

DEPARTMENT OF NUTRITION

College of Health Sciences

Sciences & Engineering Center and the Commons (SECC)
155 University Ave, 2nd Floor

West Chester, PA 19383

Phone: 610-436-2125

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

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

Dr. Sullivan (jsullivan2@wcupa.edu), *Graduate Coordinator*

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 coordinator, Dr. Joanne Sullivan. Students also may call for information at 610-436-1038 or e-mail jsullivan2@wcupa.edu.

Programs

Master's Programs

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

Certificate

- Food Policy (<http://catalog.wcupa.edu/graduate/business-public-management/public-policy-administration/food-policy-certificate/>)
- Post-Master's Dietetic Internship (<http://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 (<http://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 (<http://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. Degree in Community Nutrition must meet the following general requirements for admission:

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

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:

Option 1 (Traditional DICAS application):

Students must have earned a Didactic Program in Dietetics (DPD) verification statement, have been accepted to the WCU M.S. in Community Nutrition program using the graduate admission requirements, and have completed 9 credits in the MSCN program. For Dietetic Internship track admissions, applicants must participate in the Dietetic Internship Centralized Application Service (DICAS) and D & D Digital processes, which include meeting all DICAS and D & D Digital spring match deadlines. Applicants are responsible for fees paid directly to DICAS and D & D as well as for the WCU graduate program application fee.

Option 2 (WCU Preselect application):

The preselect option is only reserved for:

1. WCU Accelerated B.S. to M.S. students who are in the first year of the MSCN as a matriculated student (not as a senior undergraduate student) and who have completed at least 9 credits by the preselect application deadline
2. WCU MSCN students who have completed at least 9 credits by the preselect application deadline.
3. WCU MSCN program graduates (These students must be enrolled in the Post-Masters Dietetic Internship Certificate program.)

All students must hold an undergraduate DPD verification statement to apply to the DI. Eligible candidates should submit the preselect application to the Dietetic Internship Director *by the preselect deadline*. If not accepted into the Dietetic Internship during the preselect process, students are eligible to participate in the regular match process through DICAS and D & D Digital.

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

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

Applicants must meet all WCU graduate program admission requirements and apply to the Post-Master's Dietetic Internship Certificate program through The Graduate School. In addition, *applicants must have earned a master's degree in nutrition with a minimum 3.25 grade point average and a Didactic Program in Dietetics (DPD) verification to apply for the Dietetic Internship Certificate program.* For

Dietetic Internship certificate admissions, applicants participate in the Dietetic Internship Centralized Application Service (DICAS) and D & D Digital processes, including meeting all DICAS and D & D Digital deadlines. Applicants are responsible for fees paid directly to DICAS and D & D as well as for the WCU Post-Master's application fee. Students who have completed the MSCN program from WCU may be eligible to apply for the preselect application process. Please contact the Dietetic Internship Director about eligibility.

Policies

All graduate students are held to the academic policies and procedures (<http://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):

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

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

1. 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.
2. 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.
3. The group will write an action plan for the intern and establish a probationary period.
4. Once agreed upon and signed by all parties, the DI director will communicate the probation and action plan to all involved.
5. If the intern continues to meet the probationary schedule and action plan items satisfactorily, the intern may continue with the dietetic internship as planned.
6. 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

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

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

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

Assistant Professor

Christina M. Riccardo (criccardo@wcupa.edu) (2022)
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.

Pre / Co requisites: NTD 502 requires a prerequisite of C or better in an introductory nutrition course.

Distance education offering may be available.

Typically offered in Fall, Spring & Summer.

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.

Pre / Co requisites: NTD 503 requires prerequisites of NTD 303, BIO 259, BIO 269, CHE 230, and CHE 310.

Distance education offering may be available.

Typically offered in Fall.

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.

Typically offered in Summer.

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, guidelines 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.

Typically offered in Fall.

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.

Pre / Co requisites: Open to MSCN students or permission of the Instructor.

Distance education offering may be available.

Typically offered in Fall.

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.

Pre / Co requisites: NTD 520 requires students to be in the MS in Community Nutrition or by approval of the instructor.

Distance education offering may be available.

Typically offered in Fall.

NTD 521. Dietetic Internship Supervised Practice Experience I. 3 Credits.

This course is the required community nutrition supervised practice experience for Dietetic Interns to learn through observation, practice, and research in community sites such as maternal and child health, school nutrition and nutrition education programs. There is a mandatory 60-minute online weekly session with an instructor and 300 hours of supervised practice over the 8 weeks of the dietetic internship rotation.

