

# ONLINE MASTER OF SCIENCE IN CLINICAL NUTRITION

PROGRAM  
OVERVIEW

SPRING 2020



**SCNM**

SOUTHWEST COLLEGE OF  
NATUROPATHIC MEDICINE  
& HEALTH SCIENCES



# PROGRAM OVERVIEW

*300,000 deaths a year in the United States are preventable by better dietary choices. Over the span of a decade, this would save the lives of millions.*

JAMA, Journal of the American Medical Association\*

With an increased importance on nutrition as a preventive measure and treatment for chronic diseases, the demand for trained, qualified clinical nutrition practitioners has greatly outpaced the U.S. healthcare system's capacity. In fact, the Bureau of Labor Statistics classifies this occupation as a "faster than average" growth field. With a Masters of Science in Clinical Nutrition you can be a part of the solution to provide the evidence-based advanced nutritional therapy, research, and education that is so greatly needed in the U.S. and worldwide.

Southwest College of Naturopathic Medicine and Health Sciences (SCNM) is meeting this growing demand by offering the online Master of Science (M.S.) in Clinical Nutrition program to develop the next generation of clinical nutrition professionals.

The online M.S. in Clinical Nutrition degree provides the clinical and scientific knowledge you need to meet your goal to become an advanced nutrition professional, while also helping you prepare and qualify to take the Certified Nutrition Specialist (CNS) examination.

The online program structure allows you to earn your master's degree while continuing to work full time in as little as 21 months.

## PROGRAM MISSION

TO EDUCATE AND INSPIRE THE NEXT GENERATION OF LEADERS AND PRACTITIONERS IN THE FIELD OF CLINICAL NUTRITION TO USE EVIDENCE-BASED PRACTICES TO SAFELY, ETHICALLY, AND EFFECTIVELY ENHANCE THE HEALTH AND WELL-BEING OF THE PEOPLE AND COMMUNITIES THEY SERVE.



# PROGRAM BENEFITS

Benefits of the online Master of Science in Clinical Nutrition include:

- *Accelerated, Fully Online Format* - Designed with working professionals in mind, the online Master of Science in Clinical Nutrition can be completed in 21 months while you work full-time. While coursework and assignments are completed online, you will be able to interact with faculty and network with classmates via interactive learning sessions, assignments, discussions, and projects.
- *Preparation for Certified Nutrition Specialist (CNS) Examination* - The MSCN program meets the Board for Certified Nutrition Specialists' curriculum requirements and is designed to assist you as you prepare to sit for the CNS examination.
- *Gain advantage in a growing job market* - The Bureau of Labor Statistics projects that new jobs for nutrition professionals to grow by 15% in the next several years. Increasingly, an advanced degree is a common requirement for nutrition professionals as they seek employment and advancement.
- *Virtual Health Center Experience* - The Clinical Nutrition curriculum includes a one of a kind Virtual Health Center Experience designed to simulate the interaction between a nutritionist and their client and allows you to practice applying new skills and knowledge safely in a virtual training environment. This unprecedented model was designed exclusively for SCNM's MSCN program.
- *Certifications to help you distinguish yourself* - Above and beyond the required curriculum for a CNS, the MSCN program provides students with opportunities to earn special industry-specific training and certifications. These certifications and specialized training will help you document your expertise and further distinguish yourself in this field.



# COURSE DESCRIPTIONS

## Gastrointestinal Physiology (2 credits)

This course explores normal human physiology with an emphasis on physiology of the gastrointestinal tract. Students will learn mechanisms and regulation of motor, secretory, digestive, and absorptive functions of the gastrointestinal tract and how it impacts human health. The course also introduces students to microbiomics and the role and application of prebiotics and probiotics in health and disease.

## Nutritional Assessment 1: History, Anthropometrics and Energy (2 credits)

This course provides instruction on how to conduct a nutrition focused history and physical examination and how to interpret the findings. Students also learn how to determine a client's energy needs and methods for determining an individual's dietary intake based on caloric values and macro- and micronutrient balance.

## Gastrointestinal Pathophysiology (2 credits)

This course provides students with essential medical knowledge and a broad understanding of human disease with a focus on pathophysiology of the gastrointestinal tract. Students will also build upon their understanding of microbiomics and the role and application of prebiotics and probiotics in health and disease.

## Nutrition Across the Lifecycle 1: Adolescence, Adulthood and Older Age (2 credits)

This course explores nutrition across the human lifecycle from adolescence and adulthood through older age. Students learn the primary dietary issues, assessment strategies, and dietary recommendations to support health promotion and disease prevention for each of these lifecycle stages.

## Clinical Biochemistry 1: Macronutrients, Human Metabolism, and Energy (3 credits)

This course explores key concepts in human metabolism and energy production by focusing on the structure, function, and metabolism of carbohydrates, lipids, proteins, nucleotides, water, and alcohol. Students learn about the digestion and absorption of these compounds and how to identify signs and symptoms of insufficiency, deficiency, and excess for application in clinical practice.



