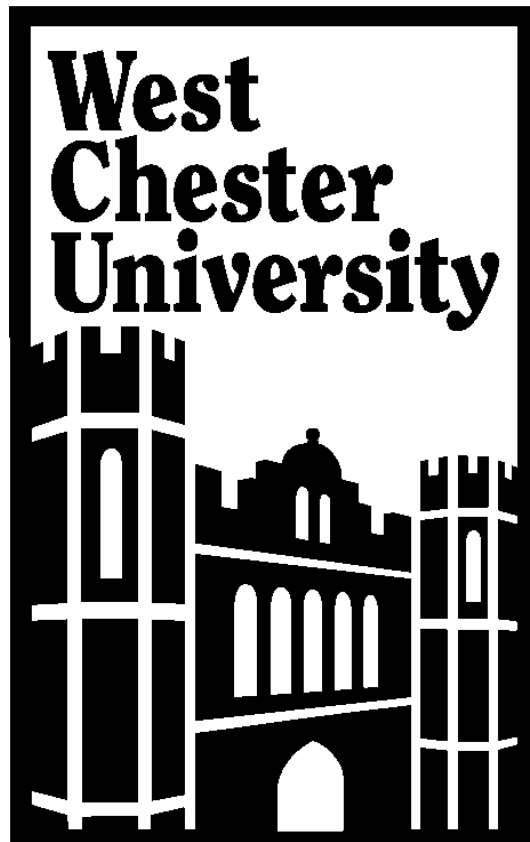


# West Chester University Nutrition and Dietetics Student Handbook



Effective Fall 2009

## PREFACE

This handbook is intended to acquaint perspective and declared majors with:

- the Didactic Program in Dietetics (DPD) at West Chester University of Pennsylvania (WCU),
- program mission, goals, and outcomes,
- the dietetics profession,
- routes to becoming a nutritionist/dietitian,
- graduation requirements,
- dietetic registration,
- nutrition and dietetics career opportunities, and
- professional development opportunities.

## Mission

The mission of the Nutrition and Dietetics Program at WCU is to provide quality education that prepares graduates to successfully pursue careers in food, nutrition, and health-related professions.

## WCU Program Goals and Outcome Measures

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**Goal 1:** Recruit and retain students who are committed to becoming skilled and contributing members of the dietetics profession, or other related professions.

**Outcome Measures**

- Maintain a student census of 150-200 majors per year
- A minimum of 80% of majors of junior status [NTD411] will subsequently complete the program
- A minimum of 70% of graduating seniors will intend to pursue a future in nutrition and dietetics

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**Goal 2:** Graduate individuals who are well-prepared in foods and nutrition, clinical and community nutrition, education and research, and foodservice and nutrition systems management.

**Outcome Measures**

- A minimum 80% RD exam pass rate
- Graduating seniors, collectively, will earn a mean GPA of at least 2.8
- A minimum of 60% of students applying for supervised practice will obtain them
- A minimum overall mean of 3.0 on senior satisfaction with courses and instruction
- A minimum of 80% of alumni will record that the program prepared them well or very well for employment
- A minimum of 70% of alumni will obtain employment in foodservice, nutrition, dietetics, or health-related field

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**Goal 3:** provide quality undergraduate didactic instruction to enable students to successfully apply for supervised practice programs.

**Outcome Measures**

- A minimum of 60% of students applying for supervised practice will obtain them
- A minimum of 30% of students in the program will apply for supervised practices

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**Goal 4:** Provide a strong education in the basic sciences to enable graduates to work effectively with other health professionals and form the basis for graduate study.

**Outcome Measures**

- 100% of graduating seniors will earn a "C" or better in organic chemistry and biochemistry, and "C-" or better in all other basic sciences to advance to higher level major courses
- A minimum of 80% of alumni will indicate they were "well" or "very well" educated/prepared in nutrition science
- A minimum of 60% of alumni will indicate that their basic science background helped them work effectively or very effectively with other health professionals

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**Goal 5:** Maintain an ongoing evaluation system to respond to new developments in the dietetics field and to promote curricular improvements.

**Outcome Measures**

- Ongoing assessment of the program to determine its efficiency and effectiveness
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The Didactic Program in Dietetics (DPD) at West Chester University is currently granted accreditation by the Commission on Accreditation for Dietetics Education of the American Dietetic Association, 120 South Riverside Plaza, Suite 2000, Chicago, IL 60606-6995, 312/899-0040, ext 5400. Ultimately, the faculty wants to prepare life-long learners, who are professionally competent, socially aware, and capable of making a significant contribution to the nutrition and dietetics field.

## GLOSSARY

### **American Dietetic Association (ADA)**

With more than 67,000 members, the ADA is the largest professional organization of food and nutrition professionals. It was founded in 1917 and serves the public by promoting optimal health, nutrition, and well-being. ADA members represent a diverse mix of professionals who work in settings ranging from health care facilities and universities to businesses and government or community agencies to private practice. Most dietetics professionals choose to belong to the ADA because of the variety and quality of membership benefits, including skill-building, networking, legislative involvement, and public relations.

### **Commission on Accreditation for Dietetics Education (CADE)**

The CADE is ADA's accrediting agency for education programs preparing students for careers as registered dietitians or dietetics technicians. The CADE exists to serve the public by establishing and enforcing eligibility requirements and accreditation standards that ensure the quality and continued improvement of nutrition and dietetics education programs. Programs meeting CADE standards are accredited. The West Chester University Dietetics Program in Dietetics is currently accredited by the CADE of The American Dietetic Association, a specialized accrediting body recognized by the Council for Higher Education Accreditation and the United States Department of Education.

### **Commission on Dietetic Registration (CDR)**

The CDR is the credentialing agency for the ADA. This agency is responsible for protecting the nutritional health and welfare of the public by establishing and enforcing minimum competency for entry-level practice, and standards and qualifications for dietetic registration. Registration is a voluntary credential. The components for dietetic registration include meeting examination eligibility requirements, earning a passing score on the registration examination, and participating in continuing professional education. Registration assists in insuring entry-level competency as well as continuing competency and development of dietetics professionals.

### **Didactic Program in Dietetics (DPD)**

The DPD provides required dietetics coursework leading to a Bachelor's or graduate degree. Graduates of DPD programs who are verified by the program director may apply for Dietetic Internships to establish eligibility to complete the CDR registration examination for dietitians.

### **Dietetic Internship (DI)**

To apply to a DI, individuals must complete at least a Bachelor's degree and DPD requirements. A DI must provide at least 1,200 hours of supervised practice and usually is completed in 6 to 24 months depending on the availability of a part-time schedule or requirement of graduate credit. Individuals completing a DI who are verified by the internship director are eligible to complete the CDR registration examination for dietitians.

### **Coordinated Program in Dietetics (CP)**

The CP combines required dietetics coursework and at least 1,200 hours of supervised practice within an academic program leading to a Bachelor's or graduate degree. Graduates of CPs who are verified by the program director are eligible to complete the CDR registration examination for dietitians.

### **Dietetic Technician Program (DT)**

The DT program must provide required DT coursework and at least 450 hours of supervised practice within an academic program leading to an Associate's Degree.

### **ACT**

With locations in every state, ACT provides a comprehensive, nationwide network of more than 230 computer-based testing facilities in which to complete the National Registration Examination for Dietitians.

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## **A Request to Prospective and Declared Students Who Use This Handbook**

As you might imagine, staying abreast of the dynamic field of dietetics is difficult. Every effort was made to make this handbook current and complete; but, the author realizes that sometimes an element that deserves attention is missed. If you find content that you question or believe warrants further consideration, feel free to e-mail, call, or write Dr. Sandra Walz at [swalz@wcupa.edu](mailto:swalz@wcupa.edu), 610-436-3113, 312 Sturzebecker Health Sciences Center, West Chester University, West Chester, PA 19383.

