

West Chester University  
Department of Nutrition  
Undergraduate  
Handbook



The mission of the Department of Nutrition in the College of Health Sciences at West Chester University is to shape tomorrow's nutrition and dietetics professionals and leaders through quality, relevant, and innovative teaching, service and scholarship.

Effective Fall 2019

## PREFACE

---

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

- The Three Concentrations with the Department of Nutrition:
  - Didactic Program in Dietetics (DPD)
  - Lifestyle Nutrition
  - Sustainable Food Systems Management
- The DPD program mission, goals, and objectives
- Routes to becoming a dietitian/nutritionist and dietetic registration
- Graduation requirements
- Nutrition career and professional development opportunities

### Didactic Program in Dietetics

#### Mission

The mission of the Didactic Program at West Chester University is to provide quality education that prepares students for supervised practice leading to eligibility for the CDR credentialing exam to become a registered dietitian nutritionist. The learning environment is structured to promote an appreciation for life-long learning, purposeful self-reflection, effective problem solving, and teamwork.

#### WCU Program Goals and Outcome Measures

***Program outcomes data are available on request by contacting the DPD Program Director.***

**Goal 1:** Graduate individuals who are well-prepared in foods and nutrition, clinical and community nutrition, education and research, and foodservice and nutrition systems management.

- Objective 1.1: A minimum 90% of students will complete the program/degree requirements within 150% (6 years) of the program's length.
- Objective 1.2: A minimum overall mean score of 3.0 on senior satisfaction with courses and instruction.
- Objective 1.3: A minimum of 70% of DI directors surveyed will record that the program prepared interns well or very well for the supervised practice program.

**Goal 2:** Prepare students to be eligible for supervised practice programs, graduate school, or employment.

- Objective 2.1: A minimum of 30% of students in the program will apply for supervised practice within one year (12 months) of graduation.
- Objective 2.2: A minimum of 50% of students applying for supervised practice will obtain them within one year (12 months) of graduation.
- Objective 2.3: A minimum 80% RD exam first-time pass rate.
- Objective 2.4: A minimum of 75% of alumni will record that the program was "extremely effective" or "very effective" for employment.
- Objective 2.5: A minimum of 70% of alumni will obtain employment in foodservice, nutrition, dietetics, or another health-related field.

**Goal 3:** 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.

- Objective 3.1: A minimum of 80% of alumni will answer that they felt "excellent" or "good" for the degree to which the program educated and prepared them for the science of nutrition.
- Objective 3.2: A minimum of 60% of alumni will indicate that their basic science background helped them work "effectively" or "very effectively" with other health professionals.

### **Academy of Nutrition and Dietetics (AND)**

The Academy of Nutrition and Dietetics is the world's largest organization of food and nutrition professionals founded in Cleveland, Ohio, in 1917, by a visionary group of women dedicated to helping the government conserve food and improve the public's health and nutrition during World War I. Today, the Academy has over 100,000 credentialed practitioners — registered dietitian nutritionists, dietetic technicians, registered, and other dietetics professionals holding undergraduate and advanced degrees in nutrition and dietetics, and students — and is committed to improving the nation's health and advancing the profession of dietetics through research, education and advocacy.

### **Accreditation Council for Education in Nutrition and Dietetics (ACEND)**

The ACEND, a specialized accrediting body recognized by the Council for Higher Education Accreditation and the United States Department of Education, is the Academy's education accrediting agency. The ACEND 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 ACEND standards are accredited.

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

The CDR is the credentialing agency for the Academy. This agency is responsible for protecting the public's nutrition health and welfare 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.

### **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.

### **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 provides 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 DI 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.

### **Individualized Supervised Practice Pathways (ISPPs, "ispeys")**

These pathways are not accredited but are approved by ACEND to assure qualified students have opportunities to complete the supervised practice component of their education. ISSPs have been developed along with preceptor recruiting efforts to give students more options for educational experiences that will make them eligible to sit for the registration examination.

## TABLE OF CONTENTS

	Page
Introduction to the Dietetics Profession.....	1
Dietetics Educational Pathways.....	2
Didactic and Coordinated Programs in Dietetics.....	2
Other foods and nutrition programs.....	3
Answers to Commonly Asked Questions.....	5
Definition of registered dietitian, dietetic technician, and nutritionist.....	5
Why become a registered dietitian.....	5
Skills needed to become a registered dietitian.....	5
How to become a registered dietitian.....	6
Information on dietetic internships.....	7
What follows a dietetic internship.....	8
Dietetics career opportunities.....	10
West Chester University, Nutrition Program.....	11
West Chester University Admission Information.....	12
Admissions requirements.....	12
Costs to students.....	12
Financial aid/scholarships.....	12
Second Degree Students.....	12
Advising and Scheduling.....	13
Graduation Requirements and Honors.....	14
Student Support Services.....	14
Students with disabilities, other services.....	14
Academic Policies and Procedures.....	15
Assumption of risk policy.....	15
Formal assessment of student learning.....	17
Dept. of Nutrition Program-Level Student Learning Outcomes.....	17
Additional Department Policies.....	17
Professional standards pledge.....	19
Academic Calendar.....	20
Contemplating Graduate School.....	21
Student and Professional Associations.....	21
Student Dietetic Association.....	21
The Academy of Nutrition and Dietetics.....	22
The Pennsylvania Dietetic Association.....	22
Philadelphia Dietetic Association.....	22
Association of Nutrition and Foodservice Professionals.....	22
Other Associations.....	22
Development Opportunities.....	23
Appendices.....	26

## 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.”

Employment of dietitians and nutritionists, from 2014 to 2024, is expected to increase 16 percent faster than average. In recent years, there has been increased interest in the role of food in promoting health and wellness, particularly as a part of preventative healthcare in medical settings. The importance of diet in preventing and treating illnesses such as diabetes and heart disease is now well known. More dietitians and nutritionists will be needed to provide care for people with these conditions. An aging population also will increase the need for dietitians and nutritionists in long-term care facilities. Dietitians and nutritionists work in hospitals, cafeterias, long-term care facilities, and schools. Some dietitians and nutritionists are self-employed and maintain their own practice. They work as consultants, providing advice to individual clients, or they work for healthcare establishments on a contract basis. Most dietitians and nutritionists work full time, although about 20 percent work part time. Self-employed, consultant dietitians have more flexibility in setting their schedules. Additional employment information can be found on the Bureau of Labor Statistics website: at <http://www.bls.gov/ooh/healthcare/dietitians-and-nutritionists.htm>. Dietitians with specialized training, and an 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 individuals with diabetes and elderly.

After meeting certain knowledge and skill requirements, a graduate from an accredited program can become a Registered Dietitian (RD) or Registered Dietitian Nutritionist (RDN). Registration is a voluntary credential. Without registration, dietetics professionals cannot call themselves a Registered Dietitian or Registered Dietitian Nutritionist, nor can they use the acronyms “RD” or “RDN.” The RD and RDN are two credential designation options for one certification program. Practitioners may choose to use one or the other.

Registered Dietitians (RD) and Registered Dietitian Nutritionists (RDN) are food and nutrition experts who have:

- Completed the minimum of a Baccalaureate degree granted by a U.S. regionally accredited college or university, or foreign equivalent
- Met current minimum academic requirements as approved by the Accreditation Council for Education in Nutrition and Dietetics (ACEND) of the Academy of Nutrition and Dietetics
- Completed a minimum of 1,200 hours of a supervised practice program accredited by the Accreditation Council for Education in Nutrition and Dietetics (ACEND) of the Academy of Nutrition and Dietetics
- Successfully completed the registration examination for dietitians

- Remitted the annual registration fee
- Complied with the Professional Development Portfolio (PDP) recertification requirements.

