The School of Human Sciences offers a Master of Science degree in Food and Nutrition with a concentration in Community Nutrition. The program is coordinated with the Dietetic Internship Program.

**Master of Science (M.S.) in Food and Nutrition**

**Community Nutrition Concentration**

The Master of Science Degree in Food and Nutrition with a concentration in Community Nutrition is coordinated with the Dietetic Internship Program. The curriculum is designed to provide advanced study in community nutrition and public health/nutrition policy and provide 1200 hours of supervised practice (dietetic internship). Students who successfully complete the M.S. in Food and Nutrition degree coursework and the 1200 hours of dietetic internship must be verified by the program director to then be eligible to write the registration examination for dietitians. In addition to M.S. in Food and Nutrition degree work, students complete an accredited dietetic internship that qualifies them to take the registration examination for dietitians. The Accreditation Council for Education in Nutrition and Dietetics (ACEND®) sets Standards of Education for entry-level dietetics education. ACEND® is the only accrediting agency for dietetics education programs recognized by the United States Department of Education (USDE). Continued recognition by the USDE since 1974 affirms that ACEND® is a reliable authority as to the quality of dietetics education program that it accredits. Programs accredited by ACEND® meet the education requirements established by Commission of Dietetic Registration (CDR). The Dietetic Internship program at SIU has been granted accreditation through 2028 by ACEND®. In addition to admission requirements below, students need a Verification Statement for having completed a Didactic Program in Dietetics issued by an ACEND®-accredited program director.

**Admission**

This program requires a nonrefundable $65 application fee that must be submitted with the application for Admissions to Graduate Study in Food and Nutrition. Applicants may pay this fee by credit card if applying electronically. Applicants submitting a paper application must pay by personal check, cashier's check, or money order made out to SIU, and payable to a U.S. Bank.

Applicants must meet the following criteria to be considered for admission to the program. Everyone, United States citizens and non-citizens alike, must complete a Didactic Program in Dietetics (DPD) accredited by ACEND®. ACEND® establishes and enforces “Eligibility Requirements and Accreditation Standards” for nutrition/dietetics education. It accredits education programs (including bachelor’s and graduate level Didactic Programs in Dietetics) that prepare students for careers as Registered Dietitians. More information about ACEND® is available online at eatright.org/acend.

1. A baccalaureate degree from a regionally accredited college or university (completed within the last 10 years)
2. Completion of a Didactic Program in Dietetics (DPD) as accredited by the Accreditation Council for Education in Nutrition and Dietetics. Students should supply appropriate documentation (Verification Statement) from their DPD Directors that is to be submitted with their application.
3. DICAS. If you have completed a minimum of a bachelor’s degree at a US regionally accredited university or college and course work accredited by ACEND®, you are eligible to participate in the Dietetic Internship Match. Applicants to SIUC combined MS/DI program must submit their application through the Dietetic Internship Centralized Application System at [https://www.portal.dicas.org](https://www.portal.dicas.org) (DICAS Portal).

4. D&D Matching. Applicants to Dietetic Internships (DI) must register for matching with D&D Digital to create/modify their prioritized list of dietetic internships for computerized matching at D&D Digital ([https://www.dnddigital.com](https://www.dnddigital.com)). There is a $50 registration fee for matching that is due with prioritized program rankings. SIUC’s Match Number is 438. SIUC matches only during the spring. Students who match with SIUC through the spring matching process are enrolled in SIUC’s program in August (fall semester).

5. A grade point average of 3.0 or higher (where 4.0 = A) is required.

6. The Graduate Record Exam (GRE) is required for all applicants within the last 5 years.

7. A score of 300 or higher on combined verbal and quantitative portions of GRE is recommended.

8. Desire to complete a Master of Science Degree in Food and Nutrition with a concentration in community nutrition combined with a 7 and ½ month dietetic internship with community nutrition emphasis.

9. International Students who have had their education, training and credentials completed outside of the United States or have not completed a Didactic Program in Dietetics should refer to the following resource: The Academy of Nutrition and Dietetics

10. International students whose native language is not English are required to pass the TOEFL examination with a score of 550 or above. For questions related to education and credentialing requirements for international students, more information is available at International Admissions

Program Completion Requirements

Unless otherwise stated, policies of the University and Graduate School shall establish the minimum requirements for retention in and graduation from the program. This includes a minimum grade point average for graduation of 3.0 (4.0 point scale).

