The Didactic Program in Dietetics (DPD) at West Chester University of Pennsylvania currently is granted accreditation by the Accreditation Council for Education in Nutrition and Dietetics (ACEND) of the Academy of Nutrition and Dietetics, 120 South Riverside Plaza, Suite 2000, Chicago, IL 60606-6995, 312/899-0040, ext 5400. Ultimately, the faculty wants to prepare life-long learners, who are professionally competent, socially aware, and capable of making a significant contribution to the nutrition and dietetics field.

Effective Fall 2016
PREFACE

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

Mission

The mission of the Nutrition and Dietetics Program at WCU is to provide quality education that prepares competent nutrition and dietetic professionals to successfully pursue careers in food, nutrition, and health-related fields. 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: Recruit and retain students who are committed to becoming skilled and contributing members of the dietetics profession, or other related professions.

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

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

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

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

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

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

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

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

Outcome Measures
- Ongoing assessment of the program to determine its efficiency and effectiveness.
Academy of Nutrition and Dietetics (AND)
With more than 67,000 members, the AND is the largest professional organization of food and nutrition professionals. It was founded in 1917 and serves the public by promoting optimal health, nutrition, and wellbeing. AND members represent a diverse mix of professionals who work in settings ranging from health care facilities and universities to businesses and government or community agencies to private practice. Most dietetics professionals choose to belong to the AND because of the variety and quality of membership benefits, including skill building, networking, legislative involvement, and public relations.

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 AND’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.

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

Commission on Dietetic Registration (CDR)
The CDR is the credentialing agency for the AND. 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.
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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 diabetics 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; and
• 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 food and nutrition professional can enroll in a Didactic Program in Dietetics (DPD) such as the one found at West Chester University. This program provides a bachelor's degree. After receiving a degree, the graduate wanting to become a registered dietitian then will need supervised practice experience (i.e., dietetic internship, DI 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 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 aide similar to colleges and universities. Appointments to DIs are awarded on a competitive basis and most use a national computer matching process. Prospective applicants must contact DI program directors for current information, including application deadline dates. Dietetic internship programs will provide application forms and detailed information on program requirements, tuition, and financial aid upon request.

Individualized supervised practice pathways (ISPPs, “ispeys”), are not accredited but 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, and
• 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. 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.

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Coordinated Program in Dietetics
West Chester University’s Nutrition and Dietetics DPD is only one of the pathways a student can choose to enter the dietetics field. Individuals interested in becoming a 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 and Dietetics DPD at WCU as well as other DPDs, CPs, and graduate programs are listed in the Directory of Dietetic Programs, The Academy of Nutrition and Dietetics. A copy of the Directory is located in the office of Dr. Joanne Christaldi, 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; and
- 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; and  
- complied with the Professional Development Portfolio (PDP) recertification requirements.

Nutrition and Dietetic Technicians, Registered (DTRs) 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. 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.

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 and Dietetics from WCU, will I be a Registered Dietitian or Registered Dietitian Nutritionist?

No. After you have received a Nutrition and Dietetics 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:

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<td>Grades/Graduate Record Examination (GRE)</td>
<td>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.</td>
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<td>Work Experience</td>
<td>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 and Dietetics faculty.</td>
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<td>Extra-Curricular Activities</td>
<td>College/University clubs (e.g., Student Dietetic Association), sports, community service projects, and student-teacher projects/research.</td>
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<td>Leadership</td>
<td>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.</td>
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<td>Professionalism</td>
<td>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.</td>
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<td>Letters of Recommendation</td>
<td>Required from several professors and possibly a work supervisor. Cultivate respectful professional relationships with WCU Nutrition and Dietetics faculty, supervisors, and employers so they know you well enough to write an outstanding letter of recommendation.</td>
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<td>Application Savvy</td>
<td>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.</td>
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Where can I obtain more information about the DI?
The Directory of Dietetic Programs issued each year lists all the DIs and CPs currently approved or accredited by the ACEND. Each listing provides the name and address of the Program Director so that they can be contacted for more information. A copy of the Directory is located in the office of Dr. Joanne Christaldi, DPD Director, Sturzebecker Health Sciences Center. You can obtain your own Directory from the AND by calling 1-800-877-1600 or visiting their website http://www.eatright.org. Dietetic internship information also can be found on ACEND’s website http://www.eatrightacend.org.

