

Honors Opportunities in the College of Health Solutions

The College of Health Solutions (CHS) aims to prepare the next generation of health professionals through a broad set of health degree programs. We have recently introduced degree programs that will prepare professionals for continued graduate education and health leadership positions. We are thrilled to offer challenging and rewarding experiences to Barrett students across ASU. Welcome!

Honors Opportunities in Nutrition Programs

Students in ASU's nutrition programs understand how food choices can prevent health problems and increase quality of life. ASU offers rigorous and complete nutrition education through classroom theory and hands-on application in our state-of-the-art instructional labs. Students gain practical field experience while providing community service to organizations. Students completing the dietetic option may become a Registered Dietitian through our nationally accredited program. In fact, 100% of our dietetics graduates passed the National Examination for Registered Dietitians last year.

Students receive a solid background in nutritional science that combines classroom theory with hands-on application. A bachelor degree in nutrition can lead to a career as a registered dietitian, a job in food service or a pharmaceutical or food industry job, as well as graduate school or one of the medical professions.

The Nutrition undergraduate program offers a variety of degree and certificate programs designed to meet the needs of diverse student interests:

Food Service Management, BAS

The BAS with a concentration in food service management complements the educational preparation of students with an AAS degree in culinary or hospitality science.

Nutrition (Dietetics), BS

The BS in nutrition with a concentration in dietetics prepares students for internships and the registered dietitian exam by applying skills to clinical settings.

Nutrition (Human Nutrition), BS

The BS in nutrition with a concentration in human nutrition prepares students for public or community health, and clinical or research graduate programs.

Nutrition (Food & Nutrition Management), BS

The BS in nutrition with a concentration in food and nutrition management provides students with the ability to apply nutrition principles to food production.

Nutrition (Nutrition Communication), BS

The BS in nutrition with a nutrition communication concentration is designed to help students become experts in communicating health and nutrition content.

Nutrition (Food Studies), BS

The BS in nutrition with a food studies concentration is designed to help students gain knowledge in all aspects of food and food production through a strong foundation in nutrition, food systems and food marketing.

Careers in Nutrition

With growing public interest in disease prevention through healthy lifestyles, the U.S Department of Labor projects a 9% increase in nutrition careers from 2008 to 2018. Graduates of our nutrition program can expect to promote healthy eating habits in a variety of settings. Nutrition professionals and registered dietitians assess individual eating habits, disseminate evidence-based nutrition information, create healthy menus, implement nutrition programs, and evaluate progress. Work is conducted in a number of facilities including hospitals, sports nutrition and corporate wellness programs, private practice, and community and public health settings.

Career opportunities for dietitians and nutritionists are available with federal, state and county agencies. Educator dietitians teach healthy eating and nutrition science in school settings and teaching hospitals around the country. Career options for graduates from the Nutrition Programs include, but are not limited to, clinical nutrition, food service and hospitality management, long term care clinical management, weight loss consultants, community nutritionist, sports nutrition, corporate wellness programs, marketing and public relations, health and nutrition writing, school nutrition and food service, correctional food service director, health coaching, entrepreneurship, and college and university professors.

Honors Classes & Honors Enrichment Contracts

Barrett students entering with **lower division status** complete 30 honors credits (at least 18 must be upper division) in addition to the HON 171 and 272 course sequence, a total of 36 honor credits. Students entering with **upper division status** complete 21 honors credits (all upper division and one must be a HON 300 seminar). Specific honors courses or sections can be taken to meet this requirement.

Honors contracts can be developed with a regularly appointed faculty members for any course. Honors contract projects should be determined jointly by the student and faculty member. The honors contract should ideally increase student understanding of course topics and provide a benefit to the faculty. It is also recommended that students pursue research and projects directed by faculty in order to develop research ideas and further career opportunities prior to starting an honors thesis/creative project.

Honors Thesis/Creative Project

The honors thesis/creative project is an excellent opportunity to gain experience conducting original research under the advisement of a nutrition faculty member. A topic for your thesis or creative project usually emerges from an aspect of an introductory course that sparks your interest, and then becomes more refined as a depth of knowledge is furthered by taking other classes in the related area. For example, an interest in Childhood Obesity may begin in an Introductory Nutrition or Human Nutrition class, and more background is gathered by taking the Maternal and Child Nutrition (NTR) course and the Obesity Prescriptions (EXW) course.

Students may enroll in 3 credits of **NTR 492: *Honor's Directed Study*** and 3 credits of **NTR 493: *Honor's Thesis***. Questions about registering for NTR classes should be directed to the School's Undergraduate Academic Success Coordinator, Shanan Bouchard, Shanan.Nicoll@asu.edu.