Some RDs hold additional certifications in specialized practice areas, such as pediatric, gerontological, oncology, or renal nutrition; nutrition support; sports dietetics; nutrition support; and/or diabetes education. 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 Registered Dietitian Nutritionist can enroll in the Didactic Program in Dietetics (DPD). This program provides a bachelor's degree. After receiving a degree, the graduate wanting to become a registered dietitian will then need supervised practice experience (i.e., dietetic internship (DI) or individualized supervised practice pathways, ISPPs).

A DI is a supervised practice program accredited by ACEND 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 practice experience. Some DIs are part-time and/or are offered as a distance program. Many internships offer graduate credit, and some give interns the option to study for a Master's degree. Because DIs are accredited, some offer financial aid 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.

Individualized supervised practice pathways (ISPPs, "ispeys"), are approved by ACEND to assure qualified students have opportunities to complete the supervised practice component of their education. ISPPs have been developed along with preceptor recruiting efforts to give students more options for educational experiences that will make them eligible to sit for the registration examination. ACEND policies for ISPPs allow:

- Graduates who do not match to a DI, but who possess a DPD verification statement.
- Individuals holding a doctoral degree without a DPD verification statement to apply for an ISPP.

Eligibility requirements and options may vary by supervised practice program. Interested individuals can see which DIs or DPDs currently offer ISPPs by searching "Accredited Education Programs" at [www.eatright.org](http://www.eatright.org). Students interested in applying to an ISPP should research the eligibility requirements of the program where they intend to submit an application, including whether they are required to locate their own preceptors, and then contact the program director.

Completion of a bachelor's degree, meeting ACEND 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 Department DPD Program is only one of the pathways a student can choose to enter the dietetics field. Individuals interested in becoming a RD or RDN 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 RDs or RDNs. Schools offering this type of program are found on the Academy of Nutrition and Dietetics website (<http://www.eatright.org>).

The Nutrition Department DPD Program at WCU as well as other DPDs, CPs, and graduate programs are listed in the *Applicant Guide to Supervised Practice*. An electronic copy of this Guide can be obtained from the DPD Director, Sturzebecker Health Sciences Center. In addition, this directory can be accessed at the ACEND website (<http://www.eatright.org>) by searching "Accredited Education Programs."

### **International Dietetics Programs**

Graduates of international dietetics programs, determined to be "substantially equivalent" by ACEND, are eligible to take the CDR entry-level registration examination for dietitians provided they apply for registration eligibility to the CDR on or before July 1, 2019. Registration eligibility applications from graduates of "substantially equivalent" programs will not be considered after July 1, 2019.

The ACEND established a new international accreditation process for international dietetics programs in 2012 that includes a required supervised practice experience in the US. The CDR has determined it will allow graduates of the ACEND accredited international dietitian education programs to become eligible for the CDR registration examination for dietitians.

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

#### *Nutrition and Dietetic Technician, Registered (NDTR) or Dietetic Technician, Registered (DTR)*

Individuals interested in nutrition but not wanting to become RDs or RDNs, or not meeting requirements to take the CDR registration examination for dietitians, can become either a Nutrition and Dietetic Technician, Registered (NDTR) or a Dietetic Technician, Registered (DTR). The NDTR and DTR are two credential designation options for one certification program. Practitioners may choose to use one or the other. Either credential affords a person the opportunity to work in nutrition-related professions.

Nutrition and Dietetic Technicians, Registered (NDTR) or a Dietetic Technicians, Registered (DTR) are individuals who have completed one of two pathways:

*Pathway I.* These individuals have:

- Completed a minimum of an Associate degree granted by a US regionally accredited college or university or foreign equivalent.
- Completed a minimum of 450 supervised practice hours through a Dietetic Technician Program as accredited by the Accreditation Council for Education in Nutrition and Dietetics (ACEND) of the Academy of Nutrition and Dietetics.
- Successfully completed the Registration Examination for Dietetic Technicians.
- Remitted the annual registration maintenance fee.
- Complied with the Professional Development Portfolio (PDP) recertification.

*Pathway II.* These individuals have:

- Completed the minimum of a baccalaureate degree granted by a US regionally accredited college or university, or foreign equivalent.

- Met current academic requirements (DPD) as accredited by the Accreditation Council for Education in Nutrition and Dietetics (ACEND) of the Academy of Nutrition and dietetics.
- Successfully completed the Registration Examination for Dietetic Technicians.
- Remitted the annual registration maintenance fee.
- Complied with the Professional Development Portfolio (PDP) recertification requirements.

Nutrition and Dietetic Technicians, Registered (NDTRs) and Dietetic Technicians, Registered (DTR), are trained in food and nutrition and are an integral part of healthcare and foodservice management teams. They 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.

*Certified Dietary Manager, Certified Food Protection Professional (CDM®, CFPP®)*

A Certified Dietary Manager, Certified Food Protection Professional (CDM®, CFPP®) has the education, training, and experience to competently perform the responsibilities of a dietary manager and has proven this by passing a nationally-recognized credentialing exam and fulfilling the requirements needed to maintain certified status. CDM, CFPPs are experts at managing foodservice operations and ensuring food safety. They are responsible for implementation of menus, foodservice purchasing, and food preparation. They apply nutrition principles, document nutrition information, manage work teams, and much more. A CDM, CFPP has achieved defined competencies in 10 key areas: Gathering Nutrition Data; Applying Nutrition Data; Providing Food Services; Providing Nutrition Education; Hiring and Supervising employees; Developing Personnel and Communications; Professional Interaction; Managing Supplies, Equipment Use, Sanitation, and Safety; Managing Food Production; and Managing Business Operations.

A person is eligible to take the credentialing exam if they meet the requirements of one of the five pathways outlined below. The most popular is by graduating from an ANFP-approved dietary manager training program, which includes 120 hours of didactic education plus 150 hours of field experience.

*Pathway I:* for candidates who have graduated from an ANFP-approved dietary training program. Candidates must submit a copy of their certificate of course completion, or their name must appear on the official graduate listing that is sent to ANFP by the college/school.

*Pathway II:* for candidates who hold a two-year or four-year college degree in foodservice management or nutrition, two-year culinary arts degree, or two-year hotel-restaurant management degree. Candidates must have completed a minimum of one course in nutrition and two courses in foodservice management. Transcripts must be submitted with the exam application.

*Pathway III:* for graduates of a state approved or other approved 90-hour foodservice course, who also have two years of institutional foodservice management experience. Candidates must submit employment information with their application.

*Pathway IV:* for current and former members of the U.S. military who have graduated from an approved military dietary manager training program and have attained the grade of E-5. Candidates must submit documentation of military training and pay grade when applying under Pathway IV to determine eligibility. The exam fee may be reimbursable through the Montgomery GI Bill; visit [www.gibill.va.gov](http://www.gibill.va.gov) for information.

*Pathway V:* for candidates who hold an alternate two-year, four-year or higher degree. Candidates must have a minimum of five years of institutional foodservice management experience, and must also



complete one course in nutrition and two courses in foodservice management. Transcripts as well as employment verification must be submitted with the exam application.

Nutrition and Foodservice Education Foundation (NFEF) is proud to support grant opportunities for nutrition and foodservice professionals and students. The Certification Exam Grant will be awarded in the form of a \$399 credit and will be set up on the recipient's online account at [www.ANFPonline.org](http://www.ANFPonline.org). If selected for this grant, the recipient will have 90 days from the notification date to complete the exam registration process and an additional 90 days to register for the exam with AMP (Applied Measurement Professionals, Inc.). Learn more at [www.nfefoundation.org](http://www.nfefoundation.org).

For more information regarding Dietary Manager-approved programs, call (800) 323-1908, visit the ANFP website (<http://www.anfponline.org>), or write the ANFP at 406 Surrey Woods Dr., St. Charles, IL 60174.