How much does a DI cost?
Tuition varies 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 internships associated with regionally accredited university graduate programs qualify for government-sponsored loan programs. Students should check the Directory of Dietetic Programs to see if financial aid is available at a specific DI. Numerous scholarship opportunities are available to help defray costs of the DI. One such scholarship is offered by the 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 program and full- versus part-time status. Students may benefit from spending time reviewing websites, and visiting and attending DI open houses.

To receive a DI appointment, a student should have a competitive GPA of approximately 3.4 or higher, be active in student organizations, and have dietetic- and/or foodservice-related work experience. The Nutrition and Dietetics faculty will assist students in applying for DI programs.

A Fall workshop lead by the Nutrition and Dietetics Program Director addresses the DI application process, 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 http://www.eatrightacend.org and/or http://www.cdrnet.org.
The general application deadlines for a DI experience are:

<table>
<thead>
<tr>
<th>Dates</th>
<th>May Graduation</th>
<th>December Graduation</th>
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</thead>
<tbody>
<tr>
<td>DI Application Deadlines</td>
<td>February</td>
<td>September</td>
</tr>
<tr>
<td>DI Appointment Dates</td>
<td>April</td>
<td>November</td>
</tr>
<tr>
<td>DI Start Dates</td>
<td>July, August, or September</td>
<td>January or February</td>
</tr>
</tbody>
</table>

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

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

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

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

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

When a student graduates from WCU’s Nutrition and Dietetics program (NTD), s/he is qualified to take the national Dietetic Technician, Registered (DTR) examination. During the last semester at WCU, interested NTD majors should meet with the DPD Program Director who will make available the two forms that must be completed and submitted to CDR. 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 and ACT provide the necessary information (http://www.cdrnet.org). Upon obtaining a passing score on the examination, you are entitled to use the credential "Registered Dietitian" (RD) 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 by searching online or by reviewing information in the classified advertising section of the Journal of the Academy of Nutrition and Dietetics. Formal courses are offered across the US for a fee, or can be purchased on audiotape.

**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), or view details at 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.

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

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

**What career opportunities are available to nutritionists and Registered Dietitians?**
Opportunities open to a student graduating with a Bachelor’s Degree in Nutrition and Dietetics are endless! Some careers may require a RD credential or additional schooling, others may not. A dietetics student may potentially become any one of the following:

- Armed services dietitian
- Administrative dietitian
- Chef
- Clinical trial coordinator
- Community health educator
- Community nutritionist
- Consultant dietitian
- Consumer educator/advocate
- Diabetes educator
- Entrepreneur
- Family & Consumer Scientist
- Food buyer/distributor
- Food photographer
- Food product developer
- Food product marketing specialist
- Foods demonstrator
- Foodservice director
- Freelance writer
- Grocery store nutritionist
- Health inspector
- Health insurance specialist
- Medical nutrition therapy dietitian
- Menu planner
- Nutrition educator
- Pharmaceutical representative
- Public health nutritionist
- Recipe developer
- Research nutritionist
- Restaurant chain manager
- Sports nutritionist
- Teacher/professor
- Equipment demonstrator
- Extension Nutrition Educator
These are a few of many opportunities available to WCU Nutrition and Dietetics DPD graduates.

**What can I do with a Nutrition and dietetics degree if I do not want to pursue dietetics?**
A Nutrition and Dietetics 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 and Dietetics 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
- Exercise physiologist
- Federal government survey technician or inspector
- Food product developer, tester, advertiser, wholesaler, retailer
- Foodservice/Hospitality Manager
- K-12 teacher (health, science, math, consumer sciences)
- Nurse
- Nutrition counselor, commercial weight loss programs
- Occupational Therapist
- Pharmaceutical sales
- Physical Therapist
- Physician, Physician’s Assistant
- Public Health Educator
- Researcher (foods, foodservice, health, hospitality, nutrition)
- WIC nutritionist

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

**WEST CHESTER UNIVERSITY’S NUTRITION AND DIETETICS MAJOR**

**Program Requirements**
The WCU Nutrition and Dietetics curriculum has been planned to meet the ACEND core knowledge for the RD requirements (KRD). Graduates of this DPD meet the minimum academic requirements for entering an 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 (See the course curriculum guide). Course offerings are sequenced to provide learning experiences that build upon and integrate previous knowledge, and become increasingly complex. The curriculum focuses on foods, nutrition, and management. Considerable attention is given to knowledge application for the maintenance of health and 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 and Dietetics curriculum guide and course descriptions are included in the appendix for your use.

