

# Internship Description

The internship program includes a concentration in Rural Health Care and is comprised of:

- 360 hours clinical
- 360 hours food service
- 260 hours community
- 220 hours administration

Interns are given the opportunity to provide staff relief for internship site supervisors. Twelve graduate credit hours are earned through completion of the internship. A variety of sites are utilized for supervised practice.

Internship sites may include:

- Winston-Salem
- Asheville
- Hickory
- Morganton
- Gastonia
- Lincolnnton
- Boone
- Elkin



## **About Appalachian State University**

Appalachian ranked third among public universities in the South by U.S. News and World Report's 2016 Best College's Guide and tenth overall among public and private universities in the South. Appalachian has placed in the top 15 among southern universities since the rankings first appeared in 1986.

Appalachian is considered a best value by Kiplinger magazine. Kiplinger's magazine "100 Best Public Colleges" ranked Appalachian twenty-eighth in its listings for 2016.

### **Martin Root, MS, PhD**

rootmm@appstate.edu

Associate Professor

Graduate Director for Nutrition

Department of Nutrition and Health Care Management

### **Kyle Thompson, MS, RD, CNSC**

thompsonkl@appstate.edu

Senior Lecturer in Nutrition

Director of Dietetic Internship Program

Department of Nutrition and Health Care Management



## **M.S. Degree in Nutrition with Dietetic Internship**



### **DEPARTMENT OF NUTRITION AND HEALTH CARE MANAGEMENT Beaver College of Health Sciences**

L. S. DOUGHERTY BUILDING

261 LOCUST STREET

ASU BOX 32168

BOONE, NC 28608-2168

(828) 262-8619

# Why Choose Appalachian?

- In the past five years all graduates seeking jobs in dietetics have obtained them.
- At least 80% of graduates have passed the RD exam on the first attempt.
- The program is located in the beautiful Blue Ridge Appalachian mountains.
- The program has a concentration in Rural Health.

## Program Description



The Nutrition Graduate Program and Combined Dietetic Internship lead to a Master of Science degree designed to prepare graduates for professional practice or for doctoral study. The degree requires 39 semester hours. All students complete a research project and have the option of writing a thesis.



### Program Design:

The Program is structured to be completed in 21 months. For the first year of the program, students take graduate level courses and design and implement a research project. During the second year of the program students usually move to their primary internship site and commute to Appalachian State one day per month.

### Courses Include:

- Research Methods in Nutrition and Foods
  - Advanced Nutritional Assessment
  - Maternal and Child Nutrition
  - Nutrition for Older Adults
  - Statistics
  - Dietetic Practice I/II (6 credits)
  - Dietetic Internship (12 hours)
  - Approved elective to complement career goals
- Students work with their advisor and graduate committee to plan a program of study and to implement a research program.

### Recent Student Research Projects:

- Vitamin D deficiency among African-American women of child bearing age
- Effects of antioxidant supplements on oxidant status after strenuous exercise
- Improve after-school exercise program by adding nutrition education component

### Admission Process:

- Completion of accredited undergraduate program in dietetics (DPD).
- Submission of two applications:
  - ◇ Online application to the ASU Graduate School including official transcripts.
  - ◇ Submission of online Dietetic Internship application through DICAS.

### Admission Criteria:

- **Graduate School:**
  - ◇ GPA greater than 3.0
  - ◇ Completion of GRE within last five years
- **Internship:** GPA, references, work experience, goals/objectives, community service, honors/leadership, faculty judgment.

### Cost to Student:

#### First Year (On campus)

- Annual Tuition and fees: In-state resident: \$7721; Out-of-state resident: \$20,890
- Books (\$500/year)
- ASU Health Insurance (\$2,202/year). Can be waived if there is existing other coverage.
- Living expenses (\$1000-\$1700/month)
- On campus parking-optional (\$204)

#### Second Year (Off-campus; tuition may vary)

- Annual Tuition and fees: In-state resident: \$7721; Out-of-state resident: \$20,890
- Books (\$500)
- ASU Health Insurance (\$2,202/year). Can be waived if there is existing other coverage.
- Liability Insurance (\$50/year)
- The Academy of Nutrition and Dietetics membership fees (\$75/year)
- NCDA Annual Meeting (about \$200)
- Transportation to facilities: Cost varies.
- Living expenses (\$1000-\$1700/month)
- Lab coat, immunization, drug tests, incidentals (\$350-\$400)