## **INTRODUCTION TO THE DIETETICS PROFESSION**

Dietetics is the branch of therapeutics concerned with the practical application of diet in relation to health and disease. The dietetics profession affords a food and nutrition professional the opportunity to combine an interest in food, nutrition, fitness, health, and management with meeting the needs of individuals or groups in wellness, illness, physical performance, and by providing leadership. Food and nutrition professionals are employed in medical facilities such as hospitals, clinics, and long-term care communities providing nutrition care, as well as managing the foodservice. In community settings, food and nutrition professionals provide nutrition and food services for school districts, cities, and counties. In private practice, many food and nutrition professionals provide nutrition counseling for clients concerned with better nutrition and for those who have modified dietary needs. Some food and nutrition professionals work for state, national, and government agencies or work in education teaching dietetics, nutrition, and foodservice management courses. More specific job opportunities for food and nutrition professionals can be found under the heading "Dietetic Career Opportunities."

With growing public interest in nutrition and wellness, the demand for food and nutrition professionals in both traditional and non-traditional areas will continue to exceed supply. Employment of dietitians and nutritionists is expected to increase 9 percent during 2006-16, about as fast as the average for all occupations. A growing and aging population will increase demand for nutrition counseling and treatment in hospitals, residential care facilities, schools, prisons, community health programs, and home health care agencies. Public interest in nutrition and increased emphasis on health education and prudent lifestyles also will stimulate fuel demand, especially in foodservice management. Employment in hospitals is expected to show little change because of anticipated slow growth and reduced patients' lengths of hospital stay. Faster growth is anticipated in extended care facilities, physician clinics, and foodservice establishments. Dietitians with specialized training, and advanced degree, or certifications beyond the particular State's minimum requirement will experience the best job opportunities. Those specializing in renal and diabetic nutrition or gerontological nutrition will benefit from the growing number of diabetics and elderly.

After meeting certain knowledge and skill requirements, a graduate from an accredited program can become a Registered Dietitian (RD). Registration is a voluntary credential. Without registration, dietetics professionals cannot call themselves a registered dietitian, nor can they use the acronym "RD."

Registered dietitians (RD) are food and nutrition experts who have met the following criteria to attain the RD credential:

- . Earn a minimum of a bachelor's degree at a US regionally accredited university or college and complete course work approved by the Commission on Accreditation for Dietetics Education (CADE) of the American Dietetic Association (ADA).
- . Receive a Verification Statement of degree and course work completion.
- . Complete a minimum of 1,200 hours of CADE-accredited supervised practice experience. Accredited supervised practice experiences include Coordinated Programs in Dietetics and Dietetic Internships. Typically, supervised practice programs range in time from 6 to 24 months.
- . Successfully complete the Registration Examination for Dietitians administered by the Commission on Dietetic Registration (CDR).
- . Devise a professional portfolio and complete continuing professional education requirements to maintain registration.

Some RDs hold additional certifications in specialized practice areas, such as pediatric or renal nutrition, nutrition support, diabetes education, sports dietetics, and/or gerontological nutrition. These

certifications are awarded through the CDR, and/or other medical and nutrition organizations recognized within the profession, but are NOT required.

## **DIETETICS EDUCATIONAL PATHWAYS**

### **Didactic Program in Dietetics**

Individuals interested in becoming a food and nutrition professional can enroll in a **Didactic Program in Dietetics (DPD)** such as the one found at West Chester University. This program provides a bachelor's degree. After receiving a degree, the graduate wanting to become a registered dietitian then will need supervised practice experience (i.e., dietetic internship, DI).

A DI is a supervised practice program accredited by CADE that allows individuals to get hands-on experience in clinical and foodservice facilities, and in a community setting. Dietetic internships are available across the US. They usually are completed in 6 to 24 months, are full-time and onsite, and include a minimum of 1,200 hours of supervised experience. Some DIs are part-time and/or are offered as a distance program. Many internships offer graduate credit, and some give you the option to study for a Master's degree. Because DIs are accredited, some offer financial aide similar to colleges and universities.

Appointments to DIs are awarded on a competitive basis and most use a national computer matching process. Prospective applicants must contact DI program directors for current information, including application deadline dates. Dietetic internship programs will provide application forms and detailed information on program requirements, tuition, and financial aid upon request.

Completion of a bachelor's degree, meeting CADE academic requirements, and completing a supervised practice experience are prerequisites for eligibility to take the CDR registration examination for dietitians.

### **Coordinated Program in Dietetics**

West Chester University's Nutrition and Dietetics DPD is only one of the pathways a student can choose to enter the dietetics field. Individuals interested in becoming a registered dietitian also can enroll in a **Coordinated Program (CP)**, a bachelor's or master's degree program that combines classroom and supervised practical experience (dietetic internship). Graduates are eligible to take the CDR registration examination for dietitians to become credentialed as registered dietitians. Schools offering this type of program are found on the American Dietetic Association website – <http://www.eatright.org>.

The Nutrition and Dietetics DPD at WCU as well as other DPDs, CPs, and graduate programs are listed in the *Directory of Dietetic Programs, The American Dietetic Association*. A copy of the Directory is located in the office of Dr. Jeffrey Harris, DPD Director, 302 Sturzebecker Health Sciences Center. In addition, this directory can be accessed at the CADE website (<http://www.eatright.org/cade/>) by clicking on "Accredited Education Programs" to the left of the screen.

### **Other Foods and Nutrition Programs**

Individuals interested in nutrition but not wanting to become registered dietitians or not meeting requirements to take the CDR registration examination for dietitians can become a dietetic technician or dietary manager. Both credentials afford a person the opportunity to work in nutrition-related professions.

*Dietetic Technicians, Registered (DTRs)*, are trained in food and nutrition and are an integral part of healthcare and foodservice management teams. Dietetic Technicians work in teams with registered dietitians in a variety of employment settings, including hospitals, HMOs, retirement centers, research facilities, schools, day-care centers, foodservice, WIC programs, Meals on Wheels, health clubs, community wellness centers, and food companies. To become a DTR, a person must meet one of the following criteria:

- *Option 1* – Completion of a two-year Associate degree granted by a US regionally accredited college/university, completion of dietetic technician program requirements in a CADE-accredited program, pass a national written examination administered by the CDR, and completion of continuing professional

education requirements to maintain registration. Schools offering a Dietetic Technician program are found on the American Dietetic Association website – <http://www.eatright.org>.

- *Option 2* – Completion of a Baccalaureate degree granted by a US regionally accredited college/university, or foreign equivalent, completion of a CADE-accredited DPD program, completion of a CADE-accredited Dietetic Technician supervised practice, pass a national written examination administered by CDR, and completion of continuing professional education requirements to maintain registration.
- *Option 3* – Completion of a Baccalaureate degree granted by a US regionally accredited college/university, or foreign equivalent, completion of a CADE-accredited DPD or CP program, pass a national written examination administered by CDR, and completion of continuing professional educational requirements to maintain registration. **Graduates of WCU's DPD who are not interested in applying for a dietetic internship or who want to become more competitive for a future DI application are able to take advantage of this option.** For more information call ADA Accreditation and Education Programs, (800) 877-1600, ext 5400, e-mail [education@eatright.org](mailto:education@eatright.org), or contact Dr. Jeffrey Harris, DPD Director, Sturzebecker Health Sciences Center, Room 302.

The *Dietary Managers Program* trains students to provide quality nutritional care for clients in hospitals, extended care facilities, schools, correctional facilities, and other non-commercial foodservice settings. Students also demonstrate specific competency in the area of food protection. Students in the program complete a minimum of 120 hours of distance or classroom education and a minimum of 150 hours of field experience under the supervision of a registered dietitian. Working with dietitians for specialized nutritional expertise, dietary managers balance menu variety, nutritional value, and appeal with cost and profit objectives. Graduates are eligible to take the credentialing examination and apply for active membership in the Dietary Managers Association (DMA). For more information regarding DMA-approved programs, call (800) 323-1908, visit the DMA website (<http://www.dmaonline.org>), or write the DMA at 406 Surrey Woods Dr., St. Charles, IL 60174.