## **ANSWERS TO COMMONLY ASKED DIETETICS QUESTIONS**

---

### **What is the difference between a registered dietitian (RD); registered dietitian nutritionist (RDN); nutrition and dietetic technician, registered (NDTR); dietetic technician, registered (DTR); and a nutritionist?**

The credentials RD, RDN, NDTR, and 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, a registration examination, and maintained requirements for recertification. They are required to adhere to their regulatory body's code of ethics.

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/registered dietitian nutritionist?**

The RD or RDN 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 or RDN 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 from WCU, will I be a Registered Dietitian or Registered Dietitian Nutritionist?**

No. After you have received a Nutrition Bachelor's degree and a Verification Statement from the DPD Program Director stating that you have completed the requirements of a dietetics education program accredited by the ACEND, you must complete a DI that has been accredited by ACEND. 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) or Registered Dietitian Nutritionist (RDN).

## **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:

<b>Credential</b>	<b>Comments</b>
Grades/Graduate Record Examination (GRE)	Earn approximately a 3.4 or better GPA. Repeat courses in which you had subpar performance. Take the Graduate Record Examination (GRE) as doing so allows you to explore DIs combined with graduate programs. During the summer before you plan to apply for a DI, take the GRE. Kaplan or Princeton Review study materials are recommended.
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, diabetes camp, weight management camp, long term care foodservice, catering operations, and community nutrition programs are considered very good. Other work experiences can be very valuable. Most DI directors are looking for individuals whose work or volunteer experience contributes to personal growth, is people oriented, and/or involves responsibility and decision-making. Discuss work opportunities with the Nutrition Department faculty.
Extra-Curricular Activities	College/University clubs (e.g., Student Dietetic Association), sports, community service projects, and student-teacher projects/research.
Leadership	Join campus and non-campus organizations, become an organization's officer, volunteer to be a committee chair, or work hard on a committee. The ability to lead a group and work as an effective team member are highly valued attributes.
Professionalism	Be responsible, dependable, conscientious, considerate, self-motivated, and flexible. Work hard academically and in the work place, respect peers/professors/supervisors, get involved, be a leader.
Letters of Recommendation	Required from several professors and possibly a work supervisor. Cultivate respectful professional relationships with WCU Nutrition Department faculty, supervisors, and employers so they know you well enough to write an outstanding letter of recommendation.
Application Savvy	During the summer before you plan to apply for a DI, begin contacting dietitians in foodservice, clinical, and community settings to obtain preceptors for distance DIs. Distance internships are easier to obtain and have less competition. Apply in the fall to Coordinated Masters Programs that combine graduate and internship programs. These have fewer applicants than other internships. Be adventurous and apply outside the immediate Philadelphia area.

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

The *Applicant Guide to Supervised Practice* issued each year lists all the DIs and CPs currently approved or accredited by the ACEND. Each listing provides the name and address of the Program Director so that they can be contacted for more information. An electronic copy of the Guide can be obtained from the DPD Director. Dietetic internship information also can be found on ACEND's website (<https://www.eatrightpro.org/acend>).

### **How much does a DI cost?**

Tuitions vary widely, from \$5,000 to over \$20,000 with the most likely cost being \$10,000. Other living expenses also need to be considered. Students should check with each program about expenses. All accredited dietetic internships associated with regionally accredited university graduate programs qualify for government-sponsored loan programs. Students should check the *Applicant Guide to Supervised Practice* 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 Academy of Nutrition and Dietetics Foundation (ANDF). You can access ANDF 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 putting 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.
- Asking parents or guardians to assume a home equity or other loan that you can pay back.
- Approaching credit unions and local community banks about creative options for loans to continue your education, but not at a university.
- Seeking assistance from banks that offer loans for internships for health professions. One such bank is Wells Fargo (<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 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 programs 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 3.4 or higher, be active in student organizations, and have dietetic- and/or foodservice-related work experience. The Nutrition Department faculty will assist students in applying for DI programs.

A Fall workshop lead by the DPD Program Director addresses the DI application process, computer matching, 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. Students who wish to learn more about dietetic internships, computer matching, and routes to dietetic registration before attending the fall workshop are encouraged to review materials at <https://www.eatright.org/acend> and/or <http://www.cdrnet.org>.

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 apply 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 DIs still have openings. The program director will have a list of available sites. A student can reapply at that time.

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

The Nutrition faculty are interested in and concerned about students and can be very helpful in providing support at this time. In addition, the DPD Program Director can suggest alternatives and help the student think through the situation. Matters that can be discussed include how to improve professional qualifications, applying to other DIs in the second-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.

**How do I go about taking the registration examination for dietetic technicians?**

When a student graduates from WCU’s Nutrition DPD program, s/he is qualified to take the national Dietetic Technician, Registered (DTR) examination. During the last semester at WCU, interested NTD students should meet with the DPD Program Director who will provide information for registering for the examination. The CDR notifies, via e-mail, applicants who are taking the DTR examination and provides all relevant details. Purchasing and reviewing the examination study materials prior to taking the examination is beneficial.

There are two reasons for taking the DTR examination. First, you will be qualified for DTR jobs across the U.S. These jobs pay well. Second, doing so adds a credential to your resume and provides a tool for enhancing a Dietetic Internship application. Students who earn a DI during their senior year at WCU have no need to submit the application for earning a DTR. Dietetic internships most likely lead to dietetic registration.

**What is the next step after completing a DI to meet requirements to become a Registered Dietitian or Registered Dietitian Nutritionist?**

One must apply to take the CDR registration examination for dietitians. The examination is offered via computer-adaptive testing across the US. The CDR provides 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) or "Registered Dietitian Nutritionist" (RDN). Before taking the registration examination, many opportunities are made available to complete a review course. Review courses can be found on the CDR website or by additional searching on the internet.

### **Do all states require nutritionists to be RDs/RDNs?**

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 AND's Washington, DC, office at (202) 371-0500 or e-mail ([http://www.govaffairs@eatright.org](mailto:http://www.govaffairs@eatright.org)), or view details at [www.cdrnet.org](http://www.cdrnet.org) and search "state licensure."

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)/registered dietitian nutritionist (RDN) and licensed dietitian nutritionist (LDN) credentials. For example, Jane Doe, RD, LDN or Jane Doe, RDN, LDN. There is a fee attached to licensure in most states.

Pennsylvania does license dietitians. For more information, call (717) 783-7142 or

visit the Licensure Board: Pennsylvania State Board of Nursing Website:

[http://www.portal.state.pa.us/portal/server.pt/community/state\\_board\\_of\\_nursing/12515](http://www.portal.state.pa.us/portal/server.pt/community/state_board_of_nursing/12515).

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.

### **ADDITIONAL UNDERGRADUATE CONCENTRATIONS**

---

In addition to the DPD program, the Nutrition Department offers two additional undergraduate concentrations: Lifestyle Nutrition and Sustainable Food Systems Management.

The **Lifestyle Nutrition** concentration combines nutrition with business, management, and exercise science. Students learn best practices for promoting healthy lifestyles to diverse individuals and groups for positions in non-profit organizations, fitness centers, government health agencies, and health-related business. As a compliment to this concentration, students may pursue certification as a health coach or personal trainer.

**Additional Courses:** Nutrition Disease and Health Promotion, Entrepreneurial, Sports Nutrition, Perspectives on Obesity, Lifestyle Practicum, Lifetime Fitness Concepts, Exercise Science/Lab - and 4 business and marketing courses.

The **Sustainable Food Systems Management** concentration emphasizes ecological approaches and systems-based thinking for students to develop understanding of local, regional, and international food systems. Students are prepared for positions in food management and careers focused on sustainable food systems in businesses, healthcare, and community-based organizations.

**Additional Courses:** Sustainable Food Systems, The Food Chain, Sustainable Community Food Systems, Entrepreneurial, Nutrition, Disease, Health Promotion, Local Product Development, Food-to-Fork Practicum, Geography of Agriculture, Food & Sustainability - and 4 business and marketing courses.

