academic probation. The student is removed from academic probation at the close of a semester in which the cumulative grade-point average meets or exceeds 3.00. Students on probation in cohort programs requiring more than nine hours a semester and whose semester grade point average is 3.0 or higher are not dismissed at the close of that semester even though the cumulative grade point average remains below 3.0. If a student repeats one or two courses while on academic probation, the new grade replaces the original grade in the calculation of the grade-point average. All course work used to restore the grade-point average to the minimum acceptable standard based on the number of hours earned must be completed at Winthrop. Applications for admission may be found on the Graduate School website www.winthrop.edu/graduateschool.

3. Resources

- A. Financial Aid, Assistantships and Scholarships: Please refer to the graduate school website for the most updated information related to fees and financial assistance. There is a designated financial aid advisor for graduate students. The graduate assistantship/associateship application and other related forms can also be found on the website. There is a listing of all graduate assistant jobs, qualifications needed and availability dates on the website as well. The completed application, resume, and recommendation letters should be submitted directly to the Graduate Director listed on the application. Human Nutrition students have successfully worked in many administrative offices and departments and are highly sought after. Because of this, consider sending copies of your application materials to several areas around campus. Most positions are filled in spring and summer, but some open in January. For 2025-26 applications open in February and are usually due right before spring break. Scholarship applications are also due at this time.

- B. Health Services: Health Services are available to all graduate students enrolled in nine or more credits per semester. Services are rendered in full compliance with privacy and confidentiality laws. Services are on the third floor of Joynes Hall. Health services may be accessed by phone at 803-323-2206 and counseling services may be accessed by phone at 803-323-2233. Additional information may be found at www.winthrop.edu/hcs. C
- C. Travel: When travel off-campus is necessary as part of course requirements, students must complete a travel authorization form to be covered by the university's liability insurance policy, and/or to receive any reimbursement of expenses.
- D. Accessibility Accommodation: It is the practice of the Human Nutrition Department to accommodate students with disabilities pursuant to federal and state law. Students who have a condition which may adversely impact their ability to access academics and/or campus life, and who require accommodations to complete their course work, may contact the Office of Accessibility at 803-323-3290 or accessibility@winthrop.edu. Once students have received their notice of accommodations from the Office of Accessibility, they should inform their course instructors as early as possible in the semester/term for reasonable accommodations to be enacted. Additional information may be found at www.winthrop.edu/accessibility.
- E. Career Services: Career services are available in 129 Crawford Building and may be accessed by phone at 803-323-2141. Services include career testing, assistance with resume development, interviewing skills, and job search support. Additional information may be found at www.winthrop.edu/cce.

4. Communication

- A. When in doubt, ask! We are open to your questions and concerns.
- B. Please communicate professionally with faculty and administrative personnel. This includes both in person and digital communication.
- C. Recognize that all processes are just that...processes. Each form you complete may need to be reviewed by several people from several offices. Therefore, you want to be sure that you turn in any required paperwork with enough time for processing.
- D. Faculty typically return emails in 1-2 business days (M-F 9:00 am – 5:00 PM), if not sooner, provided they are on campus. Faculty do not work on weekends, so emails sent on Friday afternoon will not be read until Monday at the earliest. Many faculty are off contract during the summer months – so communication may be slower than the above stated timelines.
- E. Consider researching your issue on the University website to get quick answers.

5. Activities/Volunteerism

- A. Academy of Nutrition and Dietetics Student Membership: Once you join, you can become a member of your local dietetic association. The two in our area include

the Catawba District Dietetics Association (CDDA) and the Charlotte Dietetics Association (NC CDA)

- B.** Student Nutrition Dietetic Association: This is a *free* opportunity to network with future colleagues, and is a source for announcements about volunteer work, leadership opportunities and student activities. SDNA often has speakers from outside of the University. All graduate and undergraduate students can join.
- C.** Postings on the bulletin boards in the 3rd floor hallway of Dalton.
- D.** Emails: When people contact the department about needing volunteers, we send them out to the students via email.
- E.** Social media: Follow the department on Instagram (@winthropnutrition) and Facebook (Winthrop Human Nutrition Department) for opportunities.
- F.** Gain professional experience. Plan to take advantage of opportunities such as internships, minors, study abroad, etc.
- G.** Develop your interpersonal and leadership skills by participating actively in clubs, organizations, and activities. Employers want to see that you have been actively engaged outside the classroom.
- H.** Get to know one or more of the faculty well enough that they can provide a meaningful reference for you.