Pre / Co requisites: NTD 521 requires prerequisites of NTD 503, NTD 515, NTD 517, NTD 600, NTD 610, NTD 612, NTD 616; and either admission to the Dietetic Internship Track or admission to the Post Masters Dietetic Internship Certificate program.

Distance education offering may be available.

Typically offered in Fall.

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.

Pre / Co requisites: NTD 522 requires a prerequisite of C or better in an introductory nutrition course.

Distance education offering may be available.

Typically offered in Fall & Summer.

NTD 523. Dietetic Internship Supervised Practice Experience II. 3 Credits.

This course is the first required clinical nutrition supervised practice experience for Dietetic Interns to learn through observation, practice, and research at in-patient clinical sites such as acute care, rehabilitation, and long-term care facilities. There is a mandatory 60-minute online weekly session with an instructor and 264 hours of supervised practice over the 8 weeks of the dietetic internship rotation.

Pre / Co requisites: NTD 523 requires prerequisites of NTD 503, NTD 515, NTD 517, NTD 600, NTD 610, NTD 612, NTD 616; and either admission to the Dietetic Internship Track or admission to the Post Masters Dietetic Internship Certificate program.

Distance education offering may be available.

Typically offered in Fall.

NTD 524. Dietetic Internship Supervised Practice Experience III. 3 Credits.

This course is the required food service management supervised practice experience for Dietetic Interns to learn through observation, practice and research in facilities such as acute and long-term care, retirement communities, businesses, and school food service. There is a mandatory 60-minute online weekly session with an instructor and 300 hours of supervised practice over the 8 weeks of the dietetic internship rotation.

Pre / Co requisites: NTD 524 requires prerequisites of NTD 503, NTD 515, NTD 517, NTD 600, NTD 610, NTD 612, NTD 616; and either admission to the Dietetic Internship Track or admission to the Post Masters Dietetic Internship Certificate program.

Distance education offering may be available.

Typically offered in Spring.

NTD 525. Dietetic Internship Supervised Practice Experience IV. 3 Credits.

This is the second required clinical nutrition supervised practice experience for Dietetic Interns to learn through observation, practice and research in clinical sites such as outpatient clinical centers, acute care, private practice, and specialty centers. There is a mandatory 60-minute online weekly session with an instructor and 288 hours of supervised practice over the 8 weeks of the dietetic internship rotation.

Pre / Co requisites: NTD 525 requires prerequisites of NTD 503, NTD 515, NTD 517, NTD 600, NTD 610, NTD 612, NTD 616; and either admission to the Dietetic Internship Track or admission to the Post Masters Dietetic Internship Certificate program.

Distance education offering may be available.

Typically offered in Spring.

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.

Pre / Co requisites: NTD 555 requires a prerequisite of NTD 503.

Consent: Permission of the Department required to add.

Typically offered in Fall & Spring.

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.

Pre / Co requisites: NTD 581 requires a prerequisite of acceptance into the M.S. in Community Nutrition program.

Distance education offering may be available.

Typically offered in Spring & Summer.

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.

Consent: Permission of the Department required to add.

Typically offered in Summer and Winter.

Cross listed courses NTD 592, SWG 592.

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. Pre / Co requisites: NTD 600 requires a prerequisite of NTD 503 or permission of instructor. Distance education offering may be available.

Typically offered in Spring.

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.

Typically offered in Fall.

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.

Pre / Co requisites: NTD 610 requires a prerequisite of NTD 503 or permission of instructor.

Distance education offering may be available.

Typically offered in Spring.

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.

Pre / Co requisites: Open to MSCN students or permission of the Instructor.

Distance education offering may be available.

Typically offered in Spring.

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.

Pre / Co requisites: Open to MSCN students or permission of the Instructor.

Distance education offering may be available.

Typically offered in Fall.

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.

Pre / Co requisites: NTD 616 requires prerequisites of NTD 503, NTD 515, NTD 517, NTD 600, NTD 610, NTD 612; and either admission to the Dietetic Internship Track or admission to the Post Masters Dietetic Internship Certificate program.

Distance education offering may be available.

Typically offered in Summer.

NTD 625. Nutrition Policy and Programs. 3 Credits.

Introduction to program and policy approaches for improving nutritional status of populations. Rationale for nutrition policy introduced. Topics include legislative advocacy and analysis of current nutrition programs at local, state and federal levels.

Pre / Co requisites: NTD 625 requires a prerequisite of NTD 515.

Distance education offering may be available.

Typically offered in Spring.

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.

Typically offered in Spring & Summer.