The Community Nutrition concentration requires 39-44 credit hours from the following: FN 540, FN 574, FN 585, ANS 500, FN 530, PH 583, PH 585, PH 593, or PH 583, QUAN 506, FN 581, PH 598, HND 495, FN 580A, FN 580B, FN 580C, FN 599 and/or electives. At least 50% of coursework must be at the 500 level. The thesis option requires a committee composed of at least two program faculty members and one faculty member from outside the program. The research paper option will require a committee composed of at least three faculty members and an additional three credit hours of elective coursework. The M.S. in Food and Nutrition degree candidates in the thesis or research paper options must pass an oral examination conducted by their committee. The professional track option will require an additional six credit hours of elective coursework.

**FN515 - Energy Protein Utilization** 515-3 Energy and Protein Utilization. (Same as ANS 515) Energy and protein utilization including digestion, absorption, and metabolism as related to mammalian physiology. Prerequisite: course in organic chemistry.

**FN516 - Minerals and Vitamins** 516-3 Minerals and Vitamins. (Same as ANS 516) Basic and applied principles of mineral and vitamin metabolism. Emphasis on metabolic functions, reaction mechanisms and interrelationships. Prerequisite: course in organic chemistry.


**FN521A - Readings-7-9 Year Lit Review** 521A-3 to 9 (3 per topic) Readings in Hospitality and Tourism-7-9 Year Literature Review. Advanced seminar class and nine-year historical literature review of issues affecting the hospitality and tourism industry. Sections (A) through (C) may be taken only once each.

**FN521B - Readings-4-6 Year Lit Review** 521B-3 to 9 (3 per topic) Readings in Hospitality and Tourism-4-6 Year Literature Review. Advanced seminar class and nine-year historical literature review of issues affecting the hospitality and tourism industry. Sections (A) through (C) may be taken only once each.
FN521C - Readings-Current-3 Yr Lit Rvw 521C-3 to 9 (3 per topic) Readings in Hospitality and Tourism-Current to 3 Year Literature Review. Advanced seminar class and nine-year historical literature review of issues affecting the hospitality and tourism industry. Sections (A) through (C) may be taken only once each.

FN530 - Adv Nutr Assessment & Educ 530-3 Advanced Nutritional Assessment and Education. Community assessment methods, specifications or particular tools used and how these tools can be applied to particular conditions of concern in community nutrition. The methods of education for individuals and populations using dietary, biochemical, anthropometrics and physical assessment data will be taught. Restricted to major or consent of instructor.

FN531 - Hospitality ACCT 531-3 Hospitality Managerial Accounting. Theory and practice of managerial accounting techniques in the hospitality industry.

FN535 - Hospitality MKTG 535-3 Advanced Hospitality Marketing Management. Analysis of marketing processes within hospitality, tourism and related organizations. Focus is on design and implementation of marketing research and analysis, as well as creation of the strategic marketing plan.

FN540 - Public Health Nutrition 540-3 Community and Public Health Nutrition. This course provides a comprehensive introduction to community and public health nutrition focusing on the health of communities and nations, the most significant public health nutrition programs, nutrition surveillance systems and interventions, practices and processes of local and global food markets, global food systems and legislative and regulatory policies. The course will be structured upon the use of a socioecological framework, examining multiple levels of influence on dietary intake, food choices and related health incomes.

FN545 - Sustainable Tourism 545-3 Economics of Sustainable Tourism Development. Development of sustainable tourism destinations will be examined. Introduction to research methods involved in conducting economic impact studies, feasibility studies and conversion studies.

FN551 - Destination MGMT 551-3 Strategic Destination Management. Responsibilities of destination management organizations from an international perspective will be examined. Primary focus is destination product development and management. Destination competitiveness and marketing, specifically branding and positioning will also be discussed.

FN560 - Advanced Foods MGMT 560-3 Advanced Food Service Management. Course will provide opportunities in food service facility management to demonstrate leadership, financial management skills, food safety initiatives, contingency planning, and marketing techniques. Topics include sustainable food service practices, human resource management, culinary techniques, HACCP planning and theories. Graduate students will experience a supervisory role while managing undergraduate students at food service facilities.

FN561 - SVC Organization MGMT 561-3 Service Organization and Management. Covers topics such as motivation, group dynamics, leadership, organization structure, decision making, conflict resolution, and Organizational Development. Focus is on strategic leadership to prepare individuals and organizations to excel within a changing environmental landscape toward delivery of a quality service relationship.

