




Information Session: Master of Science in Nutrition, Healthspan and Longevity

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and*

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**USC Leonard
Davis School of
Gerontology
Mission**

The mission of the USC Leonard Davis School of Gerontology is to promote healthy aging for individuals, communities and societies through leadership and innovation in research, education and practice.



What is Gerontology?

The scientific study of the biological, psychological, and sociological phenomena associated with old age and aging.



USC Leonard Davis School Degree Programs



- ***Undergraduate Programs***

- B.S. Human Development and Aging
- B.S. Lifespan Health
- Minors
- Advanced Placement/ Progressive Degree
- Internships

- ***Graduate Programs***

- Master of Science in Gerontology
- Master of Arts in Gerontology

- Master of Arts in Aging Services Management
- Master of Arts in Medical Gerontology
- Master of Arts in Senior Living Hospitality
- Master of Arts in Long Term Care Administration
- **Master of Science in Nutrition, Healthspan and Longevity**
- Graduate Certificate
- Ph.D. in Gerontology
- Ph.D. in Biology of Aging



Routes to Becoming an RDN



Commission on Dietetic Registration's requirement for a minimum of a master's degree to take the credentialing exam for registered dietitians will begin on January 1, 2024.

Two primary routes to becoming an RDN:
DPD+DI or CP

More students enrolled in
DPD+DI; traditional route
to RDN

CP targets students with
Bachelors degree in
another field

DPD=Didactic Program in
Dietetics; DI=Dietetic
Internship;
CP=Coordinated Program



Accreditation

The program received full accreditation from the Accreditation Council for Education in Nutrition and Dietetics (ACEND) on August 13, 2018

13 Aug. 2018

2026

ACEND Accreditation is through 2026



What does the USC Leonard Davis School of Gerontology CP Offer?



Coordinated Program



Master of Science Degree in Nutrition, Healthspan and Longevity



Includes academic coursework and 1200 hours of supervised practice rotations (Internship)



Program is 46 units-can be completed in 2 years including 1 summer or 3 years for distance students



MS Coordinated Program in Nutrition, Healthspan & Longevity



- Up to 24 on-campus and distance students accepted per year
- Does not require DPD but does require pre-requisites + bachelor's degree (accredited)
- One course delivered in Genoa, Italy (1st summer) highly recommended, travel not required
- 40 hours experience (paid, volunteer, or observation) with RDN(s) required prior to applying
- Refer to USC Graduate School for tuition & application fees

On- Campus vs. Distance Students



Students must enroll in one track only



Distance student must be at least 100 miles from USC



On-campus students, supervised practice is scheduled by Internship Coordinator



Distance students, must find preceptors for supervised practice and provide evidence that all 1st year rotations are set-up (guidance provided by Internship Coordinator)

Campus vs. Distance Students



- Classes scheduled (USC Course Listing) and recorded live
- Distance students encouraged to participate live (synchronous) but may also participate asynchronous
- Classes with lab experiences must be completed locally (distance students) and in some cases video-recorded for full class review
- Blackboard used for multiple functions including blogs, discussion groups, sharing documents, posting presentations, tests, assignments, correspondence.

Core Knowledge & Competencies



Defined by the Accreditation Council for Education in Nutrition and Dietetics (ACEND) same competencies used for DPD, DI and CP



Five categories and a program concentration area (pages 8-10 in Program Description, posted on Webpage).



Concentration area: Nutrition, Healthspan & Longevity

Focus and Concentration



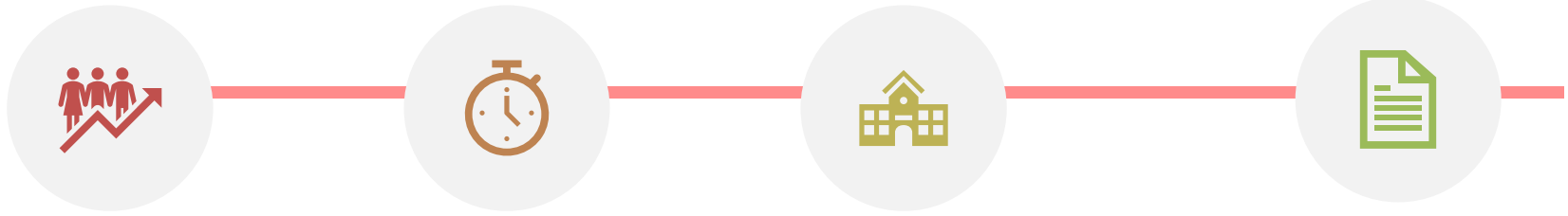
- Focus: The program prepares graduates for entry-level roles in the field of nutrition and dietetics, promoting personalized nutrition through work in hospitals and health care facilities, long-term care, business, corporate wellness, social media, teaching, research or in private practice
- NHL 5.1. Translate research evidence on biology of aging and mechanisms for the extension of health and treatment of disease.
- NHL 5.2. Incorporate knowledge of nutrient gene interactions, molecular and biochemical parameters and medication use, into the nutrition care plan (MNT) for individuals with complex medical conditions.