## ANSWERS TO COMMONLY-ASKED DIETETICS QUESTIONS

### **What is the difference between a registered dietitian or dietetic technician, registered, and a nutritionist?**

The credential registered dietitian (RD) or dietetic technician, registered (DTR) can be used only by dietetics practitioners who currently are authorized by the CDR to do so. These are legally protected titles. Individuals with these credentials have successfully completed specific academic requirements, supervised practice requirements, and a registration examination, and maintained requirements for recertification. They are required to adhere to their regulatory body's code of ethics.

Registered dietitians have extensive knowledge and experience in foods, nutrition, institution management, chemistry, biology, and physiology. A dietitian almost never would refer to herself or himself as a "nutritionist."

Nutritionists, by comparison, are not governed by specific academic and supervised practice requirements. Nor are they required to complete a competency examination or follow a code of ethics. Nutritionists can be individuals who work in health food stores, write bestselling nutrition books, or hold a Master's degree in Physiology. These self-described nutritionists can be backed by science, or not. In short, the term nutritionist can be used by anyone who wishes to do so. Because the definition and requirements for the term "nutritionist" vary, some states have licensure laws that define the scope of practice for someone using the designation nutritionist.

### **Why should I become a registered dietitian?**

The RD credential affords a person the opportunity to work in numerous nutrition-related professions. If you want to take charge of your future and have motivation, time, an affinity for science, nutrition, and management, and financial resources, you should become a registered dietitian. A RD is a nationally recognized trusted authority on diet, food, and nutrition. S/he is an objective source of advice who can separate facts from fallacies, healthful meals from detrimental diets, and knows how to translate scientific findings into easy-to-understand nutrition information.

### **What skills does a person need to be a nutrition and dietetics professional?**

Beneficial to being a dietetics professional is an active interest in people, food, and medicine. Communication, analytical, and research skills also are valuable. Dietetics professionals need to be able to research and analyze information. They need to be able to explain complex information in both simplified and professional ways so that patients as well as other health professionals understand their explanations, recommendations, and remarks. Being able to work as part of a team and independently is an added bonus.

### **When I receive a BS degree in Nutrition and Dietetics from WCU, will I be a Registered Dietitian?**

No. After you have received a Nutrition and Dietetics Bachelor's degree and a Verification Statement from the Program Director, you must complete an internship that has been accredited by CADE. Once the academic and DI components have been completed, the CDR grants individuals permission to complete the CDR registration examination for dietitians. Those who volunteer to complete the registration examination and pass are regarded dietetic experts and are entitled to use the credential Registered Dietitian (RD).

### **How can students prepare their credentials to be competitive for a DI?**

Although a student has no guarantee of receiving a DI, there are several areas that one can work on throughout the undergraduate years to be more competitive for an appointment. Some students may have to reapply for a DI before receiving an appointment.

The following credentials were found to help make students competitive for application:

| Credential                  | Comments  |
|-----------------------------|---|
| Grades                      | Approximately a 3.0 or better GPA   |
| Work Experience             | Paid and/or volunteer. A hospital dietetics department experience is considered the best but other dietary-related experiences such as college foodservice, camp foodservice, long term care foodservice, catering operations, and community nutrition programs are considered very good. Many other work experiences can be very valuable. Most DIs are looking for individuals whose work or volunteer experience contributes to personal growth - is people oriented and/or involves responsibility and decision making. |
| Extra-Curricular Activities | College/University clubs (e.g., Student Dietetic Association), sports, community service projects, and student-teacher scholarship.   |
| Letters of Recommendation   | Required from several professors and possibly a work supervisor.  |

During college, many opportunities are available for students to obtain professional experience. Some of those opportunities are through the university foodservice, public health services, and local hospital and extended care foodservices. Students are encouraged to discuss work opportunities with the Nutrition and Dietetics faculty.

## Where can I obtain more information about the DI?

The *Directory of Dietetic Programs* issued each year lists all the DIs and CPs currently approved or accredited by the CADE. Each listing provides the name and address of the Program Director so that they can be contacted for more information. A copy of the Directory is located in the office of Dr. Jeffrey Harris, DPD Director, Sturzebecker Health Sciences Center, Room 302. You can obtain your own Directory from the ADA by calling 1-800-877-1600 or visiting their website <http://www.eatright.org>. The direct link to dietetic internship programs is [http://www.eatright.org/cps/rde/xchg/ada/hs.xsl/career\\_2191\\_ENU\\_HTML.htm](http://www.eatright.org/cps/rde/xchg/ada/hs.xsl/career_2191_ENU_HTML.htm).

## How much does a DI cost?

Tuitions vary widely, from \$1,500 to over \$20,000 with the most likely cost being \$6,000. Other living expenses also need to be considered. Students should check with each program about expenses. All accredited internships that are associated with regionally accredited university graduate programs qualify for government-sponsored loan programs. Students should check the *Directory of Dietetic Programs* to see if financial aid is available at a specific DI. Numerous scholarship opportunities are available to help defray costs of the DI. One such scholarship is offered by the American Dietetic Association Foundation (ADAF). You can access ADAF scholarship information by going to their website (<http://www.eatright.org>). Some internships offer a stipend during the year but those will have more applicants from which to choose. Students applying to those should be very competitive, such as having a high GPA and good work experience. Other alternatives for covering DI costs include:

- Aggressively put regular amounts of money in a savings account during your college years. This can be from employment or taking out larger educational loans than you need.
- Ask parents or guardians to assume a home equity or other loan that you can pay back.
- Approach credit unions and local community banks about creative options for loans to continue your education, but not at a university.
- Seek assistance from banks that offer loans for internships for health professions. One such bank is Wells Fargo ([www.wellsfargo.com/student](http://www.wellsfargo.com/student)).

## How do I apply for a DI?

Students should begin thinking about DIs early in their academic program and attending informational sessions well before the year that their applications are due. They should begin examining goals, considering preferred type of internship program (e.g., general, clinical, foodservice, community) and location, and contemplating distance versus on-site program and full- versus part-time status. Students may benefit from spending time reviewing websites, and visiting and attending DI open houses.

To receive a DI appointment, a student should have a competitive GPA of approximately 3.0 or higher, be active in student organizations, and have dietetic- and/or foodservice-related work experience. The Nutrition and Dietetics faculty will assist students in applying for DI programs.

A Fall workshop lead by the Nutrition and Dietetics Program Director addresses the DI application process and routes to dietetic registration. Students who are interested in applying for a DI and becoming a registered dietitian should attend the Fall workshop. Students are encouraged to communicate directly with internship directors to discuss application procedures specific to their program

The general application deadlines for a DI experience are:

|                          | Dates                      |                     |
|--------------------------|----------------------------|---------------------|
|                          | May Graduation             | December Graduation |
| DI Application Deadlines | February                   | September           |
| DI Appointment Dates     | April                      | November            |
| DI Start Dates           | July, August, or September | January or February |

### **What do I do if I do not receive a DI appointment?**

When students submit an application to a dietetic internship, they need to realize that the selection process is no reflection on them personally. One is competing for an appointment but does not know against whom they are competing. Generally, DIs will not choose more than three or four students from the same undergraduate program. After the appointment day, check with the DPD Director to see if any supervised practices still are available. The program director will have a list of available sites. A student may be able to reapply at that time.

If a student does not receive an appointment, the student should begin to re-evaluate her/his credentials. S/he should identify personal strengths and liabilities, which we all have, and begin to think about ways to better highlight strengths and to improve on areas that are liabilities.

The Nutrition and Dietetics faculty are interested in and concerned about students and can be very helpful in providing support at this time. Also, the Nutrition and Dietetics Program Director can suggest alternatives and help the student think through the situation. Matters that can be discussed at this time include how to improve professional qualifications, applying to other DIs in the after-match, reapplying at a later date, looking into Coordinated Programs in Dietetics, completing the DTR national examination, and obtaining a job in a dietetics-related area.

### **What is the next step after completing a DI to meet requirements to become a registered dietitian?**

One must apply to take the CDR registration examination for dietitians. The examination is offered via computer-adaptive testing across the US. The CDR and ACT provide the necessary information (<http://www.cdrnet.org>). Upon obtaining a passing score on the examination, you are entitled to use the credential "Registered Dietitian" (RD).

