

DEPARTMENT OF NUTRITION

Sciences & Engineering Center and the Commons (SECC)

155 University Ave, 2nd Floor

West Chester, PA 19383

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Department of Nutrition (<http://www.wcupa.edu/nutritionandDietetics/>)

Dr. Karpinski (ckarpinski@wcupa.edu), *Chairperson*

Dr. Riccardo (criccardo@wcupa.edu), *Graduate Coordinator - M.S. in Community Nutrition*

Dr. Kronmuller-Harvey (dkronmuller-harvey@wcupa.edu), *Graduate Coordinator - M.S. in Community Nutrition - Dietetic Internship Track; Post-Master's Dietetic Internship Certificate*

Program of Study

The M.S. in Community Nutrition is a research-focused program for those seeking an advanced degree in community nutrition. The M.S. promotes nutritional health and disease prevention in communities with an emphasis on vulnerable populations. The curriculum (33 credits) is offered in an online format and includes courses representing nutrition science, applied nutrition, and research techniques. The program culminates with a capstone paper.

Communication with the Department

All inquiries and other communications regarding the M.S. in Community Nutrition should be addressed to the graduate coordinators, Dr. Christina Riccardo (criccardo@wcupa.edu) or Dr. Danielle Kronmuller-Harvey (dkronmuller-harvey@wcupa.edu).

Programs

Master's Programs

- M.S. in Community Nutrition (<https://catalog.wcupa.edu/graduate/health-sciences/nutrition/community-nutrition-ms/>)
- M.S. in Community Nutrition - Dietetic Internship Track (<https://catalog.wcupa.edu/graduate/health-sciences/nutrition/community-nutrition-ms/>)

Certificate

- Food Policy (<https://catalog.wcupa.edu/graduate/business-public-management/public-policy-administration/food-policy-certificate/>)
- Post-Master's Dietetic Internship (<https://catalog.wcupa.edu/graduate/health-sciences/nutrition/post-masters-dietetic-internship-certificate/>)

Accelerated Bachelor's to Master's

- B.S. in Nutrition - Dietetics Concentration to M.S. in Community Nutrition (<https://catalog.wcupa.edu/undergraduate/health-sciences/nutrition/nutrition-bs-dietetics-concentration/>)
- B.S. in Nutrition - Dietetics Concentration to M.S. in Community Nutrition - Dietetic Internship Track (<https://catalog.wcupa.edu/undergraduate/health-sciences/nutrition/nutrition-bs-dietetics-concentration/>)

Admissions

All applicants to one of West Chester University's graduate programs will be held to the graduate admissions requirements (<https://catalog.wcupa.edu/general-information/admissions-enrollment/graduate-admissions/>). When applicable, additional requirements for admission into specific department program(s) may be listed below.

Application Requirements for the M.S. in Community Nutrition

West Chester University has an online application process. The M.S. in Community Nutrition will accept applications on a rolling basis for

fall and spring admissions. The following materials are required from all applicants for the M.S. in Community Nutrition:

1. One official copy of your academic records (transcripts) from every college and university attended (except West Chester University).
2. A written statement of your professional goals should be inserted into the online application.
3. A copy of your resume.
4. Two letters of recommendation, one from an academic reference and one from a professional reference are encouraged.
5. In the online application, you will be asked about your academic and employment history.

Admission Requirements for the M.S. in Community Nutrition

All applicants for the M.S. in Community Nutrition must meet the following general requirements for admission:

1. Baccalaureate degree from a regionally accredited college or university.
2. Minimum academic prerequisites for those without an undergraduate nutrition degree include undergraduate introduction to nutrition, anatomy & physiology I and II, organic chemistry, biochemistry, and an undergraduate statistics course.
3. An undergraduate cumulative GPA of 3.0 or greater is recommended for admission.

A complete application must include the following:

1. Online application.
2. Official transcripts from every college and university attended, except West Chester University.
3. Written statement of professional goals.
4. Current resume.
5. Two letters of recommendation. One letter from an academic reference and one from a professional reference are encouraged.

Provisional admission is available to applicants at the discretion of the Graduate Program Coordinator after a complete review of the applicant's file. Provisional admission will be considered if the applicant can demonstrate substantial, but not complete, satisfaction of the requirements for full admission, and if the applicant can demonstrate the strong potential for successful completion of the program.