Prerequisites



- Bachelor's degree from an accredited college/university. Prerequisites must be complete before starting the program.
- Cell Biology, Microbiology, General Chemistry, Organic Chemistry, Biochemistry and Human Physiology (with lab, as offered). General Psychology/Sociology, Algebra/Calculus/Statistics, Speech/Communications, Introductory Food Science and Human Nutrition.
- Prerequisite courses cannot be more than 10 years old at the time of application. The exceptions are general psychology/sociology, speech/communications, and mathematics; there is no time limit on these courses. Applicant is not required to complete prerequisites at USC.
- Applicants are asked to complete a template identifying prerequisite courses taken or proposed (posted on the [Webpage](#))

40 Hours with an RDN Requirement



THE PURPOSE OF THIS REQUIREMENT IS TO HELP POTENTIAL APPLICANTS GAIN EXPOSURE TO RDNS AND THE WORK THEY DO

APPLICANTS ARE NOT LIMITED TO 40 HOURS BUT MUST COMPLETE AT LEAST 40 HOURS

RDN WORK IN THE COMMUNITY, HOSPITALS, PRIVATE PRACTICE, FOODSERVICES, OR IN SCHOOLS

APPLICANTS WILL SUMMARIZE THEIR EXPERIENCE AND IDENTIFY THEIR MENTOR AND CONTACT INFORMATION, OBTAIN A SIGNATURE FOR AT LEAST 40 HOURS, AND UPLOAD ONE DOCUMENT WITH APPLICATION UNDER “OTHER DOCUMENTS”



How to find an RDN?

- Join the Academy of Nutrition and Dietetics (AND) as a Student Member, join state and/or local affiliates, e.g., LAD (Los Angeles) and consider practice groups and/or interest groups
- Get involved, volunteer, write an article or blog
- Contact programs in your community with RDNs



Applicant Selection



1. Academic potential (as reflected in undergraduate study and prerequisites post BA/BS degree, minimum GPA > 3.0); professional potential as reflected in experience, references and career goals.
2. The school requests information from applicants to supplement what is supplied by the USC Application for Graduate Admission. Supplemental information includes a resume, statement of interest in nutrition, healthspan and longevity and two letters of reference (academic and work). Submit an email for references so that they can receive a link from USC to upload a letter and complete a short evaluation form.
3. Document at least 40 hours of paid/volunteer work experience with an RDN.
4. The GRE is not required unless your GPA is < 3.0.
5. Interviews will be scheduled (at USC and Zoom) for highest ranking applicants.

Graduation Requirements



- Completion of 46 units of coursework, includes 28 units of required courses, 12 units of supervised practice and 6 units of research.
- Completion of the Capstone Project.
- Students will be required to present their Capstone work at a state or national conference or submit to a peer-reviewed publication as a requirement of graduation.

Rotation	Possible Sites/Activities	Min/Max Hours Possible	Total Hours
Professionalization	Professionalization Workshops Online Self Study Modules (AND) HIPAA and CITI IRB Modules Policy Project/Mentorship/Leadership Workshops	14 hours 1 hour 6 hours 5 hours/1-3 hours/6-8 hours 3 hours	40 hours
Retail Food Service	Core Site	Max. 200 hours	200 hours/25 days
In-Patient Food Service	Core Site	Max. 120 hours	120 hours/15 days
Community Nutrition	Core Site Care Harbor, Health Fairs, Grocery Store Tours Research (Community Population)	Max. 160 hours Min. 4 hours; Max. 10 hours Min. 5 hours; Max. 10 hours	160 hours/20 days
Nutrition Education	Core Site	Hours spread over several weeks	40 hours
Outpatient	Core Site	Max. 120 hours	120 hours/15 days
MNT I	Core Site	Max. 200 hours	200 hours/25 days
MNT II	Core Site GROW Conference	Max. 200 hours 8 hours	200 hours/25 days
Specialty Concentration (Elective)	Selected with DI Coordinator	Max. 120 hours	120 hours/15 days

Supervised Practice Sites



- USC Hospitals-Keck, Norris Cancer Center and Verdugo Hills Hospital
- LAC+USC, CA Rehab., Glendale Memorial and Torrance Memorial
- Kaiser Northern CA, Washington Hospital and West Palm Beach VA
- Long Term Care and Skilled Nursing Facilities
- USC Hospitality, USC Sports Nutrition and Research Labs
- USC Head Start, public and private schools, community colleges and non-profit public health nutrition programs
- Private practice, consulting RDNs, and disordered eating/substance abuse programs

