

## Master in Nutrition - Minor in Faith-Based Public Health and Wellness

### HBI University

Course Duration: 2 years

Credit Hours: 69 (including 15 credit hours for minor)



### Program Description

The Master in Nutrition at HBI University is designed for students seeking expertise in human nutrition, dietary science, and public health nutrition strategies. This program integrates nutritional biochemistry, disease prevention, and community health to prepare graduates for leadership roles in clinical nutrition, wellness advocacy, and public health policy.

The Minor in Faith-Based Public Health and Wellness provides a specialized focus on holistic health approaches inspired by faith-based teachings, including spiritual and physical well-being, church-based health programs, and ethical considerations in healthcare. Students will explore the role of religious communities in promoting health, faith-based dietary principles, and integrative nutrition approaches.

This 69-credit hour program includes 30 credit hours of foundational nutrition courses, 24 credit hours of core dietary and wellness training, 15 credit hours in Faith-Based Public Health and Wellness, elective coursework, a supervised practicum, and a research-based master's thesis or capstone project.

### Admissions Requirements

- Bachelor's degree in nutrition, dietetics, public health, or a related field
- Minimum GPA of 3.0
- Two letters of recommendation from faculty or health professionals
- Statement of purpose outlining career goals in nutrition and faith-based health advocacy
- Research proposal or portfolio submission (optional)
- Interview with faculty committee (if required)

## Practicum Requirement

Students must complete a 300-hour supervised practicum in hospitals, wellness centers, faith-based health initiatives, or nonprofit nutrition programs. Practicum placements include Christian health ministries, community wellness programs, and holistic nutrition advocacy organizations.

## Master's Thesis / Capstone Project

Students are required to complete either a research-based master's thesis on nutrition policy, faith-based health programs, or dietary interventions or develop a capstone project implementing a faith-based health and wellness initiative.

## Program Outcomes

Graduates of this program will be able to:

- Develop evidence-based nutrition plans within faith and community health settings.
- Promote health and wellness through faith-based public health programs.
- Design and implement nutritional interventions for disease prevention.
- Advocate for policies that integrate faith-based approaches to public health.
- Educate communities on holistic and faith-driven approaches to nutrition.

## Career Outcomes & Potential Salary

- Registered Dietitian (RD) – \$60,000 - \$120,000
- Faith-Based Health & Wellness Educator – \$50,000 - \$110,000
- Public Health Nutritionist – \$65,000 - \$130,000
- Community Health Program Director – \$60,000 - \$125,000
- Holistic Health & Faith-Based Nutrition Consultant – \$70,000 - \$135,000

## Advocacy and Professional Development

Students are encouraged to join organizations such as:

- Academy of Nutrition and Dietetics
- Christian Healthcare Ministries
- National Wellness Institute
- Faith-Based Health and Nutrition Alliance

Participation in wellness conferences, holistic nutrition workshops, and faith-based health advocacy programs is highly recommended.

## Course Breakdown (Total: 69 Credit Hours)

### A. Foundational Nutrition Courses (30 Credit Hours)

Course Code	Course Name	Credit Hours
NUT-101	Nutritional Biochemistry & Metabolism	3
NUT-102	Diet & Disease Prevention	3
NUT-103	Public Health Nutrition & Policy	3

NUT-104	Functional & Integrative Nutrition	3
NUT-105	Sports Nutrition & Performance	3
NUT-106	Food Science & Safety	3
NUT-107	Clinical Nutrition & Medical Dietetics	3
NUT-108	Research Methods in Nutrition Science	3
NUT-109	Global Nutrition & Malnutrition Studies	3
NUT-110	The Role of Faith in Health & Wellness	3

### **B. Core Dietary and Wellness Training (24 Credit Hours)**

Course Code	Course Name	Credit Hours
NUT-201	Behavioral Nutrition & Mindful Eating	3
NUT-202	Community-Based Nutrition Programs	3
NUT-203	Nutritional Counseling & Client Communication	3
NUT-204	Holistic Healing & Faith-Based Medicine	3
NUT-205	Church-Based Health & Wellness Programs	3
NUT-206	Food Justice & Ethical Nutrition	3
NUT-207	Childhood & Maternal Nutrition	3
NUT-208	Supervised Nutrition Practicum	3

### **C. Faith-Based Public Health and Wellness Minor (15 Credit Hours)**

Course Code	Course Name	Credit Hours
FPHW-301	Biblical Perspectives on Health & Healing	3
FPHW-302	Faith-Based Nutrition & Holistic Wellness	3
FPHW-303	The Role of Churches in Public Health	3
FPHW-304	Community Outreach & Faith-Based Wellness	3
FPHW-305	Ethical & Spiritual Approaches to Holistic Health	3

#### D. Electives (9 Credit Hours)

Course Code	Course Name	Credit Hours
ELEC-401	Cooking & Meal Planning for Healthy Congregations	3
ELEC-402	Mental Health & Nutrition: A Faith-Based Approach	3
ELEC-403	Plant-Based Diets & Faith-Driven Food Movements	3