

Rush University

**College of Health Sciences
Department of Clinical Nutrition**

Master of Science in Clinical Nutrition



**Student Handbook
2025-2026 Academic Year**

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Department Overview

Welcome to the Master of Science in Clinical Nutrition program within the College of Health Sciences at Rush University. Rush University's Master of Science in Clinical Nutrition program offers a comprehensive, research-driven education designed to prepare graduates for advanced practice in clinical nutrition, research, and leadership in a variety of settings. With two specialized tracks, the Master of Science in Clinical Nutrition track and the Master of Science in Clinical Nutrition - Dietetic Integrated (MSDI) track, the program caters to both aspiring dietitians and those looking to enhance their knowledge and skills in nutrition science.

The Master of Science in Clinical Nutrition track is designed for individuals seeking to advance their knowledge of clinical nutrition, either as practicing professionals or as those interested in furthering their education in nutrition research or public health. This track focuses on evidence-based nutritional interventions, advanced clinical practice, and the application of nutrition science in promoting health and preventing disease. The Master of Science in Clinical Nutrition track offers flexible learning options and advanced clinical nutrition curriculum. The flexible learning options is tailored for both working professionals and students seeking further expertise in clinical nutrition, the curriculum offers flexible schedules and a focus on research. Our courses explore in-depth topics such as nutrition metabolism, chronic disease management, and emerging trends in nutrition research.

The Master of Science in Clinical Nutrition - Dietetic Integrated (MSDI) track
The MSDI track is a combined program that integrates a Master's degree with the supervised practice required to become a Registered Dietitian Nutritionist (RDN). Students in this track benefit from an immersive clinical education experience, combining evidence-based nutrition theory with practical, hands-on training in clinical, community, and food system management settings.

The Clinical Nutrition faculty have prepared this handbook to help you become familiar with the program and to answer questions about program requirements. Some information in the handbook is subject to change.

Faculty

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Program Overview

The Master of Science in Clinical Nutrition curriculum is designed to provide students with an in-depth understanding of nutrition evidence and its application in clinical settings. The Master of Science in Clinical Nutrition degree requires a minimum of 30 graduate credit hours. The coursework focuses on areas such as advanced metabolism, disease prevention, and nutrition for specific populations, all grounded in evidence-based practice. Students will also develop research skills, engage in critical thinking, and explore emerging trends in nutrition and health care. In addition to the foundational courses, students may choose electives based on their career interests. Electives in a graduate program allow students to tailor their education to their specific interests and career goals, providing flexibility to explore areas beyond core requirements. They also enhance professional development by offering deeper knowledge in specialized topics, helping students gain expertise in their chosen field.

Plan of Study

A sample plan of study for a full-time and part-time enrollment is included below. A plan of study refers to the structured outline of courses that a student will complete throughout the program. It is typically customized based on the student's track, professional goals, and any prior academic experience. The plan of study ensures that students meet all program requirements in a logical sequence, balancing core classes, and electives.

Example of Plan of Study for Full Time Student			
Semester	Course	Course Title	Course Credits
Fall	NTR 660	Applied Evidence in Clinical Nutrition: Obesity	2
	CHS 610	Research Methods in Health Sciences	2
	NTR 682	Introduction to Research Methods in Clinical Nutrition	1
	IPE 502	Interprofessional Patient Centered Care	0
Spring	NTR 621	Regulation of Macronutrient & Energy Metabolism	2
	NTR 661	Applied Evidence in Clinical Nutrition: Metabolic Disease	2
	CHS 601	Introduction to Biostatistics for the Health Scientist	2
	NTR 683	Clinical Nutrition Master's Research Project I	1
	Elective	To be selected by student	2
Summer	NTR 691	Nutrition Epidemiology	3
	NTR 662	Applied Evidence in Clinical Nutrition: Cancer & GI Disease	2
	NTR 684	Clinical Nutrition Master's Research Project II	1
	NTR 692	Seminar	1
	Elective	To be selected by student	2
Fall	NTR 622	Vitamins & Minerals	2
	NTR 685	Clinical Nutrition Master's Research Project III	1
	NTR 686	Clinical Nutrition Master's Research Project IV	2
	Elective	To be selected by student	2

