A Typical Student Journey (Online MS)

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There is no "typical" student journey at The Friedman School, so this is intended to give a general overview of the choices available to all online MS students. We encourage you to work with your advisor to design the pathway that works for you.

At a glance

- 30 credits, 10 courses
- 1 year full-time or 2 years part-time

Friedman Online Core

Nutrition Science	Quantitative reasoning	Policy and programs	Experiential Learning
Foundational knowledge on the impact of nutrition on biologic functions and human health	Tools and skills for interpreting and understanding scientific analyses	Understanding mechanisms and functions of policy processes and initiatives (e.g., laws, regulations, programs)	Hands-on practical experience to enhance the in-class learning experience
*1-2 courses, 3-6 credits**	*1 course, 3 credits*	*1 course, 3 credits**	*Minimum of 120 hours*

Specialization and Elective Coursework

Specialization (3 courses, 9 credits)	Elective courses
Students must choose one specialization from a list of four, and complete at least 9 credits in that area. Students may also choose to build their own specialization with guidance from their academic advisor.	After completing their specialization, students must complete a remaining 6-9 credits of other elective coursework, which may include courses within their area of specialization, or from a totally separate discipline

Experiential Learning

Overview	Examples
All MS students must complete a minimum of 120 hours of experiential learning. Students must propose and obtain approval for the project from both their project sponsor and academic advisor.	• Internship • Practicum • Research Assistantship • Master's Thesis • Current Work Experience • Immersive Experience

*Varies, depending on the specialization

Viewbook last updated 05/28/2026. Please note that what is listed on the following pages may be subject to change as course offerings may change over time.