



College of  
Health Sciences

DEPARTMENT OF  
BEHAVIORAL HEALTH  
& NUTRITION

# *Master's Degree Programs*

Physical  
**Behavioral**  
Educational  
Motivational  
Medical  
**Nutritional**

A graphic of a water splash with ripples, centered at the bottom of the page. The splash is white and blue, set against a dark blue background. The ripples spread outwards from the point of impact.

Master's programs in the Department of Behavioral Health & Nutrition focus on the psychosocial, bio-behavioral, physiologic, and nutritional aspects of health, wellness, chronic disease, and aging.

The **Master's in Health Promotion** program focuses on design, implementation, and evaluation of health promotion interventions to promote optimal health and prevent disease in people across the lifespan. Areas of emphasis include aging, exercise science, health psychology, nutrition, social marketing, obesity prevention, health communications, and worksite health. Customized study is also available.

Students are educated in the science and art of helping people change their lifestyle and behaviors through a combination of efforts that involve cognitive and behavioral modification, and environmental and cultural change.

The program is designed to meet the needs of both traditional graduate students and working professionals, with graduates having the skills and knowledge to work with a wide variety of populations and in diverse settings.

Health promotion specialists work at all levels from individuals to groups and communities in a range of settings including health centers, government agencies, hospitals, offices, and sports and fitness centers.

For more information about the Health Promotion Program, contact:

**Dr. Elizabeth Orsega-Smith**

**302-831-6681**

**[eosmith@udel.edu](mailto:eosmith@udel.edu)**

The **Master's Program in Human Nutrition** emphasizes advanced knowledge of core nutrition principles and prepares students for advanced practice, research, and leadership roles. Potential areas of specialization include nutrition science, nutrition education, and community nutrition.

The program enables students to pursue their interests through an individualized program of study with either a thesis or non-thesis option. Both options include a core of required credits in nutrition and research methods and a customized elective program that fulfills the remainder of the program credits.

A variety of courses within the department and across the University provide exceptional opportunities for tailoring the degree to the student's interests in areas such as health promotion, obesity management, public policy, media, and physiology.

For more information about the Human Nutrition Program, contact:

**Dr. Nancy Cotugna**  
**302-831-1006**  
**[ncotugna@udel.edu](mailto:ncotugna@udel.edu)**

### **Career opportunities include:**

- Worksite health & wellness programs
- Community health programs
- Nutrition education & counseling
- Public health
- Health communications
- Health policy development & implementation
- Health event coordination
- Health clinics
- Social marketing
- Lifestyle & health coaching



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For more information about program prerequisites,  
requirements, and application procedures, visit:

[www.udel.edu/bhan/graduates](http://www.udel.edu/bhan/graduates)