

NUTRITION INSTITUTE



UNIVERSITY OF
BRIDGEPORT

Opening doors. Building futures.



“ UB’s Master of Science in Human Nutrition distinguishes itself from other programs through its focus on integrative and functional nutrition/medicine, and its value in the prevention and management of chronic disease. ”

David M. Brady, N.D., D.C., C.C.N., D.A.C.B.N.
Vice President for Health Sciences and
Director of the Nutrition Institute



Advocating Healthier Lifestyles Through Nutrition

The University of Bridgeport’s M.S. in Human Nutrition takes an integrative and functional approach to health care, providing you with in-depth knowledge of sound nutritional strategies for use in counseling clients to prevent and manage chronic disease. You will develop expertise in the biochemical and physiological aspects of nutrition as they pertain to optimizing wellness.

Utilizing an evidence-based scientific perspective, the curriculum emphasizes the concept of bio-individuality. You will become adept at assessing the unique needs of each client to supply customized, effective diet and nutrition recommendations.



A Valuable Degree with a Flexible Format

The first and most established program of its kind in the U.S., UB's M.S. in Human Nutrition has been offered since 1977. Our faculty members have a wealth of academic and functional medicine experience, offering you a cutting-edge education.

To help busy professionals maximize a healthy work-life balance, we provide you with convenient options to take your classes online every week or on campus one weekend per month. You will graduate ready to advance your clinical career or pursue a doctoral-level degree.

ON-CAMPUS WEEKEND PROGRAM

- Classes are held one weekend per month on Saturday and Sunday from 9 a.m. to 5 p.m.
- Complete your classes in 28 consecutive months, or choose to spread classes out for up to five years
- Full-time option consists of six terms, with two courses during each term (fall, spring, and summer)

ONLINE PROGRAM

- The 41-credit curriculum is identical to the on-campus weekend program, but requires weekly participation in all courses
- Coursework is completed through our interactive, convenient, and state-of-the-art online learning management system
- Online students are only required to come to campus for the final comprehensive examination

For both programs, a comprehensive final examination must be taken on campus on a Sunday three to four months after classes have been completed.

NUMEROUS
ACADEMIC
SCHOLARSHIPS
ARE AVAILABLE TO
RECOGNIZE ACHIEVEMENT

ACCREDITATION
THE PROGRAM IS ACCREDITED
BY THE CONNECTICUT OFFICE
OF HIGHER EDUCATION.

THE UNIVERSITY IS ACCREDITED
BY THE COMMISSION ON INSTITUTIONS
OF HIGHER EDUCATION OF THE NEW
ENGLAND ASSOCIATION OF SCHOOLS
AND COLLEGES, INC. (NEASC)

DUAL-DEGREE OPTIONS

UB's robust Division of Health Sciences offers interdisciplinary programs in a range of fields, making it easy for you to pursue multiple degrees concurrently with streamlined curricula.

Combined D.C./M.S. in Human Nutrition Combined N.D./M.S. in Human Nutrition

Chiropractic and Naturopathic Medicine students who have completed their fifth semester of studies in good academic standing with a GPA of 3.0 or greater may enter the Human Nutrition program to earn a dual degree. Advanced standing is awarded toward the M.S. in Human Nutrition, allowing students to complete the dual degree in the four-year doctoral degree window.

VIRTUAL CLINIC
GIVES YOU 255 HOURS OF
SUPERVISED EXPERIENCE CREDIT
TOWARD THE CERTIFIED NUTRITION
SPECIALIST (C.N.S.) CREDENTIAL

Comprehensive Curriculum

Students in the on-campus M.S. in Human Nutrition program begin in the fall semester, while those in the online program may begin in the fall or spring semester. Courses must be taken in sequential order.