Before taking the registration examination, many opportunities are made available to complete a review course. Review courses can be found by searching online or by reviewing information in the classified advertising section of the Journal of the American Dietetic Association. Formal courses are offered across the US for a fee, or can be purchased on audiotape.

### **Do all states require nutritionists to be Registered Dietitians?**

Many states have laws regulating dietetics practice. Regulations could include licensure, certification, and/or registration. Investigate and comply with state laws where you practice dietetics. An officer of the state dietetic association should be able to assist you with regulations governing dietetics practice. Information also may be obtained by calling ADA's Washington, DC, office at (202) 371-0500 or e-mail ([govaffairs@eatright.org](mailto:govaffairs@eatright.org)).

Dietetics practitioners are **licensed** by some states to ensure that only qualified, trained professionals provide nutrition services or advice to individuals requiring or seeking nutrition care or information. Only state-licensed dietetics professionals can provide nutrition counseling. Non-licensed practitioners may be subject to prosecution for practicing without a license.

In many states, the requirements for licensure are identical to those for dietetic registration. After passing the Registration Examination for Dietitians, one would apply to the State Licensure or Examining Board for licensure, if the state has this requirement. In most licensing states, a registered dietitian pays a fee and substitutes the registration examination for the licensure examination. In states requiring dietetic professional licensure, dietitians use both registered dietitian (RD) and licensed dietitian, nutritionist (LDN) credentials. For example, Jane Doe, RD, LDN There is a fee attached to licensure in most states. Pennsylvania does license dietitians. For more information, visit the Commonwealth of Pennsylvania Department of State, Bureau of Professional and Occupational Affairs website (<http://www.mylicense.state.pa.us>) or call the Bureau at 717-783-3650.

States with **certification** laws limit the use of particular titles (e.g., dietitian, nutritionist) to persons meeting predetermined requirements; however, persons not certified still can practice.

**Registration** by states is the least restrictive form of state regulation. Unregistered persons are permitted to practice the profession, and enforcement of registration is minimal. California is the only state to register dietitians. This registration is entirely separate from CDR registration.

### **What career opportunities are available to nutritionists and registered dietitians?**

Opportunities open to a student graduating with a Bachelor's Degree in Nutrition and Dietetics are endless! Some careers may require a RD credential or additional schooling, others may not. A dietetics student may potentially become any one of the following:

|                             |                                     |                               |
|-----------------------------|-------------------------------------|-------------------------------|
| Armed services dietitian    | Food product developer              | Menu planner                  |
| Administrative dietitian    | Foods demonstrator                  | Grocery store nutritionist    |
| Community nutritionist      | Foodservice director                | Pharmaceutical representative |
| Food corporation consultant | Freelance writer                    | Public health nutritionist    |
| Consultant dietitian        | Health inspector                    | Recipe developer              |
| Consumer educator           | Home economist                      | Research nutritionist         |
| Diabetes educator           | Information specialist              | Restaurant chain manager      |
| Entrepreneur                | Kitchens and equipment editor       | Sports nutritionist           |
| Equipment demonstrator      | Food product marketing specialist   | Teacher/professor             |
| Extension home economist    | Nutrition educator                  | Wellness director             |
| Food photographer           | Medical nutrition therapy dietitian | World health care worker      |
| Clinical trial coordinator  | Community health educator           | Health insurance specialist   |

These are a few of many opportunities available to WCU Nutrition and Dietetics graduates. Graduates of the program also may choose to continue their education in graduate, medical, or physician assistant school.

Future careers open to dietitians are limited only by a person's creativity, courage, and perseverance. Do not limit yourself to already existing areas. Dietitians, to remain competitive, need to carve their own niches in the professional world. New opportunities are emerging everywhere!

### **WEST CHESTER UNIVERSITY'S NUTRITION AND DIETETICS MAJOR**

The West Chester University Nutrition and Dietetics curriculum has been planned to meet the CADE foundation knowledge and skills for entry-level dietitians. Graduates of this DPD meet the minimum academic requirements for entering an internship which is essential for eligibility to complete the CDR examination for registered dietitians.

The successful completion of science-based courses such as anatomy/physiology, chemistry, biochemistry, biology, and microbiology courses is necessary for understanding concepts in food and nutrition. To this end, a minimum of a "C" or "C-" grade requirement is placed on all science-based courses (See the course curriculum guide). Course offerings are sequenced to provide learning experiences that build upon and integrate previous knowledge, and become increasingly complex. The curriculum focuses on foods, nutrition, and management. Considerable attention is given to knowledge application for the maintenance of health and well-being of humans throughout their life cycle and to resource management. The impact of food, nutrition, and management practices in different cultural, economic, and social settings is woven throughout the curriculum. Copies of the Nutrition and Dietetics curriculum guide and course descriptions are included in the appendix for your use.

Students who complete requirements for graduation from the University and meet DPD requirements will be awarded a Bachelor of Science Degree in Nutrition and Dietetics and receive a Verification Statement from the Program Director. The statement verifies successful completion of the DPD but does not guarantee the

student a dietetic internship (DI). West Chester University Nutrition and Dietetics graduates who receive a Verification Statement will be eligible to apply for a DI. Acceptance of the graduate into a DI is competitive.

## **WEST CHESTER UNIVERSITY ADMISSIONS INFORMATION**

References will be made to the WCU Undergraduate Catalog. The Catalog can be obtained from the Office of Admissions, Messikomer Hall or accessed online through

- the Registrar's Office website (<http://www.wcupa.edu/registrar/>) by clicking on the academics button
- the Nutrition and Dietetics program website (<http://health-sciences.wcupa.edu/health/NUTRITIO.HTM>).

### **Admissions requirements**

The University Admissions Staff determines admission to the University based on academic preparation and ability. In the case of transfer students, admission is based on ability. The Nutrition and Dietetics undergraduate Didactic Program in Dietetics does not have selective admission; however, a 3.0 GPA is desirable for all students. Refer to the West Chester University Undergraduate Catalog for other admission requirements to the University and how to declare a major.

### **Costs to the Students**

A description of costs related to tuition, fees, other expenses, plus residence hall room and board are outlined in the West Chester University Undergraduate Catalog. Because costs may vary each year, students should check with the Bursar's Office, 25 University Avenue, Room 50, West Chester University, West Chester, PA 19383, (610) 436-2552.

If there are additional costs for students, they will be identified in the Undergraduate Master Schedule or the course syllabus. For example, there may be expenses for field trips, additional books, supplies, or liability insurance.

### **Financial Aid/Scholarships**

Scholarships, loans, and College Work-Study Programs are available for undergraduates who qualify. For more information, visit, write, or call the Financial Aid Office, Enrollment Management, 25 University Ave., West Chester University, West Chester, PA 19383, (610) 436-2627, website: <http://www.wcupa.edu/information/afa/Fiscal/Bursar/>. The Financial Aid Office has many scholarships available for students. Available scholarships are posted in the Financial Aid Office as well as the campus newspaper called the QUAD. A majority of scholarship applications are available at the beginning of each Spring semester for the upcoming academic year. Scholarships also are available from the American Dietetic Association (1-800-877-1600, <http://www.eatright.org>) and other professional associations, including the American School Food Service Association (1-800-877-8822, <http://www.asfsa.org>) and National Restaurant Association (1-800-424-5156, <http://www.restaurant.org>, <http://www.nraef.org>). For more information regarding scholarships, please check with Nutrition and Dietetics faculty.

### **Second Degree Students**

People who already have bachelor's degrees and intend to enter the dietetics field are welcome to enroll in a dietetics program. Courses must be completed to meet CADE requirements. College transcripts will need to be evaluated by a dietetics program director and courses needed to meet CADE requirements will be determined. After CADE requirements have been met, a supervised practice component, either a DI or CP must be completed before permission will be granted to write the CDR registration examination for dietitians.

Those individuals interested in continuing their education in dietetics at WCU should enroll as a second degree student. Please call the Registrar's Office, (610) 436-3550, for admission and enrollment information. E-mail Lynn Monahan, MPH, RD at [lmonahan@wcupa.edu](mailto:lmonahan@wcupa.edu) for a transcript evaluation.

