Study Plan

Nutrition is a study about that the science of foods and the nutrients and other substances they contain, and of their actions within the body (including ingestion, digestion, absorption, transport, metabolism and excretion). In another words, it is a study of human behaviors related to food. In the master’s in nutrition, we will mainly learn to assess, evaluate and intervene in the most current nutrition issues. Through the research, the nutrition program wants to support local and global food and nutrition initiatives and enhance the understand of healthy eating among the local and global individuals. The master’s program also provides some opportunities outside and inside research study, such as the recognized research community of the Washington DC area with faculty members. Now there are some research in the nutrition program, I am really interested in one of them named “dietary practices and nutritional status of mothers and children affected by HIV”. It is studies by Dr.Gewa.

In the future study, I should not only improve my English skills but learn a lot of coursework in nutrition science. The courses I will learn will list below:

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| **Course Title and Number** | **Number of Credits** | **Semester** |
| NUTR 651:Nutrition Assessment, Monitoring and Surveillance(pre-requisite for NUTR 670&675) | 3 | Spring 2016 |
| NUTR 620 :Nutrition Education(pre-requisite for NUTR 675) | 3 | Fall 2015 |
| NUTR 522: Nutrition Across the Lifespan | 3 | Fall 2015 |
| NUTR 515: Fundamentals of Cooking | 3 | Spring 2016 |
| NUTR 642: Macronutrients | 3 | Spring 2016 |
| NUTR 644: Micronutrients | 3 | Spring 2016 |
| NUTR 670: Nutrition Research Methods(pre-requisite for NUTR 675) | 3 | Fall 2015 |
| NUTR 675: Nutrition Program Development, Interventions and Assessments | 3 | Spring 2016 |
| NUTR 626:Food Systems | 3 | Spring 2016 |
| HAP 602 - Introduction to Biostatistics | 3 | Fall 2015 |
| NUTR 583: Food and Culture | 3 | Fall 2015 |

The nutrition program requires us to complete 39 credit hours. Among them, we are required Nutrition Core (30 credits), Electives (3 credits) and a Capstone Experience (6 credits for thesis option or practicum option). I will choose the practicum as my Capstone Experience. It requires me engage for a minimum for 200 contact hours per practicum in a nutrition-related organization under the guidance of a preceptor and a faculty advisor. According to the advisor I met, she told me my potential advisor in my field is Lisa Pawloski. And she also advised me, when I go to the program, I should talk with my advisor three weeks twice about my research progress. Before I meet my advisor, I should send a email to take an appointment.