Annual Meetings
The Nutrition and Dietetics 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. Majors should become familiar with the Nutrition and Dietetics display board across from Sturzebecker, room 326.

Annual meetings for majors are held as follows:
- **Fall semester**
  - Freshman and new transfer student welcome and program navigation
  - Junior and Senior 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 online 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 in order 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 and Dietetics 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 meet DPD requirements will be awarded a Bachelor of Science Degree in Nutrition and Dietetics and receive a Verification Statement from the Program Director. The statement verifies successful completion of the DPD but does
not guarantee the student a dietetic internship (DI). West Chester University Nutrition and Dietetics graduates who receive a Verification Statement will be eligible to apply for a DI. Acceptance of the graduate into a DI is competitive.

WEST CHESTER UNIVERSITY ADMISSIONS INFORMATION

References will be made to the WCU Undergraduate Catalog. The Catalog can be accessed online through the Registrar’s Office website ([http://www.wcupa.edu/registrar/](http://www.wcupa.edu/registrar/)) by clicking on the “Registration” button, then under the heading “Tips for Getting Started,” click on number two “Undergraduate Catalog.” You also can access the Catalog at [http://catalog.wcupa.edu/undergraduate/](http://catalog.wcupa.edu/undergraduate/).

Admissions Requirements

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

Costs to the Students

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

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

Financial Aid/Scholarships

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

Second Degree Students

People who already have bachelor’s degrees and intend to enter the dietetics field are welcome to enroll in a dietetics program. Courses must be completed to meet ACEND requirements. College transcripts will need to be evaluated by a dietetics 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 write the CDR registration examination for dietitians.
Those individuals interested in continuing their education in dietetics at WCU should enroll as a second degree student. Call the Registrar’s Office, (610) 436-3550, for admission and enrollment information. Contact the DPD director, Dr. Joanne Christaldi, for a transcript evaluation.

**ADVISING AND SCHEDULING**

**Academic Advising**
Each student is assigned an academic advisor in the Nutrition and Dietetics Program. Advisors play an integral role in assisting students through their college years; they aid students in:
- planning a schedule of required courses,
- providing information about scholarships, professional organizations, and job openings,
- making plans for future career endeavors,
- identifying and marketing their strengths,
- communicating pre-professional and professional expectations, and
- nurturing professional growth and development.

Students have the option to request a specific advisor and/or change advisors. In order to request the change, 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 Nutrition and Dietetics Curriculum Guide and Master Schedule, and then prepare a written schedule for themselves. Students will need to take their curriculum guide to advising sessions. The curriculum guide, which keeps an ongoing record of a student’s completed and uncompleted courses, aids faculty in the advising process. The curriculum guide also contains a statement reminding students to apply for graduation 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 and Dietetics 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. A curriculum guide with this information can be found in Sturzebecker Health Sciences Center, room 222 on the wall under BS in Nutrition and Dietetics. The curriculum guide also is posted on the Department of Nutrition website (http://wcupa.edu/academics/HealthSciences/nutritionanddietetics/).
- 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 are able to self-schedule on the web using the my.wcu web portal on WCU’s home webpage (http://www.wcupa.edu). For scheduling, computers are available in the following locations:

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

In order 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.

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 (http://www.wcupa.edu/registrar/), Academic Policies and Procedures section, contains detailed information about the following subjects:

- scheduling, adding, and dropping courses; withdrawing from a course or the University
- refunding tuition and fees
- taking courses out of sequence
- repeating courses
- pass/fail policy, auditing privileges, credit by examination, independent study, and individualized instruction
- attendance policy, excused absences policy, and exemption from final examinations
- grading system and cumulative grade point average
- grade changes and grade appeals (grievances)
- 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, 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 (access to personal files, including identifying information used for distance learning)
- 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 and Dietetics 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 and Dietetics faculty provide experiential learning to meet course and program goals. In doing so, safeguards are taken to prevent injury and illness while traveling and in experiential facilities. The form shown on the next page is completed by Nutrition and Dietetics Majors before participating in any WCU educational activity held outside the classroom. Students participating in Nutrition and Dietetics courses that include international travel must comply with all policies of the University's Center for International Programs which covers liability in travel.

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.

West Chester University 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 and Dietetics will demonstrate content knowledge related to the principles and practice of foodservice and nutrition management, quantity food preparation, community nutrition, and medical nutrition therapy.