## ADVISING AND SCHEDULING

### Academic Advising

Each student is assigned an academic advisor in the Nutrition and Dietetics Program. Advisors play an integral role in assisting students through their college years; they aid students in:

- . planning a schedule of required courses,
- . providing information about scholarships, professional organizations, and job openings,
- . making plans for future career endeavors,
- . identifying and marketing their strengths,
- . communicating pre-professional and professional expectations, and
- . nurturing professional growth and development.

Students have the option to request a specific advisor and/or change advisors. In order to request the change, talk to the DPD Director (Room 302) or the Department of Health Chair (Room 207), Sturzebecker Health Sciences Center.

Students should plan to meet with their advisor at least once each semester before or during self scheduling. Before meeting with their advisor, students will want to study the Nutrition and Dietetics Curriculum Guide and Master Schedule, and then prepare a written schedule for themselves. Students will need to take their curriculum guide to advising sessions. The curriculum guide, which keeps an ongoing record of a student's completed and uncompleted courses, aids faculty in the advising process. The curriculum guide also contains a statement reminding students to apply for graduation two semesters before their projected graduation date (e.g., apply spring of the junior year to graduate the following spring). **Please note that advisors guide students through a program. A student ultimately is responsible for his/her schedule, understanding curriculum contents, effective progression through the program, and meeting graduation requirements.**

Undergraduate degree students are able to self-schedule on the web using the **my.wcu** web portal on WCU's home webpage (<http://www.wcupa.edu>). For scheduling, computers are available in the following locations:

- . All computer labs in Anderson Hall
- . Sykes Student Union
- . Resident halls (for resident students)
- . Sturzebecker Health Sciences Center, Room 126

### How to Schedule for Courses

First, find your scheduling appointment time on the **my.wcu** web portal. Login using your username and password. Under the Self-Scheduling header, click the Enrollment Appointment link and then select the appropriate semester for which you want to schedule. **Note:** Enrollment appointments are set based on number of credits EARNED.

Once logged into the **my.wcu** site, click on Enroll in a Class under the Self-Scheduling header. Double click on the semester in which you wish to enroll for classes and then double click on the action you want to perform (i.e., Add Class, Swap, Drop/Update Class, etc.).

Access the following web link for more in-depth instructions about the **my.wcu** portal and the scheduling process. [http://my.wcupa.edu/wcu/faq/myWCU\\_FAQs.html](http://my.wcupa.edu/wcu/faq/myWCU_FAQs.html)

## STUDENT SUPPORT SERVICES

### Students with Disabilities

WCU will make every effort to ensure that students with disabilities have access to all classes required for their program of study and will attempt to remove all obstacles for a fulfilling, comprehensive university experience.

Students should contact the Office of Services for Students with Disabilities in Room 223 Lawrence Center to arrange suitable accommodations. Additional information can be obtained by calling 610-436-2564.

**Other services**

Information regarding residence life and housing services, off-campus and commuter services, off-campus housing, bookstore services, on-campus transportation services, career planning and placement services, counseling services, Greek life services, health services, multicultural affairs, and new student programs, and public safety services can be found in the West Chester University Undergraduate Catalog under the Student Affairs section.

**ACADEMIC POLICIES AND PROCEDURES**

The WCU Undergraduate Catalog, Academic Policies and Procedures section, contains detailed information about the following subjects:

- scheduling, adding, and dropping courses; withdrawing from a course or the University
- refunding tuition and fees
- taking courses out of sequence
- repeating courses
- pass/fail policy, auditing privileges, credit by examination, independent study, and individualized instruction
- attendance policy, excused absences policy, and exemption from final examinations
- grading system and cumulative grade point average
- grade changes and grade appeals (grievances)
- taking a course off campus, transfer credits, policy on correspondence courses, and advanced placement program
- integrity policy
- policy on disruptive classroom behavior
- maintenance of academic standards: probation and dismissal
- experiential learning credits (life learning experience)
- requirements for graduation, graduation honors, and requests for transcripts
- Rights and Privacy Act of 1974 and The Family Educational Rights and Privacy Act (access to personal files)
- American with Disabilities Act

Note that the Nutrition and Dietetics faculty work in conjunction with the Office of Social Equity to protect student civil rights and promote equal opportunity

**Informed Consent Policy**

The Nutrition and Dietetics faculty provide experiential learning to meet course and program goals. In doing so, safeguards are taken to prevent injury and illness while traveling and in experiential facilities. The following form is completed by Nutrition and Dietetics Majors before participating in any WCU educational activity held outside the classroom.

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**Informed Consent  
West Chester University (WCU)  
Nutrition and Dietetics Program**

**This is a release of legal rights. Read and understand it before signing.**

I \_\_\_\_\_ freely choose to participate in the \_\_\_\_\_ program (henceforth referred to as the Program).

In consideration of my voluntary participation in this program, I agree as follows:

Participating in any activity is an acceptance of some risk or injury. I agree that my safety is primarily dependent upon taking care of myself. I understand that it is my responsibility to know what personal equipment is required (such as footwear, clothing, and other protective equipment) and provide the proper personal equipment for my participation in the Program, and to ensure that it is in good and suitable condition. I agree to ask questions to make sure that I know how to safely participate in the Program activities, and I agree to observe the rules and practices which may be employed to minimize the risk of injury while participating in the Program activities. I agree to reduce the risk of injury to myself or others by limiting my participation to reflect my personal fitness level, wearing the proper protection as dictated by the activity, not wearing anything that would pose a hazard in the performance of the activity, not ingesting or using any substance during the activity which could pose a hazard to myself or others. I agree that if I fail to act in accordance with this agreement that I may not be permitted to continue to participate in the activity.

**Risk of Program Activities:** I understand that my participation in the Program specified above involves risks of physical harm or injury inherent in service activities including, but not limited to, working with people, participating in sports and recreation activities, cleaning and maintenance projects, preparing and serving food, and other service activities, and in transportation to and from service work sites.

**Institutional Arrangements:** I understand that WCU is not an agent of, and has no responsibility for, any third party that I may provide any program services to. I understand that WCU provides guidance and facilitates my Program activities only as a convenience to participants and that accordingly, WCU accepts no responsibility, in whole or in part, for loss, damage or injury to persons or property whatsoever, caused to me or others while participating in the Program. I further understand that WCU is not responsible for matters that are beyond its control.

**Independent Activity:** I understand that WCU is not responsible for any loss or damage I may suffer when I am doing Program activities and that WCU cannot and does not guarantee my personal safety. In addition, I specifically acknowledge that in performing Program activities, I am doing so independently in the status of server/volunteer of the service site I choose, and not as a server/volunteer, employee or agent of WCU. I further waive any and all claims which may arise from such Program activities, acknowledge that workers' compensation benefits are not provided to me in my capacity as a server/volunteer, and hold WCU blameless from any of my negligent acts. I further agree that I am solely responsible for my own equipment, supplies, personal property, and effects during the course of Program activities.

In addition, I agree that if I drive or provide my own motor vehicle for transportation to, during, or from the Program site, I am responsible for my own acts and for the safety and security of my own vehicle. I accept full responsibility for the liability of myself and my passengers, and I understand that if I am a passenger in such a private vehicle, WCU is not in any way responsible for the safety of such transportation and that WCU's insurance does not cover any damage or injury suffered in the course of traveling in such a vehicle.

**Health and Safety:** I have been advised to consult with a medical doctor with regard to my personal medical needs. I state that there are no health-related reasons or problems that preclude or restrict my participation in the Program. I have obtained the required immunizations, if any.

I understand that I may be required to pay up front for my medical expenses that I incur while participating in the Program. Further, I understand that I am responsible for submitting any medical receipts to my insurance carrier upon my return. I recognize that WCU is not obligated to attend to any of my medical or medication needs, and I assume all risk and responsibility therefore. WCU may (but is not obligated to) take any action it considers to be warranted under the circumstances regarding my health and safety. I agree to pay all expenses relating thereto and release WCU from any liability for any actions.

