

**NUTRITION INTERVENTIONS, COMMUNICATION, AND BEHAVIOR CHANGE  
DEGREE REQUIREMENT WORKSHEET FOR AY 2020-2021**

**Division Chair: Christina Economos**

***\*This is NOT an Official Transcript or Record\****

**Student Name:** \_\_\_\_\_

**Academic Advisor:** \_\_\_\_\_

**NICBC-MS Degree Semester Hour Units (SHUs): A minimum of 48**

NICBC-PhD Degree Requirements: Students must complete a minimum of 12 Semester Hour Units of coursework while enrolled at the Friedman School and are required to fulfill all the course requirements for the MS degree as listed below and two or more semesters of NUTR 0404: Food and Nutrition Policy Doctoral Research Seminar, as well as the PhD Additional Requirements listed below. Fulfilling these requirements may be through enrollment in these required courses at Friedman, or by submitting an Exemption Petition to recognize preparation elsewhere (based on courses completed before starting the PhD degree or by courses completed during the PhD degree but not the Semester Hour Units (SHUs) requirements). For an Exemption of a required course or degree requirement, an Exemption Petition form must be completed. Approval of an Exemption does NOT decrease the minimum number of Semester Hour Units required for your degree. Friedman student forms: <http://nutrition.tufts.edu/students/registrar/forms>.

**Graduating Semester - Approval of Intent to Graduate: In order for a Friedman degree to be awarded, approval by the Friedman faculty (NICBC Academic Advisor and NICBC Division Chair) is a requirement in order for Friedman's Dean to approve and for the Board of Trustees of Tufts University to approve the official degree conferral.**

Students in their last semester prior to graduation must complete this Degree Requirement Worksheet (associated with their admittance semester) and obtain required approvals. Submission of the approved Worksheet to [Friedman's Registrar](#) is required for Graduation Checkout.

Based on my review of this worksheet and the student's transcript it appears that this student will have met their requirements for graduation by (circle month):  
August (Summer) or February (Fall) or May (Spring) (Year) \_\_\_\_\_

**Academic Advisor Approval:** \_\_\_\_\_

**Date:** \_\_\_\_\_

**Division Chair/Thesis Chair Approval:** \_\_\_\_\_

**Date:** \_\_\_\_\_

If you are following the **Communication** track, please complete the relevant course requirements denoted by "C," and if you are following the **Interventions** track, please complete the relevant course requirements denoted by "I."  
Any exceptions require Division Chair approval in advance of enrollment.

Course #	Course Title	SHUs	Offered	Communication (C), Interventions (I)	Semester/Year Mark "E" for Exemption	Grade
<b>Part I Nutrition Science and Policy Requirements:</b>						
<b>A. NUTRITION SCIENCE (9 SHUs):</b>						
NUTR 0245	Scientific Basis of Nutrition: Micronutrients (first of two-semester sequenced course)	3	Fall	C, I		
NUTR 0246	Scientific Basis of Nutrition: Macronutrients (second of two-semester sequenced course)	3	Spring	C, I		
NUTR 0301	Nutrition in the Life Cycle (prerequisite: NUTR 0245 AND NUTR 0246, or equivalent)	1.5	Spring	C, I		
NUTR 0312	Nutrition and Chronic Disease	1.5	Spring	C, I		

**Students who are registered dietitians or have previously completed the courses listed above and are eligible for Exemption from the required Nutrition Science courses need to complete the [Exemption petition](#). Approval of an Exemption does NOT decrease the minimum number of SHUs required for your degree program. If you are exempted from any of the required Nutrition Science courses, below are pre-approved Nutrition Science substitute courses (any exceptions require Division Chair approval in advance of enrollment):**

