

Nutrition

Program highlights

- Our program offers many unique learning opportunities in laboratory settings as well as classroom experiences.
- Students may choose to do independent research projects.
- All of our classes and labs are taught by qualified faculty members.
- Students have a variety of service learning opportunities through courses offered in the nutrition department.

Program overview

Rapid advances in medical research, health care reform and consumer demand have made this discipline increasingly complex. The CSB/SJU nutrition department offers a major and a minor in nutrition. Within the major, there are three areas of concentration.

- Concentration in dietetics. The dietetics concentration is offered as a didactic program in dietetics (DPD) and is fully accredited by the Commission on Accreditation for Dietetics Education of The American Dietetic Association. Completion of the DPD is the first step to earning the credential of registered dietitian and qualifies students to apply for an accredited dietetic internship.
- Concentration in nutrition science. The nutrition science concentration provides excellent preparation for individuals pursuing a medical or health-related career, or graduate programs in exercise physiology, food science or nutrition. This major builds on the basic sciences and provides opportunities to explore nutrition in depth through research. Students gain experience in designing and conducting research, laboratory methods, collecting data, writing proposals and presenting results. These skills are imperative for students advancing to graduate programs or entering professions where staying on the cutting edge of practice requires the continual critical evaluation of published research.
- Concentration in food studies. This concentration is designed for students interested in a career in food service management, culinary arts or the food industry. A basic knowledge of nutrition and food science is complemented by coursework in economics, management, accounting and art.

Outcomes

The mission of the didactic program in dietetics of the College of Saint Benedict/Saint John's University is to prepare students to successfully enter dietetic internships, graduate school programs, or food and nutrition careers, through the integration of nutrition and dietetics studies within a broad liberal arts base.

Sample of courses

- Concepts of Nutrition Science
- Experimental Food Science Credits
- Cell and Molecular Biology

Public Health Nutrition

- Exploring Weight Issues
- Principles of Human Anatomy and Physiology
- Chemistry and Disease

For a full listing of courses, visit www.csbsju.edu/nutrition

Study abroad

The College of Saint Benedict and Saint John's University recognize the value that an international education can bring to students, and the nutrition department encourages its students to study abroad while at CSB/SJU. Flexible curriculum makes it possible to study abroad, or complete a variety of different minors.

Research opportunities

Nutrition science and dietetic students have the opportunity to engage in individual undergraduate research projects, working with a faculty mentor. An undergraduate research project can be an exciting and unique opportunity that can further enhance and shape the future career and life of a student. Often, these high quality research projects have been presented to a larger external audience either through publication or a scholarly presentation.

Take a look at some of the past research projects by nutrition science and dietetics students.

- The effect of animal protein consumption on fossil fuel costs: a high-protein/low-carbohydrate diet versus a typical meat-based diet.
- Analysis of childhood obesity prevention programs.

- The nutritional status of adult male slaves on Southern U.S. rice plantations examined through U.S. federal decennial census data of 1860.
- Exercise physiology and sports nutrition
- Effects of weight cycling on body composition and resting metabolic rate of collegiate wrestlers.
- Caffeine effects on roller ski performance and hydration status in college male/female cross country skiers.
- Analysis of Vitamin K levels in the diets of female endurance runners.
- Effects of exercise and hydration status on urinary caffeine concentrations.
- Body composition and weight change during a Division III hockey season.
- The effects of weight loss practices on body composition in college wrestlers.
- The hydration status of male college hockey players during practice sessions assessed by urine osmolality.
- The relationship between supplemental intakes of Vitamin E (a-tocopherol) and serum levels in female athletes
- Effect of oral creatine monohydrate supplementation on sprint performance in female power track athletes.
- Effect of alpha-L-poly lactate on blood lactate concentration, oxygen consumption, and rate of perceived exertion in endurance runners during exercise.

Faculty

Jayne Byrne, MS, RD, LD, Chair

Bernadette Elhard, MBA, RD, LD

Mark Glen, MS, RD, LD

Erin Kronenberg (Miller), MS

Amy Olson, PhD, RD, LD

Linda Shepherd, MPH, RD

Ingrid Anderson, PhD, RD, LD, Professor Emerita

Nutrition plays a vital role in the maintenance of health, the prevention and treatment of disease, public health policy development and athletic performance. Rapid advances in medical and scientific research, health care reform, and consumer demand have made this discipline increasingly complex, and the need for nutrition scientists is greater than ever.