- **Pathophysiologic Basis of Metabolic Diseases** A study of the underlying mechanisms of disease and the complex interrelationships between critical systems, including respiratory, urinary, cardiovascular, digestive, nervous, and endocrine.
- **Evidence-Based Nutrition** (must be taken online) The course describes the analytical approaches for searching and interpreting clinical research data using evidence-based practice with emphasis on the application of data in clinical practice.
- **Biochemistry of Nutrition** The course reviews the static and dynamic aspects of the biochemistry of carbohydrates, lipids, amino acids, proteins, nucleic acids, hormones, and vitamins in the healthy individual.
- **Assessment of Nutritional Status** Clinical and laboratory procedures for evaluation of nutrient status, including blood and other tissue analyses, principles of functional assessment, dietary records, questionnaires, case histories, physical examinations, and anthropometric methods are covered extensively.
- **Vitamins and Minerals** The course covers the basic and clinical aspects of nutrient homeostasis with emphasis on vitamin and mineral metabolism at the cellular and tissue level.
- **Lifelong Healing with Food** This course focuses on the general knowledge and skills needed to educate nutrition clients about food to facilitate healing. It will cover the landscape of the U.S. food system, menu and recipe planning, multiple food theories, and fad and medical diets.
- **Clinical Biochemistry** The course encapsulates the biochemistry of disorders arising from acid/base imbalance and the abnormal metabolism of carbohydrates, lipids, proteins, amino acids, nucleic acids, bile pigments, vitamins, and hormones.
- **Developmental Nutrition** Nutritional considerations and health-related concerns throughout the life cycle are explored.
- **Functional Medicine/Nutrition** This course teaches advanced biochemical assessment using critical analysis of client history with clinical testing from a functional medicine perspective.
- **Nutritional Therapeutics** This course includes an understanding of the mechanism of action of various nutritional interventions, as well as the role it can play in helping to restore wellness. Students will become familiar with common pharmaceutical treatments, and become aware of possible drug-nutrient interactions, as well as drug-induced nutrient depletions.
- **Virtual Clinic** (must be taken online) This capstone course—the first of its kind anywhere—immerses you in real-world case studies and helps you gain practical management experience. You will incorporate critical thinking and scientific knowledge as you complete four monthly modules on clinical management online with different instructors.
- **Botanical Medicine** This course is a study of the use of herbs in nutritional practice. Lectures include the mechanism of action, pharmacological/toxicological properties, clinical applications, product standardization, and recommended dosage of individual herbs.

DOCTORAL PREP

For those students interested in pursuing a doctoral degree that requires a thesis-based master's degree, we offer Thesis Research in Nutrition as an elective course separate from the core 41 program credits required for graduation. Our M.S. in Human Nutrition provides a solid foundation for success in Ph.D. and D.H.Sc. programs.



Powerful Career Paths

Obtaining an M.S. in Human Nutrition from UB means your career will be able to take a number of exciting directions.

- **Clinical Nutritionists** offer private nutritional counseling services or serve as members of integrated medical teams
- **Educators** teach at the community college level or attain Ph.D.s or D.H.Sc.s and join faculty at the university level
- **Nutrition Researchers** conduct clinical or natural product research to contribute to the body of knowledge about the scientific field of nutrition
- **Industry Consultants** are typically employed by nutritional supplement, nutraceutical, and clinical laboratory companies in a wide range of positions
- **Community Health Advocates** work with nonprofit organizations in the U.S. and abroad

