

MS IN HUMAN NUTRITION

Information Session

Ms. Lana McCarthy, MS, RD, LD



Who We Are & How We Support You





Lana McCarthy MS, RD, LD
Graduate Coordinator
Contact: l_m359@txstate.edu

Education & Training:

- Dietetic Internship, Texas State, 2020
- MS Human Nutrition, Texas State, 2020
- BS Texas State 2018

Courses Taught:

- NUTR 1362 Food Systems
- NUTR 2360 Nutrition Science
- NUTR 4364 Nutrition Myths and Misconceptions
- Other work: Development of nutrition education applications & online content; full-time feline enthusiast & myth-buster

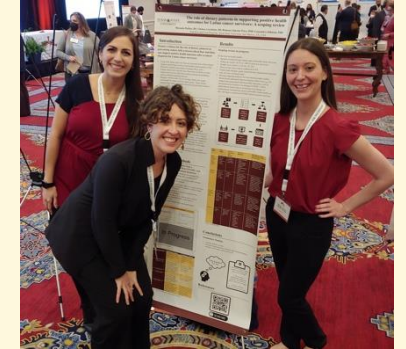


Cassandra M. Johnson, PhD, MSPH

Post-admissions Grad Advisor

Contact: cassandra_johnson@txstate.edu

- #firstgen **Educational background**
 - PhD nutrition
 - Intervention & policy w/epidemiology minor
 - MSPH social & behavioral health
 - BS industrial engineering w/math minor
- **Grad courses**
 - Advanced nutrition policy (NUTR 5372)
 - Research methods in nutrition (NUTR 5350)
- **Research interests**
 - Systemic, structural, social-cultural influences on food choices, including policy
 - Measurement and intervention approaches for food (in)security & nutrition equity
 - Research methods*
 - Nutrition policy