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

Student Learning Outcome #3: Information Literacy. Students graduating with a BS in Nutrition and Dietetics 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 and Dietetics will demonstrate the ability to communicate effectively in both the oral and written form, including the development of effective counseling skills.

Student Learning Outcome #5: Diversity. Students graduating with a BS in Nutrition and Dietetics will demonstrate cultural competency through 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 and Dietetics will demonstrate and 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 Nutrition and Dietetics Program Director issues verification statements after students have successfully completed WCU DPD requirements. These requirements are shown in the Appendices. Students wanting to transfer courses to WCU must present, for review, transcripts and syllabi for these courses. The DPD Program Director, in collaboration with faculty, evaluates courses taken at other
institutions and determines whether they meet WCU DPD requirements. Courses meeting WCU DPD requirements will transfer. Students must complete at least 30 credits of coursework at WCU to be eligible for a WCU DPD verification statement. Copies of students’ final transcripts and verification statements are kept in program files.

Student Complaint to ACEND Policy
Nutrition and Dietetics faculty preserve and transmit the values of ASCEND 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 and dietetics profession. Faculty also must take measures to ensure students gain a quality education that encompasses ACEND accreditation standards.

Procedures for handling accreditation standards complaints
1. A student who has concerns regarding the Nutrition and Dietetics 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 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 2000, Chicago, IL 60606-6995, 312/899-0040, ext 5400. Instructions for filing a complaint with ACEND can be found at http://www.eatrightacend.org/ACEND/content.aspx?id=6442485390.
5. The Didactic Program Director will maintain descriptive documentation of any complaints filed by students.

PROFESSIONAL STANDARDS PLEDGE

The following Professional Standards & Expectations pledge is taken by 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.

WCU NUTRITION AND DIETETICS 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.1

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.
  o Situations in which professional or business casual may be appropriate include class presentations, sessions with guest speakers, professional events, interviews.
  o 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.
  o 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).

1 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 and Dietetics majors with at least a junior standing may participate in the accelerated BS program in Nutrition and Dietetics 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 and Dietetics majors and Nutrition minors. The purpose of the Association is to further the individual welfare of its members; service the West Chester community; broaden knowledge in the field of dietetics; and facilitate the exchange of information and experience by promoting camaraderie among students, educators, and professionals throughout the community. The SDA is committed to providing leadership and professional development opportunities to its members via:

- professional presentations,
- seminars and documentaries, created to enhance Nutrition and Dietetics 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, and
- 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 and Dietetics 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 AND are posted on bulletin boards in the department. You also can ask Nutrition and Dietetics professors for membership information, go online to http://www.eatright.org, or call the AND at 1-800-877-1600.

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

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

**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 (ASFSA) (1-800-877-8822, http://www.asfsa.org)
- American Society for Parenteral & Enteral Nutrition (ASPEN) http://www.nutrioncare.org
- American Association of Diabetes Educators (AADE) http://www.diabeteseducator.org
- American Diabetes Association (ADbA) http://www.diabetes.org
- American Public Health Association (APHA) http://www.apha.org
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), or visit their website (http://www.cdrnet.org).

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

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

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

http://www.eatright.org/ANDpositions.html#9
The Academy of Nutrition and Dietetics (AND) position paper index. Official positions of the AND can be found in this web site.

http://www.fda.gov/fdac/795-toc.html
Food and Drug Administration (FDA) Consumer Magazine. This website provides magazine articles related to health. The articles are written with the consumer in mind. Information found on this website includes: good eating, concerns with gaining weight and eating right, staying in shape, and making the food label work for you.

http://www.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.
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.

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.

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

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.

National Institutes of Health. This website provides an array of information about health, diet, and nutrition. Research findings, relating nutrition to health, are presented.

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.

Foods and Nutrition Digest. This website is offered by Kansas State University and contains information of topics including: food safety, healthy food preparation, reviews of journal articles, and basal metabolic rates. The newsletter lists various references for further reading.

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

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

The Nutrition Expert. This website is provided by a group of Registered Dietitians (RD). It clarifies the difference between a "nutritionist" and "registered dietitian". Dieting approaches are provided along with information about why "diets" do not work in the long run. A myriad of nutrition information is available to read.
http://www.fns.usda.gov
Team Nutrition. This website provides information on school meals for children in the U.S. Also provided is information on breakfast programs and the School Wellness Policy.

http://www.nutrition.gov
This website provides federal government information on nutrition.