FN565 - Convention Mgmt 565-3 Advanced Convention Management and Service. Strategic relationships between meeting planner, client, facility and suppliers will be examined. Focus will be on a practical approach to convention planning and management. Students will be required to participate in planning as well as attending regional meetings.

FN574 - Adv Medical Nutrition Therapy 574-3 Advanced Medical Nutrition Therapy. In-depth study of the application of nutrition to the management of disease states with emphasis on current treatment and complex metabolic abnormalities. Prerequisite: HND 470.

FN580A - Nutr Pract-Comm Clinici Rotatn 580A-3 Nutrition Practicum in the Community-Clinical Rotation. Designed to provide practicum experiences in dietetics for students completing the Master's in Food and Nutrition. Restricted to Food and Nutrition majors or consent of instructor.
FN580B - Nutr Pract-Comm-Mgmt Rotatn 580B-3 Nutrition Practicum in the Community-Management Rotation. Designed to provide practicum experiences in dietetics for students completing the Master's in Food and Nutrition. Restricted to Food and Nutrition majors or consent of instructor.

FN580C - Nutr Pract-Comm Pblic Health Ro 580C-3 Nutrition Practicum in the Community-Public Health Nutrition Rotation. Designed to provide practicum experiences in dietetics for students completing the Master's in Food and Nutrition. Restricted to Food and Nutrition majors or consent of instructor.

FN581 - Graduate Seminar 581-1 to 2 (1,1) Graduate Seminar in Community Nutrition. A discussion of current topics and literature in community nutrition and community nutrition programs. Provides a forum for student and faculty presentation, and review of current research efforts. Encourages integration of the knowledge gained from the didactic and experiential learning prior to food service management, medical nutrition therapy, and community nutrition practice experiences. Restricted to major or consent of instructor. Maximum of one hour per semester. Course fee: $10.

FN585 - Adv Community Nutrition 585-3 Advanced Community Nutrition. A presentation and examination of issues and programs in food and nutrition programs. Elements including the organization and management of quality nutrition services for the prevention of disease and promotion of health will be identified and applied to community programs.

FN590 - Readings in Food & Nutrition 590-1 to 3 Readings in Food and Nutrition. Individual readings in food and nutrition under graduate faculty guidance. Special approval needed from the instructor.

FN592 - Global Research in Agriculture 592-1 to 3 Global Research in Agriculture. Research interest in animals unique to certain regions of the world is a growing field to graduate students interested in world sustainable agricultural practices. This class is designed for students interested in taking research based information and skills from Southern Illinois University and applying it to projects with animals native to certain regions of the world to improve productivity and sustainability. This course provides graduate students interested in global and sustainable research the opportunity to conduct their research and training on regional animals not traditionally found in North America (eg. camels, water buffalo, kangaroo,... etc).

FN593 - Individual Research 593-1 to 3 Individual Research. Investigation of a problem in food and nutrition under the supervision of an approved graduate faculty member. Graded S/U only.

FN599 - Thesis 599-1 to 6 Thesis. Credit is given for a Master's thesis when it is accepted and approved by the thesis committee. Graded S/U only.

FN601 - Continuing Enrollment 601-1 Continuing Enrollment. For those graduate students who have not finished their degree programs and who are in the process of working on their dissertation, thesis, or research paper. The student must have completed a minimum of 24 hours of dissertation research, or the minimum thesis, or research hours before being eligible to register for this course. Concurrent enrollment in any other course is not permitted. Graded S/U or DEF only.

HND410 - Nutrition & Wellness Ed 410-3 Nutrition and Wellness Education. This course explores research, theories and practices that influence human health behavior. Educational principles associated with behavior change including health literacy, assessing populations at risk, and designing effective health communication strategies are examined. Theories to explain human behavior, such as the Health Belief Model, Social Cognitive Theory, Transtheoretical Model, and Social Ecological Model will be studied, particularly as they relate to health education programming and how individual behavior is influenced. Prerequisite: HND 321.

HND420 - Recent Developments Nutrition 420-3 Recent Developments in Nutrition. Critical study of current scientific literature in nutrition. Prerequisite: HND 320.

HND425 - Nutrition Biochemistry 425-3 Biochemical Aspects in Nutrition. (Same as ANS 425) The interrelationship of cell physiology, metabolism and nutrition as related to energy and nutrient utilization, including host needs and biochemical disorders and diseases requiring specific nutritional considerations. Prerequisite: ANS 215 or HND 320, CHEM 140B, PHSL 201 and 208.