Ms. Leia Downs, MS, RD, LD

Contact: leiadowns@txstate.edu

Dietetic Internship Director

Masters and Dietetic Internship from Texas State University

Registered and Licensed Dietitian

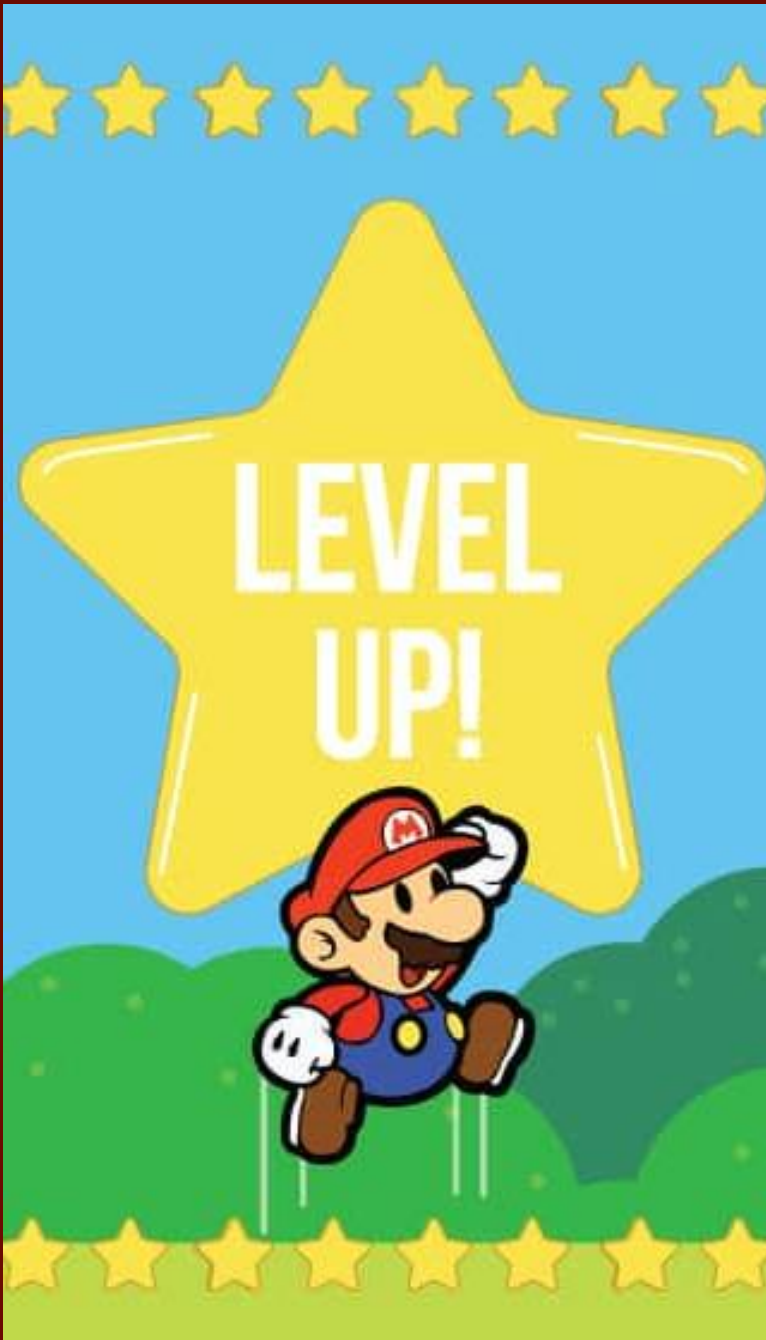
Courses Taught

- Nutrition Practicum (NUTR 5360)
- Biochemical Nutrition (NUTR 4361)
- Nutrition and Genetics (NUTR 4362)
- Nutrition Science (NUTR 2360)
- Career Exploration in Nutrition (NUTR 4301)
- Food Science (NUTR 2362)
- Nutrition Assessment (NUTR 2361)



GRADUATE PROGRAM OVERVIEW





What You'll Gain From our Program

- Graduate-level training in human nutrition
- Integrates nutrition science, food science, and biotechnology
- Emphasis on health promotion & disease prevention
- Research-informed, on-campus program
- Supportive faculty with various backgrounds and wide-ranging research interests
- Combined MS/Dietetic Internship



Graduate Faculty Research

- **Nutrition and Cancer/Disease**

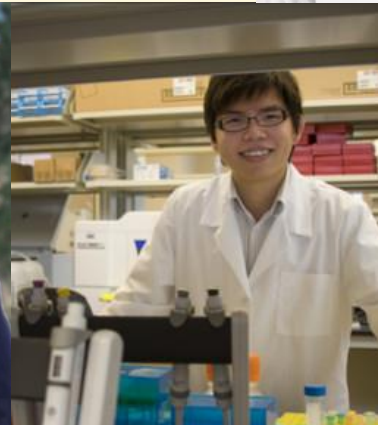
- Dr. Lane
- Dr. Price
- Dr. Zhu
- Dr. Koh

- **Nutrition for Pregnancy, Young Children, and Families**

- Dr. Zhu
- Dr. Lane
- Dr. Johnson
- Dr. Biediger-Friedman

- **Food Security & Public Health**

- Dr. Johnson
- Dr. Biediger-Friedman
- Dr. Temi Ibiyemi





Where Our Graduates Go

- Registered Dietitian (with Dietetic Internship)
- Nutrition & health-related industry roles
- Community & public health nutrition
- Research careers or doctoral study
- Education & training roles