**What career opportunities are available to nutrition students?**

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

Armed services dietitian	Food buyer/distributor	Nutrition educator
Administrative dietitian	Food photographer	Pharmaceutical representative
Chef	Food product developer	Public health nutritionist
Clinical trial coordinator	Food product marketing specialist	Recipe developer
Community health educator	Foods demonstrator	Research nutritionist
Community nutritionist	Foodservice director	Restaurant chain manager
Consultant dietitian	Freelance writer	Sports nutritionist
Consumer educator/advocate	Grocery store nutritionist	Teacher/professor
Diabetes educator	Health inspector	Weight loss specialist
Food bank administration	Health insurance specialist	Wellness director/Wellness Coach
Food corporation consultant	Medical dietitian	WIC coordinator/administrator
Information specialist	Meals on Wheels administration	World health care worker
Kitchen/equipment editor	Menu planner	

**What can I do with a Nutrition degree if I do not want to pursue dietetics?**

A Nutrition degree can be a stepping stone to a variety of other professions. Most will require more education (undergraduate, graduate) and some may require more intense sciences (physics, organic chemistry). With more guidance and/or education, a WCU Nutrition graduate may become any one of the following:

- Author (books, magazine articles, nutrition education materials)
- Botanical medicine practitioner
- Business administrator
- Caterer, healthy cooking instructor
- Chiropractor
- Clinical informatics professional
- Commercial weight loss programs
- Exercise physiologist
- Federal government survey tech/inspector
- Food product developer, tester, advertiser, wholesaler, retailer
- Foodservice/hospitality manager
- K-12 teacher (health, science, math, etc.)
- Nutrition counselor
- Occupational Therapist
- Pharmaceutical sales
- Physical Therapist
- Physician
- Physician’s Assistant
- Public Health Educator
- Registered nurse
- Research
- WIC nutritionist

## WEST CHESTER UNIVERSITY'S NUTRITION MAJOR

---

### Program Requirements

The WCU DPD curriculum has been planned to meet the ACEND core knowledge for the RD requirements (KRDN). Graduates of the DPD program meet the minimum academic requirements for entering a dietetic internship that 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" grade requirement is placed on all science-based courses. 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 wellbeing 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 Department course descriptions are included in the appendix for your convenience.

### Annual Meetings

The Nutrition Department faculty are committed to student growth and development. Their lines of communication remain open throughout the year via meetings, e-mail blasts, internet and teleprompt postings, and other postings throughout the Sturzebecker Health Sciences Building. Nutrition students should become familiar with the display board across from Sturzebecker, room 325.

Annual meetings for nutrition students are held as follows:

- Fall semester
  - Freshman and new transfer student welcome and program navigation
  - Junior and senior DPD career workshop
- Spring semester
  - Sophomore and junior coaching and support

### Graduation Application

Students should apply for graduation when they have completed 90 credit hours. They must do so on line through myWCU. The deadlines for when to apply are posted on the Office of the Registrar's website (<http://www.wcupa.edu/registrar>). Students who need to take summer courses to complete degree requirements are considered August graduation applicants. August graduation applicants may participate in the May commencement exercises if they apply by the deadline. Students must meet deadlines in applying for graduation. These deadlines are set so students have an opportunity to add/change courses in meeting final requirements, as well as have their name printed on the commencement program. Students who miss the deadline to apply online must apply late for graduation in person at the Office of the Registrar. For more information about graduation and commencement deadlines and the online graduation application process, go to <http://www.wcupa.edu/registrar/>. Degree Progress Reports should be reviewed carefully and any course deficiencies or petitions completed before graduation to prevent delays.

### Undergraduate Courses towards a Master of Science in Community Nutrition Degree

The MSCN program at West Chester University prepares students to become effective practitioners and leaders in community nutrition. Eligible undergraduate Nutrition students can enroll in the MSCN program and complete two to four graduate courses their senior year. For more information regarding the MSCN degree, refer to the "Contemplating Graduate School" section of this handbook.



## **Verification Statement**

Students who complete requirements for graduation from the University and the Nutrition Department will be awarded a Bachelor of Science Degree in Nutrition. Students who complete the DPD concentration will receive a Verification Statement from the DPD Program Director. The statement verifies successful completion of the DPD but does not guarantee the student a dietetic internship (DI). West Chester University Nutrition 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 accessed online through the WCU website (<https://catalog.wcupa.edu/undergraduate/>).

### **Admissions Requirements**

The WCU 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 Department 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. Most of the scholarship applications are available at the beginning of each Spring semester for the upcoming academic year. Scholarships also are available from the Academy of Nutrition and Dietetics (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 Department 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 ACEND requirements. College transcripts will need to be evaluated by the Department Chair or DPD program director and courses needed to meet ACEND requirements will be determined. After ACEND requirements have been met, a supervised practice component, either a DI, ISPP, or CP must be completed before permission will be granted to take the CDR



registration examination for dietitians. Those individuals interested in continuing their education in dietetics at WCU should enroll as a second-degree student. Call the Registrar's Office, (610) 436-3550, for admission and enrollment information. Contact the Department Chair or DPD program director for a transcript evaluation.

## ADVISING AND SCHEDULING

---

### Academic Advising

Each student is assigned an academic advisor in the Nutrition Department. 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
- Nurturing professional growth and development

Students have the option to request a specific advisor and/or change advisors. To request the change, contact the Department Chair.

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 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 when they have completed 90 credit hours. **Please note that advisors guide students through a program. A student ultimately is responsible for his or her schedule, understanding curriculum contents, effective progression through the program, and meeting graduation requirements. To track academic progress, a student can access and follow their Degree Progress Report through myWCU.**

Following are other helpful reminders to aid students in progressing through the Nutrition program:

- For course scheduling appointment dates, access myWCU. The appointment date is the date and time a student can begin enrolling in courses (not a scheduled appointment with an advisor). A student should schedule an advisement appointment with his or her advisor prior to their course scheduling appointment date. Each advisor handles the scheduling of advisement appointments differently. A student should email his or her advisor and ask how to schedule an appointment.
- A student needs to be fully aware of all general education and degree requirements as s/he plans their course schedule. Nutrition Department curriculum guides with this information can be found in Sturzebecker Health Sciences Center, room 222. The curriculum guides are also posted on the Department of Nutrition website: (<https://www.wcupa.edu/healthSciences/nutritionAndDietetics/undergrad.aspx>).
- A student must meet all major grade requirements and will need to repeat courses for which s/he has not earned the required grade. If the course is a prerequisite for another course, a student will not be able to take the subsequent course until s/he has earned the required grade in the prerequisite course.
- Before meeting with his or her advisor, a student should be certain all holds (parking tickets, overdue library materials, health center fees, etc.) have been removed from their account. Holds will prevent a student from scheduling courses.

## Self-Scheduling

Undergraduate degree students can self-schedule on the web using the **myWCU** 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
- Francis Harvey Green Library

## How to Schedule for Courses

First, scheduling appointment dates and times are located on the <https://mywcupa.edu> web portal. A student logs in using his or her WCU username and password. Under the Self-Scheduling header, click the Enrollment Appointment link and then select the appropriate semester for which to schedule. **Note:** Enrollment appointments are set based on number of credits EARNED.

A student should be certain s/he is registering for classes after their scheduling time and there are no "holds" on their account that will prevent them from registering. Once logged into <https://my.wcupa.edu>, click on "Enroll in a Class." Select the enrollment semester. Then click on the action to perform (i.e., Add Class, Swap, Drop/Update Class, etc.).

Access the following web link for more in-depth instructions regarding WCU's scheduling process. <http://www.wcupa.edu/registrar/documents/SchedulingClassesInYourMYWCU.pdf>. If a student needs help with scheduling, they should visit <http://www.wcupa.edu/registrar/scheduling.aspx>.

