

Mediterranean Diet and Sports Nutrition

Dr. Maria Morgan-Bathke, RD

Chair, Nutrition and Dietetics

Michelle Pinzl

Assistant Professor, World Languages and Interpreting



VITERBO
UNIVERSITY

Who is Dr. Morgan-Bathke?

- Associate Professor Nutrition and Dietetics
- B.S. Dietetics UW-Stout
 - Studied abroad in Sevilla, Spain with SAIIE
- PhD Nutritional Sciences University of Arizona
- Dietetic Internship Carondelet Healthcare
- MBA Viterbo University





Who is Michelle?

- Associate Professor, Interpreting Studies and Languages
- M.A. Intercultural Management, Université de Limoges
- Certified Interpreter: Mayo Health System, Wisconsin Courts, Community Settings
- Sister, Daughter, Cat Mom, Yogi, Buddhist, Community Member, Hiker, Teacher, Friend

Course Overview

- Lecture series in the spring semester
- Topics covered
 - Sports nutrition
 - Working with athletes
 - Mediterranean diet
 - Spanish culture
 - Working with interpreters
 - Basic Spanish skills
 - Interprofessional activities
 - Healthcare in the United States



Spain Experience – home stay

- Live with Spanish family
- Laundry and some meals provided
- 2-3 students per house



SAIIE

- <https://www.youtube.com/watch?v=UNx3ySxCjDg&feature=youtu.be>

Spain Experience – work with culinary students

- Learn about traditional Spanish dishes
- Work with Spanish culinary students to prepare dishes
- Eat the dishes!
- Learn about American farm-to-table



Spain Experience – work with Spanish athletes

- Counseling sessions with Spanish athletes
 - Get to know them
 - Ask about dietary habits
 - Return to provide education based on dietary habits
- Rowing (Olympic athletes!!!), swimming, volleyball and soccer
- Professional basketball team: Betis





Spain Experience – work
with elementary students

Provide nutrition education
for Spanish elementary
students



Spain Experience – Wine and Olive Oil!

- Tour a winery
- Tour an olive tree farm and olive oil processing factory





Spain Experience – culture and travel

- Granada
- Cadiz
- Ronda
- Free weekend

New this year – Flamenco Classes!

- Learn some basic flamenco steps
- Attend a traditional flamenco show



Interprofessional Work

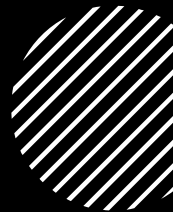
- Nursing students
- Interpreting students
- Spanish culinary students
- American chef
- Spanish physicians discuss healthcare in Spain/Europe

Example Course Schedule

[NUTR 443 543 Spring 2025 Course Calendar.docx](#)



Nutrition Course Credit



Counts as graduate course elective – take it during your undergraduate to pay undergraduate tuition!



Counts as 1 credit of clinical coursework so take one less credit of clinical hours



Saves you 1 credit of your Masters degree

Program Costs

Approx \$3000 per person*

*Based on a realistic estimate of participants. Fees may change based on final enrollment and/or currency fluctuation rates.

*Financial aid may apply.

- Costs include:
 - Housing with Spanish family
 - 3 meals/day Sunday night through Friday morning
 - Laundry once a week
 - All travel within Spain as outlined in schedule
 - Cultural site admission costs as outlined in schedule
 - International health insurance
 - One souvenir photobook



Program Costs

- Costs DO NOT include:
 - Airfare
 - Some meals
 - Personal spending
 - Passport fees
 - Vaccination fees
 - Trip/Travel insurance
 - admission fees not included in the schedule



Program Costs: Using Financial Aid

- You may be eligible to apply your financial aid to study abroad
- You may be eligible to get additional financial aid to study abroad

- If you wish to use financial aid for study abroad, please fill out a Financial Aid Planning Form (found online or in the study abroad office)
- Then, meet with the Financial Aid office

- Sister Bernyne Stark Scholarship (Due Dec 31, 2024)

Application Process

1. Completed Application Form (found online or in study abroad office)
 1. https://www.viterbo.edu/sites/default/files/2021-08/viterbo_study_abroad_application_2021_fillable_0.pdf
2. Personal Statement: **please follow the directions**
 - What motivates you to seek this particular experience?
 - What do you believe makes you a good fit for this particular program? Consider here not only how the program might influence you, but also how your strengths might enhance the experience for your peers, those you meet along the way, etc.
1. Application Deposit: \$200 in **check or money order made to Viterbo University**
2. Application Recommendation Form (found online or in study abroad office)
 1. https://www.viterbo.edu/sites/default/files/2021-08/application_recommendation_form_fillable.pdf

**COMPLETED APPLICATIONS WILL BE DUE TO THE
STUDY ABROAD OFFICE
(studyabroad@viterbo.edu) October 1, 2024**



Thank you for attending!

Questions?

Contact us at:

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Studyabroad@viterbo.edu

<https://www.saiie.com/stfl-programs/viterbo>

<https://www.viterbo.edu/study-abroad/seville-spain-2024>