In order to register for NTR 492, we need at least an email of approval from the faculty director and a short paragraph that describes the student's project. A copy of the student's prospectus is also *required* before he or she can receive an override to register for NTR 493. You can send these materials to your Faculty Honors Advisor, Karen.Sweazea@asu.edu.

All Barrett Honors students must complete a thesis/creative project information session prior to enrolling in thesis credit (492 or 493). The session is designed to make certain each student has been informed about the process, expectations, and deadlines. Students may complete this requirement in several ways:

1. Through a workshop or course offered in an academic unit and approved by Barrett.
2. Through a workshop/session (several every semester) or a course (one each semester at PHX Downtown campus) offered by Barrett
3. Through an on-line workshop offered through Barrett via ASU Blackboard. Refer to the Barrett, The Honors College page for further information in enrolling in an information session.

We strongly encourage Nutrition majors to begin planning their thesis/creative project by the fall of their junior year, particularly if you would like to be engaged in research during the summer before your senior year. After completing the information session, the following steps are required:

1. Meet with the Faculty Honors Advisor to discuss your areas of interest.
2. Consult with an appropriate thesis/creative project director.
3. Form a Barrett Thesis/Creative Project committee with a minimum of two members; the director (who must be a regularly appointed lecturer or professor) and one other committee member with expertise in the area of interest, after consultation with the director.
4. Develop a brief prospectus in collaboration with your thesis/creative project director and submit within the timelines identified by Barrett.
5. Complete the research or creative project with collaboration from the committee. Expectations regarding what constitute a thesis or creative project varies among faculty members and will be conveyed by your advisor. However, the thesis/creative project will require either independent development of a project with written documentation of the project rationale, method of development and evaluation of the project or completion of a research study and analysis of the results. A research paper relating the research completed by other researchers (a review) does not meet the criteria for a thesis/creative project.
6. The thesis/creative project defense must be scheduled and held according to Barrett timelines and all committee members must be physically present at the defense.

Please review the description of the nutrition program faculty as potential SNHP honors advisors; freely explore other relevant ASU faculty members in other programs.

Tips

- *Explore Barrett Resources:* Barrett has excellent online resources outlining the Honors Thesis projects. A guidebook can be found at: <http://barretthonors.asu.edu/academics/thesis-and-creative-project/>
- *Attend a Thesis Workshop:* Barrett also arranges several workshops throughout the semester to help you get started with your thesis and to de-mystify the thesis process.

- *Talk to CHS Faculty:* faculty have experience mentoring students on the Honors Thesis and can guide you through the process and advise you what they might expect
- *Review past thesis documents:* Barrett Honors College has a library of documents previously prepared by Honors students. These are an excellent resource to help plan the structure of your document. You can schedule an appointment to view past projects in the Barrett Thesis Library by contacting the Barrett Advising Office at barrettadvising@asu.edu or 480-965-9155.
- *Attend thesis defenses:* Every student publicly presents thesis outcomes as part of a defense. Attending a defense before you do your own will help you prepare and give you a sense of how to present your outcomes as well as the kinds of questions you might expect. A schedule of upcoming defenses can be found at: <http://barrethonors.asu.edu/academics/thesis-and-creativeproject/defense-calendar/>
- *Talk to other CHS Honors students:* If they are currently going through the thesis process, or preparing for it, talking to other students can help plan for your thesis.
- *Talk to CHS Faculty Honors Advisors or Advising Staff.*

Financial Support for the Honors Thesis in SNHP

Barrett has support and funding for Honors Thesis work:

- *Thesis Funding* – Students may apply to receive up to \$750 to complete their thesis to cover materials and supplies needed to complete the project.
- *Honors Project Fund* – Students may apply to receive up to \$750. This fund is typically used for non-thesis related expenses such as presenting a paper at a conference or attending an annual meeting related to your major to cover such costs as travel, hotel, conference registration and supplies.
- *External Examiners Program* – As part of the thesis defense, students can apply to bring in an outside examiner or expert from another institution to serve as a thesis committee member. Students may receive up to \$1500 toward associated expenses, such as airfare and hotel.

