Program Orientation: Master of Science in Nutrition, Healthspan and Longevity
September 10, 2019

Cary Kreutzer, EdD, MPH, RDN, FAND, Dir. Coordinated Program
And
Jeannie Wakamatsu, MPH, RDN, Internship Coordinator
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
Academy of Nutrition and Dietetics (AND) will require a Master’s Degree as the minimum requirement for entry-level practice for all graduates in 2024.

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

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

CP targets students with Bachelors degree in another field

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

- On-campus and distance students accepted and complete the program together, up to 20 students 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
- Required 40 hours experience (paid, volunteer, observation) with RD(s) prior to applying
- See USC Graduate School for tuition & application fees
- Must apply to the distance or on-campus track in USC Leonard Davis School of Gerontology
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 7-10 in Program Description, posted on Webpage).

Concentration area: Healthspan & Longevity
Focus and Concentration

• **Focus:** The program prepares graduates for 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.
The program received full accreditation from the Accreditation Council for Education in Nutrition and Dietetics (ACEND) on August 13, 2018 to enroll 15-20 students per year.

ACEND Accreditation is through 2025.
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 or Sociology, Algebra, Calculus or Statistics, Speech or 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, public speaking, and math; there is no time limit on these three 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 Webpage).
<table>
<thead>
<tr>
<th>Pre-Requisite - Required Undergrad</th>
<th>Course Taken At (University or College)</th>
<th>Date Completed (Month/Year)</th>
<th>Course #</th>
<th>Course Title</th>
<th>Semester or Quarter?</th>
<th># Credits/Units</th>
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<tbody>
<tr>
<td>Science Courses</td>
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<tr>
<td>1. Cellular or Introductory Biology (1-2 terms) with lab</td>
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<tr>
<td>Biochemistry (1 term) with lab</td>
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<tr>
<td>Microbiology (1 term) with lab</td>
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<tr>
<th>Pre-Requisite Required Undergrad Non-Science Courses</th>
<th>Course Taken At (University or College)</th>
<th>Date Completed (Month/Year)</th>
<th>Course #</th>
<th>Course Title</th>
<th>Semester or Quarter?</th>
<th># Credits/Units</th>
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<tr>
<td>Science Courses</td>
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<tr>
<td>1. General Psychology or Sociology (1 term)</td>
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<tr>
<td>2. Algebra, Pre-Calculus, Statistics (1 term)</td>
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<tr>
<td>3. Speech/Communications (1 term)</td>
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Identify with a * courses currently enrolled in

<table>
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<tr>
<th>Pre-Requisite Required Undergrad Nutrition &amp; Food Science Courses</th>
<th>Course Taken At (University or College)</th>
<th>Date Completed (Month/Year)</th>
<th>Course #</th>
<th>Course Title</th>
<th>Semester or Quarter?</th>
<th># Credits/Units</th>
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<tbody>
<tr>
<td>Nutrition &amp; Food Science Courses</td>
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<tr>
<td>1. Basic Human Nutrition (1 term)</td>
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<tr>
<td>2. Introductory Food Science/Experimental Foods</td>
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Other (related):
40 Hours with an RD Requirement

The purpose of this requirement is to help potential applicants gain exposure to RDs and the work they do.

Applicants are not limited to 40 hours but must complete at least 40 hours.

RD 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.”
Student Activities

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

Poster Presentations CA Academy Annual Conference 2019

Community Nutrition 2019
How do you find an RD?

- Join the Academy of Nutrition and Dietetics (AND) as a Student Member ($58/yr), join State and/or local affiliates, e.g. LAD (Los Angeles) and consider practice groups and/or interest groups ($5-$25 each)
- Get involved, volunteer, write an article or blog
- Contact programs in your community with RDs
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. Applicants are required to document at least 40 hours of paid or volunteer work experience with a Registered Dietitian.

4. The GRE is not required unless your GPA is < 3.0.

5. Interviews will be scheduled (at USC and Skype) 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.
• The program summative experience will be a capstone project. Students will be required to present their work at a state or national dietetics conference or submit to a peer-reviewed publication as a requirement of graduation.
• Students will attend at least one local, state or national dietetics conference and/or the CA Academy of Nutrition & Dietetics Policy Day in Sacramento.
Student Activities