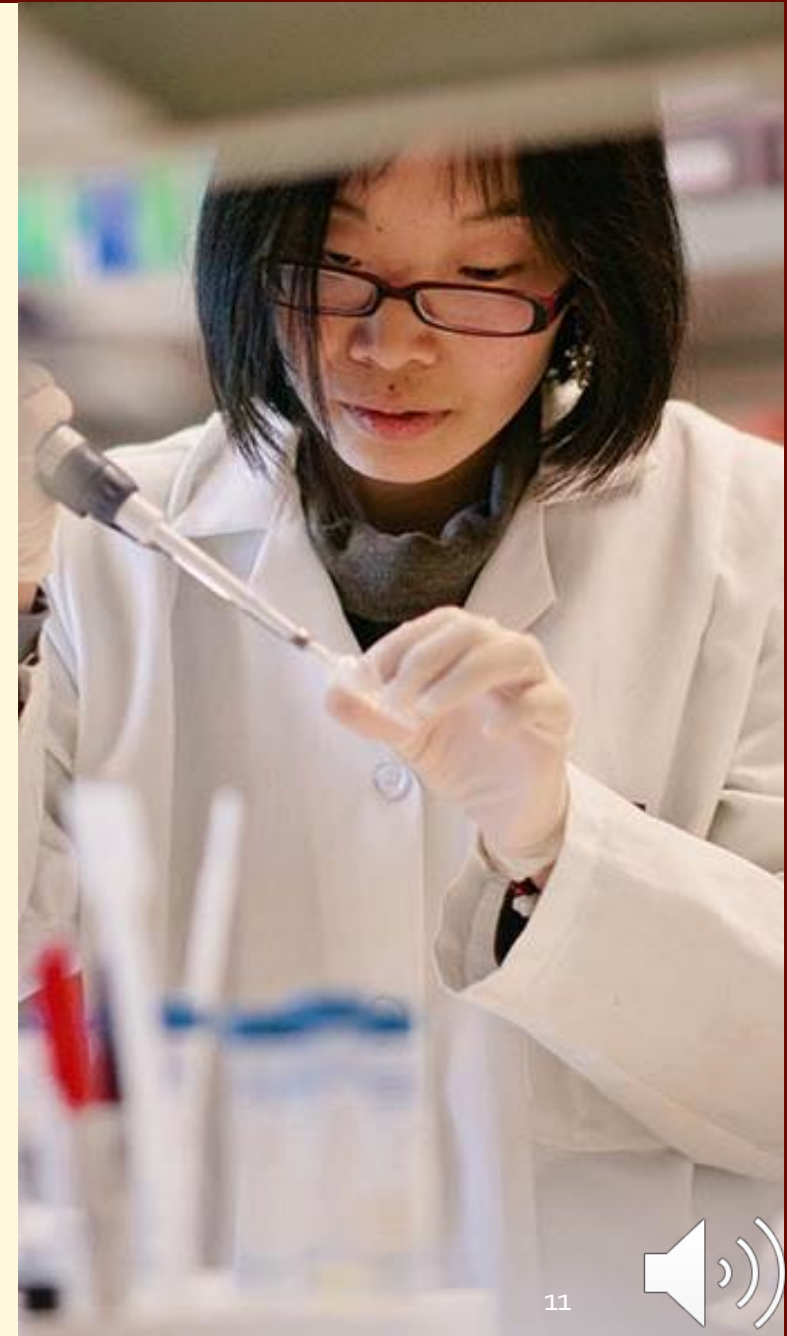


DEGREE PLANNING: THESIS VS. NON-THESIS



Thesis Overview

- **A thesis** is a guided research project that generates new scientific data
- Includes original research & written thesis
- Close mentorship with faculty
- Ideal for research- or PhD-oriented students
- Prioritized for graduate assistantships and other forms of financial support



Non-Thesis Overview

- Emphasis on advanced coursework & applied learning
- Broad exposure across nutrition science domains
- Flexibility of learning choice via electives
- Culminates in a comprehensive written exam



MS Degree Options



THESIS

- 33 hours=
 - 21 hours of core courses
 - FCS 5311, Statistics and Data Analysis for Family and Consumer Sciences.
 - 1 Approved Elective
 - Thesis A
 - Thesis B

NON-THESIS

- 39 hours=
 - 21 hours of core courses
 - 6 Approved Electives

Degree plans can be found on the MS in Human Nutrition website

https://www.fcs.txstate.edu/ms_nutrition/futurestudents/Admissions.html



Core Courses and Electives

• **Core Classes:**

- Research Methods
- Nutrition and Disease Seminar
- Lifespan Seminar
- Nutrition & Exercise
- Macronutrient Metabolism***
- Micronutrient Metabolism***
- Policy & Ethics
- Statistics (Thesis)
- Thesis A & B (Thesis)

• **Approved Elective Examples:**

- Diet Therapy*
- Independent Study**
- Statistics
- Technical Agriculture
- Spanish for Professions
- Foundations of Public Health

- And more!

