Program Handbook
Nutrition and Dietetics Major
Department of Nutrition and Food Sciences

2014-15

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Attachments:

Competitive Admission Description and Contract

Description of the Major

Advising Sheets, Nutrition Option and Dietetics Option

Four-Year Plan, Nutrition Option and Dietetics Option
Welcome to NFS
The Department of Nutrition and Food Sciences has 12 faculty and staff all working to provide teaching, research, and outreach to the University, the State of Rhode Island, and the community at large. Our teaching programs include an undergraduate degree in Nutrition and Dietetics, a Master’s degree program in Nutrition, and a PhD in Biological and Environmental Sciences with an emphasis on Nutrition. Our research and outreach programs focus on nutrition and on food safety. In nutrition, the Department studies behavior change, lipid metabolism, and energy regulation. Outreach programs for low-income Rhode Islanders bring this information to the community and serve as a model for the nation. The food safety program focuses on developing and implementing safe food practices for the food industry, both large and small. The program also certifies managers of food safety for the foodservice industry.

Location – Ranger Hall
The Department is located on several floors in Ranger Hall. The main department office is on the first floor, and most faculty offices are on the first and second floors. Our teaching facilities are on the first floor and include the Foods Lab, the Nutrition Lab, and the student advising room for our General Nutrition courses. Our research labs are on the third floor and include the Lipid Metabolism lab, Nutrition Assessment Lab, the Energy Metabolism lab, and the Nutrition Education /SNAP-Ed lab. All labs welcome volunteers!

The Faculty
The faculty is happy to meet you and work with you. Most have schedules on their doors to schedule appointments. Contact information can be found on our department webpage (link to faculty page). If you need a place to start, please contact

Dr. Cathy English
110 Ranger Hall
cathy@uri.edu

The Field
Nutrition is the study of the action of biologically active components of food and their role in maintaining human health. Nutrition is an applied science. Drawing on aspects of chemistry, biochemistry and physiology, nutritionists study the role of nutrients, the body’s requirements for nutrients throughout life, and the effects of inadequate intakes on health and well-being. Nutritionists also draw on the social sciences to study the social, economic, cultural, and psychological implications of food and eating.

Dietetics is the application of knowledge about food and nutrition to help people achieve and maintain health throughout the life span. An important component of health care, dietetics involves helping people meet their nutritional needs in health and disease though diet counseling and nutrition support. Dietetics integrates knowledge of food, nutrition, management, basic sciences, and social sciences to improve the dietary intake and health of individuals and communities.
Undergraduate Major
The Department has one undergraduate degree – Nutrition and Dietetics. There are two options, the Nutrition Option and the Dietetics Option. The Dietetics Option is the nationally accredited Dietetics Program.

Dietetics Option. This option is required of all students planning to become Registered Dietitians. Registered Dietitians work in a variety of settings including healthcare facilities, community agencies, industry, and in private practice. To become a Registered Dietitian, students must complete academic training (Didactic Program in Dietetics) and a supervised practice program (Dietetic Internship), and pass a national exam (Registration Exam for Dietitians). This program (Dietetics Program) is a Didactic Program in Dietetics and provides the academic training needed to become a Registered Dietitian. URI’s Dietetics Program is accredited by the Accreditation Council for Education in Nutrition and Dietetics of the Academy for Nutrition and Dietetics (AND), 120 South Riverside Plaza, Suite 2000, Chicago, IL 60606, 312-899-0040, ext. 5400. Please see our website (http://cels.uri.edu/nfs/) for complete program information.

After completing their B.S. requirements, students can qualify for the professional title of Registered Dietitian by completing supervised practice requirements and passing a national exam. The supervised practice requirement is met by completing an AND-accredited dietetic internship program available to students on a competitive basis nationwide. Admission to internship programs is highly competitive; students are encouraged to review the latest admission information on the Academy for Nutrition and Dietetics website (www.eatright.org). Internships may be combined with graduate programs in universities leading to an advanced degree. Students who complete the academic and supervised practice requirements are eligible to take the national registration examination.

The mission of the Dietetics Program at the University of Rhode Island is to provide students with both theoretical knowledge and opportunities for experiential learning that will allow them to become competent dietetic professionals. The goals of the Dietetics Program are included below, with outcome measures provided in the Dietetics Program section:

1. The Program will provide students with high quality academic training in the field of nutrition and dietetics.
2. The Program will prepare students to successfully obtain and complete dietetic internship programs.
3. The Program will prepare students for careers in nutrition and dietetics.