Example of Plan of Study for Part Time Student			
Semester	Course Number	Course Title	Course Credits
Fall	NTR 660	Applied Evidence in Clinical Nutrition: Obesity	2
	IPE 502	Interprofessional Patient Centered Care	0
Spring	NTR 621	Regulation of Macronutrient & Energy Metabolism	2
	NTR 661	Applied Evidence in Clinical Nutrition: Metabolic Disease	2
Summer	NTR 662	Applied Evidence in Clinical Nutrition: Cancer & GI Disease	2
	Elective	To be selected by student	2
Fall	CHS 610	Research Methods in Health Sciences	2
	NTR 682	Introduction to Research Methods in Clinical Nutrition	1
	NTR 622	Vitamins & Minerals	2
Spring	CHS 601	Introduction to Biostatistics for the Health Scientist	2
	NTR 683	Clinical Nutrition Master's Research Project I	1
	Elective	To be selected by student	2
Summer	NTR 691	Nutrition Epidemiology	3
	NTR 684	Clinical Nutrition Master's Research Project II	1
	Elective	To be selected by student	2
Fall	NTR 685	Clinical Nutrition Master's Research Project III	1
	NTR 686	Clinical Nutrition Master's Research Project IV	2
	NTR 692	Seminar	1

Course Advising & Registration

Academic advising for all students in the Master of Science in Clinical Nutrition program is conducted by Sarah Peterson. Each student will meet with Sarah during each semester to review course selection, academic planning, and career development. Registration for all courses is completed through batch registration, ensuring that students are automatically enrolled in their required courses each term based on their plan of study. However, if a student has a hold on their account, batch registration will not be completed until the hold is addressed. If the deadline for batch registration is missed, the student will need to self-register (see Academic Resource section on page 8).

Rush University Catalog

The university catalog serves as the official reference for the curriculum, outlining the required courses, electives, and academic policies for students to follow. It provides detailed descriptions of each course and the overall structure of the program, ensuring students understand the academic expectations and can plan their path to graduation accordingly. The Rush University Catalog can be found at: <http://catalog.rush.edu>. It is imperative to read and

understand the University catalog, including the following sections: About Rush, Rush University Campus Information, Rush University/Academic Policies, Tuition/Financial Aid, College of Health Sciences (CHS), and the CHS-Department of Clinical Nutrition-MS.

Student Professional and Community Service Requirements

Service to the community is an essential part of being a student at Rush. Students are required to complete a minimum of 16 hours of community or professional service. Students meet this requirement in a variety of ways, including:

- Rush Community Service Initiatives Program (RICSIP) provides students with multiple interdisciplinary opportunities to volunteer.
- RUSH Community Affairs is often seeking speakers or volunteers for cooking demonstrations and health fairs.
- Rush Student Organizations call on students to share their expertise and careers with other disciplines and local organizations/groups.

Graduation Requirements

Once admitted into the Clinical Nutrition MS degree track, students must complete all coursework for graduation. Students must perform the following in order to graduate and have the degree conferred:

- Maintain a cumulative GPA of 3.0 or greater
- Successfully complete all didactic coursework
- Successfully complete all requirements of the master's research project
- Pass the Rush University Interprofessional course (IPE 502)
- Complete a minimum of 16 contact hours of approved professional or community service

Students must complete all requirements within five years from matriculation

Academic Progression

At the end of semester, the GPA for each student will be reviewed. Students are required to earn a grade of C or better in all didactic courses. Students will be placed on academic probation if any one of the following occur:

- Cumulative GPA falls below 3.0 in any semester.
- Receives a grade of D or F in any didactic course.

Students will need to re-take any course in which they received a grade of D or F. This will extend their anticipated graduation date.

The Clinical Nutrition Academic Progress and Promotions Committee will notify any student placed on probation, state the reason(s) for probation and indicate the conditions that must be satisfied for removal of probation.

Students will be dismissed if any of the following occur:

- Failure to earn a cumulative GPA of 3.0 or greater by the end of the next two consecutive terms after being placed on academic probation.