Exxat Student Portal



Student Profile for Site View

Help P



- Immunization Information
[\[Click here to see Immunization Information \]](#)
- Patient Log Report
[\[Click here to view Patient Log Report \]](#)
- Site Specific Documents
No Document Uploaded

Personal Information

Student Name : Lew, John	Preferred Name/Former name : John Lew	Year Enrolled : 2017
Graduating Year : 2019	Academic Status : Full-Time	Gender Identity :
Race :	Ethnicity : N/A	Languages Spoken : English

Area of Interest : Retail Food Service, Inpatient Foods, Medical Nutrition Therapy 1, Medical Nutrition Therapy 2, Sports Nutrition, Pediatric, Maternal/Prenatal Nutrition, Research, Nutrigenomics/Nutrigenetics

Special Abilities : N/A

School Student Id : N/A **Veteran Status** : No

Personal Statement : I am currently a Master student at USC Leonard Davis School of Gerontology in the program of Nutrition, Healthspan, and Longevity. I completed my B.S. in Nutritional Science, Physiology and Metabolism at University of California, Berkeley. Having worked for The Oakland Raiders and USC Athletics I developed a passion for sports nutrition and educating athletes on nutrition.

Education History

[University of California, Berkeley - BS]
Major:-Nutritional Science, Physiology and Metabolism
Notes:-Minor In Music
8/28/2012 - 5/13/2016

[University of Southern California - MS]
Major:-Coordinated Program in Nutrition Healthspan and Longevity
Notes:-Expected Graduation May 2019
8/22/2017 - N/A

Employment History

[Los Angeles Children's Hospital - Body Works-Student volunteer - Un-Paid]
8/16/2017 - Present
Responsibilities : Educating and sharing children on nutrition choices, exercise, and healthy living strategies.

Alumni Data



Objectives	Program Results (n=26)
80% of graduates will pass the CDR credentialing exam for dietitians within one year following first attempt.	85% of graduates passed the CDR credentialing exam for dietitians within one year following first attempt.
75% of graduates will report employment in a dietetics-related position within 12 months following program completion.	90% of graduates reported employment in a dietetics-related position within 12 months following program completion.
How satisfied are you with the education and supervised practice you received from the USC MS NHL Program?	92% of graduates were either satisfied or very satisfied with the education and supervised practice received.

Students in the News



Stephanie Riemer,
MS, RDN, MSNHL'
17 received
Outstanding
Preceptor of the
Year Western
Region NDEP
2020



Ranier Castillo, MS, RDN, MSNHL '20 received
Outstanding Dietetic Student in a Coordinated
Program, AND 2020



Student Activities



Special Olympics International Games with Evelyn Crayton, President AND, Summer 2015



Poster Presentations CA Academy Annual Conference 2019

Community Nutrition 2019





Student Activities

Genoa Italy with Dr. Longo
Cohort 6 - Summer 2019



LESD Champions for Change
Farmer's Market
Los Angeles 2019

Cohort 3 Following Capstone Project Presentations with Faculty and Staff April 2017



Cohort 6 White Coat Ceremony January 2020

Partial List Faculty



- Lucia Briceño MS, RDN, CNSC, Adjunct Lecturer, USC Leonard Davis School of Gerontology
- Sarah Dhillon, PhD, MBA, Adjunct Lecturer, USC Leonard Davis School of Gerontology
- Kurt Hong, MD, PhD, Associate Clinical Professor, Nutrition Program Director, USC Hospital, USC Keck School of Medicine
- Cary Kreutzer, EdD, MPH, RDN, FAND, MSNHL Director, Associate Clinical Professor, USC Leonard Davis School of Gerontology & Keck School of Medicine
- Valter Longo, PhD, Professor, USC Leonard Davis School of Gerontology
- Roberto Vicinanza MD, PhD, Gerontologist, Assistant Clinical Professor, USC Leonard Davis School of Gerontology
- Many guest speakers are invited to share their expertise with students in addition to colloquium presentations in the School

Applications Due



- January 15, 2021 for Fall 2021 enrollment, notification by April 1, 2021
- Applications now being accepted
- All applications will be reviewed together
- Please visit our “How to Apply” page at gero.usc.edu to learn more about the application process and requirements

Additional Information



Webpage link: gero.usc.edu

Contacts:

Sara Robinson, Admission Counselor

sararobi@usc.edu

213-740-1728

Cary Kreutzer, EdD, MPH, RD, FAND, Program Director

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We can put you in touch with current MSNHL students, notify Dr. Kreutzer



Questions?