Application Policy for the M.S. in Community Nutrition - Dietetic Internship Track

WCU MSCN students intending to pursue the Dietetic Internship Track have two application options depending on their choice of application:

Option 1 (Traditional application through DICAS):

The traditional option is reserved for:

1. Students who earned a Didactic Program in Dietetics (DPD) verification statement or a declaration of intent and have been accepted to WCU's M.S. in Community Nutrition (MSCN) program.
2. For Dietetic Internship (DI) track admissions, applicants must participate in the Dietetic Internship Centralized Application Service (DICAS) which includes meeting all application deadlines. Applicants are responsible for fees paid directly to DICAS and the WCU graduate program application fee.

Option 2 (Early decision application through WCU Graduate School):

The WCU early decision option is reserved for:

1. WCU Nutrition B.S. and Accelerated B.S. to M.S. students who have completed at least 60 undergraduate credits.

- WCU MSCN students.
- WCU MSCN program graduates enrolled in the Post-Masters Dietetic Internship Certificate program.

All students must hold an undergraduate DPD verification statement or declaration of intent and have a cumulative GPA of 3.0 to apply to the DI track. Eligible candidates should submit the early decision application to the Dietetic Internship Director by the application deadline. If not accepted into the Dietetic Internship during the early decision process, students are eligible to participate in Option 1 (Traditional DICAS application).

Admission to the MSCN does not guarantee admission to the Dietetic Internship Track.

Admission Policy for the Post-Master's Dietetic Internship Certificate

All applicants to the Post-master's Dietetic Internship Certificate must meet general graduate admission requirements, in addition to the following:

- Master's degree in nutrition with a minimum 3.25 cumulative GPA
- Verification of Didactic Program in Dietetics (DPD)

The application for the Post-master's Dietetic Internship Certificate can be completed through the Dietetic Internship Centralized Application Service (DICAS) and applicants must meet all application deadlines. Applicants are responsible for fees paid directly to DICAS and the WCU Post-Master's application fee.

Students who have completed the MSCN program from WCU may be eligible to apply for the early admission application process. Please contact the Dietetic Internship Director about eligibility.

Policies

All graduate students are held to the academic policies and procedures (<https://catalog.wcupa.edu/graduate/academic-policies-procedures/>) outlined in the graduate catalog. Students are encouraged to review departmental handbooks for program tips, suggested course sequences, and explanations of procedures. When applicable, additional policies for specific department programs may be listed below.

Probation Policy for Graduate Dietetic Interns

Dietetic Interns (DI) who fail to meet the standards of the program such as (but not limited to):

- Repeated absenteeism or lateness to DI class or internship rotations
- Unable to obtain a 3 out of 4 or greater, and/or B or better, on DI competencies and assignments
- Not meeting established deadlines

may require a DI remediation group to be formed. These steps would be followed:

- The DI Director would form a DI remediation group that may consist of at least 2 DI Advisors, depending on the circumstance. Potential advisors are Nutrition Department Chair, a WCU Faculty member teaching a DI course, and internship site preceptor or supervisor from the facility.
- Once the DI Advisors group is formed based on an identified need, the group will meet with the intern and review the intern's actions and inability to meet the standards.
- The group will write an action plan for the intern and establish a probationary period.
- Once agreed upon and signed by all parties, the DI director will communicate the probation and action plan to all involved.
- If the intern continues to meet the probationary schedule and action plan items satisfactorily, the intern may continue with the dietetic internship as planned.

- If the intern is unable to meet the probationary timeline or meet the established action plan, suspension or termination may be recommended by the DI remediation group. If an intern is terminated from the DI program through the probationary process (versus unethical behavior, substance abuse, etc.), the intern may remain in the MSCN program. Interns in the Post-Master's DI Certificate Program who are terminated from the DI program will also be terminated from the certificate program.