Example Honors Thesis schedule

Junior Year

End of Spring Semester

- Find a faculty member to advise you on your Honors Thesis (the Thesis Director); begin discussing possible projects
- Enroll in 492 for 3 credits

Senior Year

Start of Fall Semester

- Work with your Thesis Director to define your project and formulate an action plan for the project (the Prospectus).
- Prepare your Prospectus and submit to Barrett. See: <http://barrethonors.asu.edu/2011/02/prospectus/>

Fall Semester

Complete background review for project

End of Fall Semester

- Enroll in 493 for 3 credits

Beginning of Spring Semester

- Continue working on project and begin preparing thesis document

Before Spring Break

- Complete first draft of the thesis document and submit to Thesis Director for initial review
- Schedule your thesis defense - remember this is your responsibility – by completing the Thesis/Creative Project Defense Reporting Form
- Note that a draft of the thesis should be sent to the entire committee for review at least two weeks before your defense

After Spring Break

- Prepare for your defense
- Hold defense; following a successful outcome, have Signature Title Page signed by all committee members
- Make any necessary changes to the thesis document based on feedback from committee

Early April

- Submit final thesis document to Barrett!

Faculty Honors Advisor, School of Nutrition and Health Promotion

Karen Sweazea, PhD

Associate Professor, SNHP

Karen.Sweazea@asu.edu

480-965-6025

Website: <https://karensweazea.weebly.com/>

Research interest: the central focus of my research is to explore potentially protective mechanisms existing in mammalian and non-mammalian organisms against complications that can arise in diseases associated with being overweight or having high blood sugar levels.

Education

- Postdoctorate – University of New Mexico, NM, 2008, Vascular Physiology
- PhD – University of Arizona, 2005, Physiological Sciences
- BS – University of Arizona, 1998, Physiology
- AA – El Camino Community College, 1995

Recent Publications

1. Ingram T, Zuck J, Borges C, Redig P, **Sweazea KL**. (2017) Variations in native protein glycation and plasma antioxidants in several birds of prey. *Comparative Biochemistry and Physiology B*. 210: 18-28.
2. **Sweazea KL**, Braun EJ, Sparr R. (2017) Novel role of insulin in the regulation of glucose excretion by mourning doves (*Zenaidura macroura*). *Zoology*. 122: 58-62.
3. Aslam F, Iqbal S, Nasir M, Anjum AA, Swan PD, **Sweazea K**. (2017) Evaluation of white sesame seed oil on glucose control, and biomarkers of hepatic, cardiac, and renal functions in male Sprague-Dawley rats with chemically induced diabetes. *Journal of Medicinal Foods*. 20(5): 448-457.
4. Ricklefs-Johnson K, Johnston CS, **Sweazea KL**. (2017) Ground flaxseed increased nitric oxide levels in adults with type 2 diabetes: A randomized comparative effectiveness study of supplemental flaxseed and psyllium fiber. *Obesity Medicine*. 5: 16-24, 2017.
5. Zuck J, Borges C, Braun EJ, **Sweazea KL**. (2017) Chicken albumin exhibits natural resistance to glycation. *Comparative Biochemistry and Physiology-B*. 203: 108-114. IF: 1.757.

Current/Recent Grants and Projects

- [Sweazea, Karen Leanna*](#). Exploration of the metabolic and vascular protective effects of an organometallic complex (OMC). Isagenix International (1/1/17-12/31/18).
- [Sweazea, Karen Leanna*](#), [Johnston, Carol S](#). Evaluation of the protective effects of a beet juice energy drink on vascular health. Isagenix International (10/1/2015 - 8/30/2016).
- [Sweazea, Karen Leanna*](#). Potential Therapeutic Benefits of Flaxseeds in the Treatment of Type 2 Diabetes Symptoms. AMERIFLAX(1/1/2014 - 6/30/2015).
- [Sweazea, Karen Leanna*](#), [Johnston, Carol S](#). Evaluation of the Anti-aging Properties of Product B. Isagenix International (8/1/2013 - 11/30/2014).
- [Sweazea, Karen Leanna*](#), [Johnston, Carol S](#). Almond Ingestion to Reduce Hemoglobin A1C in Individuals with Type 2 Diabetes. Almond Board of CA (7/1/2012 - 12/31/2013).

Honors/Awards

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| 2017 | Tenured Faculty Excellence in Service Award, School of Nutrition and Health Promotion, ASU |
| 2016 | Distinguished Service on the Comparative and Evolutionary Physiology (CEP) Section of the American Physiological Society Steering Committee Award |
| 2015 | New Investigator Award, CEP section of the American Physiological Society |
| 2014 | Outstanding Faculty Mentor Award, Faculty Womens Association, ASU |
| 2014 | Dale J. Benos Early Career Professional Service Award, The American Physiological Society |