## GRADUATION REQUIREMENTS AND HONORS

---

To graduate, 120 credits must be earned. Transfer students need to earn at least 30 credits at WCU.

A student must apply online for graduation no later than the end of the junior year or when 90 credits have been earned. It is imperative that students meet with his or her academic adviser. The deadlines for when to apply are posted on the Office of the Registrar's website (<http://www.wcupa.edu/registrar>). Students who need to take summer courses to complete degree requirements are considered August graduation applicants. August graduation applicants may participate in the May commencement exercises if they apply by the deadline.

To earn graduation honors, a student must have a minimum of 60 graded WCU credits calculating into the GPA. The honors list for commencement is based on the GPA from the next-to-last semester before a student graduates. A transfer student must have 60 credits (earned + currently attempted) reported at WCU prior to that time to be recognized. Those who do not attain honors distinctions until the end of their final semester, or those transfer students with honors distinction who do not complete 60 hours until the end of the final semester, will have recognition of their achievement on their final transcripts, where all honors distinctions are recorded. If earned, graduation honors will be recorded on a student's transcripts.

## 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 or e-mailing [ossd@wcupa.edu](mailto:ossd@wcupa.edu).

### **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, 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 (<https://catalog.wcupa.edu/undergraduate/>), 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 or 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)
- Formal assessment of student learning
- 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: retention, remediation, probation and dismissal
- Experiential learning credits (life learning experience)
- Requirements for graduation, graduation honors, and requests for transcripts
- Access to student support services (e.g., including health services, counseling and testing and financial aid resources)
- Insurance requirements
- Rights and Privacy Act of 1974 and The Family Educational Rights and Privacy Act
- American with Disabilities Act

Students can access a variety of university policies via the “Student Right to Know” webpage available at: <http://www.wcupa.edu/HEA/studentInfo.aspx>. Note that the Nutrition faculty work in conjunction with the Office of Social Equity to protect student civil rights and promote equal opportunity.

### **Assumption of Risk Policy**

The Nutrition 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 form included on the next page is to be completed by Nutrition students before participating in any WCU educational activity held outside the classroom. Students participating in Nutrition courses with international travel must comply with all policies of the University's Center for International Programs that covers liability in travel.



Office of Service-Learning and Volunteer Programs | West Chester University 705 S. New Street | Lawrence Center, Room 241 | West Chester, PA 19383 | 610-436-3379 | [www.wcupa.edu](http://www.wcupa.edu)

### Assumption of Risk Form

You have either been invited to participate in the Activity described below or the Activity is required or offered as part of a class in which you are enrolled.

[DESCRIBE THE ACTIVITY]

If you have a medical or physical condition that may affect your participation please communicate that condition in writing to \_\_\_\_\_ before the Activity begins.

You should be aware that even under the safest conditions possible, there is a risk of loss or damage to property or a risk of bodily injury. **THE UNIVERSITY DOES NOT ASSUME RESPONSIBILITY FOR ANY RISKS YOU MIGHT BE EXPOSED TO AS YOU PARTICIPATE IN THE ACTIVITY AND WILL DEFEND AGAINST ANY CLAIMS FOR WHICH IT CONCLUDED IT HAS NO LEGAL RESPONSIBILITY.**

If you are 18 years old or above please acknowledge that you have read and understand the statement above and assume the risks associated with the Activity.

I understand and acknowledge the statements above.

Name: \_\_\_\_\_ Date: \_\_\_\_\_

Date of Birth: \_\_\_\_\_

If you are a minor (under the age of 18) do not acknowledge this statement. Have a parent or guardian acknowledge the statement below:

I understand and acknowledge the statement above and grant permission for my child to participate.

Name: \_\_\_\_\_ Date: \_\_\_\_\_

### **Formal Assessment of Student Learning Policy**

West Chester University engages in student learning assessment to ensure the continued quality and relevance of its programs and services and to conform to national and regional standards for high quality educational programs as laid out by the Middle States Commission on Higher Education, with the Department of Nutrition's accountability to the accrediting body ACEND.

Assessment of student learning leads to more clearly defined syllabi, better grading strategies that accurately measure a student's progress, and improved teaching techniques that help each academic program determine the best strategies to reach their students.

Assessment processes at WCU are decentralized. Each department and/or program oversees student learning outcomes in their programs through the execution of their program level assessment plan. These plans are evaluated on an annual basis by the University Assessment Advisory Committee as well as the respective Associate Deans of the college.

WCU expects that every academic program, as a consequence of the interaction between general education and a major, will have a program level student learning assessment plan that is evaluated annually using an institutional rubric.

### **Department of Nutrition Program-Level Student Learning Outcomes:**

Student Learning Outcome #1: Content Knowledge. Students graduating with a BS in Nutrition will demonstrate content knowledge related to the principles and practice of a) foodservice and nutrition management, b) community nutrition, and c) medical nutrition therapy.

Student Learning Outcome #2: Competence. Students graduating with a BS in Nutrition will demonstrate competence in the skills of assessment and counseling; food preparation; and planning, management, implementation and evaluation of services in a) institutional foodservice, b) community nutrition, and c) clinical dietetics settings.

Student Learning Outcome #3: Information Literacy. Students graduating with a BS in Nutrition will utilize advanced principles of health literacy, including a) critical thinking skills, b) literature searches, c) data collection, and d) interpretation necessary for the implementation of food and nutrition services in professional settings.

Student Learning Outcome #4: Communication. Students graduating with a BS in Nutrition will demonstrate the ability to communicate effectively in both the oral and written form, including the development of effective counseling skills and communication with other professionals.

Student Learning Outcome #5: Diversity. Students graduating with a BS in Nutrition will demonstrate cultural competency related to structural inequality and unequal privilege, as well as the ability to understand a situation or issue from the perspective of someone in a historically marginalized group.

Student Learning Outcome #6: Professional Ethics. Students graduating with a BS in Nutrition will demonstrate an understanding of professional ethics and governance of the dietetics practice in various settings.

### **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.

### **Verification Statement Policy**

The DPD Director issues verification statements after students have successfully completed all DPD requirements (Appendix B). Students wanting to transfer courses to WCU must present, for review, transcripts and syllabi for these courses. The DPD Director and Nutrition faculty evaluate courses taken at other institutions and determines whether they meet 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' verification statements are kept in program files.

### **Student Complaint to ACEND Policy**

Nutrition Department faculty preserve and transmit the values of ACEND through example in their own academic pursuits and through the learning environment they create for their students. They are expected to instill in their students a respect for the nutrition profession. Faculty also must take measures to ensure students gain a quality education that encompasses the ACEND accreditation standards.

Procedures for handling accreditation standards complaints:

1. A student who has concerns regarding the Nutrition program at WCU should first make an appointment to visit with the DPD Program Director. Most likely the concerns can be addressed at this level.
2. A student who feels his or her concerns have not been addressed by the DPD Program Director should make an appointment to visit with the Associate Dean of the College of Health Sciences.
3. A student who feels his or her concerns have not been addressed by the Associate Dean of the College of Health Sciences should make an appointment to visit with the Provost.
4. Should a student not be satisfied with the results of these meetings, they are welcome to submit their complaint(s) directly to the ACEND. This is ONLY after all other options with the program and institution have been exhausted. Complaints can be submitted to the Accreditation Council for Education in Nutrition and Dietetics (ACEND) of the Academy of Nutrition and Dietetics, 120 South Riverside Plaza, Suite 2190, Chicago, IL 60606-6995, 800-877-1600 ext. 5400. Instructions for filing a complaint with ACEND can be found at <https://www.eatrightpro.org/acend>
5. The DPD Program Director will maintain descriptive documentation of any complaints filed by students.