HND445 - Nutr for Sport & Exercise 445-3 Nutrition for Sport and Exercise. This course presents the metabolic and physiologic basis for macronutrient and micronutrient requirements during training,
competition/performance, and recovery. The course begins with a brief overview of nutrition and exercise metabolism, followed by examination of nutritional requirements for sport and exercise, and concluding with a discussion of the practical aspects of nutrition related to athletes and exercise enthusiasts. Restricted to Junior, Senior, or Graduate Standing or permission of instructor.

**HND461 - Service Organization & Mgmt** 461-3 Service Organization and Management. (Same as HTEM 461) Managerial aspects of the hospitality industry as related to provision of quality service. Organizational structures, management techniques, decision-making abilities, ethics, leadership, and human resource issues are examined. A grade of C or better required. Prerequisite: HTEM 202, HTEM 380 with a grade of C or better. Restricted to junior standing or consent.

**HND470 - Medical Nutrition Therapy I** 470-3 Medical Nutrition Therapy I. This is the first in a 2-course sequence of the study of pathophysiology and principles of medical nutrition therapy for various disease states. Application of Nutrition Care Process, nutrition screening and assessment, and medical record documentation. Prerequisite: HND 320, HND 321, AH 105, CHEM 140B, PHSL 201 and 208. Restricted to HND students.

**HND475 - Nutrition Through Life Cycle** 475-3 Nutrition Through the Life Cycle. This course will review nutrition during major phases of the life cycle. It will include units on: women's health during the preconception period pregnancy and lactation; infancy; childhood; adolescence; and older adults (65+). Students will complete life cycle projects and case studies for each phase of life throughout the course. Prerequisite: HND 320. Restricted to HND major.

**HND480 - Community Nutrition** 480-3 Community Nutrition. This course will provide a general foundation of Community Nutrition and how the Registered Dietitian/Community Nutritionist works in a community setting. This course will cover areas such as determining needs for nutrition education/intervention, public policy, supplemental nutrition programs, funding and grant writing. Prerequisite: HND 475. Restricted to HND major.

**HND485 - Advanced Nutrition** 485-3 Advanced Nutrition. This course applies advanced principles of biochemistry and physiology to expand on basic nutrition information and explains the role of nutrients from cellular and mechanistic aspects. Prerequisite: HND 320, 425.

**HND490 - Practicum Sport Nutr & Welness** 490-3 Practicum in Sport Nutrition and Wellness. This is an opportunity to gain field experience in wellness and sports nutrition and collaborate with peers to share experiences and work through a variety of problems. It is a "capstone" course: one that brings together the theory, knowledge, and skills that you've gained through completion of the Nutrition curriculum that you may apply in a live setting. The goal of this course is to expose students to a variety of situations they may encounter in a wellness and/or sports nutrition profession. Restricted to senior standing or instructor approval.

**HND495 - Nutrition and Obesity** 495-3 Nutrition and Obesity. This course will examine the multifactorial etiology of obesity, its corresponding health consequences, and the role of diet in prevention and treatment of obesity and its related comorbidities. At the end of this course, students will be able to (i) understand basic physiological and metabolic concepts underlying the development of obesity; (ii) discuss the health consequences of obesity across the lifespan; and (iii) describe the nutrition-related approaches for prevention and treatment of obesity. Prerequisite: HND 425 or concurrent enrollment.

**HTEM415 - Gaming Management** 415-3 Gaming Management. Introduction to the main components involved in the management of gaming enterprises, including an overview of legalized casino gaming in the United States, profit structure of casinos, organizational structures, Louisiana gaming law, casino drop and count procedures, cage operations, suspicious activity reporting, slot and table games management, and race and sports book operations. Special emphasis to be placed on casino marketing and promotion of responsible gaming. Prerequisite: HTEM 202 with a grade of C or better.

**HTEM435 - Hospitality Mktg Mgmt** 435-3 Hospitality Marketing Management. This course concentrates on marketing for hotels, restaurants and tourism-related entities. Industry specific problems and characteristics will be examined. Students will develop a comprehensive marketing plan. The starting point for the development of hospitality marketing strategy assumes basic marketing knowledge has been derived from completing a previous marketing course. The course is taught in a blended environment;
students will attend class one day each week and view lectures and other material via SIU Online. A grade of C or better required. Prerequisite: HTEM 202 and MKTG 304 with grades of C or better.

**HTEM440 - Hospitality Risk Management** 440-3 Hospitality Risk Management. Introduction to risk management, security, liability and contract management applicable to the awareness and/or operations of hotels, restaurants and resorts. A grade of C or better required. Prerequisite: HTEM 202.

