

Family Relations and Applied Nutrition: MSc, PhD

Applied Human Nutrition

Applied Human Nutrition is a field of study offered by the Department of Family Relations and Applied Nutrition. We are a unique, interdisciplinary academic unit focused on integrating research and practice. Our faculty members conduct applied and inter-professional research that encompasses the continuum of the life cycle in diverse settings, including public health, the community, and clinical settings.

uoguelph.ahn

The field of Applied Human Nutrition (AHN) offers a MSc and a PhD, which involve a combination of course work and a research thesis. In the case of a PhD, the completion of a qualifying exam is also required.

Research Expertise

Graduate students have opportunities to conduct independent research from inception to analysis in community, lab and clinical settings using nutrition, epidemiological and/or social science methodologies.

Admission Requirements

- An honours bachelor's degree, or equivalent
- A minimum 75% average in the last 2 years of study
- Grades of at least 75% in applied statistics and social science research methods courses
- For PhD, master's degree with a research-based thesis in human nutrition or a closely related field

Application Deadline:

January 6, 2023



Aiyu completed her MSc in FRAN in the field of Applied Human Nutrition. She enjoyed her time here and is now working towards her PhD in FRAN. Aiyu's MSc research focused on maternal dietary sugar intake in relation to maternal weight and body composition changes during and after pregnancy. Her PhD study continues exploring the topic of gestational weight gain (GWG) by developing and evaluating a resource booklet to help health practitioners understand how to communicate GWG with pregnant women.

Eligibility

Individuals from an applied human nutrition discipline and those who have non-AHN backgrounds are encouraged to apply to the MSc and PhD options in the AHN field. We welcome students with diverse backgrounds such as applied human nutrition, nutritional sciences, food science, biomedical science, health promotion, psychology, and kinesiology.

Faculty

Dr. Andrea Buchholz
 Dr. John Dwyer
 Dr. Dalia El Khoury
 Dr. Laura Forbes
 Dr. Jess Haines

ARE YOU INTERESTED IN:

- Community nutrition
- Clinical nutrition
- Nutrition throughout the lifespan
- Physical activity and sports nutrition
- Chronic disease risk
- Food security
- International nutrition

CAREER OPPORTUNITIES:

- Public health nutrition
- Sports nutritionist
- Nutrition program manager
- Research coordinator
- NGOs
- Regional/Public/International health agencies
- Regulatory affairs
- UN agencies

CONTACT INFORMATION

Graduate Program Assistant:

Shauna Porter
 519-824-4120 ext 53968
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Applied Human Nutrition Faculty and Research Areas

Andrea Buchholz PhD, RD

I am a Registered Dietitian and the Director of the University of Guelph Body Composition Lab.

As a co-investigator of the Guelph Family Health Study (guelphfamilyhealthstudy.com), my research interests relate to predictors and outcomes of childhood and adult obesity. I am interested in the associations between lifestyle behaviours (particularly diet) and body composition.

Research Interests: body composition (obesity), nutrition and dietary intakes of families.

John Dwyer PhD

My overarching research interest is health promotion, particularly the promotion of healthy lifestyle behaviours such as physical activity, non-sedentariness (less sitting), and healthy eating among adults and adolescents. Several specific areas of research interest are (a) psychology of physical activity, sedentariness, and healthy eating, (b) promotion of dog walking, and (c) program evaluation related to physical activity, dog walking, sedentariness, and healthy eating.

Research Interests: psychology of physical activity, sedentariness, and healthy eating; dog walking; program evaluation.

Dalia El Khoury PhD, RD

My research interests lie in the areas of 1) exploring new biomarkers for the metabolic syndrome, and their modulation by functional foods and/or physical activity, both in pediatric and adult populations; and 2) investigating the prevalence and psychosocial determinants of dietary supplement use among university athlete and non-athlete students, gym exercisers and other populations at risk and designing and implementing relevant nutrition education programs.

Research Interests: functional foods; the metabolic syndrome; biomarkers; nutrition education; and dietary supplements.

Laura Forbes PhD, RD

My research focuses on dietary intake during key developmental periods (adolescence, pregnancy) with the goal of preventing chronic disease, specifically, diabetes and obesity. Current projects focus on the health effects of dietary sugar intake during pregnancy, educating health care practitioners about how to discuss gestational weight gain and intake of unhealthy foods among university students.

Research Interests: nutrition, pregnancy, adolescence, carbohydrates, sugar, diabetes, obesity.

Jess Haines PhD, RD

My research focuses on identifying modifiable family-level factors that influence children's health behaviours and translating that knowledge into effective behaviour change interventions. I am the Co-Director of the Guelph Family Health Study, a cohort study of families with preschool-age children, and the Director of the Parent-Child Feeding Laboratory where we aim to understand how parent-child feeding interactions influence children's dietary intake.

Research Interests: families, children, obesity prevention, behaviour change intervention, parent-child feeding interactions.

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Family Relations and Applied Nutrition: MSc, PhD

Family Relations and Human Development

Family Relations and Human Development is a field of study offered by the Department of Family Relations and Applied Nutrition. We are a unique, interdisciplinary academic unit focused on integrating research and practice.

uoguelph.ph/frhd

The field of Family Relations and Human Development (FRHD) offers an MSc and a PhD, which involve a combination of course work and a research thesis. For the PhD the completion of a qualifying exam is also required.

Research Capacity

Building on core theory and methodology courses to support thesis work, this scientist-practitioner orientation prepares graduates to pursue an academic or professional career in a variety of settings.