### **Student Complaint Regarding Experiential Learning**

Students participating in experiential learning, as well as the practitioners, are asked to direct complaints to the faculty member associated with the experiential learning. Each practitioner will be given contact information for the facilitating faculty member and department chair prior to the start of the semester. If the complaint cannot be resolved at the level of the facilitating faculty, the complaint should be taken to the department chair, a process which prevents retaliation. The program will maintain a record of student complaints for a period of seven years, including resolution of complaints.

### **Student Retention Policy**

Students with a minimal chance of success in the program will be counseled into career paths appropriate to their ability.

### **Drug Testing/Criminal Background Check Policy**

Nutrition students, if required to complete drug testing, background checks, and/or child abuse clearances for experiential learning, will be responsible for associated costs.

### **Experiential Learning Policy**

Students participating in experiential learning must not be used to replace employees.

### **Paid Compensation Policy**

For students participating in a compensation-based work appointment, policies and procedures outlining the terms of financial remuneration must be outlined and provided in writing prior to beginning any work.

### **Program Retention and Remediation Policy**

In effort to maintain high-standards of student retention and remediation, students who require additional

academic support in their learning process, such as tutoring, should contact their professor directly. It is the student's responsibility to communicate with their professor. Students are offered academic support services at the program, department, college, and university levels.

### **Distance Instruction/Online Testing Policy**

The department verifies the identity of a student who participates in coursework by using a secure login and pass code through Desire2Learn.

### **PROFESSIONAL STANDARDS PLEDGE**

---

The following Professional Standards & Expectations pledge is taken by all students enrolled in the B.S. in Nutrition. The standards and expectations are part of the NTD Program's education process to prepare students as future health professionals.

### **WCU NUTRITION STUDENT "PROFESSIONAL STANDARDS AND EXPECTATIONS" PLEDGE**

The following **Professional Standards & Expectations** are for all students enrolled in the B.S. in Nutrition & Dietetics (NTD). The standards and expectations are part of the NTD Program's education process to prepare students as future health professionals.

As health care professionals in training, we learn, lead, and provide service for the best interest of classmates, patients, staff, faculty, college, university, community and the profession, and we work together for their best interests. We work for the support and promotion of the university and the profession. We promote health for all within the university community and our local community.<sup>1</sup>

#### ***Class Attendance, preparation and participation:***

##### **As an NTD student, I will**

- Attend all class sessions, arriving on time and remaining until dismissed. (Individual instructors may have additional attendance classroom policies.)
- Notify the instructor in advance of anticipated absences, late arrivals, or early departures.
- Refrain from class disturbances.
- Silence or place all cell phones and electronic devices on vibrate unless permission has been otherwise granted.
- Not text or retrieve any text messages during class.
- Prepare fully for each class.
- Participate in all classes.
- Respect my fellow classmates and all professors.
- Make a conscientious effort to meet and exceed the expectations of the NTD curriculum.

#### ***Assignments and exams***

##### **As an NTD student, I will**

- Complete all assignments and exams honestly, punctually and to the best of my ability.
- Cite sources appropriately in accordance with the academic integrity policy listed below.
- Refrain from giving or receiving inappropriate assistance including not discussing quizzes, exams or other independent assignments with other students between classes.

#### ***Academic Integrity***

##### **As a NTD student, I will**

- Respect the educational goals, standards and policies of the NTD program.
- Understand that academic dishonesty (which includes cheating on exams, copying assignments, plagiarism) is prohibited. Plagiarism includes taking information directly from a journal, book or website without proper citation.
- The minimum penalty for academic dishonesty in this course will be a zero for the assignment or exam and violations may result in discipline up to and including expulsion from the University. Refer to the Student Academic Dishonesty Policy in the West Chester University Undergraduate Catalog for more information.
- Understand that in many NTD courses, I may be encouraged to discuss information and concepts covered in lecture with other students. I can give "consulting" help to or receive "consulting" help from such students. However, this permissible cooperation should never involve one student having possession of a copy of all or part of work done by

someone else, in the form of an e-mail, an e-mail attachment file, a diskette, or a hard copy.

- Understand that should copying occur, both the student who copied work from another student and the student who gave material to be copied will both automatically receive a zero for the assignment. Penalty for violation of this Code can also be extended to include failure of the course and University disciplinary action.
- Do my own work while taking an exam. Talking or discussion is not permitted during the examinations, nor may I compare papers, copy from others, or collaborate in any way. This includes talking or discussion between class sections. Any collaborative behavior during the examinations will result in failure of the exam, and may lead to failure of the course and University disciplinary action.

### ***Professional values & integrity***

#### **As an NTD student, I will**

- Be sure to arrive a few minutes early for my professional appointments (service learning, volunteer, interviews etc.) in order to be on time for all appointments.
- Be sure that I clearly understand my service learning or volunteer schedule and ensure that it does not interfere with my classes.
- If I am unable to meet my schedule, I will be sure to contact my supervisor or professional contact as soon as possible; preferably the day before I am scheduled to attend.
- Conduct myself ethically, honestly and with integrity in all situations.
- Treat fellow students, faculty, staff and administrators fairly and impartially.

#### **Dress Code:**

- Dress appropriately, avoiding clothing that is revealing, provocative or includes offensive language or visuals.
  - Situations in which professional or business casual may be appropriate include class presentations, sessions with guest speakers, professional events, interviews.
  - Also, on your first day of service learning or volunteer work dress in business casual attire (black/kaki slacks, sweater or blouse, closed shoes (important for all hospital or food related work). Ask what you should wear and abide by the dress code.
  - For service learning, volunteer work, or any interviews, you should not wear shorts, short skirts, midriff or low-cut shirts at any time. You should be considerate of the setting in choosing your attire.

#### **Communications:**

- I will communicate in a professional manner with my professional contacts (including all professors, service learning or volunteer supervisors and potential employers etc.).  
*By email*
- I will use professional email communications to all of my professors and other professional contacts. This includes a salutation (Dear Professor...), a proper signature and the use of proper English and spelling in my correspondence.
- I will use my WCU email or another professionally appropriate email address in corresponding with my professors and other professional contacts.
- I will respond to email messages from my instructors and professional contacts in a timely manner (within 24 hours).  
*By telephone*
- I will use a professional voice mail message on my phone if I give my phone number out to professional contacts.
- I will respond to voice messages from my professional contacts in a timely manner (within 24 hours).

---

Signature

---

Date

<sup>1</sup> Adapted from: <http://dentistry.uic.edu/depts/studentAffairs/studentServices/handbooks/AcademicProfessionalism.pdf>

## **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 Current Students link, then Academic Calendar. Continue by clicking on one of the following links: Two-Year Academic Calendar, Semester Final Examination Schedule, or show the academic calendar as a list.



## CONTEMPLATING GRADUATE SCHOOL

---

### **West Chester University Master of Science Degree in Community Nutrition (MSCN)**

The Department of Nutrition within the College of Health Sciences offers a Master of Science degree in Community Nutrition (MSCN). A research-focused program for those seeking an advanced degree in community nutrition, the MSCN promotes nutrition health and disease prevention in communities, emphasizing vulnerable populations. The 33-credit curriculum is offered in an online format and includes courses representing nutrition science, applied nutrition, and nutrition research techniques. The program culminates with a nutrition capstone course that provides students an opportunity to synthesize, integrate, and apply the knowledge they have learned from core required and elective courses. The capstone course involves the development of a relevant research question and thorough review and critical evaluation of the literature. Students write a peer-reviewed journal-formatted manuscript and complete a professional presentation.

Qualified undergraduate Nutrition students with at least a junior standing may participate in the accelerated BS program in Nutrition while beginning a MS degree in Community Nutrition. Students must have a minimum cumulative GPA of 3.0, complete the graduate application, and complete the Nutrition Department's approval form to be eligible for the accelerated program. Accepted students will take up to four graduate courses as their undergraduate electives during their senior year. These graduate courses will count towards the total 120 undergraduate credits and towards their graduate degree.