*If a class equivalent was taken in undergrad, it cannot be taken as a graduate elective

ex. You can't have taken Nutrition & Genetics in undergrad and then take Advanced Nutrition & Genetics as a graduate elective

**Must get approval from the professor you will be working with before registering

***Can be taken in any order



Fall 2026 Course Offerings

Course Number	Course Name
NUTR 5305	Nutrition and Disease Seminar (topics vary)
NUTR 5306	Lifespan Seminar: Health Disparities
NUTR 5350	Research Methods
NUTR 5360	Practicum for Dietetic Internship
NUTR 5364	Science of Nutrition and Exercise
NUTR 5366	Macronutrient Metabolism
FCS 5311	FCS Statistics
NUTR 5367	Micronutrient Metabolism
NUTR 5372	Advanced Ethics & Policy
	Thesis & Independent Study

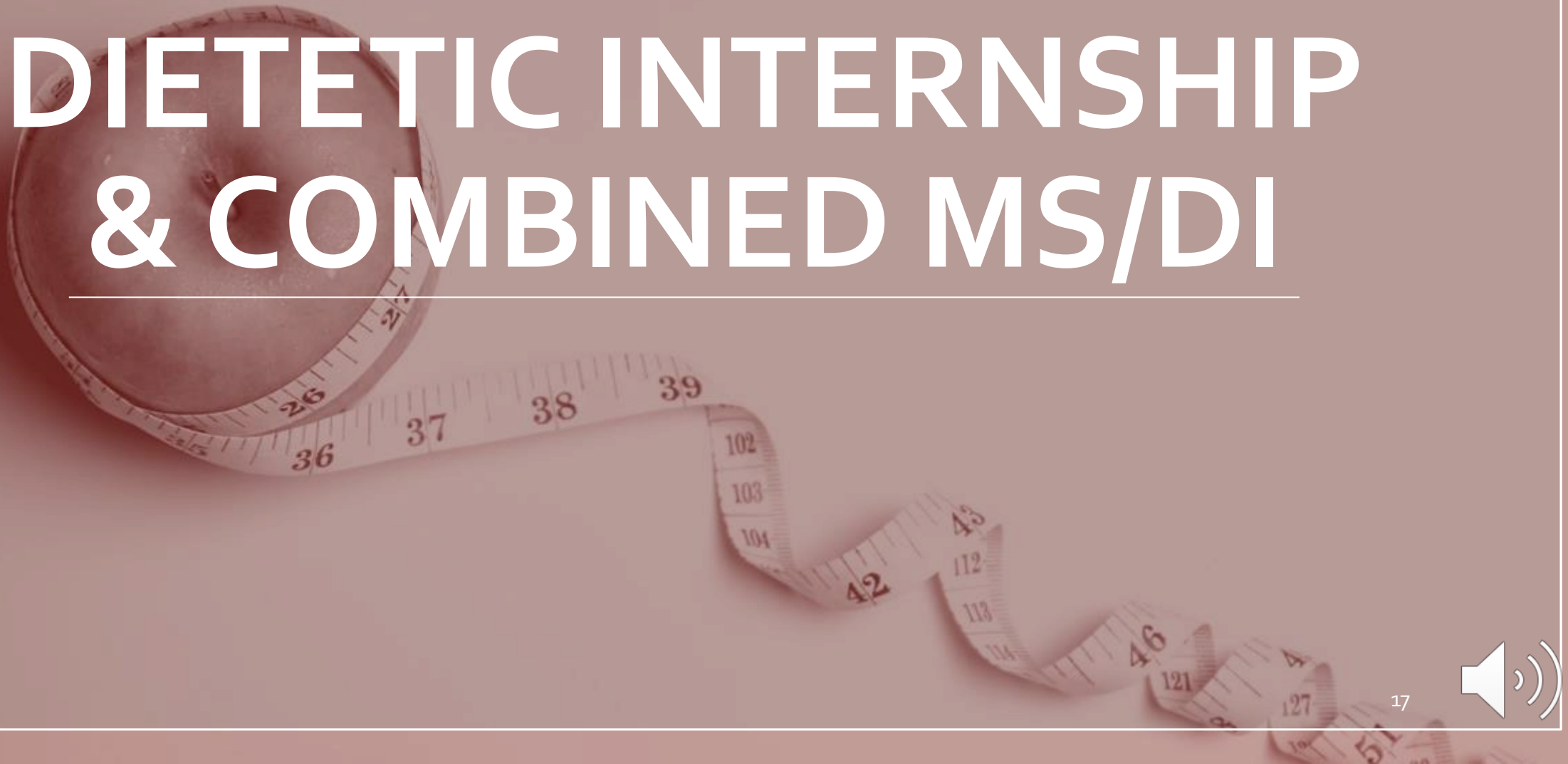


Spring2027 Course Offerings

Course Number	Course Name
NUTR 5305	Nutrition and Disease Seminar (topics vary)
NUTR 5306	Lifespan Seminar: Health Disparities
NUTR 5350	Research Methods
NUTR 5360	Practicum for Dietetic Internship
NUTR 5364	Science of Nutrition and Exercise
NUTR 5366	Macronutrient Metabolism
FCS 5311	FCS Statistics
NUTR 5367	Micronutrient Metabolism
NUTR 5372	Advanced Ethics & Policy
	Thesis & Independent Study



DIETETIC INTERNSHIP & COMBINED MS/DI



Dietetic Internship

- ACEND-accredited Dietetic Internship
- 1,000 hours of supervised practice
- Clinical, community, specialty, & food service rotations
- Separate application from the MS program
- Required to become a Registered Dietitian



Verification Statement

- A document indicating you have completed the course content required by [ACEND](#) (**Accreditation Council for Education in Nutrition and Dietetics**)
- Confirms eligibility to apply for the DI
- If you are interested in working toward getting your verification statement and MS at the same time:
 - Visit the [website](#) to obtain the planning spreadsheet and watch the posted video
 - Once you are admitted, Ms. Christy Youens will review your transcripts and previous course work to determine which courses you need to earn a verification statement



Combining the MS & the DI

Students must apply to each program separately

MS students are allowed to apply for the pre-select DI admission cycle

*Thesis students often require a longer timeline for completion

Semester	Su2	F	Sp	F	SP
Enrollment	DI	DI	DI	MS	MS
Credits	6	6	6	12	9

Example

**Total Credits:
39 Non-Thesis**

Semester	F	SP	SU2	F	SP
Enrollment	MS	MS	DI	DI	DI
Credits	9	12	6	6	6

There are many possible options for completion of the MS alone or the combined MS/DI.
Talk to your graduate school and DI coordinators (Ms. Downs, Dr. Johnson, or Mrs. Menge).
We are here to help find the best path for you!



Timeline MS + DI: Thesis

Thesis, Option A (July of year 1 to June of year 3 = 35 months but no promises)											
Year 1-2 = core courses and thesis; Year 2 = DI including lifespan											
Year 1				Year 2				Year 3			
F	SP	SU1	SU2	F	SP	SU1	SU2	F	SP	SU1	
Take core MS courses + Thesis A				Take core MS courses		Thesis B	Take elective MS courses (dietetic internship)				
Design research project with thesis advisor		Collect thesis data			Write and defend thesis		Complete supervised practice rotations (dietetic internship)				

Thesis, Option B (July of year 1 to Dec of year 3 = 29 months but no promises)											
Year 1 = DI including Lifespan; Year 2-3 = core courses and thesis											
Year 1				Year 2				Year 3			
SU2	F	SP	SU1	SU2	F	SP	SU1	SU2	F		
Take elective MS courses (dietetic internship)				Thesis A	Take core MS courses				MS courses + Thesis B		
Complete supervised practice rotations (dietetic internship)				Design research project with thesis advisor		Collect thesis data			Write and defend thesis		