Nutrition Option. This option is for students who want to study nutrition but do not plan to become Registered Dietitians. Students are encouraged to focus their training either by completion of a minor or curriculum tracks depending upon the set of requirements being followed. Suggested focus areas include:

- Nutrition Science – students who want to study the science of nutrition and use this background for advanced study in the field or admission to professional health programs.
- Health Promotion – students who want to work with the public in preventative health education programs.
- Foods – students who want to work in the foodservice management, food safety, or food sustainability.
Admission to the Major
Incoming Freshmen
Freshmen are admitted to the Nutrition and Dietetics major in University College. University College is the freshmen advising college, and includes a variety of resources for new students. Examples of these resources include academic advising for all majors, tutoring, counseling, etc. An advisor from the NFS department will meet with you at Roosevelt Hall your first year in the program. Once you have completed a minimum of 30 credits and the appropriate course work, you will be transferred from University College to the College of the Environment and Life Sciences – your degree granting college.

Transfer Students
Because of the high demand for our program, transfer students cannot be admitted directly to the major. Interested students will take the first four courses required in the major (NFS 207 or 210 and NFS 212 or 276, and either CHM 103/105 and CHM 124/126 or BIO 121 and BIO 242). GPA earned in these four courses will determine the student’s position in the competitive admission pool. Each semester, the Department will determine the number of seats available in the major and then admit students from the pool. Admission is competitive, and there is no guarantee that the student will be admitted to the degree program from the admission pool. Full information on the procedure is found in the back of this Handbook.

Admission Requirements:
Students will be admitted to the Nutrition and Dietetics degree program in the College of the Environment and Life Sciences after completing a minimum of 30 credits, including CHM 103/105, CHM 124/126, BIO 121, NFS 207/210, NFS 212/276, NFS 394 or NFS 375, WRT 104, COM 100, and STA 220. Students must have earned a 2.5 average in these classes with no less than a C in any one class to be admitted to the Nutrition option, or a 3.0 average in these classes with no less than a C in any one class to be admitted to the Dietetics Option. Students may repeat NFS courses once. Because of national accreditation requirements, students must complete a separate application form for admission to the Dietetics option. All students meeting the admission requirements for the Dietetics option will be accepted.

Degree Requirements:
Please see the advising materials at the end of this Handbook (Description of the Major, Advising Check-sheets, and 4-Year Plans).

Graduation Requirements:
The following graduation requirements are for students entering the program in Fall 2010 or later:
Dietetics Option: Students must earn a 3.0 average in all required courses (science courses, NFS courses, and the additional degree requirements), with no less than a C in any one class.

Nutrition Option: Students must earn a 2.5 average in all required courses (science courses, NFS courses, science courses, and the additional degree requirements).

Students must also complete remaining degree requirements to meet University requirements (general education, supporting electives, and free electives). See attached advising materials.
Policies and Procedures
Filing and handling of complaints from students
The Department has a system in place for students to resolve problems or complaints. Students are encouraged to first contact the professor directly to see if the issue can be resolved. If this does not lead to an acceptable resolution, you should contact the Department Chair (Cathy English, cathy@uri.edu, 401-874-5869) to set up an appointment to discuss the problem. If you are uncomfortable contacting the Department Chair, you are welcome to speak with any member of the Department and he/she will bring the matter to the Department Chair. If this does not lead to an acceptable resolution, you may contact the College of the Environment and Life Science’s Student Affairs Office (Assistant Dean Kimberly Anderson, kand@uri.edu, 401-874-4507). Dean Anderson will refer the problem to the appropriate University representative if it cannot be resolved within the College.

Assessment of prior learning
The Department follows the University’s standard policies and procedures for assessment of prior learning. Course work taken at another institution is evaluated using the University’s standard transfer credit system. This is described on the University College website and this site is under the Quick Links on the Department website. If you believe that the course work was evaluated incorrectly, you may ask for a re-evaluation of your transcript. The form to request this is on the College of the Environment and Life Sciences, Student Affairs, website and is a Quick Link on the Department website. Always work with your academic advisor to ensure that you understand how the process works; this is likely to resolve the problem more efficiently and effectively. The College of Continuing Education is responsible for evaluating if prior work experience can count as academic credit.

Formal assessment of student learning
The Department follows the University’s standard policies and procedures for assessment of student learning. Students will be assessed on their learning in each course enrolled each semester, and will earn a grade in the class. The criteria assessed to determine a grade are clearly identified on the course syllabus, and commonly include multiple methods of assessment (exams, written assignments, presentations, etc.) It is the prerogative of the faculty member to set the scale of the class, following conventionally acceptable guidelines. Students should read the course syllabus carefully at the beginning of the course to be sure they understand the criteria being used for grading. Each semester all grades will be posted on your transcript, with a semester and cumulative grade point average calculated.