### **Graduate Study in General**

Students who complete the undergraduate nutrition degree at WCU are well-prepared to enter graduate study in a variety of fields. Graduate study provides additional depth to acquired knowledge, better preparing students for a successful career in dietetics or related profession. Students planning to practice dietetics as a Registered Dietitian should note that over 50% of RDs hold a graduate degree and some jobs require a graduate degree for practice. Students considering graduate school or professional study in any field will need to have a good GPA and acceptable performance on the Graduate Record Examination (GRE) or other entrance exam.

## STUDENT AND PROFESSIONAL ASSOCIATIONS

---

### **Student Associations**

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

The SDA, founded in 2000, is the University's student-run organization for Nutrition students. The purpose of the SDA 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. The SDA is committed to providing leadership and professional development opportunities to its members via:

- Professional presentations
- Seminars and documentaries, created to enhance nutrition course concepts
- Mentoring programs designed to create and enhance positive personal and professional networking relationships between students, faculty, alumni, and healthcare professionals
- Participation in campus and community nutrition outreach programs
- Officer positions within SDA

Benefits of membership include service learning experiences, networking opportunities, recognition for service on a resume, and an opportunity to improve one's marketability. Information regarding SDA membership and functions is posted on College of Health Sciences bulletin boards. Nutrition professors also can be asked for membership information.

### **Professional Associations**

Individuals should join their professional association when they believe 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 AND:

#### *The Academy of Nutrition and Dietetics (AND)*

The AND is the nation's largest professional organization for dietitians, diet technicians, and dietetic professionals. AND 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 AND. Benefits of membership include:

- The Journal of the Academy of Nutrition and Dietetics
- AND 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 the Academy are posted on bulletin boards in the department. You also can ask Nutrition Department faculty for membership information, go online to <http://www.eatright.org>, or call the AND at 1-800-877-1600.

#### *The Pennsylvania Dietetic Association*

The Pennsylvania Academy of Nutrition and Dietetics (<http://www.eatrightpa.org>) is Pennsylvania's professional organization for dietitians. Students who are Academy 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 Academy of Nutrition and Dietetics (<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 the Academy automatically become members of the state dietetic association, they do not automatically become members of the Philadelphia Academy of Nutrition and Dietetics.

#### Association of Nutrition and Foodservice Professionals

The Association of Nutrition and Foodservice Professionals (ANFP) which maintains the Dietary Managers Program is the national professional organization for dietary managers. Founded in 1960 with just 72 members, the association's membership now exceeds 15,000. ANFP 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 *Association's* magazine and benefit from the networking opportunities offered at local chapter meetings. For membership information, call 1-800-323-1908 or visit their website, <http://www.anfponline.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 (ASFS) (1-800-877-8822, <http://www.asfsa.org>)
- American Society for Parenteral & Enteral Nutrition (ASPEN) <https://www.nutritioncare.org/>
- American Association of Diabetes Educators (AADE) <http://www.diabeteseducator.org>
- American Diabetes Association (ADA) <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 and Behavior (SNEB) <http://www.sneb.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 RDs and RDNs, 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 a WCU Nutrition 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 may even wish to download internet materials, print

them, and share them with others. The following list of websites will get you started.

<https://www.niddk.nih.gov/health-information>

*Patient information on health.* 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.

<https://www.eatrightpro.org/practice/position-and-practice-papers/position-papers/academy-position-papers-by-subject>

*The Academy of Nutrition and Dietetics (AND) position paper index.* Official positions of the Academy can be found in this web site.

<https://www.fda.gov/consumers>

*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 a variety of nutrition and public health topics.

<http://www.dole5ANDy.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.

<https://foodinsight.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.

<https://www.fda.gov/about-fda/office-foods-and-veterinary-medicine/center-food-safety-and-applied-nutrition-cfsan>

*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.berkeleywellness.com/>

*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.

<http://www.healthy.net/>

*Health World Online*. This website offers information on foods, fitness, nutrition, health care, and public health.

<https://www.aaaai.org/>

*American Academy of Allergy and Immunology*. States the food additives and possible reactions they impart.

<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.

<https://www.nutritionletter.tufts.edu/>

*Tufts University Diet and Nutrition Letter*, Subscription Fulfillment Department, PO Box 8517 Big Sandy, TX 75755. 12 issues/year. This newsletter contains a mixture of consumer nutrition information and results derived from current research.

**APPENDIX A**

**Nutrition Department Course Descriptions**

## Nutrition Department Course Descriptions

<b>Course #</b>	<b>Course Name, Credits, and Description</b>
<b>NTD 199</b>	<b>Transfer Credit Electives (1-15).</b> Transfer electives. Repeatable for credit.
<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 203</b>	<b>The Dietetic Profession (1).</b> This course introduces students to the background of the nutrition/dietetics profession, the meaning of professionalism, the Code of Ethics for the profession, certification and registration requirements within the dietetics field, relevant professional organizations, relationship of the dietitian to the health care team, the scope of dietetic practice and various career options. In addition, students will learn about the academic requirements and curricular issues related to the BS in Nutrition. Also, students will understand how to build an impressive portfolio to support subsequent opportunities. Lastly, non-dietetics career options and graduate education will be explored.
<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.
<b>NTD 277</b>	<b>Sustainable Food Systems (3).</b> The primary objective of this course, team taught by an anthropologist and a registered dietitian, is to examine the interrelationship of nutrition ecology, anthropology and the political economic underpinnings of sustainable food systems.
<b>NTD 300</b>	<b>Nutrition Pedagogy (3).</b> This course provides the knowledge and skills necessary to develop and teach K-12 nutrition education lessons and curricula.
<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>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 304</b>	<b>Global Nutrition (3).</b> This course is designed to examine the nature and scope of major nutritional issues and problems throughout the world, with an emphasis on developing countries. It includes consideration of specific nutrient deficiencies, as well as nutrition-related aspects of infectious and chronic disease. The role of food availability, food supply distribution and world food production in relation to nutrition and health will be discussed in the context of socioeconomic development and current economic policies and realities.

- 
- NTD 305 Vegetarian Nutrition (3).** 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. PREREQ: NTD 303.
- 
- NTD 309 Nutrition Throughout the Life Cycle (3).** A study of nutritional needs and dietary concerns of people from conception to old age. PREREQ: NTD 303.
- 
- NTD 310 Nutrition Research (3).** This course focuses on the process of research and statistical analysis and interpretation as it relates to nutrition and dietetics. Topics such as the foundation and ethics of research, research questions and hypotheses, research designs, statistical analysis and interpretation, evidence analysis, systematic reviews, and evidence-based practice will be addressed. Practical projects will be assigned, such as article analysis, a small research project, and data analysis using SPSS. Competence in reading, understanding, and analyzing research articles is the main goal of the course. PREREQ: MAT 121, NTD 309.
- 
- NTD 311 Current Topics in Dietetics (2).** This course addresses timely and current topics in dietetics in an evidence-based way. Different topics are covered as they have current relevancy. PREREQ: NTD 309.
- 
- NTD 315 Food-Mind-Spirit (3).** A study of the role of food and nutritional status in mental health, mood and memory, and overall wellbeing throughout the life cycle. Additional topics include nutrients and neurotransmission, appetite regulation and disordered eating, the gut-brain axis, and herbal supplements. Mindful eating, traditional food belief systems, and dietary practices of major religions are also reviewed. PREREQ: NTD 303, PSY 100.
- 
- NTD 320 Strategies in Dietetics Education (3).** 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.
- 
- NTD 325 The Food Chain (3).** Students use ecological and systems-based theory to increase understandings of contemporary food systems, food landscapes, and nutrition challenges using the framework of sustainability. The course examines the chain of food production (supply chain), distribution, and consumption in complex conventional food systems, targeting post-harvest aspects of the food system, historical, and socio-cultural factors that drive human nutrition and food behavior. Students explore multiple levels of local and global food systems, including globalization and labor markets with a focus on practices that promote health, food security, and environmental sustainability within community food systems. Students also investigate alternatives to conventional food systems such as food cooperatives, community supported agriculture, agroecology, artisan farms, and organic food in the context of food management. Students will reflect and deepen their understanding of the role of businesses, consumers, and food and nutrition professionals in contemporary food systems, and apply what they learn to food, nutrition, and environmental challenges.
-



