

Master of Science in nutritional science

A Master of Science in nutritional science prepares you to translate research into practical use for human health and wellness. Develop competence in research methodologies, integrating macro and micro nutritional knowledge into programs for health and disease, designing interventions for disease prevention and treatment, and developing programs at the community and global levels, all with the goal of improving health for individuals and communities.

Study with faculty involved in research on eating behaviors, nutrition-related health disparities, maternal and child health, obesity prevention, healthy eating, nutrition interventions, food insecurity, metabolic response, diabetes management and nutritional effects on sports performance. Expand your knowledge and skill base with rigorous internships and your own research.

Tracks in sports nutrition and maternal-child health provide options for students to select specialized courses and obtain hands-on training in these areas. Through a curriculum grounded in foundational knowledge, statistics and research, with many practical application opportunities, you will create a path for yourself to the forefront of modern health.



**Advance health and
wellness through food.**

\$69k

**Median 2020 salary for
health care practitioners and
technical occupations**

U.S. Bureau of Labor Statistics

8%

**Faster than average job growth
projected for dietitians
and nutritionists through 2029**

U.S. Bureau of Labor Statistics

**ASU is a
Top 10
university for research.**

National Science Foundation

#1



in the U.S. for innovation

ASU ahead of MIT and Stanford

— U.S. News & World Report

7 years, 2016–2022

MS in nutritional science curriculum

Be at the leading edge of nutrition science. In the Master of Science in nutritional science program, you'll learn about nutrition alongside faculty who are immersed in the latest research. Build practical understanding with internships and your own guided research.

Degree requirements

Your studies will include 30 credit hours and a research thesis under the guidance of faculty.

Required core

Research Methods and Statistics in Nutrition

Build your knowledge of methodology and statistics in two courses on research methods specific to nutrition.

Electives

Design your own education through options on approved course lists. Some graduate-level seminar topics include:

NTR 524 Chronic Inflammation and Metabolic Syndrome

Examine how diet and lifestyle contribute to the development of metabolic syndrome. Explore nutrition interventions to treat and prevent chronic inflammation using case studies and medical reviews.

NTR 527 Policies, Environment and Obesity Prevention

Study examples of how policies and environments related to food, nutrition and physical activity affect individual and community health.

NTR 525 Complementary Nutrition

Critically review functional foods, phytochemicals and nutrient supplements in health promotion.

NTR 535 Nutrigenomics

Build a sound foundation for promoting personalized nutrition by integrating and applying molecular nutrition and nutritional biochemistry in clinical settings.

NTR 537 Evidenced-Based Nutrition

Review current evidence of the role of diet on disease prevention, development and management in cardiovascular disease and advanced nutrition support.

Tracks

Two tracks provide additional training and opportunities for students in the master's program:

Sports nutrition

Students take specialized courses in sports nutrition and exercise science and obtain hands-on training with sports dietitians and nutrition faculty. Track-specific courses and electives cover sports nutrition, hydration, exercise physiology and other vital parts of the discipline.

Maternal-child health

Students focus on maternal child health competencies, including policy and advocacy, leadership development, communication and ethics. Competitive funding may be available through the TRANSCEND program for students in this track.

Become a registered dietitian nutritionist

The master's degree in nutritional science can be combined with an accredited dietetic internship for students who have completed an accredited Didactic Program in Dietetics.

1. Complete an accredited Didactic Program in Dietetics at ASU or another university. DPDs include specific courses to meet the knowledge guidelines set by the Academy of Nutrition and Dietetics.
2. Complete a dietetic internship with guidance from the College of Health Solutions.
3. Take the Registration Examination for Dietitians.

Dietetic internships

Registered dietitian nutritionists (RD/RDN) are food and nutrition experts who translate the science of nutrition into practical evidence-based solutions for healthy living, assist individuals and families in choosing food for adequate nutrition in health or disease throughout life, supervise the preparation and service of food in groups, develop modified diets and participate in nutrition research.

The College of Health Solutions offers two accredited tracks to prepare you to become a professional registered dietitian nutritionist, including an option in veteran health.

Prepare for careers in a variety of health care settings, including hospitals, food industries and private practice, with a dietetic internship.

The **College of Health Solutions** at Arizona State University translates scientific health research and discovery into practice. Its programs **prepare students to address the challenges facing our populations to stay healthy, improve their health, and manage chronic disease** — all toward improving health outcomes.