Faculty

Professors

Patricia G. Davidson (pdavidson@wcupa.edu) (2013)
B.S., Southern Illinois University; M.S., Virginia Polytechnic Institute and State University; D.C.N., Rutgers University

Jeffrey E. Harris (jharris@wcupa.edu) (1983)
B.A., University of California, San Diego; M.P.H., D.H.Sc., Loma Linda University

Christine Karpinski (ckarpinski@wcupa.edu) (1999)
Chairperson, Nutrition
B.S., West Chester University; M.A., Immaculata University; Ph.D., Rutgers University

Janet Lacey (jlacey@wcupa.edu) (2000)
B.S., Simmons College; M.S., M.Ed., University of Massachusetts; Dr.P.H., University of North Carolina

Alessandra R. Sarcona (asarcona@wcupa.edu) (2016)
B.S., East Carolina University; M.S., New York University; Ed.D., Long Island University

Regina Subach (rsubach@wcupa.edu) (2016)
B.S., M.A., Immaculata University; Ed.D., Capella University

Joanne Sullivan (jsullivan2@wcupa.edu) (2013)
B.S., College of Saint Elizabeth; M.S., University of Delaware; Ph.D., University of Georgia

Associate Professors

Dara Dirhan (ddirhan@wcupa.edu) (2016)
B.S., M.P.H., West Chester University; Ed.D., Drexel University

Amir Golmohamadi (agolmohamadi@wcupa.edu) (2016)
B.S., University of Tehran; M.S., Isfahan University of Technology; Ph.D., University of Idaho

Michael Holik (mholik@wcupa.edu) (2017)
B.S., Missouri State University; M.S., University of Central Missouri; Ed.D., Lindenwood University

Kimberly Johnson (kjohnson4@wcupa.edu) (2016)
B.S., Cornell University; M.S., Ph.D., Syracuse University

Sandra Walz (swalz@wcupa.edu) (1997)
B.S., M.S., North Dakota State University; Ph.D., Kansas State University

Assistant Professors

Danielle N. Kronmuller-Harvey (dkronmuller-harvey@wcupa.edu) (2023)
Graduate Coordinator, Nutrition

Christina M. Riccardo (criccardo@wcupa.edu) (2022)
Graduate Coordinator, Nutrition
B.S., Rutgers University; M.S., Boston University; Ed.D., Columbia University, Teachers College

Courses

NTD

NTD 502. Plant-Based Nutrition. 3 Credits.

This course is an evidence-based, interactive approach to the health-promoting aspects of a plant-based diet and benefits to all stages of the life cycle. Students will critically evaluate a number of plant-based dietary approaches with case studies, presentations, and meal plan reviews. Students will participate in virtual plant-based recipe modifications and preparations.

NTD 502 Prerequisite: Successful completion of an introductory nutrition course with a minimum grade of C.

Distance education offering may be available.

NTD 503. Human Nutrition. 3 Credits.

This course is an advanced study of macronutrient and selected micronutrient and phytochemical metabolism in humans and their impact on nutritional health. A thorough understanding of the metabolism of key nutrients will allow the student to use current, evidence-based research in critically evaluating nutrition community health messages and recommendations.

NTD 503 Prerequisite or Corequisite: BIO 259, BIO 269, NTD 303; and (CHE 230 and CHE 310) or NTD 370.

Distance education offering may be available.

NTD 504. Nutrition Education K-12. 3 Credits.

This 3-credit course provides an understanding of the optimal nutritional needs and nutrition education principles for students in kindergarten through grade 12. Topics include evidence based principles of healthy eating for children and adolescents, examination of food choices and barriers to healthy food, with an emphasis on behaviorally focused nutrition education relating to critical school nutrition issues. Course work completed in school settings requires that students provide documentation of active field clearances.

Distance education offering may be available.

NTD 515. Public Health Nutrition. 3 Credits.

The purpose of this course is to provide students with a practice-based approach to public health nutrition processes through readings, discussions, and active participation. Topics include public health nutrition concepts, policy, advocacy, and key nutrition issues for particular populations. Students will be introduced to the needs of diverse and vulnerable populations and evidence-based nutrition programs.

Distance education offering may be available.

NTD 517. Nutrition Research Techniques. 3 Credits.

The course examines the research process, research designs, and statistical procedures as applied to nutrition. Students will use campus resources for conducting reviews of the scientific literature such as Endnote and Iliad. Statistical software such as SPSS and NVivo will be used to analyze data. Students will apply both parametric and nonparametric statistical tests. They will learn how to conduct a systematic review of scientific literature. An evidence-based approach to community nutrition will be emphasized. This course is a preparatory course for the MSCN Capstone course.

NTD 517 Prerequisite: Must be a student in the MS in Community Nutrition, or approval by instructor.

Distance education offering may be available.