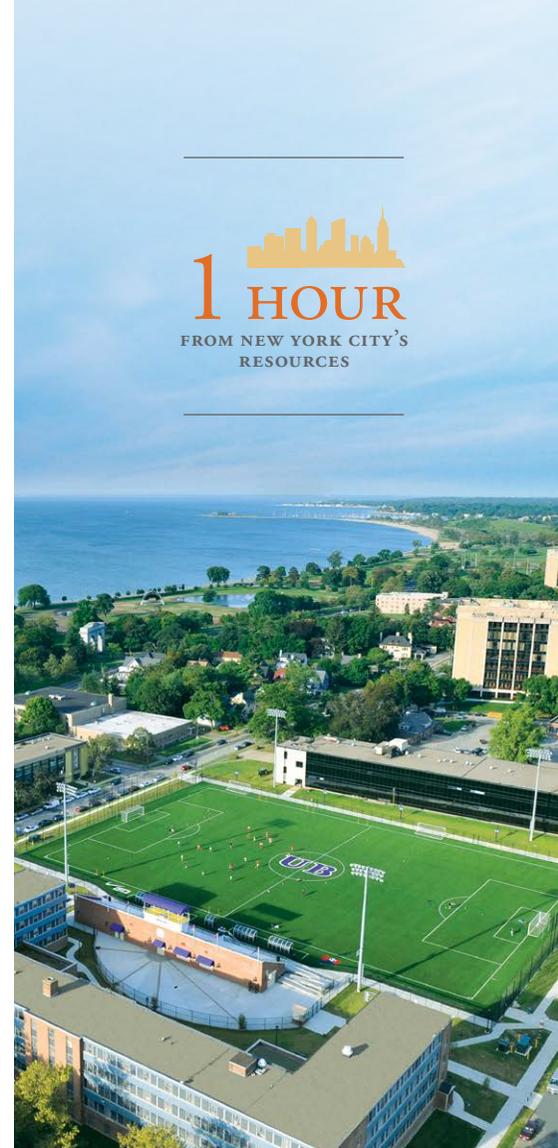
CERTIFICATION

Upon graduation, you will be eligible for several national nutrition certifications through independent organizations.

- Certification Board for Nutrition Specialists offers credentialing as a Certified Nutrition Specialist (C.N.S.)
- Clinical Nutrition Certification Board offers credentialing as a Certified Clinical Nutritionist (C.C.N.)
- The National Association of Nutrition Professionals and the Holistic Nutrition Credentialing Board offer credentialing as Board Certified in Holistic Nutrition®
- American Clinical Board of Nutrition offers their board certification (D.A.C.B.N.) for those with any clinical doctoral degree and a completed M.S. in Human Nutrition degree from UB without needing any additional education hours

LICENSURE

In order to obtain a license to practice nutritional counseling, Human Nutrition graduates must check with the Board of Health in their states of residence to determine specific requirements.



1 HOUR
FROM NEW YORK CITY'S
RESOURCES

Admission Requirements

PROGRAM PREREQUISITES

- Bachelor's degree from an accredited institution with a cumulative GPA of 3.0 or above
- Coursework with a grade of B or higher in:
 - **Anatomy and Physiology (6 credits)**
Study the structure and function of cells, tissues, and organ systems; control systems of the human body; homeostatic mechanisms; and system interrelations.
 - **Biochemistry (4 credits)***
Review basic general chemistry topics including atomic theory, periodic law, chemical bonding, chemical reactions, kinetics, acids, bases, and organic chemistry topics including isomerism and physiochemical properties of various functional groups. Biochemical properties of carbohydrates, lipids, proteins, and nucleotides will also be discussed.
 - **Basic Nutrition (2 credits)**
In this seminar, learn the basic principles of nutrition, including topics such as sources of nutrients, energy intake and expenditure, dietary standards and guidelines, food labeling and food safety, and the role of macronutrients in the diet.

All prerequisite courses can be completed online or on campus in an accelerated format.

*Applicants with 8 credits of organic chemistry with labs may have the biochemistry requirement waived at the discretion of the program director.

Required Application Materials

- Completed University of Bridgeport application
- Non-refundable application fee of \$50
- Official transcripts from every college attended
- Personal statement

DEADLINES

- June 15 Priority consideration for fall semester
- November 1 Priority consideration for spring semester

QUESTIONS

Office of Admissions
admit@bridgeport.edu
203.576.4552

[BRIDGEPORT.EDU/APPLY-NOW](https://bridgeport.edu/apply-now)

Title IX/Nondiscrimination Notice
For additional information, please visit
bridgeport.edu/nondiscrimination.

16%
JOB GROWTH
EXPECTED FOR
NUTRITIONISTS BY 2024
U.S. Bureau of Labor Statistics



UNIVERSITY OF
BRIDGEPORT

126 Park Avenue · Bridgeport, CT 06604

Nutrition Institute {Mission}

The mission of the human nutrition program is to prepare graduates to positively influence and support specific health challenges and promote overall well-being by integrating biochemical and physiological science knowledge with evidence-based strategies that link to integrative and preventative nutrition-based interventions.

The UB {Mission}

The University of Bridgeport offers career-oriented undergraduate, graduate and professional degrees and programs for people seeking personal and professional growth. The University promotes academic excellence, personal responsibility and commitment to service. Distinctive curricula in an international, culturally diverse supportive learning environment prepare graduates for life and leadership in an increasingly interconnected world. The University is independent and non-sectarian.