**Assumption of Risk and Release of Liability:** Despite precautions, accidents and injuries can and will occur. I understand that participation in some of the Program activities may be potentially dangerous and that I may be injured or lose or damage personal property as a result of participation in the Program. Therefore, I assume all risks related to the Program activities. Knowing the risks described above, and in voluntary consideration of being permitted to participate in the Program, I agree to release, indemnify, and defend WCU and their officials, officers, employees, agents, volunteers, sponsors, and students from and against any claim which I, the participant, my parents or legal guardian or any other person may have for any losses, damages or injuries arising out of or in connection with my participation in this Program.

**Signature:** I indicate by my signature below that I have read the terms and conditions of participation and agree to abide by them. I have carefully read this form and acknowledge that I understand it. No representation, statements, or inducements, oral or written, apart from the foregoing written statement, have been made.

Signature of Program Participant \_\_\_\_\_

Date \_\_\_\_\_

Permission to use this form was given by the WCU Service Learning Program

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### **Verification Statement Policy**

The Nutrition and Dietetics Program Director issues verification statements after students have successfully completed WCU DPD requirements. These requirements are shown in Appendix D. Students wanting to transfer courses to WCU must present, for review, transcripts and syllabi for these courses. The Program Director, in collaboration with faculty, evaluates courses taken at other institutions and determines whether they meet WCU DPD requirements. Courses meeting WCU DPD requirements will transfer. Students must complete at least 30 credits of coursework at WCU to be eligible for a WCU DPD verification statement. Copies of students' final transcripts and verification statements are kept in program files.

### **Credit for Prior Learning Policy**

Credit for prior learning, other than course equivalents transferred from other institutions, will not be granted to meet WCU DPD requirements.

## **FORMAL ASSESSMENT OF STUDENT LEARNING**

West Chester University faculty is guided in their construction of course syllabi and in evaluating student learning by the following policy. The policy applies to all courses, undergraduate and graduate, except independent courses.

### Student Evaluations.

- Faculty teaching courses below the 400-level should examine student academic progress by means of at least three major evaluations during a semester. However, in a skill course, a student's final mark may be determined by either: 1) three major evaluations; or 2) a combination of intermediate evaluations and the final level of skills attained as established by the instructor of department at the beginning of the course. This policy does not apply to unique situations such as off-campus internships and field experiences.
- Faculty should inform students at the beginning of a course of the nature and number of evaluations.
- Faculty should notify students of the results of each evaluation during the course. Normally, this should be done prior to the next scheduled major evaluation.
- Faculty should give one major evaluation prior to the end of the eighth week of the semester or its equivalent in summer school. It is recommended that in freshman level courses the first evaluation be given and the results returned prior to the end of the withdrawal period.
- Faculty should retain the results of all evaluations, including final examinations, for a period of six months before discarding them.

### Final Examinations.

- Final examinations in a course below the 400 level should be assigned a weight not to exceed 33.33% of the final mark.
- No final examinations should be given before the scheduled final examination time. Any course not having a final examination must meet under the direction of its instructor during the scheduled examination time for a continuation of regular class work.

### Course Information.

- By the second class meeting, preferably the first, students must receive a printed course syllabus containing at least the following: Course name and number; instructor's name, office location,

mailing address, office telephone number, and scheduled office hours; required textbook(s); evaluation policy; course objectives; course requirements; course outline; and cut policy.

## **ACADEMIC CALENDAR**

West Chester University academic calendars, including vacations and holidays, can be found on the University website (<http://www.wcupa.edu>). Once on the website, click on the Registrar and Academic Calendar link. Continue by clicking on one of the following links: Calendars, Monthly Academic Calendar, or the final examination schedule.

## **STUDENT AND PROFESSIONAL ASSOCIATIONS**

### **Student Associations**

#### *West Chester University Student Dietetic Association (SDA)*

The SDA, founded in 2000, is the University's organization for Nutrition and Dietetics majors and minors. The purpose of the Association is to further the individual welfare of its members; service the West Chester community; broaden knowledge in the field of dietetics; and facilitate the exchange of information and experience by promoting camaraderie among students, educators, and professionals throughout the community. Benefits of membership include networking opportunities, service learning experiences, an opportunity to improve your marketability, and recognition for service on your resume. Information regarding SDA membership and functions is posted on bulletin boards in the College. You also can ask Nutrition and Dietetics professors for membership information.

### **Professional Associations**

Individuals should join their professional association when they believe that the association can provide them with benefits and services that will assist them in their professional development and career opportunities. When individuals join their professional association, their financial support provides resources for the association to provide benefits and services members need and want. Without contributions from hundreds of professionals, associations would not be able to exist. Students are encouraged to attend district, state, regional, and national meetings of related professional associations. Many faculty members attend professional meetings and will assist with your participation.

The following professional associations support specialists in focused areas of dietetic practice and complement benefits and services of the ADA:

#### *The American Dietetic Association (ADA)*

The ADA is the nation's largest professional organization for dietitians, diet technicians, and dietetic professionals. ADA was founded in 1917 and its purpose is to promote optimal health and nutritional status of the population through the provision of direction and leadership for quality dietetic practice, education, and research. As a student enrolled in a dietetic program at an accredited university, but not yet eligible for active membership, you have the opportunity to become an affiliate member of the ADA. Benefits of membership include:

- . The Journal of the American Dietetic Association
- . ADA Courier - a monthly newsletter
- . Continuing education programs and materials
- . Professional publications
- . Member discounts on publications and merchandise
- . Annual meeting application
- . Dietetic Practice Groups - great for networking and finding your niche
- . Membership in your state dietetic association
- . Job announcements
- . Access to the Organization's website

By far, the most important advantages as an affiliate member are the Journal, networking, and the opportunity to improve your marketability. You get all this for a reasonable student annual fee. Posters with information on joining ADA are posted on bulletin boards in the department. You also can ask Nutrition and Dietetics professors for membership information, go online to <http://www.eatright.org>, or call the ADA at 1-800-877-1600.

#### The Pennsylvania Dietetic Association

The Pennsylvania Dietetic Association (<http://www.eatrightpa.org>) is Pennsylvania's professional organization for dietitians. Students who are ADA affiliate members are automatically state association members. Some advantages include newsletters and publications, annual meeting registration information, networking, and much more.

#### Philadelphia Dietetic Association

The Philadelphia Dietetic Association (<http://www.eatrightphiladelphia.org>) is the district association for dietitians in our geographical section of Pennsylvania. This Association can provide students a good opportunity to attend professional meetings, interact with dietitians, and develop professionally. While students who join ADA automatically become members of the state dietetic association, they do not automatically become members of the Philadelphia Dietetic Association.

#### Dietary Managers Association

The Dietary Managers Association (DMA) is the national professional organization for dietary managers. Founded in 1960 with just 72 members, the association's membership now exceeds 15,000. DMA recognizes and promotes standards of competency through education and experience. Student memberships are available at a reduced rate to anyone enrolled in a dietary manager course. Members receive the *Dietary Manager* magazine and benefit from the networking opportunities offered at local DMA chapter meetings. For membership information, call 1-800-323-1908 or visit their website, <http://www.dmaonline.org>.

#### Other Associations

There are many other associations that provide great opportunities for dietetics professionals. Some of these include the:

American School Food Service Association (ASFSa) (1-800-877-8822, <http://www.asfsa.org>)  
American Society for Parenteral & Enteral Nutrition (ASPEN) <http://www.nutritioncare.org>  
American Association of Diabetes Educators (AADE) <http://www.diabeteseducator.org>  
American Diabetes Association (ADbA) <http://www.diabetes.org>  
American Public Health Association (APHA) <http://www.apha.org>  
American Association of Family and Consumer Sciences (AAFCS) <http://www.aafcs.org>  
National Restaurant Association (NRA) (1-800-424-5156, <http://www.restaurant.org>)  
Society for Nutrition Education (SNE) <http://www.sne.org>

## **DEVELOPMENT OPPORTUNITIES**

Continuing professional development is a critical component of a credentialed practitioner's career. The increasing complexity of dietetics practice demands constant updating of the practitioner's knowledge, skills, and understanding. Professional development is the continuous process of learning for practitioners seeking to maintain and advance their professional competence. Credentialed practitioners must complete continuing professional education units (CPEU) every five years to maintain registration status. For Registered Dietitians, continuing professional education units are chosen through a Professional Development Portfolio Process. The portfolio process, which includes professional self-reflection, a learning needs assessment, planning, logging of activities, and an evaluation is shown to enhance the effectiveness of continuing professional education. For more information about the Professional Development Portfolio process, call CDR at (800) 877-1600, ext. 4849, e-mail ([cdr@eatright.org](mailto:cdr@eatright.org)), or visit their website (<http://www.cdrnet.org>).