# COURSE DESCRIPTIONS

## Self-Care: Role-Modeling Health Behaviors (1 credit)

This course improves self-care in students to promote personal sustainability and prevent burnout for their own well-being as well as for the benefit of their future clients and team members. Through a combination of didactic and experiential learning, students gain an understanding of the importance and impact of self-care practices. An emphasis will be placed on hands-on, practical approaches for making sustainable changes in diet, exercise, stress management, and sleep hygiene to reduce risk of disease and promote health. As students are empowered with an enhanced capacity for self-care, it is expected that they will be more inclined, and better equipped, to implement these strategies when counseling future clients and/or when leading teams.

## Clinical Biochemistry 2: Vitamins and Minerals (2 credits)

This course explores key concepts in human metabolism and energy production by focusing upon the structure, function, and metabolism of micronutrients: vitamins, macrominerals, trace/microminerals. Students learn about the digestion and absorption of these nutrients and how to identify signs and symptoms of insufficiency, deficiency, and excess for application in clinical practice.

## Botanicals and Phytonutrients (2 credits)

This course introduces students to the biochemical actions, physiologic effects, and clinical application of plants, phytochemicals, and zoochemicals. Students will learn the historical and traditional uses of common botanicals, and modern, evidenced-based applications. Pharmacognosy, clinical use, indications, dosage, formulations, and safety considerations will be explored.

## Dietary and Supplement Guidelines, Policies, and Safety (2 credits)

This course explores the roles of government agencies in regulating the manufacturing, labeling and advertising of individual foods and dietary supplements, and in regulating overall food systems and the food supply. Students also learn about national and international dietary guidelines, potential sources of food contamination, and best practices associated with the safe handling of food.



# COURSE DESCRIPTIONS

## Evidence Informed Practice and Decision Making (1 credit)

This course develops students' information literacy skills by providing instruction on how to critically read, interpret, and apply scientific literature with a specific emphasis on food and nutrition research. Students learn about the hierarchy of evidence, research methodologies, ethics, and data analysis, and how to evaluate research findings and apply findings to inform therapies and decisions, and to substantiate claims.

## Nutrition Across the Lifecycle 2: Preconception, Pregnancy, Lactation, Infancy, and Childhood (2 credits)

This course explores nutrition across the human lifecycle from preconception, pregnancy, lactation, infancy, and childhood. Students learn the primary dietary issues, assessment strategies, and dietary recommendations to support health promotion and disease prevention for each of these lifecycle stages.

## Dietary Patterns for Health Promotion (2 credits)

This course provides instruction on evidence-based dietary patterns to support health and prevent disease. Positive and negative aspects of popular diets (e.g. Mediterranean diet, glycemic index, ketogenic diet, vegan diet, vegetarian diet, paleo diet) and controversial topics in nutrition (e.g. saturated fats, pesticide use, food additives, genetically engineered organisms [GMOs], gluten, coffee) will be examined. Students will learn how formulate dietary recommendations for specific individuals to address health related benefits or concerns and develop a working knowledge of dietary belief systems of commonly encountered ethnic cultures (e.g., Asian, Indian, Hispanic, African American, Caucasian).

## Nutritional Assessment 2: Laboratory (2 credits)

This course provides instruction in interpretation of biochemical and laboratory assessments, both standard and functional, to determine nutrient status and metabolic imbalances. Ethical use of select laboratory testing methods will also be explored. Students will learn how to correlate symptoms and lab results to inform recommendations for nutrition interventions.

## Nutrigenomics and Personalized Nutrition (2 credits)

This course introduces students to innovative topics in nutrition including functional medicine, nutrigenomics, and personalized nutrition. Students will explore current evidence on clinical applications of epigenetics and nutrigenomics and the impact of personalized genomics on nutritional biochemistry.



# COURSE DESCRIPTIONS

## Teaching Kitchen Laboratory (1 credit)

The “teaching kitchen laboratory” helps students translate evidenced-based nutritional sciences into practice. Specifically, it allows for hands-on learning of how to prepare foods that promote health and support management of disease in a manner that is cost effective, easy, quick, and flavorful. This helps students provide specific dietary counseling to future clients and/or become a role model of practicing smart nutrition and self-care. The ultimate goal is to improve students' confidence and competency in providing evidence based nutritional advice to patients to support sustainable dietary and lifestyle change.

## Clinical Applications 1: Health Promotion and Disease Prevention (3 credits)

This course is an introduction to the virtual health center experience. Students will learn about the scope of practice of clinical nutrition, related regulations, and how to develop effective nutrition care plans and interventions for clients. Clinical cases used will focus on health promotion, disease prevention, and supporting behavioral change at each stage of human development. Students will learn how to monitor client progress and use effective counseling and behavioral modification skills to help motivate and support behavioral change in clients and enhance clinical outcomes.

