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## **QUEENS COLLEGE**

### **DEPARTMENT OF FAMILY, NUTRITION, AND EXERCISE SCIENCES**

#### **Program for the Master of Science Degree in Nutrition and Exercise Sciences with a Nutrition Emphasis (FNES-NRT)**

General requirements for admission to Queens College graduate programs:

<http://www.qc.cuny.edu/admissions/graduate/Pages/Welcome.aspx>

Proof of proficiency in the English language is required of all applicants to the MS degree in Nutrition and Exercise Sciences (Nutrition Specialization) whose first language is not English and who were educated in a country where English is not the official language. Minimum required TOEFL scores are: Paper based: 600 or IBT: 98-100. IELTS band equivalent: 7.

#### **Requirements for Matriculation**

The following are in addition to the general requirements for admission.

1. A 4-year undergraduate program in Nutrition and/or Dietetics (Academy of Nutrition and Dietetics verification equivalent program) with a minimum GPA of 3.0
2. Approval of the graduate nutrition advisor
3. An interview may be required

#### **General Requirements for completion of the Master of Science Degree in Nutrition and Exercise Sciences**

These requirements are in addition to the general requirements for the Master of Science Degree.

1. Students must complete 36 graduate credits with a minimum average of B (GPA of 3.0.).
2. Students must complete either a research project that culminates in a research paper or a comprehensive examination and an additional 3 credit course.
3. All elective courses must be approved by the appropriate graduate advisor.

#### **Required Courses in the Nutrition Specialization**

The MS degree program with specialization in nutrition offers a sequence of courses that enhance the clinical background of dietitians and nutritionists who work with clients to promote health and wellness in hospitals, nursing homes, outpatient clinics, community programs, schools, wellness programs, and governmental and privately funded programs.

The program offers opportunity for in-depth study through didactic learning and the development and completion of individual research projects. Students prepare for careers in nutrition in a wide variety of public and private sector facilities and organization (e.g., corporate wellness, community centers, acute and long-term care health facilities, and public health agencies). In addition, the program prepares students to pursue advanced study in nutrition. **(See next page for course requirements)**

## Required courses in the nutrition specialization

Number	Title	Credits
FNES 702	Statistical Methods in FNES.	3
FNES 711 (*VT)	Contemporary Issues in FNES	3
FNES 717	Geriatric Nutrition	3
FNES 762	Nutrition Counseling <sup>1</sup>	3
FNES 763	Nutritional Pathophysiology I	3
FNES 767	Advanced Diet Therapy <sup>1</sup>	3
FNES 768	Advanced Nutrition <sup>1</sup>	3
FNES 770	Community Nutrition	3
FNES 796	Research Methods in Nutrition and Exercise Sciences <sup>1</sup> (prerequisite 702)	3
FNES 797	Research Project in Nutrition and Exercise Sciences (By arrangement with a FNES faculty member as mentor)	3

\*VT: variable topic— Course may be repeated with a different topic

<sup>1</sup> Course content is included in the comprehensive exam

All students in this program must successfully complete both FNES 796 and 797, or FNES 796 and a comprehensive examination and another 3 credit graduate course, approved by the graduate nutrition adviser. Students interested in completing a research project in 797 should contact FNES faculty members as soon as possible to explore compatibility of research interests.

In addition, two courses (6 credits), approved by the graduate nutrition adviser, from the electives listed below are required.

### Possible Electives (Prior approval required)

Number	Title	Credits
FNES 707	Cultural and Ethnic Foods. (2 lec., 2 lab).	3
FNES 710	Enteral and Parenteral Nutrition Support	3
FNES 711 (*VT)	Contemporary Issues in FNES	3
FNES 722	Exercise, Nutrition, and Weight Control	3
FNES 723	Physical Activity and Cardiovascular Health	3
FNES 764	Nutritional Pathophysiology II	3
FNES 765	Resources for Nutrition Education	3
FNES 773	Internship in Dietetics (Dietetic Interns only) <sup>2</sup>	6
FNES 774	Internship in Dietetics (Dietetic Interns only) <sup>2</sup>	6
FNES 775	Advanced Food Service Management.	3
FNES 777	Problems and Practices in Food Service Management	3
FNES 791 or 792	Independent Study in FNES (By arrangement with a FNES faculty member as mentor)	1-3

<sup>2</sup> Only 6 credits of Dietetic Internship may be counted toward the M.S. degree.