NTD 518. Advanced Foodservice Systems Management. 3 Credits.

A project-based advanced exploration of foodservice management as related to the role of a registered dietitian nutritionist in foodservice, community, and clinical. This course includes management topics related to the work of a registered dietitian nutritionist including: functions, theories, skills, roles, traits, and styles of management. Functions and responsibilities of compliance for human resource management, financial management, marketing and public relations, total quality management, and menu development. The topic of food control, including inventory, flow of food through the operation, culinary math, safety and sanitation, and facility design will be explored. Crisis management will be outlined for various venues related to foodservice management.

Distance education offering may be available.

NTD 520. Approaches for the Prevention and Treatment of Obesity. 3 Credits.

This course is a rigorous, evidence-based exploration of the disease of obesity. Through process-oriented assignments and discussions students formulate their own perspectives on the origins, prevention, consequences, and treatment of obesity.

NTD 520 Prerequisite: Must be a student in the MS in Community Nutrition, or approval by instructor.

Distance education offering may be available.

NTD 521. Dietetic Internship Supervised Practice Experience. 6 Credits.

This course is required for dietetic interns completing supervised practice in community nutrition, clinical nutrition (inpatient and outpatient), and food service management. Dietetic interns will learn through observation, practice, and research in the sites associated with each of the 4 separate rotations: 1) community sites include maternal and child health, school nutrition, nutrition education programs, etc. (256 hours over 8 weeks); 2) food service management sites include acute and long term care, retirement communities, businesses, and school food service (256 hours over 8 weeks); 3) clinical outpatient sites include outpatient clinical centers, private practice, and specialty centers such as AIDS clinics, behavioral health clinics, dialysis, etc. (192-256 hours over 6-8 weeks); 4) clinical inpatient sites include acute care, rehabilitation, and long-term care facilities (256-320 hours over 8-10 weeks).

NTD 521 Prerequisite: Successful completion of NTD 503, NTD 515, NTD 600, NTD 612, and NTD 616, with minimum grades of C-; and either admission to the Dietetic Internship Track or admission to the Post Masters Dietetic Internship Certificate program.

Distance education offering may be available.

NTD 522. Nutrition - Health, Fitness and Performance. 3 Credits.

Study of nutrition as it relates to health, fitness and performance. Attention will be given to nutritional guidelines for optional health and physical performance.

NTD 522 Prerequisite: Successful completion of an introductory nutrition course with a minimum grade of C.

Distance education offering may be available.

NTD 555. Nutrition Assessment, Education and Service in Honduras. 3 Credits.

This course offers an interprofessional approach to clinical screenings and assessments, client/community education, and health related service in communities in underdeveloped or developing countries. Students gain exposure to the cultures of communities in underdeveloped or developing countries, thus enhancing the students' cultural competence.

NTD 555 Prerequisite: Successful completion of NTD 503, with minimum grade of C-, or permission of instructor. Corequisite: NTD 555D.

NTD 555D. Nutrition Assessment, Education and Service in Honduras Discussion. 0 Credits.

Discussion covering an interprofessional approach to clinical screenings and assessments, client/community education, and health related service in communities in underdeveloped or developing countries. Students gain exposure to the cultures of communities in underdeveloped or developing countries, thus enhancing the students' cultural competence.

NTD 555D Corequisite: NTD 555.

NTD 581. Nutrition Workshop. 3 Credits.

Special workshops on contemporary nutrition, foods and food service related problems and issues. Topics announced at time of offering.

NTD 581 Prerequisite: Must be a student in the MS in Community Nutrition.

Distance education offering may be available.

NTD 592. Advanced Clinical Practice in Integrated Health: Behavior, Health, Nutrition, and Recovery. 3 Credits.

This course is an inter-professional, graduate-level elective for students in health and behavioral health sciences on the latest in integrated health or "whole health" approaches to working with individuals, families, and communities around issues of behavior, food security, health, and recovery. The US Department of Health and Human Services, Health Resources and Services Administration, the Substance Abuse and Mental Health Services Administration (SAMHSA), and the National Institute of Medicine, along with many other governmental and non-governmental health organizations and foundations have been calling for a more integrated (primary healthcare and behavioral healthcare) approach to services. Crucial to this approach is to understand the public health ramifications of food security and nutrition and the interconnectedness of these factors on a person's health and recovery. Also addressed will be the interplay of healthcare needs, culture, values, and barriers to access to care. Many integrated health organizations in the tristate area are looking for professionals trained in this whole health approach--able to work as part of an inter-professional team in collaborating with people toward improving health and supporting recovery. Health professionals and administrators from these organizations will be guest lecturers. Students will visit some of these organizations. Developing a hypothetical, integrated health program proposal (a team effort) is a key component of the course.