Program retention and remediation procedures
The Department follows the University’s standard policies and procedures for retention and remediation procedures. The URI Student Affairs has many services available to help students succeed at the University. Examples of the services include the Academic Enhancement Center, Counseling Center, and the Office of Disability Services. It is always best to meet with your academic advisor, or any member of the Department or University, to help you match the programs available to your needs.
The Nutrition and Dietetics degree program has specific GPA requirements for both admission and graduation. It is the responsibility of the student to be sure that he/she has earned the grades necessary to graduate. The grades earned in specific course, and the overall GPA needed for graduation, are available in the University Catalog, the Department website, and in this Program Handbook. Students who are concerned that they are not meeting degree requirements are strongly encouraged to meet with his/her advisor immediately.

Disciplinary/termination procedures
The Department follows the University’s standard policies and procedures for discipline and termination. The University Student Handbook details the procedures for discipline for all non-academic matters. Academic procedures follow standard policies. The general rule is if your overall GPA falls below a 2.0, you will be placed on probation; two semesters on probation makes you eligible for dismissal from the University. The second grade option allows freshmen and first semester transfer students to retake courses to improve their GPAs. A full description of the academic processes appears on the University website.

Issuing of Verification statements
All students who successfully complete the Dietetics Option of the Nutrition and Dietetics degree program are issued Verification Statements indicating that they have completed an American Dietetic Association accredited program. Verification statements are sent to students approximately 6 weeks after graduation as the degree must be posted on the transcript before they can be issued. Three copies of the Verification Statement are sent to the students' home address. Please let the Program Director know if you need these forms sent to an alternate address. The Program Director maintains a copy of the Verification Statement indefinitely in program files, thus you may contact her at any time for additional copies.
**Dietetics Program**
The Dietetics Option (Dietetics Program) provides the academic coursework outlined by the Academy of Nutrition and Dietetics to become a Registered Dietitian (Didactic Program in Dietetics). The Didactic Program in Dietetics at the University of Rhode Island is currently accredited by the Accreditation Council for Education in Nutrition and Dietetics of the Academy for Nutrition and Dietetics, 120 South Riverside Plaza, Suite 2000, Chicago, IL 60606-6995, 312/899/5400. After completing the degree program, students will receive a Verification Statement showing they have completed Academy of Nutrition and Dietetics’ academic requirements.

**Becoming a Registered Dietitian**
Students qualify for the professional title of Registered Dietitian by completing an academic program, a supervised practice program, and a national exam. The Dietetics option provides the academic training. The supervised practice requirement is met by completing an Academy of Nutrition and Dietetics’ accredited program available to students on a competitive basis nationwide. Internships may be combined with graduate programs in universities leading to an advanced degree. The Academy of Nutrition and Dietetics’ website contains the most current listing of dietetic internship programs. Admission to dietetic internship programs is highly competitive; students should begin early to improve their chances for admissions. Upon completion of academic and experience requirements, students become eligible to take the national examination administered by the Commission on Dietetic Registration. Those passing the Examination can use the professional title of Registered Dietitian. Meeting continuing education requirements maintains registration status. Students who become Registered Dietitians are eligible for licensing in the state of Rhode Island as a Dietitian/Nutritionist. The Rhode Island Department of Health provides complete information on licensing requirements. The AND website contains information on licensing in all states.

**Program Mission**
The mission of the Dietetics Program at the University of Rhode Island is to provide students with both theoretical knowledge and opportunities for experiential learning that will allow them to become competent dietetic professionals.

**Program Goals and Outcomes**
1. The Program will provide students with high quality academic training in the field of nutrition and dietetics.
   a) Over a 5 year period, 70% of students enrolled in the Dietetics Program as juniors will complete the program within 3 years.

   b) Over a 5-year period, the majority of graduating seniors will rate the quality of their academic preparation as good to excellent.

   c) Over a 5-year period, the majority of one-year graduates will rate the quality of their academic preparation as good to excellent.

   d) Over a 5-year period, 80% of graduates will pass the Registration Exam on their first attempt.
2. The Program will prepare students to successfully obtain and complete dietetic internship programs.
   a. Over a 5-year period, 60% of students will apply for dietetic internship programs the year they graduate.
   b. Over a 5-year period, 60% of students applying to dietetic internship programs the academic year they graduate will be accepted.
   c. Over a 5-year period, the majority of dietetic internship directors will rate the academic training of graduates for clinical, community, foodservice management, and out-patient rotations as good to excellent.
   d. Over a 5-year period, the majority of dietetic internship directors will rate the academic training of graduates in nutrition and non-nutrition content areas as equal to, or stronger than, graduates from other academic institutions.