- NUTB 0205: Nutritional Biochemistry with Community/Clinical Applications: Macronutrients (Fall, plus required in-person class sessions during MNSP Residency; prerequisite: prior completion of an undergraduate biochemistry course or its equivalent)
- NUTB 0305: Nutritional Biochemistry with Community/Clinical Applications: Micronutrients (Spring, plus required in-person class sessions during MNSP Residency; prerequisite: prior completion of an undergraduate biochemistry course or its equivalent)
- NUTR 0208: Human Physiology (Spring; prerequisite: Undergraduate level introductory biology and chemistry and graduate standing or instructor consent).
- NUTR 0272: Nutrition, Physical Activity and Health (prerequisites: NUTR 0245 AND NUTR 0246, or equivalent, and undergraduate-level physiology is recommended)
- NUTR 0305: Nutritional Epidemiology (Fall; prerequisites: NUTR 0202, or equivalent, and NUTR 0204/PH 0201, and NUTR 0206/PH 0205; prerequisites may not be taken concurrently with NUTR 0305);
- NUTR 0315: Applied Nutrition Biochemistry (Fall; NUTR 202 or equivalent, and one undergraduate level biochemistry course taken within the past five years, or instructor consent);
- NUTR 0370: Nutritional Biochemistry and Physiology: Macronutrients (Fall (4.5 SHUs); prerequisites: NUTR 0202, or equivalent, BCHM 0223, or their equivalents);
- NUTR 0371: Nutritional Biochemistry and Physiology: Micronutrients (Spring (4.5 SHUs); prerequisite: NUTR 0202, or equivalent, BCHM 0223, or their equivalents)

<b>B. NUTRITION POLICY (6 SHUs):</b>						
NUTR 0203	Fundamentals of Nutrition Policy and Programming: How Science and Practice Interact (common substitution: NUTB 0206: Global Food and Nutrition Policy (summer) plus required class sessions during MNSP Residency)	3	Fall	C, I		
NUTR 0238	Economics for Food Policy Analysis	3	Spring	C, I		

**If you are exempted from any of the required Nutrition Policy courses, below are pre-approved Nutrition Policy substitute courses (any exceptions require Division Chair approval in advance of enrollment):**

- NUTR 0215: Fundamentals of U.S. Agriculture (Fall; no prerequisite)
- NUTR 0226: Food from Production to the Marketplace (Fall; no prerequisite)
- NUTR 0233: Agriculture and Science Policy I (Spring; prerequisite: NUTR 0215)
- NUTR 0280: Nutrition and Entrepreneurship (Spring; no prerequisite)
- NUTR 0303: Determinants of U.S. Food Policy (Fall, prerequisites: NUTR 0207 AND NUTR 0307 or equivalent, and NUTR 0238)
- NUTR 0304: Nutrition, Food Security and Development (Fall; international focus; prerequisites: NUTR 0203 and NUTR 0238 or instructor consent)
- NUTR 0327: Food Systems and Sustainable Diets (Fall; no prerequisite)
- NUTR 0330: Anthropology of Food and Nutrition (every other Spring; prerequisite: some social science background)

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**Student Name:** \_\_\_\_\_

