

Master of Science in Nutrition for Wellness

Help Communities Connect with Healthy Food

Do you have what it takes to become a leader in whole-food nutrition education? Nurture your calling with an accredited Master of Science in Nutrition for Wellness degree from Bastyr University.

A Fresh Approach to Nutrition Education

Bastyr's newest program trains students to translate nutrition science into meaningful, accessible information for the public. Students learn the science behind nutrition, while developing skills in writing, public speaking, blogging, nutrition program design, motivating behavior change and other tools for bringing their knowledge to people in need. Second-year students complete capstone projects that model the kinds of programs they might develop in their careers — such as a workplace wellness program, cooking demonstration series or video series.

A Distinct Niche

- Teaches skills to deliver effective food and nutrition education for groups through a variety of media
- Grounded in a whole-food nutrition philosophy that emphasizes eating a broad variety of foods in their least processed forms
- Encourages a holistic understanding of mind-body spirit health, drawing connections between food, exercise science and health psychology
- Focuses on food for disease prevention, behavior change and the development of nutrition programs
- Includes one online class each quarter and a senior-year capstone project

An Inspired Location

Established in 2012, Bastyr University California is the first and only accredited naturopathic medical institution in California. The modern San Diego campus is outfitted with full laboratory spaces, classrooms, a library, a teaching clinic and a spacious nutrition teaching kitchen. Just north of downtown, the campus is conveniently located near highly ranked universities, renowned medical facilities, stunning beaches, hiking trails and coastal wilderness.

The overall program is challenging but in the best way possible. We have some of the best instructors and staff. If you ever have a question or concern, they are willing to listen and help find a solution.

— Stephanie Stephan, student
Nutrition and Wellness ('18)



Rewarding Career Prospects

In an era when obesity and related chronic diseases such as diabetes are on the rise, this degree will create professionals who can motivate groups to make positive lifestyle changes. Graduates have the skills to lead:

- Corporate and employee wellness programs
- Public health programs
- School-based and senior health and wellness programs
- Grocery chain nutrition education programs
- Health insurance company education programs
- Independent nutrition writing, public speaking, blogging, video entrepreneurial projects
- Program development and consulting

Prerequisites

Entering students must have a bachelor's degree and have completed the following courses or their equivalent. Science courses must have been taken within seven years of program start.

- College-level algebra..... 1 course
- Introductory Psychology..... 1 course
- Human Physiology*..... 1 course
- Chemistry (science-major level with lab).....3 courses (including 1 organic chemistry)
- Biochemistry (upper level)..... 1 course (covering intermediary metabolism)
- Nutrition..... 1 course (including macro/micronutrients, lifecycle, physical activity)

* A full anatomy and physiology series will meet this requirement.

Inspiring Courses

- Disease Processes
- Nutrition in the Life Cycle (hybrid/online)
- Fundamentals of Motivation & Behavior Change
- Whole Foods Production
- Nutrition Assessment and Therapy
- Food in Disease Prevention & Management
- Therapeutic Cooking
- Contemporary Nutrition: Global and Ecological Issues (hybrid/online)
- Physical Activity for Health
- Leadership & Business Management (hybrid/online)

Take the Next Step...

To learn more about the program or schedule a campus visit, contact our Admissions Office at 858.246.9700 or mastersadvise@bastyr.edu.

Ready to apply?

The priority application deadline is **February 1**. Applications will be accepted after this date on a space-available basis. To apply online, go to **Bastyr.edu**.

BASTYR UNIVERSITY
California

4106 Sorrento Valley Blvd., San Diego, CA 92121-1407

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