- A student receives a grade of D or F in two or more didactic courses over the duration of the curriculum.

Additionally, any conduct or performance by a student that demonstrates lack of fitness for continuance in the MS in Clinical Nutrition degree track may result in dismissal.

Policies & Procedures

Rush University upholds a commitment to academic excellence and integrity through its comprehensive Academic and University Policies. These policies cover a wide range of areas including grading standards, academic progress, professional conduct, and procedures for appeals or grievances. All students are expected to adhere to these guidelines to maintain the highest standards of academic performance and ethical behavior. Additionally, the university's policies ensure a supportive and equitable learning environment, outlining student rights, responsibilities, and the protocols for maintaining a respectful academic community. Please use the following link to access the academic and institutional policies: [link](#)

Rush University Resources

Rush University offers a wide range of resources to support student success, both academically and personally. Students have access to state-of-the-art library services, academic tutoring, and writing assistance to enhance their learning experience. Additionally, the university provides wellness services, including counseling, to promote student well-being. Technology support and online learning platforms ensure that students have the tools they need to thrive in a modern academic environment.

Academic Resources

The E-Learning Guide provides an overview of how to access and use technology at Rush University, included the RUSH University Portal and Canvas, the learning management system. Please use the following link to access the E-Learning Guide: [link](#)

The RUSH University Portal is a self-service system that provides access to view the status of your financial aid, register for classes and/or confirm your class schedule, confirm your tuition charges and pay your bill online, download an unofficial transcript, view your final grades, and submit changes to your address. In addition to the link above, the Rush University Portal can be accessed using the following address: <https://rush.sharepoint.com/sites/university>

Canvas, the learning management system used in the College of Health Sciences, is a digital platform that facilitates the organization and delivery of course materials, assignments, and assessments. It serves as a centralized hub where students can access lectures, readings, discussion boards, and other learning resources. In addition to the link above, Canvas can be accessed using the following address: <https://Rushuniversity.instructure.com>

Technology

It is recommended that students use My Apps, a virtual desktop where Microsoft Office software, RUSH email and secure storage are provided. Visit <https://rush.sharepoint.com/sites/university> for more information about the My Apps virtual environment, or get started by logging in at <https://myapps.rush.edu>

Academic Calendar

Rush University has an academic calendar that serves as a crucial framework for the university by outlining the key dates and timelines for the academic year. Reviewing the academic calendar each semester is essential for students to stay informed about key dates and deadlines, including holidays and exam schedules. This proactive approach helps students effectively plan their coursework, manage their time, and avoid any potential conflicts, ensuring a smoother academic experience and the timely completion of their degree requirements. By being aware of the academic calendar, students can maximize their engagement in university activities and maintain a balanced approach to their studies. Please use the following link to access the academic calendar: <https://www.rushu.rush.edu/rush-experience/student-services/office-registrar/academic-calendars>.

Office of the Registrar

The university registrar plays a vital role in maintaining the integrity and organization of academic records and processes. Their responsibilities include managing student enrollment, maintaining official academic transcripts, overseeing course registration, and ensuring compliance with academic policies. The registrar maintains essential forms that are crucial for various academic processes, including add/drop course, transcript requests, graduation applications, and leave of absence. Please use the following link to access the Office of the Registrar: <https://www.rushu.rush.edu/student-life/student-affairs/office-registrar>

Office of Financial Aid

The Financial Aid Office at the university provides vital support to students by helping them navigate the various funding options available, including scholarships, loans, and student emergency fund requests. Please use the following link to access the Office of Financial Aid: <https://www.rushu.rush.edu/student-life/student-affairs/office-student-financial-aid>

Office of Student Accessibility Services

The Office of Student Accessibility Services is committed to fostering an inclusive and supportive learning environment for all students by providing accommodations and resources tailored to individual needs. We encourage students to apply for accommodations upon acceptance into their College as to begin this process early, however, applications for accommodations may be submitted at any time. The Office of Student Accessibility Services is available to assist the student and faculty with the implementation of the accommodation, if needed. Should difficulties arise in the administration of any accommodation, the student should reach out to the Office of Student Accessibility Services immediately. Students can request a re-evaluation of their accommodations or request new accommodations at any time during their academic program. Please use the following link to access the Office of Student Accessibility Services: <https://www.rushu.rush.edu/student-life/office-student-accessibility-services/requesting-accommodations-rush-university>