ADMISSION REQUIREMENTS



Requirements to apply to the MS Program

- We do require:
 - 3.0 or greater GPA
 - The Graduate College will calculate your GPA
 - Last 60 undergraduate hours of letter grade work earned before receipt of your bachelor's degree is referred to as the "last-60-hour GPA".
 - If you have completed graduate-level course work, we will calculate a second GPA based on your last 60 hours of undergraduate hours plus your letter-grade graduate hours.
 - All college and university transcripts
 - A one-page resume
 - A statement of purpose
 - 3 letters of reference
- We do NOT require the Graduate Record Examination (GRE)
- All documents must be submitted electronically. Documents must be received before the application deadlines.
- TX State University uses the Slate application system
 - All questions about Slate should be directed to the Graduate College



Requirements to Apply, continued

Applicants must complete the following courses before their application will be considered.

- Introductory Nutrition
- Introductory Biology + lab
- Anatomy & Physiology + lab
- Microbiology + lab
- General Chemistry I & II + labs
- Organic Chemistry + lab
- Biochemistry & Metabolism + lab
- Biochemical Nutrition*
- Nutrition in the Lifespan*

*May be enrolled in these courses the semester you apply. Applicant should speak to course progress in their application packet.

Domestic applicants may *potentially* be conditionally admitted and take these two courses in the first semester. Speak with Ms. McCarthy or Dr. Johnson before choosing this path.



International Applicant Requirements

- Approved English proficiency exam required
- Minimum score thresholds must be met
- Requirements differ by exam type
- [Full details available on the program website](#)



Deadlines

Fall admission: January 1st & March 1st

Spring admission: September 1st & October 1st

No summer admission





Funding Opportunities for Graduate Students

Graduate assistantships

Paid positions available to eligible graduate students

Opportunities may continue throughout the MS program

Eligible assistantships may qualify non-Texas residents for an **out-of-state tuition waiver**

Some appointments may include **employee health benefits**

Graduate Merit Fellowship

Eligible incoming students are automatically considered

Provides a tuition reduction during the first year

Luxton Graduate Research Fellowship

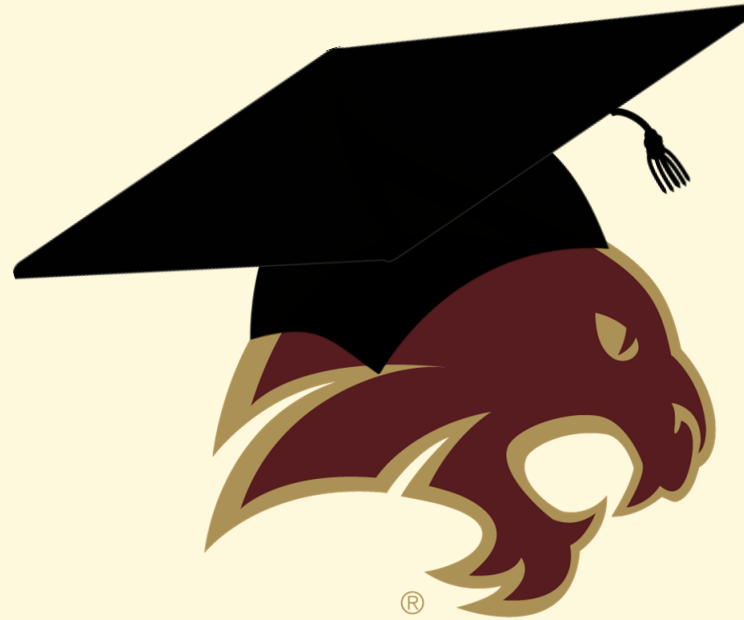
Additional funding opportunity with preference/emphasis on graduate research

Additional scholarships & financial aid

Other university and Graduate College funding opportunities are available

Funding availability, amounts, and eligibility requirements vary and are subject to change.





THANK YOU!

QUESTIONS? EMAIL US!