- 
- NTD 333 Nutrition: East Meets West (3).** This course explores the relationships among nutrition, body types, and well-being. Because each individual's journey toward optimum health is unique, the course takes a personalized and integrated food-is-medicine approach to wellness. Ancient eastern and modern western sciences, health promotion, and therapies are blended. Foods, herbs, spices, and affirmative ways of living to restore balance and harmony to the body are emphasized.
- 
- NTD 381 Micronutrients (3).** 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: NTD 381 requires prerequisites of a C or better in BIO 100, BIO 259 and BIO 269; and a C or better in CHE 230, CHE 310, and NTD 309.
- 
- NTD 400 Clinical Nutrition Assessment (3).** A study of the profession and practice of nutrition and dietetics, nutrition and physical assessment and the nutrition care process. Classroom and simulated experiences in clinical issues, nutritional assessment, planning, implementing nutritional care, and documenting in medical records will be completed. Students will also be introduced to medical terminology and abbreviations. Nutritional assessment methods will be applied to evaluating nutritional status in the individual. PREREQ: BIO 269, NTD 309.
- 
- NTD 404 Nutrition and Disease Prevention (3).** This course is a required course in the "Lifestyle Nutrition" concentration. It examines nutrition screening and assessment techniques to understand the use of dietary, biochemical and anthropometric data related to health and disease prevention. The pathophysiology, etiology and prevention of certain medical conditions such as obesity, diabetes, gastrointestinal problems, cardiovascular disease, bone disease and cancer will be examined. Other topics examined include nutrients and medication interactions and dietary supplements. PREREQ: NTD 309.
- 
- NTD 408 Food Science (3).** A study of the chemical, physical, and biological characteristics of food and the effects that processing, storage, and preservation have on its structure, composition, palatability, and nutritive value. Sensory evaluation techniques and application of the scientific method are integral to the course. PREREQ: CHE 310 (C or better); NTD 205, 303.
- 
- NTD 409 Professional Skills in Dietetics (3).** 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. Writing Emphasis.
- 
- NTD 410 Quantity Food Production (3).** 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, NTD 205.
-

---

<b>NTD 411</b>	<b>Macronutrients(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: NTD 381/concurrently.
<b>NTD 413</b>	<b>Medical Nutrition Therapy I (3).</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 400, 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 413.
<b>NTD 415</b>	<b>Community Nutrition (3).</b> A study of the community nutrition programs and services at all levels of 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 (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, and staffing. PREREQ: NTD 410.
<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. PREREQ: NTD 303.
<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: NTD 303.
<b>NTD 425</b>	<b>Entrepreneurial Sustainable Food and Nutrition Management (3).</b> The course applies entrepreneurial thinking to different foodservice and nutrition business models and how they innovate and take risks to introduce new products and services. With the triple bottom-line in mind, the course examines perspectives through social, environmental, and financial frameworks. Students will explore case studies to analyze the correlation between the food and nutrition business in society and the financial impact to the environment. Students will also learn ways sustainable entrepreneurship can minimize the strain on fossil fuels and natural resources, and social entrepreneurship can meet social challenges. Students will analyze the main characteristics of entrepreneurs, notably their ability to imagine changes that will impact the foodservice industry. This course will engage students through lectures, experiential learning opportunities, guest speakers, case studies, readings, individual, and group collaboration. Topics explored will include current trends in the marketplace, analyzing the industry employing the Gaps Model, creating business models, and products and service development. Students will also learn about and utilize Social Media as future entrepreneurs and managing sustainability. Students will

---

---

include a Social Media component in their business plan.  
PREREQ: MGT 200 and NTD 410.

---

**NTD 426 Farm to Table Food Product Development (3).** This course combines laboratory experiments and lecture activities to apply the principles of food safety and food preservation to add value to, and preserve, fresh local food products. Students will gain an understanding of sustainable food production and food preservation techniques. They will learn how to apply these principles to safely preserve food by low-pressure canning, pressure canning, pickling, freezing, dehydration, and other traditional and novel techniques. Additionally, students will utilize their knowledge and skills to apply sustainability in developing food products for consumer acceptability, regulatory compliance, acceptable sensory characteristics, nutritional qualities, and marketability. PREREQ: CHE 107 and NTD 205.

---

**NTD 435 Nutrition Workshop (3).** Special nutrition- and dietetics-related workshops on contemporary nutrition and dietetics problems and issues. This course may be taken again for credit.

---

**NTD 444 Lifestyle Nutrition Practicum (3).** This course is a required course in the "Lifestyle Nutrition" concentration. It is a writing intensive capstone course and should be taken senior year. This course aims to provide students with the oral, written and technical skills necessary for effective client and public education. Specifically, practical experience in the classroom and in the field will help the student focus on improving skills in client interviewing and counseling, writing for the lay public, and in designing and delivering a presentation to an audience. PREREQ: NTD 309 and NTD 404.

---

**NTD 450 Field to Fork Events (4).** In this capstone course, students learn about food system issues with a focus on local food systems. Students engage with industry experts in sustainability, event planning, fundraising, urban farming, and marketing and advertising. The class works with two local organizations to plan a fundraising event: one that is a nonprofit organization that targets food system issues such as hunger and food insecurity; and another organization that is a local food producer (e.g., artisan farm in the Brandywine region). The event raises funds to address local food system issues while marketing and promoting local food products and local food distribution systems. Students learn elements of event planning, budgeting, organizing, human resource management, production management, and marketing. These food management skills are learned in the context of promoting values for local economies, community, fair food systems, sustainability, and the environment. Through experiential learning, students gain knowledge of planning, organizing, and executing a sustainable foods event. PREREQ: NTD 325, NTD 416, MGT 200, and MKT 250.

---

**NTD 455 Nutrition Assessment, Education and Service in Honduras (3).** This course offers an interprofessional service-learning approach to clinical screenings and assessments, client/community education, and health related service in communities in underdeveloped or developing countries. Students gain exposure to the cultures of communities in underdeveloped or developing countries, thus enhancing the students' cultural competence. PREREQ: NTD 303.

---

## **APPENDIX B**

### **Didactic Program Requirements**

## Didactic Program Requirements

Course Number	Course Title	Credits
<b>Professional Courses</b>		
NTD 200	Nutrition and Culture	3
NTD 203	The Dietetics Profession	1
NTD 205	Principles of Food Selection and Preparation	3
NTD 303	Introductory Principles of Human Nutrition	3
NTD 309	Nutrition Through the Lifecycle	3
NTD 310	Nutrition Research	3
NTD 320	Strategies in Dietetics Education	3
NTD 381	Micronutrients	3
NTD 400	Clinical Nutrition Assessment	3
NTD 408	Food Science	3
NTD 409	Professional Skills in Dietetics	3
NTD 410	Quantity Food Production	3
NTD 412	Advanced Human Nutrition	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	3
<b>Physical, Biological Sciences, Mathematics</b>		
BIO 100	Basic Biological Science (BIO 110 can substitute)	3
BIO 204	Introduction to Microbiology (BIO 214 can substitute)	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 (CHE 231 cannot substitute for this course)	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>		
SPK	SPK 199, 208 or 230 Public Speaking	3
WRT	120	3
WRT	200, 204, 205, 206, 208, or 220	3