Whether or not a WCU Nutrition and Dietetics graduate becomes a credentialed practitioner, s/he should update professional knowledge, skills, and understanding. Professional development opportunities are countless. Websites, seminars, research, self-assessment modules, and professional association meetings are only a few of the many professional development tools.

Internet searches may supplement your knowledge about relevant foods, nutrition, and management topics. Most people have access to the internet and websites. Allow ample time to "surf" the internet because one topic invariably will lead to another and another. You even may wish to download internet materials, print them, and share them with others. The following list of websites will get you started.

- <http://www.niddk.nih.gov/NutritionDocs.html>

*Patient information on nutrition and obesity.* This website contains topics which include: binge eating disorders, choosing safe and successful weight loss programs, dieting and gallstones, physical activity and weight control, statistics relevant to overweight and obesity, very-low-calorie diets, and weight cycling.

- <http://www.eatright.org/adapositions.html#9>

*The American Dietetic Association (ADA) position paper index.* Official positions of the ADA can be found in this web site.

- <http://www.fda.gov/fdac/795-toc.html>

*Food and Drug Administration (FDA) Consumer Magazine.* This website provides magazine articles related to health. The articles are written with the consumer in mind. Information found on this website includes: good eating, concerns with gaining weight and eating right, staying in shape, and making the food label work for you.

- <http://www.dole5aday.com/>

*Dole 5 a Day.* This website focuses on health associated with vegetable consumption. It also provides a nutrition resource list for educators. The following topics are listed: fruit nutrition facts, vegetable nutrition facts, fruits and vegetables high in vitamin A, fruits and vegetables high in vitamin C, fruit and vegetable sources of fiber, cabbage family vegetables, eat 5 a day everyday, and healthy benefits of eating fruits and vegetables.

- <http://www.cspinet.org/>

*Center for Science in the Public Interest (CSPI).* This website is managed by a non-profit education and advocacy organization that seeks to promote health by educating people about nutrition and alcohol. CSPI publishes *Nutrition Action Health Letter*. Information included on this website is extensive and includes consumer nutrition articles, nutrition quizzes, "Chew Club" for children, and listings of other health and nutrition web sites.

- <http://ificinfo.health.org>

*International Food Information Council (IFIC).* This website provides information about current topics in food safety and nutrition, adult nutrition, child nutrition, fat and cholesterol, food allergies, sweeteners, and much more.

- <http://ificinfo.health.org/info-ed.htm>

*International Food Information Council (IFIC).* This website provides information for educators and includes teaching materials.

- <http://vm.cfsan.fda.gov/list.html>

*Center for Food Safety and Applied Nutrition (CFSAN).* The Food and Drug Administration operates CFSAN. Information found in this website includes everything from food labeling, to nutrition information on restaurant menus, to biotechnology, to the Dietary Guidelines.

- <http://www.nih.gov/>  
*National Institutes of Health.* This website provides an array of information about health, diet, and nutrition. Research findings, relating nutrition to health, are presented.
- <http://www.eneews.com:80/magazines/ucbwl/>  
*University of California at Berkeley Wellness Letter.* This website offers nutritional information on a variety of topics. Wellness articles are presented in newsletter format. Articles include topics such as myths of garlic benefits, differences between low-fat and no-fat ice creams, and how much protein Americans should be eating.
- [www.oznet.k-state.edu/humannutrition/newslet.htm](http://www.oznet.k-state.edu/humannutrition/newslet.htm)  
*Foods and Nutrition Digest.* This website is offered by Kansas State University and contains information of topics including: food safety, healthy food preparation, reviews of journal articles, and basal metabolic rates. The newsletter lists various references for further reading.
- <http://www.healthy.net/>  
*Health World Online.* This website offers information on foods, fitness, nutrition, health care, and public health.
- <http://www.iacnet.com/health/09258940.htm>  
*American Academy of Allergy and Immunology.* States the food additives and possible reactions they impart.
- <http://www.Alaska.net/~tne/>  
*The Nutrition Expert.* This website is provided by a group of Registered Dietitians (RD). It clarifies the difference between a "nutritionist" and "registered dietitian". Dieting approaches are provided along with information about why "diets" do not work in the long run. A myriad of nutrition information is available to read.
- <http://www.fns.usda.gov>  
*Team Nutrition.* This website provides information on school meals for children in the U.S.. Also provided is information on breakfast programs and the School Wellness Policy.
- <http://www.nutrition.gov>  
This website provides federal government information on nutrition.

It is nice to have literature that can be read quickly and contains summaries of the most recent research in the field. Some of the best newsletters include the following:

- *Food News for Consumers*, United States Department of Agriculture, Superintendent of Documents, P.O. Box 371954, Pittsburgh, PA 15250-7954. 4 issues/year. This newsletter provides current information on food safety, nutrition, and food labeling.
- *Nutrition Action*, Center for Science in the Public Interest, 1875 Connecticut Ave., Suite 300, Washington DC 20009-5728. 10 issues/year. This publication provides information on consumer nutrition and federal actions regarding nutrition (<http://www.cspinet.org/>).
- *Nutrition and the MD*, PM Incorporated, PO Box 10172, Van Nuys, CA 91410. 12 issues/year. Results of research in clinical nutrition are presented. In addition, information is provided about professional books and practical clinical practice materials.
- *Tufts University Diet and Nutrition Letter*, Subscription Fulfillment Department, PO Box 57857, Boulder, CO 80322-7857. 12 issues/year. This news letter contains a mixture of consumer nutrition information and results derived from current research.