Equivalent courses: SWG 592

NTD 599. Nutrition and Dietetics Transfer Credits (Graduate). 3-9 Credits.

Transfer Credits

NTD 600. Maternal & Child Nutrition. 3 Credits.

This course introduces students to maternal and child nutrition with primarily a domestic focus. Emphasis on understanding the role of research, policies, and programmatic issues on nutritional health for pregnant, lactating, infant children and adolescents. Students will gain an understanding of key issues within the social, educational, political and environmental influences and their impact on nutrition status within vulnerable maternal/child populations.

NTD 600 Prerequisite: Successful completion of NTD 503, with minimum grade of C-, or permission of instructor.

Distance education offering may be available.

NTD 601. Nutrition & Health in Aging. 3 Credits.

This course examines how good nutrition, physical activity, other lifestyle behaviors including mind/body medicine across the life span may reduce the risk for disease and promote healthy aging. Additional topics explore the barriers to good nutrition in later life and management of chronic conditions in the older years.

Distance education offering may be available.

NTD 610. Nutrition Assessment. 3 Credits.

The course provides students with practice and application of anthropometric, biochemical, and dietary methods for assessing nutritional status with a focus of public health application. Exercises include the measurement of body composition, use of food composition tables and classification of nutritional status.

NTD 610 Prerequisite: Successful completion of NTD 503, with minimum grade of C-, or permission of instructor.

Distance education offering may be available.

NTD 612. Nutrition and Human Behavior. 3 Credits.

This course will examine theoretical perspectives on nutrition, food and health-related behavior change. Students will study the key constructs from a variety of nutrition and health behavior theories and frameworks such as the Theory of Planned Behavior, the Health Belief Model, Social Cognitive Theory and the Transtheoretical Model. This course will provide the depth of knowledge for students to critically evaluate nutrition programs using the theories and frameworks. These theories and frameworks will be used to design and deliver community interventions and programs.

NTD 612 Prerequisite: Must be a student in the MS in Community Nutrition.

Distance education offering may be available.

NTD 615. Nutrition and Disease an Evidence Based Approach. 3 Credits.

This course will provide the student with the skills to apply and combine the principles of nutrition, physiology, genetics, pathology, and pharmacology in the development of an evidence based approach to Medical Nutrition Therapy (MNT) for disease management. The lectures will expand the students understanding of disease risk, prevention, progression, management, epidemiology, and the role of MNT in such diseases, but not limited to, as gastrointestinal, endocrine, cardiovascular, cancer, and urological disorders, with a focus on current concepts and methods in clinical nutrition research.

NTD 615 Prerequisite: Must be a student in the MS in Community Nutrition.

Distance education offering may be available.

NTD 616. Advanced Medical Nutrition Therapy. 3 Credits.

This course will involve the study of the research and evidence-based guidelines behind Medical Nutrition Therapy (MNT) recommendations for the principal nutrition-related disease conditions through analysis of case histories. The relationship of food and nutrition to medicine; physiological and clinical basis of disease processes; and medical, surgical, and evidence-based nutrition therapies for acute and chronic disease conditions will be addressed through lectures, case discussions, simulation activities, assigned readings, programmed learning guides, and class presentations. This course includes an onsite orientation to the dietetic internship program. Course is restricted to Dietetic Interns.

NTD 616 Prerequisite: Successful completion of NTD 503, NTD 515, NTD 517, NTD 600, NTD 610, and NTD 612, with a minimum grade of C-; either admission to the Dietetic Internship Track or admission to the Post Masters Dietetic Internship Certificate program.

Distance education offering may be available.

NTD 630. Capstone Course. 3 Credits.

This culminating capstone course provides MS students with an opportunity to synthesize, integrate, and apply the knowledge they have acquired from core required and elective courses. This involves the development of a relevant research question and thorough review and critical evaluation of the literature. Students will write a peer-reviewed journal formatted paper and conduct a professional presentation.

Distance education offering may be available.