



**How to become a nutritionist**

**| Master of Science in Nutrition**

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## ■ Why Choose a Career in Nutrition?

Across the country, there is a growing demand for nutrition professionals. People are becoming increasingly mindful of how they nourish their bodies, as the undeniable link between diet and overall health has positively impacted public attitude toward wellness and self-care.

Nutritionists recognize this important link between diet, wellness, and quality of life. Using their professional knowledge, reasoning skills, and empathy, nutritionists help people make informed decisions about how to best care for their bodies.

### How do I become a nutritionist?

Over the past decade, interest in postgraduate nutrition degrees has grown significantly. While a nutritionist can begin their career with a bachelor's degree in Nutrition or a related field, most professionals choose to pursue a Master of Science (MS) in Nutrition. By earning an MS, nutritionists increase their earning potential and the variety of professional opportunities available to them.

When you earn your MS in Nutrition, you apply advanced biochemical and physiological knowledge to human nutrition. You gain a deep understanding of the evidence-based strategies and interventions that nutritionists use to provide patient-centered care.

## Do nutritionists need a special certification?

Connecticut does not require practicing nutritionists to have a specific certification. However, it is important to keep in mind that licensing for nutritionists is determined on a state-by-state basis. To ensure that you will be providing care legally, [check with the appropriate regulatory body](#) for the state where you plan to practice.

## What types of certifications can you earn with an MS in Nutrition?

There are two certifications available to individuals who have earned their MS in Nutrition\*.

- 1** A **Certified Nutrition Specialist (CNS)** helps patients improve their overall health and wellness through a personalized, science-based approach. At UB, we recommend sitting for the CNS exam, as this certification is the most widely recognized certificate for nutritional care providers.
- 2** A **Certified Clinical Nutritionist (CCN)** certification is an alternate pathway to becoming a nutritionist. A CCN improves their clients' health by assessing their history, physical health, lifestyle, and individual nutritional needs. **Please note that the CCN certification has no supervised practice requirement. Consequently, it is not a pathway to licensure in most states.**

\*UB's MS in Nutrition degree is not a pathway to becoming a registered dietician (RD).

## What else can I do with an MS in Nutrition?

Earning your MS in Nutrition isn't just a gateway to a career as a nutritionist. This degree opens the door for many fulfilling professional opportunities, including:

- Academia
- Industry consulting
- Research
- Community health education
- Nonprofit agencies
- Technical writing
- Education (program design, teaching, etc.)
- Publishing
- And more!

# Why Choose UB?

## Earning your MS in Nutrition at UB

University of Bridgeport has the most established postgraduate Nutrition program in the country. It was the first program to be accredited by the Accreditation Council on Nutrition Professional Education (ACNPE), a programmatic accrediting agency for clinical programs in advanced nutrition. At the [Nutrition Institute](#), we take a comprehensive and holistic approach to nutritional science. As you earn your MS in Nutrition, you will develop the skillsets needed to provide patient-centered nutritional counseling in any professional setting. Your studies will explore how nutrition can be used to optimize patients' overall wellness, improve their quality of life, and prevent and treat certain illnesses. Our students also develop an advanced understanding of the biochemical and physiological concepts that inform nutritional science.

### Advance your education from anywhere



The MS in Nutrition program offers complete flexibility — allowing you to **earn your degree entirely online**. You can complete all the requirements for your master's degree in as few as 23 months. Better still, the quality of your education won't be limited by the program's virtual format. Through online discussion boards and collaborative assignments, you will digitally communicate, collaborate, and work with peers from diverse backgrounds.

### Gain hands-on experience in our virtual clinic



At UB, we believe that gaining hands-on experience is just as valuable as your time spent learning in a classroom or virtual classroom setting. That's why our Nutrition students are given the opportunity to apply their skills in the Virtual Clinic! This unique capstone experience is the first of its kind. In the Virtual Clinic, you will be trained in clinical management, exams and consultations, and patient-centered care under the supervision of UB's faculty and expert clinicians.



## Meet the Program Director



### Linda Fleming, MS, CNS

Linda Fleming has more than 25 years of experience working in healthcare and education. She initially began her career working at a hospital, where she served as a medical technologist and ran a chemistry laboratory. She ultimately shifted her focus to nutrition — her goal was to provide personalized care for her patients, optimizing their overall wellness.

Linda began her professional journey at the UB Nutrition Institute (UBNI) working as an adjunct professor. She eventually became the assistant of curriculum development for UBNI, where she helped develop the Virtual Clinic — an innovative capstone experience. Linda also helped the Virtual Clinic become the first program of its kind to earn a certification by the Accreditation Council for Nutritional Professional Education (ACPNE).

Linda has written extensively about nutrition and nutrition education. She authored Instructor Resource Manuals for Pearson Scientific, where she also helped develop instructional software for nutrition textbooks. Additionally, Linda serves on the advisory board for CyberSoft, a software company that aims to boost the efficacy of school nutrition programs nationwide, and she has also appeared as a nutritional expert on various local television programs.



# Admission Requirements

To begin earning credits toward your master's degree, you will need to satisfy UB's prerequisites and submit all required application materials.

## Program prerequisites for nutrition

Candidates must meet the following requirements to be eligible for admission:

- A bachelor's degree from an regionally accredited institution — Your bachelor's degree does not have to be in nutrition or a related field
- A cumulative undergraduate GPA of 2.75 or higher

Depending on your undergraduate background, **you may be required to take up to 9 credits of graduate-level prerequisites**, including:

- NUTR 560 N Anatomy & Physiology (4 credits)
- NUTR 560 U Intro to Biochemistry (3 credits)
- NUTR 560 V Nutrition Fundamentals (3 credits)

All prerequisites are offered through UB and can be completed in one term.

