Lamar University
Master of Science in Nutrition

Program Description

The 36-credit hour M.S. in Nutrition has a Community Nutrition emphasis and is designed to enhance knowledge and skills of nutritionists, dietitians, and other professionals in nutrition practice. The focus of the degree is to assist professionals in lifelong learning in a multicultural world. Courses are designed to reflect evidence based nutrition guidelines. This degree is offered fully online.

Courses in the Program

**FCSC 5303 – Nutrition Research**
Examination of the scientific method and its application to the study of nutrition-based research.

**FCSC 5309 – The Energy Nutrients**
In-depth study of the macronutrients, the major building blocks of life. Sources, classification, functions, digestion, absorption, metabolism, and excretion of carbohydrates, lipids, and proteins. Coverage of the major energy-generating pathways. Emphasis on various categories of macronutrients as related to health. Metabolism and health effects of alcohol.

**FCSC 5325 – Nutrition Education and Counseling**
In-depth study of communication and counseling skills utilized in conducting nutrition education to individuals and groups in community clinic settings. Requires case study presentation utilizing a transdisciplinary, developmental problem-solving model as a learning framework to enhance critical thinking skills.

**FCSC 5332 – Vitamins and Minerals**
Emphasis on the specific micronutrients, vitamins and minerals, as related to health. Sources, classification, functions, digestion, absorption, metabolism, and excretion. Vitamin/mineral deficiency and toxicity. Assessment of micronutrient status.

**FCSC 5338 – Complimentary Alternative Nutrition Therapies**
Emphasis on science-based literature of popular complementary and alternative nutrition therapies, including phytonutrients, functional foods, herbals, botanicals, and dietary supplements. Nontraditional medical practices commonly used to improve health will also be covered. The safety, efficacy, and standardization of dietary supplements will be discussed.
FCSC 5348 – Nutrition in Pregnancy and Infancy
Role of nutrition in health during the preconception period, gestation, embryonic and fetal development, lactation, and the first year of life. Focus on conditions that require special nutrition concern.

FCSC 5349 – Nutrition in Aging
Role of nutrition in successful aging. Study of physiologic, social and economic factors that contribute to nutrition needs and concerns of older adults.

FCSC 5350 – Food, Culture, and Health
An overview of global cultures and eating habits. Exploration of health and well-being as affected by food and culture.

FCSC 5351 – Weight Management
Examination of current research regarding strategies for management of overweight and obesity.

FCSC 5352 – Eating Disorders
Cause, identification, treatment and prevention of eating disorders. Students learn screening techniques appropriate for identifying individuals with eating disorders.

FCSC 5359 – Sports Nutrition
The role of nutrition is discussed as it relates to athletic performance and physical activity.

FCSC 5389 – Nutrition Capstone
Integration of learning from previous coursework and enhancement of leadership skills. Utilizing both instruction and self-guided learning, students develop and report on a tangible project addressing community nutrition needs or an area of interest of the student.