Library

The library is an essential resource that supports advanced academic research and learning, providing access to a vast collection of scholarly materials, databases, and specialized resources. Specifically, the library provides access to online database of biomedical literature (include PubMed), access to electronic journals, interlibrary loan requests, Refworks, and

UpToDate. Please use the following link to access the Library:

<https://library.rush.edu/LibraryHomePage>

Student Health Insurance

You must be covered by health insurance while you attend RUSH University. If you don't have other comparable coverage, and provided you are enrolled in a degree program at the University, you can sign up for insurance offered by Academic HealthPlans. This Preferred Provider Plan (PPO) allows you to choose from a large number of primary care physicians who are members of the plan. Please use the following link to access additional information regarding student health insurance: <https://www.rushu.rush.edu/student-life/student-affairs/student-business-office/student-health-insurance>

University Wellness Services

The University Wellness Service is dedicated to promoting the mental and emotional well-being of students by offering a range of health services, resources, and programs. All currently enrolled students are eligible to receive free, confidential services, up to six sessions per topic. Longer-term services may be free, discounted or have a cost. Please use the following link to access additional information regarding University wellness services:

<https://www.rushu.rush.edu/student-life/student-affairs/university-wellness-services>

Rush Center for Academic Excellence

Academic Excellence Services are designed to support students in achieving their highest academic potential through a variety of resources and programs. These services include writing support, academic coaching, and assistance with mathematics, statistics & research. Please use the following link to access additional information or to book an appointment:

<https://www.rushu.rush.edu/education-training/academic-affairs/rush-center-academic-excellence>

Office of Community Engagement

The Community Engagement Office at Rush University is dedicated to fostering meaningful connections between the university and the surrounding community through service, outreach, and collaborative initiatives. The mission of RUSH Community Service Initiative Program (RCSIP) is to provide community-based volunteer experiences for RUSH students that enhance their ability to work in teams, develop patient relationships, care for diverse populations, and to provide targeted services based on community need. Please use the following link to access additional information RCSIP: <https://www.rushu.rush.edu/student-life/rush-community-service-initiatives-program>

Student Life & Engagement

The Student Life and Engagement Organization at Rush University is committed to enhancing the overall student experience by promoting career develop and active involvement among the campus community. This organization provides a wide range of extracurricular activities, events, and leadership opportunities that encourage students to connect, collaborate, and grow both personally and professionally. By supporting diverse interests and facilitating engagement across various student groups, the organization plays a crucial role in cultivating a supportive and inclusive environment that enriches student life and builds lasting connections. Please use the

following link to access additional information, including the list student organizations:
<https://www.rushu.rush.edu/student-life/student-affairs/student-life-engagement>

Student Diversity & Community Engagement

The Student Diversity & Community Engagement office works with students, faculty, and staff to create and sustain a welcoming and inclusive university environment for individuals from all backgrounds. The office provides educational opportunity and support student affinity groups through tout the university. Please use the following link to access additional information about student diversity and community engagement: <https://www.rushu.rush.edu/student-life/student-affairs/student-diversity-community-engagement>

College of Health Sciences Student Government Association

The College of Health Sciences Student Government Association (CHS SGA) is a student-led governance body that seeks to advance the student experience of the College of Health Sciences' student body at RUSH. Being involved in the Student Government Association (SGA) is important for students as it provides a platform to advocate for their peers, influence campus policies, and contribute to the overall student experience. Participation in the SGA allows students to develop leadership skills, engage in meaningful dialogue about issues affecting the student body, and collaborate with university administration on initiatives that enhance campus life. By taking an active role in the SGA, students can make a positive impact on their community while gaining valuable experience that prepares them for future leadership roles. Please use the following link to access additional information about the CHS SGA: <https://www.rushu.rush.edu/student-life/student-affairs/student-life-engagement/getting-involved/college-health-sciences-student-government-association>