## Course Descriptions

**FNES 702. Statistical Methods in FNES.** 2 rec., 1 lab. hr.; 3 cr. Prereq.: A course in elementary statistics. Application of descriptive, correlational and inferential statistical methods in one-, two- and multigroup comparisons in parametric and non-parametric independent and correlated sample distributions.

**FNES 707. Cultural and Ethnic Foods.** 2 lec., 2 lab. hr.; 3 cr. Prereq.: Undergraduate coursework in foods and nutrition. Study of the food patterns of varying cultures and ethnic groups, and of the nutritional, economic, and sociological implications of these patterns. Field trips included.

**FNES 710. Enteral and Parenteral Nutrition Support.** 3 hr.; 3 cr. prereq or coreq: FNES 263, 264, 365, 366 or 767; or equivalent. The provision of nutrition support, through enteral and parenteral nutrition to treat or prevent malnutrition in acute and chronic disease states and critical illness. This course will focus on enteral and parenteral access, appropriate prescription of nutrition support based on evidence based guidelines and ethical issues related to nutrition support. This course may assist with preparation for taking the clinical nutrition support clinician (CNSC) certification examination. (Approved by the Academic Senate on 3/16/17; and Chancellor's report April 2017.)

**FNES 711. \*VT Contemporary Issues in FNES.** 3 hr.; 3 cr. Prereq.: Permission of the department. Topics vary from semester to semester. Controversies and emerging topics of professional interest in FNES.

Possible topics: Nutritional Management of Diabetes; Maternal and Infant Nutrition; Regulation of Food Intake; Sports Nutrition; Enteral and Parenteral Nutrition

**FNES 717. Geriatric Nutrition** 3 hr.; 3 cr. Prerequisites or corequisites: FNES 263, 264, 365, 366 or 767, 368 or equivalent. This course is an overview of the normal, acute and chronic physical changes associated with the aging process and its effect on nutritional status. Students will develop a basic understanding of nutritional concerns of older persons, and recognize dietary practices and nutritional needs specific to older individuals. (Approved by the academic senate on 3/14/19)

**FNES 722. Exercise, Nutrition, and Weight Control.** 3 hr.; 3 cr. Interrelationships between exercise, nutrition, energy, metabolism, and weight control.

**FNES 723. Physical Activity and Cardiovascular Health.** 3 hr.; 3 cr. Review of research relating physical activity to coronary heart disease, with special emphasis on mortality/morbidity, reversal of atherogenesis, cardiovascular disease risk factors, and myocardial function.

**FNES 762. Nutrition Counseling.** 3 hr.; 3 cr. Prereq.: FNES 365, Nutrition, Counseling, and Assessment, and FNES 366, Medical Nutrition Therapy. Principles of dietary counseling for the general population and for individuals with special health problems.

**FNES 763. Nutritional Pathophysiology I.** 3hr.; 3 cr. Prereq : FNES 264, The relation between nutrition and specific diseases is explored. This part of the course will focus on the systemic response to injury and systemic inflammation, endocrine dysregulation, genetic regulation, cardiac and cardiovascular disorders, pulmonary diseases, and nervous system disorders. The discussions will include the pathophysiology of the diseases, with risk factors, clinical manifestation, and current standard and emerging options for Nutrition therapy and prevention.

**FNES 764. Nutritional Pathophysiology II.** 3hr.; 3 cr. Prereq: FNES 264, Standard and emerging options for Nutrition therapy and prevention are explored for intestinal diseases, kidney diseases and

diseases of the joint and skeletal system. The discussion will be based on the pathophysiology of the diseases and will include risk factors and clinical manifestation.