3. The Program will prepare students for careers in nutrition and dietetics.
   a) Over a 5-year period, 70% of students who sought employment in dietetics will be employed within three months of program completion.
   b) Over a 5-year period, the majority of employers will rate the academic preparation of graduates in nutrition and non-nutrition content areas as equal to, or stronger than, graduates from other academic institutions.
   c) Over a 5-year period, 30% of students will complete some graduate coursework within one year of graduation.

Admission and Degree Requirements
Admission and degree requirements for the Dietetics Program are the requirements for the Dietetics Option of the Nutrition and Dietetics degree program. Please see these sections of the Handbook for detailed information.

Program Cost
Detailed cost information may be found in the University Catalog or on the University Website. No additional costs are required of students completing the Dietetics Program.

Academic Calendar
The Dietetics Program follows the standard University calendar.

Academic Advising
Students enrolled in the Nutrition and Dietetics major are strongly encouraged to meet with their advisors at least once per year. Freshman must meet with an academic advisor each semester. Students in University College may schedule an appointment with a departmental advisor through e-Campus. Other students should contact Cathy English (cathy@uri.edu) for more information.
Nutrition and Dietetics Admission Routes

Incoming Freshmen in Nutrition and Dietetics

Current URI students in University College in any other major

Incoming Transfer Students < 30 credits (admitted to UC)

Current URI students in Degree Granting College in any other major

Incoming Transfer Students > 30 credits (admitted to CELS)

Competitive Admissions Pool
(Waiting for Nutrition and Dietetics Program - University College)

Competitive Admissions Pool
(Undecided Major - CELS)

Admission Pool Decision
Admission on space available basis; GPA in CHM 103/105 and CHM 124/126 or BIO 121 and BIO 242, and NFS 207 or 210, and NFS 276. (Students not admitted need to select a new major.)

Nutrition and Dietetics Major
University College

Undecided Major
CELS

Degree Program Admission Requirements
Complete a minimum of 30 credits, including CHM 103/105, CHM 124/126, BIO 121, NFS 207 or 210, NFS 276, NFS 394 or NFS 375, WRT 104, COM 100, and STA 220. Students must have earned a 2.5 average in these classes with no less than a C in any class to be admitted to the Nutrition option, or a 3.0 average in these classes with no less than a C in any one class to be admitted to the Dietetics Option.

Nutrition and Dietetics Major
College of the Environment and Life Sciences
Admission to Nutrition and Dietetics
Students in University College

The Nutrition and Dietetics major has had a great influx of students over the past few years. We have reached our capacity to provide a quality education program for our students. As a result, we are no longer accepting transfer students directly into our major. Students who wish to be put in a competitive admission pool for the Nutrition and Dietetics major can be added to our “Waiting for Nutrition and Dietetics” program. Admission to the Nutrition and Dietetics major from the “Waiting for Nutrition and Dietetics” program is on a space available basis only, and there is no guarantee that students in the competitive admissions pool will be admitted to the major. The following criteria will be used to select students for admission:

- I must complete the following 4 courses at URI within the past 5 years. I must earn a grade of C or higher in each course, and have an overall GPA of 2.8 or higher in these 4 courses:
  - Two science course sequence: either chemistry (CHM 103/105 and CHM 124/126) or biology (BIO 121 and BIO 242)
  - Two nutrition course sequence: NFS 207 or 210 and NFS 276

- The end of the semester that I complete the above 4 courses I will be reviewed for admission to the Nutrition and Dietetics Program in University College. The order by which students are admitted is determined by the average GPA in these 4 courses based upon space available. If I am not selected for admission, I will automatically be considered for admission at the end of the following semester. If I am not selected at this time, I will not be considered for the program in the future.

- If I am selected to the Nutrition and Dietetics major (in University College), I must complete the remaining course requirements for admission to the Nutrition and Dietetics major (in the College of the Environment and Life Sciences). Students will be admitted to the Nutrition and Dietetics major after completing a minimum of 30 credits, including CHM 103/105, CHM 124/126, BIO 121, NFS 207 or 210, NFS 276, NFS 394 or NFS 375, WRT 104, COM 100, and STA 220. Students must have earned a 2.5 average in these classes with no less than a C in any one class to be admitted to the Nutrition option, or a 3.0 average in these classes with no less than a C in any one class to be admitted to the Dietetics Option.