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

- Food News for Consumers, United States Department of Agriculture, Superintendent of Documents, P.O. Box 371954, Pittsburgh, PA 15250-7954. 4 issues/year. This newsletter provides current information on food safety, nutrition, and food labeling.

- Nutrition Action, Center for Science in the Public Interest, 1875 Connecticut Ave., Suite 300, Washington DC 20009-5728. 10 issues/year. This publication provides information on consumer nutrition and federal actions regarding nutrition (http://www.cspinet.org/).

- Nutrition and the MD, PM Incorporated, PO Box 10172, Van Nuys, CA 91410. 12 issues/year. Results of research in clinical nutrition are presented. In addition, information is provided about professional books and practical clinical practice materials.

- Tufts University Diet and Nutrition Letter, Subscription Fulfillment Department, PO Box 57857, Boulder, CO 80322-7857. 12 issues/year. This newsletter contains a mixture of consumer nutrition information and results derived from current research.

A Request to Prospective and Declared Students Who Use This Handbook
As you might imagine, staying abreast of the dynamic field of dietetics is difficult. Every effort was made to make this handbook current and complete; but, the author realizes that sometimes an element that deserves attention is missed. If you find content that you question or believe warrants further consideration, feel free to e-mail, call, or write Dr. Sandra Walz at swalz@wcupa.edu, 610-436-3113, 222 Sturzebecker Health Sciences Center, West Chester University, West Chester, PA 19383.
# B.S. Degree in Nutrition and Dietetics - Course Curriculum

## 120 Semester Hours

- excluding examination time, there are 14 weeks in a semester. 1 Credit = 1 didactic hour/week or 2-3 laboratory hours/week.

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<td><strong>BIO100</strong>&lt;sup&gt;ABC&lt;/sup&gt; Basic Biological Sc.</td>
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<td><strong>CHE107</strong>&lt;sup&gt;ABC&lt;/sup&gt; Gen Chem Hlth Sci</td>
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<td><strong>NTD203</strong>&lt;sup&gt;AB&lt;/sup&gt; The Dietetic Profession</td>
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<td><strong>WRT120</strong> Effective Writing I</td>
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<td><strong>CHE230</strong>&lt;sup&gt;ABC&lt;/sup&gt; Organic Chem</td>
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<td><strong>CHE310</strong>&lt;sup&gt;ABC&lt;/sup&gt; Intro Biochemistry</td>
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<td><strong>NTD310</strong>&lt;sup&gt;AB&lt;/sup&gt; Nutrition Research</td>
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<td><strong>NTD309</strong> Nutr Thru Life Cycle</td>
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<td><strong>NTD320</strong>&lt;sup&gt;AB&lt;/sup&gt; Strat. in Dietetics Ed.</td>
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<td><strong>NTD416</strong>&lt;sup&gt;B&lt;/sup&gt; Foodserv &amp; Nutr Mgmt I</td>
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**Note:** S/Yr = semester/year course is taken. Cr = course credits. Gr = required grade. Prereq = course prerequisites. *These courses fulfill requirements for both general education and the Nutrition and Dietetics major. **Offered Fall semester. ***Offered Spring semester. ****Offered Summer session.

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**Approved Gen Ed Arts courses**
- ART (ARH): 101, 104, 106, 111, 228, 231
- DANCE: 132, 133, 134, 135, 136, 137, 150
- FILM (FLM): 200
- MUSIC (MHL): 121, 125, 210, 312, 325; MTC: 110
- THEATRE (THA): 101, 103, 212

**Approved Gen Ed Humanities courses**
- LIT: 100, 165, 219, 220; CLS: 165, 260, 261
- HIS: 100, 101, 102, 150, 151, 152, 444
- PHI: 100, 101, 150, 180, 206, 207, 220, 280, 282

Apply online for graduation no later than the end of the junior year or when 90 credits have been earned. Go to http://www.wcupa.edu/registrar and follow their instructions.