**FNES 765. Resources for Nutrition Education.** 3 hr.; 3 cr. A detailed survey and assessment of resources for nutrition education applicable to a wide variety of audiences.

**FNES 767. Advanced Diet Therapy.** 3 hr.; 3 cr. Prereq.: FNES 365, Nutrition Counseling, and Assessment, and FNES 366, Medical Nutrition Therapy. This course examines the rationale of therapeutic diets and their physiological bases. Current trends in the practice of developing special diets for persons under medical care will be stressed.

**FNES 768. Advanced Nutrition.** 3 hr.; 3 cr. Prereq.: FNES 368, Advanced Nutrition. Recent advances in nutrition and interpretation. A systematic survey of journals and other sources.

**FNES 770. Community Nutrition.** 3 hr.; 3 cr. Prereq.: FNES 264, Nutrition II. A survey of the content, organization, and administration of the publicly and privately sponsored nutrition programs and services offered to the community and of the legislation regulating and affecting these programs. Research studies evaluating such programs will also be examined.

**FNES 773, 774. Internship in Dietetics I, II.** Hours and credits for each course: 40 hr. internship per week plus seminar; 6 cr. Prereq.: Permission of the department for FNES 773 and 774. Application and analysis of content-area learning in a formal program of in-depth, highly structured, practical internships. Students will work in one or more approved field site placements (clinical, community, and management) under the supervision of experienced Registered Dietitians, Community Supervisors, and/or Food Service Management professionals. The accompanying seminar focuses on application of knowledge, roles, and responsibilities of professionals, and education of client populations. Only 6 credits of Dietetics Internship may be counted toward the M.S. in Nutrition and Exercise Sciences (Nutrition Specialization) degree. (Only for QC dietetic interns)

**FNES 775. Advanced Food Service Management.** 3 hr.; 3 cr. Prereq.: FNES 275, Institutional Management; FNES 378, Quantity Food Purchasing, Production, and Equipment, or equivalents. An advanced approach to three main areas of food service management: personnel, finance, and labor relations. Through lecture, case study, and analysis of current research reports, the principles of finance, managerial accounting, and the use of the computer are explored, as are general theories and concepts of management/ personnel communications, labor relations, and legal problems in the food service industry.

**FNES 777. Problems and Practices in Food Service Management.** 3 hr.; 3 cr. Prereq.: FNES 275, Institutional Management. An integrative approach to the problems and practices of food service management, focusing on the contributions of various scientific disciplines to a study of the stages of production, processing, packaging, and preparation of food for consumption. Special emphasis is given to food sanitation and safety and their effects on the individual, the environment, and ecology.

**FNES 791, 792. Independent Study in FNES.** Prereq.: Permission of the department. Under the guidance of a FNES faculty member, students pursue advanced clinical work, undertake critical examination of original research, or carry out a clinical or laboratory research project, all of which culminate in a comprehensive written report. No more than 6 credits may be taken in independent study in FNES. FNES 791.1. 1 hr.; 1 cr. FNES 791.2. 2 hr.; 2 cr. FNES 791.3. 3 hr.; 3 cr. FNES 792.1. 1 hr.; 1 cr. FNES 792.2. 2 hr.; 2 cr. FNES 792.3. 3 hr.; 3 cr.

**FNES 796. Research Methods in Nutrition and Exercise Sciences.** 3 hr.; 3 cr. Prereq: FNES 702 (for all). Research methods and design strategies including development of research proposals used in analytical, descriptive, qualitative and experimental research studies in nutrition and exercise sciences.

**FNES 797. Research Project in Nutrition and Exercise Sciences.** 3 hr.; 3 cr. Prereq: FNES 796. Under the supervision of a faculty advisor, students carry out the research project planned in FNES 796 that culminates in a written research report.