## APPENDICES

**Appendix A**  
**Nutrition and Dietetics Undergraduate Curriculum Guide**  
**First Degree**

**If The Curriculum Guide Is Not Included In This Handbook...**

**See Curriculum Guides Posted On the Nutrition And Dietetics Website**

**Appendix B**  
**Nutrition and Dietetics Undergraduate Curriculum Guide**  
**Second Degree**

**If The Curriculum Guide Is Not Included In This Handbook...**

**See Curriculum Guides Posted On the Nutrition And Dietetics Website**

**Appendix C**  
**Nutrition and Dietetics Course Descriptions**

| <b>Course #</b> | <b>Course Name, Credits, and Description</b>   |
|-----------------|--|
| <b>NTD 200</b>  | <b>Nutrition and Culture (3).</b> This course will examine the relationship of food and nutrition to multicultural practices, origins of traditional food preparation, contemporary consumption habits, and disease incidence among the majority and minority populations within the United States. Diverse Communities course.  |
| <b>NTD 205</b>  | <b>Principles of Food Selection and Preparation (3).</b> Study of the basic principles of food selection and preparation with an emphasis on food safety. Comparative study and integration of convenience food and traditionally-prepared food. Concurrent: NTL 205.  |
| <b>NTD 301</b>  | <b>Consumer Nutrition (3).</b> This course explores the ever-changing frontier of nutrition science and confronts nutrition mysteries and emerging controversies. Practical tips and flexible guidelines to assist consumers in choosing nutritious, flavorful foods to match personal needs, preferences, and lifestyles are discussed. Emphasis is placed on methods of evaluating nutrition-related literature and claims, and interpretation of data and scientific studies relevant to nutrition. |
| <b>NTD302</b>   | <b>Vegetarian Nutrition (3).</b> This course will apply basic human nutrition principles to plant-based dietary approaches, addressing both the health-promoting aspects of vegetarianism and concerns about nutritional adequacy at all stages of the life cycle. A variety of vegetarian food preparation methods will be demonstrated and students will participate in meal planning as well as taste-testing recipes.  |
| <b>NTD 303</b>  | <b>Introductory Principles of Human Nutrition (3).</b> Practical approach to the role nutrition and dietetics play in improving the quality of our lives-socially, physically, mentally, and emotionally. Dispelling of fads and fallacies.  |
| <b>NTD 309</b>  | <b>Nutrition Throughout the Life Cycle (3).</b> A study of nutritional needs and dietary concerns of people from conception to old age. PREREQ: NTD 303.   |
| <b>NTD 311</b>  | <b>Current Topics in Dietetics (2).</b> This course addresses timely and current topics in dietetics in an evidence-based way. Different topics are covered as they have current relevancy. PREREQ: NTD309.  |
| <b>NTD 312</b>  | <b>Experimental Foods (3).</b> A study of the chemical, physical, and biological effects of processing, storage, and preservation on the structure, composition, palatability, and nutritive value of food. Includes 1 credit hour of laboratory. PREREQ: CHE 230 (C or better); NTD/NTL 205; NTD 303.   |
| <b>NTD 320</b>  | <b>Strategies in Dietetics Education (3).</b> Practical study of theories of teaching and learning, health behavior change, program planning, and educational strategies as they relate to the field of dietetics. Presentation preparation and delivery also will be covered. PREREQ: NTD 309.  |
| <b>NTD 409</b>  | <b>Professional Skills in Dietetics (3).</b> A focus on the development of nutrition counseling and communication/media technology skills. An appreciation of multiculturalism will be promoted. A familiarization with dietetics-related professional organizations, graduate school opportunities, and dietetic internships will be provided. Assistance with the dietetic internship and graduate school application process will be given. PREREQ: NTD 309.  |
| <b>NTD 410</b>  | <b>Quantity Food Production (3).</b> A basic course in quantity food production. Emphasis is placed on the essentials of operating a foodservice facility - menu planning, purchasing, storage, issuing, food production, service, distribution, and quality control. PREREQ: BIO 100, 204 (both C- or better); NTD/NTL 205.   |

| <b>Course #</b> | <b>Course Name, Credits, and Description</b>  |
|-----------------|---|
| <b>NTD411</b>   | <b>Advanced Human Nutrition I (3).</b> In-depth examination of the digestion, transport, and metabolism of carbohydrates, lipids, and proteins. Special emphasis is placed on metabolic interrelationships and hormonal control of the three processes mentioned above. PREREQ: BIO 100, 259, 269 (all C- or better); CHE 230, 310 (both C or better); NTD 309.   |
| <b>NTD 412</b>  | <b>Advanced Human Nutrition II (3).</b> In-depth examination of the digestion, transport and metabolism of vitamins, minerals, and water. Special emphasis is placed on digestive and metabolic interrelationships and hormonal control. PREREQ: HEA 411/concurrently.  |
| <b>NTD 413</b>  | <b>Medical Nutrition Therapy I.</b> This course covers nutritional assessment, drug-nutrient interactions, nutritional therapy in diseases of infancy and childhood, gastrointestinal diseases, diseases of the liver and gallbladder, and surgery. PREREQ: NTD 412.  |
| <b>NTD 414</b>  | <b>Medical Nutrition Therapy II (3).</b> This course covers nutritional therapy in coronary heart disease and hypertension, diabetes mellitus, renal disease, cancer, and disabling diseases. PREREQ: NTD 412.  |
| <b>NTD 415</b>  | <b>Community Nutrition (3).</b> A study of community nutrition programs and services at all levels of human development. Course covers nutrition program planning, implementation, and evaluation; socioeconomic and cultural context of programs and services; an examination of the political and legislative process as it relates to nutrition legislation; and the role of the community nutritionist. PREREQ: NTD 320.  |
| <b>NTD 416</b>  | <b>Foodservice and Nutrition Systems Management I (3).</b> A study of the organization and administration of foodservice and nutrition systems and the functions and responsibilities specific to management; decision-making, planning, organizing, staffing, leading, and controlling labor. Management of human resources, food, materials, capital, facilities, and markets as related to various hospitality systems will be examined. PREREQ: NTD 410.  |
| <b>NTD 417</b>  | <b>Foodservice and Nutrition Systems Management II (3).</b> A study of the organization and administration of foodservice and nutrition systems and the functions and responsibilities specific to management; controlling facilities, budgeting, facilities planning and design, buying and installing foodservice equipment, and marketing. Management of human resources, food, materials, capital, facilities, and markets as related to various hospitality systems will be examined. PREREQ: NTD410 |
| <b>NTD 420</b>  | <b>Perspectives on Obesity (3).</b> This course explores the prevalence, origins, assessment, treatments, policy issues, and preventative strategies relative to obesity. Eating disorders are introduced with special emphasis on binge eating.  |
| <b>NTD 422</b>  | <b>Nutrition for Health, Fitness, and Sport (3).</b> Study of nutrition and its effects on health, development, and performance; sound nutrition guidelines for optimal health and physical performance; energy and energy pathways as keys to physical activity; nutrients relative to health and physical performance; dining away from home; substances proposed to enhance performance; body composition and weight control. PREREQ: NTD303 or permission of instructor.                              |
| <b>NTD 435</b>  | <b>Nutrition Workshop (3).</b> Special nutrition- and dietetics-related workshops on contemporary nutrition and dietetics problems and issues. This course may be taken again for credit.   |
| <b>NTL 205</b>  | <b>Principles of Food Selection and Preparation Laboratory (2).</b> Food preparation. Comparative study and integration of convenience food and traditionally-prepared food.  |

**Appendix D**  
**Didactic Program Requirements**

| <b>Course Number</b>                              | <b>Course Title</b>                                     | <b>Credits</b> |
|---|---|----------------|
| <b>Professional Courses</b>                       |   |                |
| NTD 200   | Nutrition and Culture                                   | 3              |
| NTD 205   | Principles of Food Selection and Preparation            | 3              |
| NTL 205   | Principles of Food Selection and Preparation Laboratory | 2              |
| NTD 303   | Introductory Principles of Human Nutrition              | 3              |
| NTD 309   | Nutrition Through the Lifecycle                         | 3              |
| NTD 312   | Experimental Foods                                      | 3              |
| NTD 320   | Strategies in Dietetics Education                       | 3              |
| NTD 409   | Professional Skills in Dietetics                        | 3              |
| NTD 410   | Quantity Food Production                                | 3              |
| NTD 411   | Advanced Human Nutrition I                              | 3              |
| NTD 412   | Advanced Human Nutrition II                             | 3              |
| NTD 413   | Medical Nutrition Therapy I                             | 3              |
| NTD 414   | Medical Nutrition Therapy II                            | 3              |
| NTD 415   | Community Nutrition                                     | 3              |
| NTD 416   | Foodservice and Nutrition Systems Management I          | 3              |
| NTD 417   | Foodservice and Nutrition Systems Management II         | 3              |
| <b>Physical, Biological Sciences, Mathematics</b> |   |                |
| BIO 100   | Basic Biological Science                                | 3              |
| BIO 204   | Introduction to Microbiology                            | 4              |
| BIO 259   | Anatomy and Physiology I                                | 4              |
| BIO 269   | Anatomy and Physiology II                               | 4              |
| CHE 107   | General Chemistry for the Health Sciences               | 4              |
| CRL 107   | General Chemistry for the Health Sciences Laboratory    | 1              |
| CHE 230   | Organic Chemistry                                       | 3              |
| CHE 310   | Introduction to Biochemistry                            | 3              |
| MAT 121   | Statistics  | 3              |
| <b>Behavioral and Social Sciences</b>             |   |                |
| PSY 100   | Introduction to Psychology                              | 3              |
| SOC 200   | Introduction to Sociology                               | 3              |
| <b>Communication Courses</b>                      |   |                |
| COM or SPK  | Basic COM or SPK course                                 | 3              |
| ENG or WRT  | Basic Composition Courses (e.g. ENG 120 and 121)        | 6 (usually)    |