**THIS CURRICULUM GUIDE SHOULD BE USED IN CONSULTATION WITH AN ACADEMIC ADVISOR**
Grade and General Education Requirement Information
BS in Nutrition and Dietetics (NTD)

NTD GRADE REQUIREMENTS

• A “C” or better grade is required in all NTD and science courses and in statistics.
• If any core or cognate courses have prerequisites, the minimum grade requirements for those prerequisites must be met before the core or cognate course can be taken.
• Transfer courses need to meet these grade requirements in order to transfer to WCU.
  ~All grade requirements in the dietetics and science courses must be met in order to graduate~

GENERAL EDUCATION REQUIREMENTS

Covered by our major (NTD) requirements

• 2 Science courses (these are met by the program)
• 2 Behavioral and Social Science courses (satisfied by SOC 200 & PSY 100 in program)
• 1 Mathematics course (satisfied by program requirement of Statistics MAT 121)
• 1 “J” course = Diverse Communities (NTD 200 is a “J” course)
• 1 “W” course (Writing Emphasis) (NTD409 is a “W” course)

Not covered by our major (NTD) requirements

• TWO ENGLISH COMPOSITION courses: WRT 120 plus one of the following: 200, 204, 205, 206, 208, or 220.
• TWO HUMANITIES courses (Literature/Comparative Lit., History or Philosophy) – these two must be from 2 different categories, and the courses must be selected from the following approved list of courses:
  LIT: 100, 165, 219, 220; CLS: 165, 260, 261
  HIS: 100, 101, 102, 150, 151, 152, 444
  PHI: 100, 101, 150, 180, 206, 207, 220, 280, 282
• 1 ART course (Art, film/cinema, dance, music, photography, or theater) and the course must be one of the following:
  ART (ARH): 101, 104, 106, 111, 228, 231
  FILM (FLM): 200
  DANCE: 132, 133, 134, 135, 136, 137, 138, 150
  MUSIC (MHL): 121, 125, 210, 312, 325; MTC: 110
  THEATRE (THA): 101, 103, 212
• ONE COMMUNICATIONS course - either SPK 208 or SPK 230 [Transferred credit “SPK199” will also meet this requirement.]
• Free electives (9 credits) – These courses CAN be transferred from another institution
  One INTERDISCIPLINARY COURSE: “I” course = Interdisciplinary. If a course is designated as “I,” it cannot fill ANY OTHER GEN ED REQUIREMENT such as Humanities or Social Science (even if these have already been fulfilled). You can, however, combine an “I” with a “W” course.
• 2 more “W” Writing Emphasis courses (Note: These are courses which place an extra emphasis on writing assignments, they are not English composition [WRT] courses.) A total of 3 writing emphasis courses are required in all, but NTD409 counts as one of them, so you would only need 2 additional courses.

If you have transferred to WCU with 40-70 credits, you would only 2 “W” courses in all (one of which is covered by NTD409). If you transferred in with >70 credits, you would only need 1 “W” course, which is covered by NTD 409 (so you would not need to take any additional “W” courses). Courses designated “W” in the course schedule booklets may be taken at any time during your program. They may be any subject, and you can take a “W” course that is also an Art, or Humanities, or “I” course, to combine these requirements. It can also be one of your electives.

NOTES:

• J & W courses cannot be transferred from another institution, but I courses can be transferred from another institution.
• BIO 110 can substitute for BIO 100, BIO 214 can substitute for BIO 204; but CHE231 CANNOT be used in place of CHE 230
• Apply online for graduation no later than the end of the junior year or when 90 credits have been earned. Go to http://www.wcupa.edu/registrar and follow instructions.

Version 9/2016
### NUTRITION AND DIETETICS COURSE CURRICULUM
#### Second Degree

87 Semester Hours - excluding examination time, there are 14 weeks in a semester. 1 Credit = 1 didactic hour/week or 2-3 laboratory hours/week.

<table>
<thead>
<tr>
<th>S/Yr</th>
<th>1st Semester</th>
<th>Cr</th>
<th>Gr</th>
<th>Prereq</th>
<th>S/Yr</th>
<th>2nd Semester</th>
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<th>4th Semester</th>
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<tr>
<td></td>
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<th>S/Yr</th>
<th>6th Semester</th>
<th>Cr</th>
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<th>Prereq</th>
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Abbreviations: S/Yr=semester and year course is taken. Cr=course credits. Gr=required grade. Prereq=prerequisites for the course. <sup>A</sup>Offered Fall semester. <sup>B</sup>Offered Spring semester. <sup>C</sup>Offered Summer session.