Admission Requirements

- An honours bachelor's degree, or equivalent
- A minimum 75% average in the last 2 years of study
- Grades of at least 75% in applied statistics and social science research methods courses
- For PhD, master's degree with a research-based thesis

Application Deadline:

January 6, 2023



Sarina is conducting her Family Relations and Human Development MSc research with Indigenous youth that reside in urban settings, to explore how they create and maintain culturally safe and significant spaces in the city. As cities increasingly become home to those who identify as Indigenous and given the importance of Indigenous resurgence and longevity, Sarina aims to qualitatively explore this group to better understand their wants, needs, and dreams to inform a positive Indigenous futurity. As a young Métis woman, she holds this research close to her heart.

Eligibility

We welcome students with diverse backgrounds such as psychology, sociology and other social sciences, healthcare, applied health, health promotion, human development, cultural and Indigenous studies, sexuality and gender studies, education and developmental sciences.

Faculty

Dr. Kim Anderson
 Dr. Lynda Ashbourne
 Dr. Andrea Breen
 Dr. Susan Chuang
 Dr. Adam Davies
 Dr. Tuuli Kukkonen
 Dr. Scott B. Maitland
 Dr. Robin Milhausen
 Dr. Michèle Preyde
 Dr. Carla Rice
 Dr. Tricia van Rhijn
 Dr. Olga Smoliak
 Dr. Kimberley Wilson

ARE YOU INTERESTED IN:

- Child, Adolescent and/or Adult Development and Aging
- Gerontology
- Parent-Child and Family Relations
- Human Sexuality
- Program Evaluation, Intervention and Research Methodology

CAREER OPPORTUNITIES:

- Direct service or supervisory capacity in government
- Community and human services
- Academia
- Private sector or public agency work
- Research related positions

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Master of Applied Nutrition: MAN

The Master of Applied Nutrition (MAN) program is the only one-year graduate practicum program of its kind in Ontario. This unique interdisciplinary academic program prepares students to work in a practical setting by combining theory, empirical knowledge and professional skills. This dietetic education program is accredited by the Partnership for Dietetic Education and Practice (PDEP) and prepares students for eligibility for registration with a provincial dietetics regulatory body.

uoguelph.ph/man

Program

The MAN program consists of three components:

- Practicum placements
- Research Portfolio
- Graduate course work

Admission Requirements

Students applying to the MAN program must have:

- An honours degree within the previous three years from a dietetic program accredited by PDEP
- A minimum average of at least 75% in the last two years of their undergraduate program
- Grades of at least 75% in applied statistics and social science research methods courses
- These requirements may be in progress at the time of application but must be completed by April 30
- Please see website for additional program requirements

Application Deadline:

December 12, 2022



Master of Applied Nutrition, 2019-2020 cohort

EXPERIENTIAL LEARNING OPPORTUNITIES

University of Guelph is centrally located. Diverse training experiences include hospitals, family health teams, private practice dietitians and large national organizations. Four students will complete their practicum training in clinical nutrition at the Grand River Hospital (Kitchener) each year.



ARE YOU INTERESTED IN:

- Dietetic entrepreneurship
- Health promotion
- Clinical nutrition
- Food service administration

CAREER OPPORTUNITIES:

- Dietitian working in primary, acute or long-term care
- Quality improvement
- Public health dietitian
- Nutrition researcher
- Private practice dietitian

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Master of Applied Nutrition: MAN

GRADUATE SPOTLIGHT

Jessica B.
Registered Dietitian, Wellness and
Sustainability Manager,
Queen's University

Education:

- MAN (University of Guelph)
- BAsC Applied Human Nutrition (University of Guelph)
- Food and Nutrition Management Diploma (Canadore College)

Areas of Interest:

- Foodservice administrative work
- Data/product analysis

Continuing at Guelph:

After completing her undergraduate degree at Guelph, Jessica maintained ties with the university as a research assistant with Dr. Laura Forbes. It was during this time through discussions with Dr. Forbes that she became interested in the MAN program. "The more I talked about it with her, the more I loved it."

About the program:

Although she had an idea of what to expect in the program through discussions with faculty, the program exceeded Jessica's expectations.

From the course work completion of a PEN (Practice-based Evidence in Nutrition) Knowledge Pathway, to publication of her research project and feeling much more confident in facilitation and public speaking.

Faculty and cohort support:

Support from faculty and her cohort reinforced Jessica's drive and confidence in not only her course work but as a future professional. Being asked on an ongoing basis to aid in the continuation of the MAN program through the use of her course work as exemplars for the new cohort, participation in interviews and orientation for the new cohort has built Jessica's confidence in her abilities.

Current Employment:

Since October 2017, she's been working as a registered dietitian and wellness manager at Queen's University, where she helps students with unique nutritional requirements.

Jessica works closely with campus chefs and hospitality staff to provide healthy meals for students and cater to their diverse dietary needs, which range from students with food allergies or sensitivities to those who follow vegetarian or vegan diets.



"I am the go-to person for allergy management," says Jessica, "I work with students to help them navigate what they can and can't eat to keep them safe".

WHAT OUR GRADUATES SAY

"I think the reputation of the MAN program and diversity of the experience that I had set me up for success in my current position allowing me to become one of the senior clinical dietitians."

– Paula, 2003 MAN Graduate

"The MAN program has opened my eyes to other areas in dietetics where I could work and the creativity in finding my own career path. Dietetics is always changing, it is a field with continued learning."

– Sheree, 2017 MAN Graduate

"Each and every one of my placements were unique and contributed valuable experiences. I found all of my preceptors to be excellent mentors; they were very knowledgeable and supportive of my needs and goals as a dietetic intern."

– Nicole, 2016 MAN Graduate

Why MAN?

- Master-practicum combined program completed in 3 semesters
- Application of classroom learning to placement, all in the same week
- Creation of practicum pathways with individual career objectives in mind
- Academic diversity with students from institutions across Canada
- Networking opportunities to support career development

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