Genoa Italy with Dr. Longo
Cohort 6 - Summer 2019

LESD Champions for Change
Farmer’s Market
Los Angeles 2019
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<tr>
<th>Supervised Practice Rotations</th>
<th>Possible Sites/Activities</th>
<th>Min/Max Hours Possible</th>
<th>Total Hours</th>
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<tbody>
<tr>
<td>Professionalization</td>
<td>Professionalization Workshops</td>
<td>16 hours</td>
<td>40 hours</td>
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<td>Online Self Study Modules (AND)</td>
<td>4 hours</td>
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<td></td>
<td>HIPAA and CITI IRB Modules</td>
<td>4 hours</td>
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<td></td>
<td>Policy Project and Leadership</td>
<td>16 hours</td>
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<tr>
<td>Retail Food Service</td>
<td>Core Site</td>
<td>Max. 200 hours</td>
<td>200 hours/25 days</td>
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<tr>
<td>In-Patient Foods</td>
<td>Core Site</td>
<td>Max. 120 hours</td>
<td>120 hours/15 days</td>
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<tr>
<td>Community Nutrition</td>
<td>Core Site</td>
<td>Max. 160 hours</td>
<td>160 hours/20 days</td>
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<td>Care Harbor or Health Fairs</td>
<td>Max. 16 hours</td>
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<td>Grocery Store Tours</td>
<td>Min. 4 hours; Max. 10 hours</td>
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<td></td>
<td>WIC Modules (required unless in WIC)</td>
<td>3 hours</td>
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<td></td>
<td>Research (Community Population)</td>
<td>Min. 5 hours; Max. 10 hours</td>
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<tr>
<td>Nutrition Education</td>
<td>Core Site</td>
<td>Hours spread over several weeks or months</td>
<td>40 hours</td>
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<td>Sports Nutrition</td>
<td>Max. 120 hours</td>
<td>120 hours/15 days</td>
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<tr>
<td>Outpatient</td>
<td>Core Site</td>
<td>Min. 6 hours; Max. 15 hours</td>
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<tr>
<td>MNT I</td>
<td>Core Site</td>
<td>Max. 160 hours</td>
<td>160 hours/20 days</td>
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<tr>
<td>MNT II</td>
<td>Core Site</td>
<td>Max. 240 hours</td>
<td>240 hours/30 days</td>
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<tr>
<td>Specialty Concentration</td>
<td>Core Site</td>
<td>Min. 16 hours; Max 32 hours</td>
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<td>CHLA Pediatrics</td>
<td>Max. 120 hours</td>
<td>120 hours/15 days</td>
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<td>Selected with Internship Coordinator</td>
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<td></td>
<td>(Renal, Burns, Bariatric, Transplant, Research-hospital setting, etc.)</td>
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USC Leonard Davis
School of Gerontology

University of Southern California
Supervised Practice Sites

• USC Hospitals-Keck, Norris Cancer Center and Verdugo Hills
• LAC+USC, St. Jude, Glendale Memorial and Torrance Memorial
• Children’s Hospital of LA, 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 RDs, and disordered eating/substance abuse programs
Personal Information

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

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
  - Dates: 8/28/2012 - 6/13/2016

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

Employment History

- Los Angeles Children's Hospital - Body Works-Student volunteer - Un-Paid
  - Dates: 8/16/2017 - Present
Cohort 3 Following Capstone Project Presentations with Faculty and Staff April 2017

Cohort 5 White Coat Ceremony January 2019
On-Campus vs. Distance Students

- Students must enroll in one track only
- Distance student must be at least 100 miles from USC
- On-campus 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.
Erica Capellino, MS, RD, MSNHL’ 17 makes certain Los Angeles Chargers NFL players get the right nutrition for optimal athletic performance. (Photo: Mike Nowak/Los Angeles Chargers.)

Rochelle Lai, MS, RDN, MSNHL ‘19 received Outstanding Dietetic Student in A Coordinated Program, AND 2019
Partial List Faculty

- Lucia Briceño MS, RD, CNSC, Lecturer, USC Leonard Davis School of Gerontology
- Kurt Hong, MD, PhD, Associate Clinical Professor, Nutrition Program Director, USC Hospital, USC Keck School of Medicine
- Kris Klinger, MBA, VP Hospitality Services, USC
- 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
- Hope Wills, MEd, RDN, CSP, IBCLC, Lecturer, 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, 2020 for Fall 2020 enrollment, notification by April 1, 2020
- Applications now being accepted
- All applications will be reviewed together
- Please send ALL transcripts to Jim DeVeria, USC Leonard Davis School of Gerontology, 3715 McClintock Ave, Mailbox 0191, Los Angeles, CA 90089-0191
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
kreutzer@usc.edu
(213) 740-9205

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