## Required materials

Nutrition program applicants must submit the following materials:

- [Application](#)
- Official transcripts for the last bachelor's degree earned
- A 500-word essay detailing your specific interests and goals within the field of nutrition and your ability to thrive in a rigorous academic environment, including your strengths and potential challenges. Your essay will be evaluated on writing ability as well as specific, original content addressing each aspect of the prompt.

All materials should be submitted to the [UB Admissions](#) department.

## International applicants

Please consult the [International admission requirements page](#), or for specific queries, [contact your admissions officer](#).

*Admission requirements and tuition information updated for the 2023-2024 academic year.*



## Tuition Information

Nutrition MS Online	
Tuition (per credit hour)	<b>\$650</b>
General Fee (9 credits or more)	<b>\$1,025</b>
General Fee (5-8 credits)	<b>\$620</b>
General Fee (0-4 credits)	<b>\$390</b>
Health Science Program Fee	<b>\$50</b>
Comprehensive Exam Fee	<b>\$65</b>





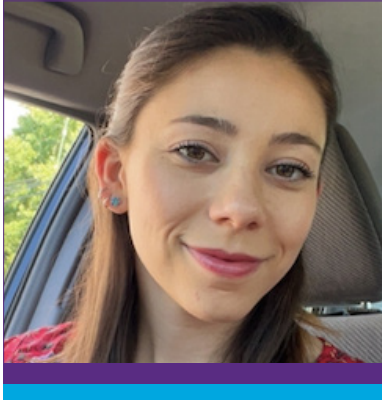
## ■ Curriculum Overview

The master's program is fully online and can be completed in as few as 23 months. It consists of 44 semester credit hours: 35 core credits and 9 concentration credits. The program can be completed in as few as 15 months by taking courses in an accelerated 7-week format.

**For complete curriculum details, please visit [our website](#).**

*Admission requirements and tuition information updated for the 2023-2024 academic year.*

## Testimonials



Ariel Smith

“The nutrition program at UB has been nothing short of **a life-changing and eye-opening experience** that has given me the tools, knowledge, and confidence to succeed in our growing field. Under the careful guidance of my compassionate, highly skilled professors, and the collaboration with my talented classmates, the UB Human Nutrition program has paved the way for a very bright and successful future!”



Dale Mauri

“The curriculum is challenging, but **the courses seamlessly build upon one another each term, making it approachable for someone like me with little science background.** The professors are passionate about what they teach, which translates into engaging lectures, constructive feedback on assignments, and an interest in each student’s success.”

## Testimonials



Dr. Nicholas Nolen

“I am extremely impressed with University of Bridgeport’s Nutrition program. The curriculum itself is streamlined and flows very efficiently. The faculty provide ample means of communication and are very responsive and engaging. Every class assignment or activity sets the student up to have a very thorough grasp of all the information. **Having fulfilled graduate programs in the past, this is by far the most productive experience I have ever had.** One could not be more set up for success.”



Elba Vicky Carrillo

“My experience with the Master of Science in Human Nutrition program was well worth my investment! **The program provided me with an excellent foundation for a career transition in functional nutrition without having a science background in my undergraduate.** The professors in the program exceeded my expectations in terms of support and professionalism. I loved learning from the professors’ experiences. What stood out most in choosing this program was the emphasis placed on biochemistry and the clinical aspect of nutrition. This program challenged me to think critically and taught me how to prepare personalized nutrition strategies based on the biochemistry of an individual. I recommend this program to anyone with an interest in functional nutrition!”

# Student Resources and Support

At University of Bridgeport, we are committed to helping our students succeed. That's why we offer resources and support services to help you reach your personal and professional goals!

<h2>Academic Resources</h2>	<h2>Academic Supports</h2>
<ul style="list-style-type: none"> <li>• <a href="#">Academic Advising Center (AAC)</a></li> <li>• <a href="#">Admissions</a></li> <li>• <a href="#">Financial Aid</a></li> <li>• <a href="#">Registrar's Office</a></li> </ul>	<ul style="list-style-type: none"> <li>• <a href="#">Career Preparation</a></li> <li>• <a href="#">The Heckman Center</a></li> <li>• <a href="#">Registrar's Office</a></li> </ul>
<h2>Personal Support Services</h2>	<h2>Student Experience</h2>
<ul style="list-style-type: none"> <li>• <a href="#">Counseling Services</a></li> <li>• <a href="#">Health Services</a></li> <li>• <a href="#">Knight's Pantry</a></li> <li>• <a href="#">Student Accessibility Services</a></li> </ul>	<ul style="list-style-type: none"> <li>• <a href="#">Clubs and Organizations</a></li> <li>• <a href="#">Events</a></li> <li>• <a href="#">Greek Life</a></li> </ul>
<h2>Professional Development</h2>	
<ul style="list-style-type: none"> <li>• <a href="#">Career Development Services</a></li> </ul>	



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BRIDGEPORT**



**Contact us today!**

**Call: 203-576-4552**

**Text: 203-275-0401**

**[bridgeport.edu/nutrition](https://bridgeport.edu/nutrition)**

The University of Bridgeport is accredited by the New England Commission of Higher Education and by the Connecticut Office of Higher Education.

The MS Human Nutrition is also accredited by Accreditation Council on Nutrition Professional Education (ACNPE), a programmatic accrediting agency for clinical programs in advanced nutrition.

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