**NTD GRADE REQUIREMENTS:**
- A "C" or better grade is required in all NTD and science courses and in statistics.
- If any core or cognate courses have prerequisites, the minimum grade requirements for those prerequisites must be met before the core or cognate course can be taken.
- Transfer courses need to meet these grade requirements in order to transfer to WCU.
- All grade requirements in the dietetics and science courses must be met in order to graduate.

**NOTES:**
- BIO 110 can substitute for BIO 100, BIO 214 can substitute for BIO 204; but CHE231 CANNOT be used in place of CHE 230
- Apply for graduation by the end of your junior year or two semesters before your projected graduated date. Go to [http://www.wcupa.edu/registrar](http://www.wcupa.edu/registrar) and follow their instructions.

***THIS CURRICULUM GUIDE SHOULD BE USED IN CONSULTATION WITH AN ACADEMIC ADVISOR***
### Nutrition and Dietetics Course Descriptions

<table>
<thead>
<tr>
<th>Course #</th>
<th>Course Name, Credits, and Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>NTD 199</td>
<td>Transfer Credit Electives (1-15). Transfer electives. Repeatable for credit.</td>
</tr>
<tr>
<td>NTD 200</td>
<td>Nutrition and Culture (3). 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.</td>
</tr>
<tr>
<td>NTD 203</td>
<td>The Dietetic Profession (1). 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 and Dietetics. 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.</td>
</tr>
<tr>
<td>NTD 205</td>
<td>Principles of Food Selection and Preparation (3). 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.</td>
</tr>
<tr>
<td>NTD 300</td>
<td>Nutrition Pedagogy (3). This course provides the knowledge and skills necessary to develop and teach K-12 nutrition education lessons and curricula.</td>
</tr>
<tr>
<td>NTD 301</td>
<td>Consumer Nutrition (3). 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.</td>
</tr>
<tr>
<td>NTD 303</td>
<td>Introductory Principles of Human Nutrition (3). 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.</td>
</tr>
<tr>
<td>NTD 304</td>
<td>Global Nutrition (3). 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.</td>
</tr>
<tr>
<td>Course #</td>
<td>Course Name, Credits, and Description</td>
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<tr>
<td>NTD 305</td>
<td><strong>Vegetarian Nutrition (3).</strong> 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. <strong>PREREQ: NTD 303</strong></td>
</tr>
<tr>
<td>NTD 309</td>
<td><strong>Nutrition Throughout the Life Cycle (3).</strong> A study of nutritional needs and dietary concerns of people from conception to old age. <strong>PREREQ: NTD 303</strong></td>
</tr>
<tr>
<td>NTD 310</td>
<td><strong>Nutrition Research (3).</strong> 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. <strong>PREREQ: MAT 121, NTD 309</strong></td>
</tr>
<tr>
<td>NTD 311</td>
<td><strong>Current Topics in Dietetics (2).</strong> This course addresses timely and current topics in dietetics in an evidence-based way. Different topics are covered as they have current relevancy. <strong>PREREQ: NTD 309</strong></td>
</tr>
<tr>
<td>NTD 315</td>
<td><strong>Food-Mind-Spirit (3).</strong> 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. <strong>PREREQ: NTD 303, PSY 100</strong></td>
</tr>
<tr>
<td>NTD 320</td>
<td><strong>Strategies in Dietetics Education (3).</strong> 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. <strong>PREREQ: NTD 309</strong></td>
</tr>
<tr>
<td>NTD 400</td>
<td><strong>Clinical Nutrition Assessment (3).</strong> 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. <strong>PREREQ: BIO 269, CHE 310, NTD 309</strong></td>
</tr>
<tr>
<td>NTD 408</td>
<td><strong>Food Science (3).</strong> 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. <strong>PREREQ: CHE 310 (C or better); NTD 205, 303</strong></td>
</tr>
<tr>
<td>Course #</td>
<td>Course Name, Credits, and Description</td>
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<tr>
<td>NTD 409</td>
<td><strong>Professional Skills in Dietetics (3)</strong>. 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. <strong>PREREQ</strong>: NTD 309. Writing Emphasis.</td>
</tr>
<tr>
<td>NTD 410</td>
<td><strong>Quantity Food Production (3)</strong>. 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. <strong>PREREQ</strong>: BIO 100, NTD 205</td>
</tr>
<tr>
<td>NTD 411</td>
<td><strong>Advanced Human Nutrition I (3)</strong>. 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. <strong>PREREQ</strong>: BIO 100, 259, 269 (all C or better); CHE 230, 310 (both C or better); NTD 309</td>
</tr>
<tr>
<td>NTD 412</td>
<td><strong>Advanced Human Nutrition II (3)</strong>. 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. <strong>PREREQ</strong>: NTD 411/concurrently</td>
</tr>
<tr>
<td>NTD 413</td>
<td><strong>Medical Nutrition Therapy I (3)</strong>. 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. <strong>PREREQ</strong>: NTD 400, 412</td>
</tr>
<tr>
<td>NTD 414</td>
<td><strong>Medical Nutrition Therapy II (3)</strong>. This course covers nutritional therapy in coronary heart disease and hypertension, diabetes mellitus, renal disease, cancer, and disabling diseases. <strong>PREREQ</strong>: NTD 413</td>
</tr>
<tr>
<td>NTD 415</td>
<td><strong>Community Nutrition (3)</strong>. 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. <strong>PREREQ</strong>: NTD 320</td>
</tr>
<tr>
<td>NTD 416</td>
<td><strong>Foodservice and Nutrition Systems Management I (3)</strong>. 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. <strong>PREREQ</strong>: NTD 410</td>
</tr>
<tr>
<td>NTD 417</td>
<td><strong>Foodservice and Nutrition Systems Management II (3)</strong>. A study of the organization and administration of foodservice and nutrition systems and the functions and responsibilities specific to management; leading, controlling operations, budgeting, and marketing. Management of human resources, food, materials, capital, facilities, and markets as related to various hospitality systems will be examined. <strong>PREREQ</strong>: NTD 416</td>
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<tr>
<td>Course #</td>
<td>Course Name, Credits, and Description</td>
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<tr>
<td>NTD 420</td>
<td><strong>Perspectives on Obesity (3).</strong> 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</td>
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<tr>
<td>NTD 422</td>
<td><strong>Nutrition for Health, Fitness, and Sport (3).</strong> 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</td>
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<tr>
<td>NTD 435</td>
<td><strong>Nutrition Workshop (3).</strong> Special nutrition- and dietetics-related workshops on contemporary nutrition and dietetics problems and issues. This course may be taken again for credit.</td>
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APPENDIX D

