

### Understanding the Power of Food

Mounting scientific evidence is demonstrating the role of quality nutrition in preventing and managing many chronic diseases and helping people achieve optimum health. It is also documenting the destructive impact of poor nutrition.

In fact, the World Health Organization (WHO) advocates putting nutrition at the forefront of public health policies and programs to combat chronic diseases such as obesity, type 2 diabetes, cardiovascular diseases, cancer, dental diseases and osteoporosis.

This growing understanding of the health impact of sound nutrition, along with concerns about an aging population, food safety, and rise in nutrition-related disorders is fueling demand for nutrition experts. As a dietetics graduate student at LIFE, you'll be surrounded with students and faculty who share your passion for health and wellness.

Career opportunities in nutrition are especially strong for individuals who hold the advanced credential of Master of Science in Clinical Nutrition.

Nutrition professionals with a master's degree are most often considered by employers for sought-after specialized positions (in pediatrics, critical care, geriatrics and other fields) and for management roles well ahead of candidates with a B.S. only.

Employers also assign strong value to the master's degree in lieu of extensive work experience for individuals at the start of their careers.



### Key Health Care Team Members

Registered dietitians are highly skilled clinicians who translate the science of nutrition into real-world solutions to improve the health of their communities. Registered dietitians who have earned a graduate degree in the field are especially valued team members due to their extensive knowledge, understanding of specialized patient needs and extensive field experience.

Registered dietitians work in hospitals, nursing care facilities, correctional facilities, and outpatient settings and with individual patients to meet specific needs. A registered dietitian may see a wide variety of patients or specialize in one area, such as pediatric nutrition, renal medical nutrition therapy, or nutritional support in critical care.

Registered dietitians provide pre-surgical nutritional assessments and plans, develop diet plans for individuals with diabetes, cancer, kidney and liver disease, and specify intravenous nutrition regimens as needed. They may also provide outpatient nutrition counseling as an independent consultant, often via referrals from physicians. Registered dietitians also help healthy people use quality nutrition to promote ongoing wellness.

The Bureau of Labor Statistics projects demand to be particularly high for dietetics professionals who specialize in renal, diabetic and gerontological nutrition and for employment of registered dietitians in outpatient settings, physician offices and contract providers of food services.

The American Dietetic Association (ADA) also predicts growth in the areas of complementary care and dietary supplements (such as herbal remedies), food supply and biotechnology issues.

The U.S. Department of Agriculture (USDA) and the Food and Drug Administration (FDA) employ registered dietitians to monitor food production and nutrient content and to develop food-related legislation and nutrient intake recommendations.



# Studying Nutrition at LIFE

Life University is *the* place for students interested in health, wellness and human performance.



## **A Strong Wellness Philosophy**

Students in all of our majors are awed by the function of the human body and its inborn capacity to develop, heal and maintain itself for optimum health. A holistic wellness and prevention emphasis is a key part of the vitalistic philosophy.

Even our on-campus eatery, Socrates Café, offers extensive selections of locally-grown, organic food and our students have formed a CSA (community supported agriculture) program that brings fresh, local produce to students, faculty and staff every two weeks from regional farms.

## **Robust Research Emphasis**

All students in a graduate clinical program need to understand and interpret the implications of clinical research, use such research in evidence-based practice, and collect and analyze data. Contemporary dietetics professionals must also possess a strong understanding of “nutrigenomics,” the study of the effects of food on gene expression and an understanding of the biological activity of food components.

Toward this end, as a student in the M.S. in Clinical Nutrition, you will have significant opportunities to participate in clinical research activities and to explore the growing field of nutrigenomics.

Based on your interests, you will choose from two areas of research focus. If you have a particularly strong interest in research you may opt to complete a graduate thesis that will rely on original research to develop new knowledge. Or, you may choose to complete research-oriented coursework and hands-on experience and then sit for a comprehensive exam in lieu of the graduate thesis.

## **Excellent Facilities**

For the undergraduate program, the Nutrition Department has six state-of-the-art teaching kitchen stations where you will receive hands-on training and group learning. Nutrition students also enjoy classes in the new culinary demonstration amphitheater where chef instructors can show in real time the concepts being taught in class. Stadium seating and projection capabilities make it easy to see exactly what the instructor is demonstrating. The department also has state-of-the-art



clinical rooms for assessment and research for both the undergraduate and graduate students.

The Department also collaborates with other programs across the University through direct curricular offerings open to non-majors and outreach efforts such as an annual nutrition fair, interaction with our child care center and scholarship that supports students in disciplines such as chiropractic, psychology and sport health science.

### **“On the Ground” Field Experience**

Advanced classroom and laboratory instruction in the master’s program is linked with hands-on field experience to best prepare students to enter satisfying careers at a more senior level. You will roll up your sleeves with four intensive field experiences in community, clinical, teaching and management settings.