## Clinical Applications 2: Chronic Disease (4 credits)

This course is a virtual health center experience focused on assessment and nutritional management of chronic, noncommunicable disease. Students will learn how to apply dietary and nutraceutical interventions for prevention, modulation, and management of individuals with chronic disorders including: obesity, CVD, insulin resistance, metabolic syndrome, diabetes, autoimmune disorders, osteoporosis, gastrointestinal disorders, and food allergies, sensitivities, and intolerances.

## Nutritional Interventions for Chronic Disease (4 credits)

Students will explore the pathophysiology of common chronic diseases and learn how to apply dietary and nutraceutical interventions for prevention, modulation, and management. Conditions covered in this course include: obesity, CVD, insulin resistance, metabolic syndrome, diabetes, autoimmune disorders, osteoporosis, gastrointestinal disorders, and food allergies, sensitivities, and intolerances.



# COURSE DESCRIPTIONS

## Clinical Applications 3: Complex Systemic Disorders (4 credits)

This course is a virtual health center experience focused on assessment and nutritional management of complex systemic disorders. Students will learn how to apply dietary and nutraceutical interventions (as indicated) for prevention, modulation, and/or management of individuals with complex systemic disorders including: eating disorders, renal, hepatic, pulmonary, cognitive/neurodegenerative disorders, psychological and psychiatric disorders, hormonal and endocrine disorders, and hematologic disorders.

## Nutritional Interventions for Complex Systemic Disorders (3 credits)

This course is an introduction to the virtual health center experience. Students will learn about the scope of practice of clinical nutrition, related regulations, and how to develop effective nutrition care plans and interventions for clients. Clinical cases used will focus on health promotion, disease prevention, and supporting behavioral change at each stage of human development. Students will learn how to monitor client progress and use effective counseling and behavioral modification skills to help motivate and support behavioral change in clients and enhance clinical outcomes.

## Clinical Applications 4: Co-Morbidities and Complex Medical Disorders (4 credits)

This course is a virtual health center experience focused on the nutritional management of co-morbidities and complex medical disorders. Students will learn about nutritional therapy in immunocompromised individuals (e.g. cancer, HIV-AIDS, tuberculosis, etc.) and nutritional therapy in compromised individuals (e.g., chemotherapy, radiation, dialysis, surgical procedures, etc.).

## Success Academy (2 credits)

This course prepares students for success in the business of clinical nutrition from establishing, marketing, and managing a successful clinical practice to monetizing their knowledge in innovative ways. Diverse career paths, regulations, and novel health technologies and practice models will be explored including telemedicine.



# ADMISSION REQUIREMENTS

SCNM spends time carefully evaluating each application to select a cohort in which students can each be successful in the program and contribute to the learning experience. Candidates are considered holistically with consideration given to factors beyond scores, GPAs, and other numerical performance indicators. Those factors may include, but are not limited to: extracurricular activities, unique work or service experience, demonstrated compassion or leadership potential, a history of overcoming hardship or disadvantage, maturity, exceptional talents or skills, trends or improvement in academic performance, success in a challenging undergraduate environment, and graduate school performance.

Applications are evaluated on a rolling admissions basis, ensuring that each candidate receives a prompt response to their application. Once all documents are received, the application is considered, and a decision is made.

All applicants must submit the following:

- A completed online application and paid application fee.
- A current resume.
- A personal statement.
- Official transcript from the institution that conferred the student's highest awarded degree.
- Military transcript for former members of the armed services.
- Online interview for students with a G.P.A. lower than 2.75.
- Letters of recommendation (optional).

Once accepted, to reserve a spot in the upcoming class, students are required to submit a deposit of \$300 (which will be deducted from tuition upon starting the program).



# ABOUT SOUTHWEST COLLEGE OF NATUROPATHIC MEDICINE & HEALTH SCIENCES

Southwest College of Naturopathic Medicine and Health Sciences (SCNM) is the leading school dedicated to a comprehensive team approach to natural health. Blending patient care with innovative research and a leading naturopathic curriculum, SCNM students and graduates are using a uniquely different mindset to change healthcare.

Founded in 1993, SCNM has a long history providing education and care for those looking for integrative care. From our inception, we've blended new ways of learning and teaching with timeless principles of naturopathic and conventional medicine.

Throughout the decades, our student body grew from its inaugural class of 42 to its current size exceeding 400. We remain committed to our founders' vision of making Southwest College of Naturopathic Medicine and Health Sciences a force for change to help transform healthcare. SCNM is much more than a bricks and mortar academic institution...it's a place where passionate, like-minded students, faculty and staff come together to make a difference in people's lives.

Southwest College of Naturopathic Medicine and Health Sciences (SCNM) is a not for profit institution which is regionally accredited by the Higher Learning Commission (HLC). For more information on accreditation, please refer to the HLC website, <https://www.hlcommission.org>.

## REFERENCES

\*Renata Micha, RD, PhD; Jose L. Peñalvo, PhD; Frederick Cudhea, PhD (March 7, 2017). Association Between Dietary Factors and Mortality From Heart Disease, Stroke, and Type 2 Diabetes in the United States. JAMA, Journal of the American Medical Association