

# NUTRITION

## UNDERGRADUATE FACT SHEET

### Mission

The Department of Nutrition in the College of Health Sciences at West Chester University exists to provide a quality education that prepares graduates to successfully pursue careers in food, nutrition, dietetics, and health-related professions.

### Nutrition Degrees and Programs

#### Bachelor of Science in Nutrition and Dietetics

This four-year degree combines a strong foundation of biological and chemical sciences with advanced dietetic course work preparing students for careers in dietetics, which include community nutrition, food service management, and clinical nutrition. Dietetics is the scientific study of food intake and preparation with the practical application of diet in relation to health and disease. The dietetics profession allows a professional to combine an interest in food, nutrition, fitness, health, and management with meeting the needs of individuals or groups in wellness, illness, and physical performance.

The program is accredited by the Accreditation Council for Education in Nutrition and Dietetics (ACEND). Students who complete the program meet the didactic requirements of ACEND but must complete an ACEND-accredited supervised practice following graduation to be eligible to take the registration examination for dietitians. Those who complete the R.D. examination successfully are recognized as registered dietitians (R.D.). Faculty advisers assist students in applying for supervised practices and pursuing other post-graduate avenues.

In addition to a strong core of science courses, including biochemistry, typical undergraduate nutrition courses include the following:

- Advanced Human Nutrition I and II
- Community Nutrition
- Dietetic Education Strategies
- Foodservice and Nutrition Management I and II
- Medical Nutrition Therapy I and II
- Nutrition and Culture
- Nutrition Through the Lifecycle
- Principles of Food Selection and Preparation
- Professional Skills in Dietetics
- Quantity Food Production

### Nutrition Minor

The nutrition minor at West Chester University is designed

to impart fundamental nutrition knowledge and an interdisciplinary understanding of the relationship between nutrition, health, physical fitness, and well-being. The 18-credit minor will provide learning experiences that build upon and integrate knowledge from supporting disciplines. The curriculum focuses on foods and nutrition with attention given to the ways humans can maintain their health and well-being throughout their life cycle. Minor courses cover a broad scope of nutrition topics.

### Career Opportunities

With a department career placement rate of more than 90%, many opportunities are open to students graduating with a bachelor's degree in nutrition and dietetics and are further expanded with a master of public health. Some careers may require an R.D. credential, others may not.

Dietetics practitioners are employed in medical facilities such as hospitals, clinics, and long-term care communities providing nutrition, as well as managing foodservice. In private practice, many provide nutrition counseling for clients concerned with better nutrition and for those who have modified dietary needs. Some work for government agencies such as the Dairy Council, Food and Drug Administration, and the United States Department of Agriculture as researchers, health inspectors, and nutrition advocates. Dietetic professionals work in education teaching dietetics, nutrition, and foodservice management in colleges, universities, medical schools, and public school systems. In community settings, they provide counseling and nutritional services for city and county health departments, elderly feeding programs, day care centers, and school foodservice programs. Dietetic practitioners also work as counselors in wellness centers; as sports nutritionists, freelance writers, and food stylists; and work in sales for food, foodservice equipment, or pharmaceutical companies.

### Advanced Degree

A master of public health (M.P.H.) in nutrition is offered in conjunction with the Department of Health for those pursuing advanced education in the fields of public health and nutrition.

### Faculty

The Department of Nutrition faculty have been carefully selected to represent a broad range of specialty areas including clinical, community, maternal and child health, food service management, and sports nutrition. You can obtain a complete

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listing of faculty and their academic qualifications for this program and other programs of study at West Chester University from the department website.

## For More Information

Chairperson, Department of Nutrition  
207 Sturzebecker Health Sciences Center  
West Chester University  
West Chester, PA 19383  
610-436-2125

Web page: [http://www.wcupa.edu/\\_academics/healthsciences/nutritionanddietetics/](http://www.wcupa.edu/_academics/healthsciences/nutritionanddietetics/)

Undergraduate Catalog: [http://www.wcupa.edu/\\_information/official.documents/undergrad.catalog/](http://www.wcupa.edu/_information/official.documents/undergrad.catalog/)

## About West Chester University

A comprehensive, public institution, West Chester University offers high-quality undergraduate and graduate degree programs in more than 100 subject areas, as well as certification and certificate programs. As one of the largest members of the Pennsylvania State System of Higher Education, West Chester offers a full and rewarding educational experience as well as reasonable tuition.

With a rich heritage dating back to the 19th century, West Chester University was founded in 1871 as West Chester Normal School for the purpose of training teachers for the Commonwealth's newly established public schools. In 1960, West Chester State Teachers

College expanded its programs to include liberal arts and graduate degrees and, as a result, dropped "Teachers" from its name. In 1983, West Chester State College became one of the 14 institutions in the State System of Higher Education. Along with its university status, the school acquired a new system of governance and the opportunity to expand its degree programs.

Today, more than 15,400 graduate and undergraduate students, along with 1,500 faculty and staff, study and work on the 406-acre campus. Situated in the Borough of West Chester, the campus is a picturesque mix of Gothic, Victorian, and modern architecture with pleasant, tree-shaded walks.

Strategically located at the center of the mid-Atlantic corridor between New York City and Washington, D.C., West Chester is just 25 miles west of Philadelphia and 17 miles north of Wilmington.

## Information on Admission

### Office of Admissions

Emil H. Messikomer Hall, 100 West Rosedale Ave.  
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610-436-3411 • Toll-free: 1-877-315-2165  
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WCU home page: [www.wcupa.edu](http://www.wcupa.edu)  
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