These advanced field rotations of 10 weeks for five hours per week will give you opportunities to shadow dietitians, interact with clients and connect advanced theory with practice. During the final three weeks of a rotation you will fulfill the role of “staff relief,” actually assuming the duties of your on-site mentor.

Field experiences are conducted in health departments, senior centers, outpatient clinical facilities, critical care settings, and in the educational setting as a teaching assistant for an undergraduate course, or nutrition educator in schools or community classes.

### **Small Classes, Individual Attention**

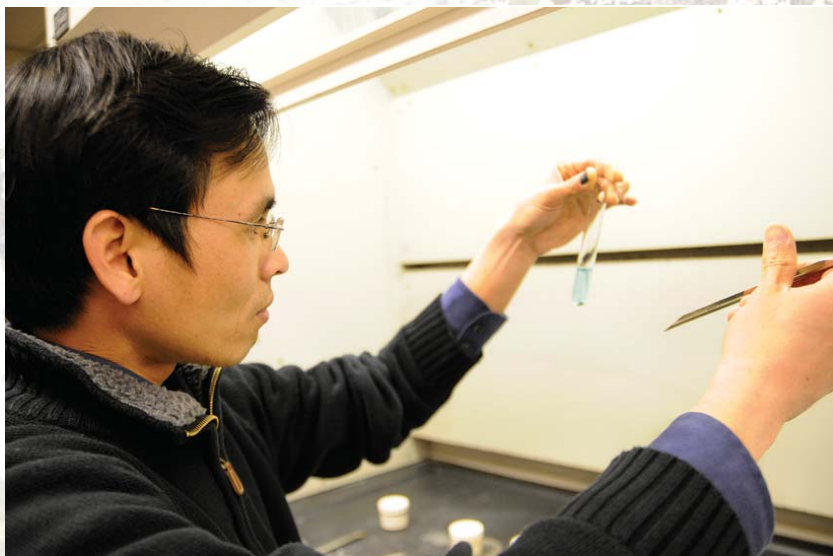
Although classes with hundreds of students might be the norm at many large, public universities, at LIFE you’ll enjoy classes of 15 to 20 students (the average student to teacher ratio is 16:1) working closely with faculty mentors. The focus is on engaged and active learning, such as small-group work, one-on-one interaction with faculty and hands-on experience both on and off campus. Faculty members also provide individual advisement regarding course selection and career preparation.

### **How Will the M.S. in Clinical Nutrition Work for Me?**

- If you already possess the Registered Dietitian (R.D.) credential you will receive advanced standing into the master’s program with nine credits awarded for prior dietetic internship education and R.D. status.
- If you have an undergraduate degree in nutrition (without the R.D.) you will typically possess the required courses for direct entry into the M.S.
- If you have an allied health degree you will complete 26 prerequisite credit hours in nutrition before beginning the graduate degree.

Our B.S. in Dietetics is accredited by the Commission on Accreditation for Dietetics Education (CADE) of the American Dietetic Association and we serve as a coveted internship site in the national dietetics matching program. The new M.S. in Clinical Nutrition has been developed to include an internship component in a “coordinated program” in accordance with CADE standards and accreditation for the new program is being pursued.

LIFE students who complete our B.S. in dietetics program and meet admission requirements will be eligible to progress directly into the master’s program, earning a “Verification Statement” that will qualify them to sit for the National Registration Examination (to earn the R.D.) at the conclusion of the graduate program and its internship component.





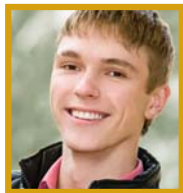
### **Dig Deeper – Talk to Students, Visit Campus**

Prospective students tell us the most important thing they did while considering which college to attend was actually visiting the campus. To learn more about taking your career in dietetics to the next level, or transitioning into the field through graduate study, talk to our faculty or schedule a campus visit, check out our website at [www.LIFE.edu](http://www.LIFE.edu) or contact our Admissions Department at [Admissions@LIFE.edu](mailto:Admissions@LIFE.edu); 800-543-3202.

We can also connect you with a dietetics professional you can email, call or even visit.

### **Who We Are**

Life University educates more than 2,200 students in bachelor's degree programs in Biology, Biopsychology, Business Administration, Health Coaching, Computer Information Management, Exercise Science, General Studies, Nutrition, Dietetics and Psychology; our Master of Science in Sport Health Science; our Master of Science in Clinical Nutrition; and our Doctor of Chiropractic programs. All programs are uniquely focused on a positive, wellness-centered approach to health and human performance, and students are actively engaged in a diverse and highly supportive academic community.



*“The professors here have such enthusiasm for their profession. They are passionate about helping students make new health discoveries and educating us to share that information with future clients and patients.”*



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