Didactic Program Requirements
# Didactic Program Requirements

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<td>NTD 200</td>
<td>Nutrition and Culture</td>
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<tr>
<td>NTD 203</td>
<td>The Dietetics Profession</td>
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<td>NTD 205</td>
<td>Principles of Food Selection and Preparation</td>
<td>3</td>
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<td>NTD 303</td>
<td>Introductory Principles of Human Nutrition</td>
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<td>NTD 309</td>
<td>Nutrition Through the Lifecycle</td>
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<td>NTD 310</td>
<td>Nutrition Research</td>
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<td>NTD 320</td>
<td>Strategies in Dietetics Education</td>
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<td>Clinical Nutrition Assessment</td>
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<td>NTD 408</td>
<td>Food Science</td>
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<td>NTD 409</td>
<td>Professional Skills in Dietetics</td>
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<td>NTD 410</td>
<td>Quantity Food Production</td>
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<td>NTD 411</td>
<td>Advanced Human Nutrition I</td>
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<td>NTD 412</td>
<td>Advanced Human Nutrition II</td>
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<td>NTD 413</td>
<td>Medical Nutrition Therapy I</td>
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<td>NTD 414</td>
<td>Medical Nutrition Therapy II</td>
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<td><strong>Physical, Biological Sciences, Mathematics</strong></td>
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<td>BIO 100</td>
<td>Basic Biological Science (BIO 110 can substitute for this course)</td>
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<td>BIO 204</td>
<td>Introduction to Microbiology (BIO 214 can substitute for this course)</td>
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<td>Anatomy and Physiology I</td>
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<td>General Chemistry for the Health Sciences</td>
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<td>Introduction to Biochemistry</td>
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<td>MAT 121</td>
<td>Statistics</td>
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<td>PSY 100</td>
<td>Introduction to Psychology</td>
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<td><strong>Communication Courses</strong></td>
<td></td>
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</tr>
<tr>
<td>COM or SPK</td>
<td>Basic COM or SPK course</td>
<td>3</td>
</tr>
<tr>
<td>ENG or WRT</td>
<td>Basic Composition Courses (e.g. ENG 120 and 121)</td>
<td>6 (usually)</td>
</tr>
</tbody>
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