COURSE #	Course Title	SHUs	Offered	Communication (C), Interventions (I)	Semester/Year Enrolled	Mark "E" for Exemption	Grade								
<b>PART II. STUDY DESIGN AND ANALYSIS OPTIONS (A MINIMUM OF 12 SHUs IN TOTAL):</b>															
NUTR 0204	Principles of Epidemiology	3	Fall/ Spring	C, I											
NUTR 0207	Statistical Methods in Nutrition Research	3	Fall	C, I											
NUTR 0307	Regression Analysis for Nutrition Research (prerequisite: NUTR 0207)	3	Spring	C, I											
<b>SELECT ONE OF THE FOLLOWING:</b>															
NUTR 0305	Nutritional Epidemiology (prerequisites: NUTR 0204, NUTR 0207/NUTR 0307 or their equivalents; may not be taken concurrently)	3	Fall	C											
NUTR 0314	Study Design in Nutrition Research (prerequisites: NUTR 0207 or equivalent, NUTR 0204 or equivalent, NUTR 0245 AND NUTR 0246 or equivalent, and familiarity with basic methods of dietary assessment)	3	Spring	Not offered 2020-2021											
NUTR 0393	Data Visualization and Effective Communication	3	Spring	C											
<b>PART III. COMMUNICATIONS, INTERVENTIONS, AND BEHAVIOR CHANGE (12 SHUs):</b>															
NUTR 0220	Fundamentals of Writing About Nutrition and Health (enrollment limited to 20)	1.5	Fall	C, I											
NUTR 0211	Theories of Behavior Change and Their Application in Nutrition and Public Health Interventions (common substitution: NUTB 0211: Theories of Behavior Change (spring) plus required class sessions during MNSP Residency)	3	Fall	C, I											
NUTR 0218	Communications Strategies in Nutrition and Health Promotion Nutrition (enrollment limited to 20 students)	3	Spring	C, I											
NUTR 0322	Writing Well About Food and Nutrition (enrollment limited to 20; prerequisite: NUTR 0220)	3	Spring	C, I											
<b>TO FULFILL THE MINIMUM OF 12 SHUs THAT IS REFERENCED ABOVE, SELECT FROM THE FOLLOWING COURSE OPTIONS:</b>															
NUTR 0213	Social Media for Health and Nutrition Communication	1.5	Spring	C											
NUTR 0228	Community and Public Health Nutrition (prerequisites: NUTR 0245 AND NUTR 0246 or equivalent)	3	Fall	I											
NUTR 0273	Social Psychology of Eating Behavior	3	Spring	I											
NUTR 0306	Communicating Health Information to Diverse Audiences (enrollment limited to 15; prerequisite: NUTR 0220; may not be taken concurrently)	1.5	Fall	C											
NUTR 0337	Translating Nutrition Evidence into Multimedia for the Public (enrollment limited to 22 students)	3	Fall	C											
<b>IF YOU ARE PURSUING AN EXEMPTION FROM ANY OF THE COURSES LISTED ABOVE, PLEASE CONSULT IN ADVANCE WITH THE DIVISION CHAIR ABOUT POTENTIAL COURSE SUBSTITUTION USING THE ELECTIVE COURSE(S) LISTED BELOW.</b>															
NUTR 0216	Management, Planning, and Control of Nutrition and Health Programs and Organizations (common substitution for non-MS/MPH students: PH 0216 – cross-register via Public Health)	3	Spring	I											
NUTR 0272	Nutrition, Physical Activity and Health (prerequisites: NUTR 0245 AND NUTR 0246, or equivalent, and undergraduate-level physiology is recommended)	3	Spring	I											
<b>LIST BELOW (OR ATTACH A SEPARATE SHEET) WITH ANY ADDITIONAL ELECTIVES NEEDED TO FULFILL THE MINIMUM 48 SEMESTER HOUR UNITS REQUIREMENT:</b>															
<b>FOR PHD ONLY – ADDITIONAL REQUIREMENTS:</b>															
<ul style="list-style-type: none"> <li>Completion of Individualized Development Plan (myIDP; <a href="https://myidp.sciencecareers.org/">https://myidp.sciencecareers.org/</a>) is required during the first semester as a doctoral student; only email completion date of myIDP to <a href="mailto:PhDForms@tufts.edu">PhDForms@tufts.edu</a>.</li> <li>Completion of Annual Progress Report (APR) is required and due by July 31<sup>st</sup> each year and a copy of the completed APR must be submitted to the Academic Dean via email to <a href="mailto:PhDforms@tufts.edu">PhDforms@tufts.edu</a>.</li> <li>Completion of the Doctoral Compact Form between PhD student and Thesis Chair (with optional participation of Thesis Committee or other mentors); complete this form in conjunction with the development of the Thesis Letter of Intent (must be completed in advance of first Thesis Committee Meeting) and email <a href="mailto:PhDforms@tufts.edu">PhDforms@tufts.edu</a>.</li> </ul>															
<b>Professional Internship or Research Practicum Degree Requirement; Write Internship Location/Title Below or Semester/Year of Practicum Enrollment in SIS:</b>															
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<b>Training in Protection of Human Subjects Degree Requirement:</b>															
NUTR 0207's instructor provides Friedman's Registrar with your CITI Completion Certification Report (a component of the course) so your fulfillment of this requirement can be recorded in SIS. If you did not enroll in NUTR 0207 or you exempt from NUTR 0207, please email <a href="mailto:Friedman's Registrar">Friedman's Registrar</a> your CITI Completion Certification Report for the Social and Behavioral Research modules.															