**HTEM445 - Sustainable Tourism** 445-3 Sustainable Tourism Planning and Development. This course focuses on sustainable tourism development as management of all resources in such a way that we can fulfill economic, social, and aesthetic needs while maintaining cultural integrity, essential ecological processes, biological diversity, and life support systems. Prerequisite: HTEM 202 or consent of instructor.

**HTEM450 - Event Marketing** 450-3 Event Marketing and Sponsorships. Strategic marketing and procurement of sponsors as they relate to events will be examined. Techniques related to association, corporation, and other special events will be analyzed and applied.

**HTEM455 - Event Risk Management** 455-3 Event Risk Management and Safety. Techniques used to reduce event risk and liability and increase safety for event attendees will be discussed. Crowd control, fire safety, attendee behavior, food and beverage safety, emergency medical services, among others, will be explored.

**HTEM460 - Capstone** 460-4 Hospitality Management Capstone. The course includes practical experience in the operational administration of a hospitality service facility. Provides students an opportunity to exercise their ability and creativity to manage a hospitality event(s). The lab involves situations in which students fill the different roles involved with hospitality management. $30 Lab fee. A grade of C or better. Prerequisites: HTEM 202, HTEM 206, HTEM 360, HTEM 373 with grades of C or better. Restricted to senior standing.

**HTEM461 - Service Organization & Mgmt** 461-3 Service Organization and Management. (Same as HND 461) Managerial aspects of the hospitality industry as related to provision of quality service. Organizational structures, management techniques, decision-making abilities, ethics, leadership, and human resource issues are examined. A grade of C or better required. Prerequisite: HTEM 202, HTEM 380 with a grade of C or better. Restricted to junior standing or consent.

**HTEM465 - Convention Mgmt & Services** 465-3 Convention Management and Services. This course serves as a primer to the understanding of the role the meeting and convention planning business plays in hotel profitability. Students will explore successful procedures, practical insight, and foundational knowledge to succeed in convention management and services. Grade of C or better. Prerequisite: HTEM 202 with a grade of C or better.

**HTEM470 - Hospitality Facilities Mgmt** 470-3 Hospitality Facilities Management. The course provides a comprehensive survey to manage the physical plants of hotels and food service establishments by working with the engineering and maintenance divisions in an effective and efficient manner. Areas of emphasis will include maintenance, energy conservation, environmental impact, and facilities management, with specific issues such as maintenance needs as they affect operations, property expenditures and resources, and a balance between guest satisfaction and environmental sustainability being addressed. A grade of C or better required. Prerequisite: HTEM 202 or consent of instructor.

**HTEM472 - Revenue Management** 472-3 Revenue Management in the Hospitality Industry. Managing revenue is a vital aspect of the Hospitality industry. This important course in Revenue Management for the Hospitality Industry will help students understand how they can incorporate the principles of revenue management and best practices, as an integral and critical function in their hospitality establishment. The core of revenue management of a hospitality organization is to "charge the right price, to the right customer, for the right product, through the right channel, at the right time." This course will help students to develop, implement, evaluate and effectively manage revenues as a strategic management process. Prerequisites: ACCT 230, HTEM 273, and HTEM 372 with grades of C or better.
Food and Nutrition Faculty


Banz, William J., Professor and Chair, Ph.D., University of Tennessee, 1995; 1995. Human nutrition, nutritional physiology.

Null, Dawn C., Assistant Professor, Ph.D., R.D.N., Southern Illinois University, 2012; 2017. Human nutrition, food insecurity, environmental nutrition.

Emeriti Faculty

Ashraf, Hea-Ran Lee, Professor, Emerita, Ph.D., Iowa State University, 1979; 1980.

Endres, Jeannette M., Professor, Emerita, Ph.D., St. Louis University, 1972; 1975.

Roth, Sara Long, Professor, Emerita, Ph.D., Southern Illinois University Carbondale, 1991; 1990.

Welch, Patricia, Professor, Emerita, Ph.D., Southern Illinois University, 1982.

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Catalog Year Statement:
Students starting their collegiate training during the period of time covered by this catalog (see bottom of this page) are subject to the curricular requirements as specified herein. The requirements herein will extend for a seven calendar-year period from the date of entry for baccalaureate programs and three years for associate programs. Should the University change the course requirements contained herein subsequently, students are assured that necessary adjustments will be made so that no additional time is required of them.