- I can be enrolled in the “Waiting for Nutrition and Dietetics“ program for a maximum of 3 full-time semesters. After 3 semesters, students must either be admitted to the Nutrition and Dietetics major or will be transferred to an Undeclared major.

________________________________________  __________________
Student Signature                      Date                           Department Signature  Date
________________________________________
e-mail address                            URI ID Number

Please return this sheet to Cathy English, Department of Nutrition and Food Sciences, 110 Ranger Hall, cathy@uri.edu. Once this sheet is received, the student will be added to the “Waiting for Nutrition and Dietetics” program.

Effective August 1, 2010
Nutrition and Dietetics

Degree: Bachelor of Science in Nutrition and Dietetics
Contact: Dr. Cathy English
Department of Nutrition and Food Sciences (http://cels.uri.edu/nfs/)
110 Ranger Hall
Phone: (401) 874-5869
Email: cathy@uri.edu

The Field
Nutrition is the study of the action of biologically active components of food and their role in maintaining human health. Nutrition is an applied science. Drawing on aspects of chemistry, biochemistry and physiology, nutritionists study the role of nutrients, the body’s requirements for nutrients throughout life, and the effects of inadequate intakes on health and well-being. Nutritionists also draw on the social sciences to study the social, economic, cultural, and psychological implications of food and eating.

Dietetics is the application of knowledge about food and nutrition to help people achieve and maintain health throughout the life span. An important component of health care, dietetics involves helping people meet their nutritional needs in health and disease though diet counseling and nutrition support. Dietetics integrates knowledge of food, nutrition, management, basic sciences, and social sciences to improve the dietary intake and health of individuals and communities.

Undergraduate Major
The Department has one undergraduate degree – Nutrition and Dietetics. There are two options, the Nutrition Option and the Dietetics Option.

Dietetics Option. This option is required of all students planning to become Registered Dietitians. Registered Dietitians work in a variety of settings including healthcare facilities, community agencies, industry, and in private practice. To become a Registered Dietitian, students must complete academic training (Didactic Program in Dietetics) and a supervised practice program (Dietetic Internship), and pass a national exam (Registration Exam for Dietitians). This program is a Didactic Program in Dietetics and provides the academic training needed to become a Registered Dietitian. URI’s Dietetics Program is accredited by the Accreditation Council for Education in Nutrition and Dietetics of the Academy of Nutrition and Dietetics (AND), 120 South Riverside Plaza, Suite 2000, Chicago, IL 60606, 312-899-0040, ext. 5400. Please see our website (http://cels.uri.edu/nfs) for complete program information. There is no additional cost to complete the program.

After completing their B.S. requirements, students can qualify for the professional title of Registered Dietitian by completing supervised practice requirements and passing a national exam. The supervised practice requirement is met by completing an AND-accredited dietetic internship program available to students on a competitive basis nationwide. Admission to internship programs is highly

Effective September 2013
effective September 2013

competitive; students are encouraged to review the latest admission information on the Academy of Nutrition and Dietetics website (www.eatright.org). Internships may be combined with graduate programs in universities leading to an advanced degree. Students who complete the academic and supervised practice requirements are eligible to take the national registration examination.

The mission of the Dietetics Program is to provide students with both theoretical knowledge and opportunities for experiential learning that will allow them to become competent dietetic professionals. The goals of the Dietetics program are:

1. The Program will provide students with high quality academic training in the field of nutrition and dietetics.
2. The Program will prepare students to successfully obtain and complete dietetic internship programs.
3. The Program will prepare students for careers in nutrition and dietetics.

**Nutrition Option.** This option is for students who want to study nutrition but do not plan to become Registered Dietitians. There are three tracks available which provide focused training in specific areas of nutrition:

*Nutrition Science* – students who want to study the science of nutrition and use this background for advanced study in the field or admission to professional health programs.

*Health Promotion* – students who want to work with the public in preventative health education programs.

*Foods* – students who want to work in foodservice management, food safety, or food sustainability.

**Admission to the Major**

Incoming freshmen are admitted to the Nutrition and Dietetics major in University College. Because of the high demand for our program, transfer students cannot be admitted directly to the major, and will be selected for admission from a competitive admission pool on a space available basis. Please see the Department website for more information (http://cels.uri.edu/nfs/).

Students will be admitted to the Nutrition and Dietetics degree program in the College of the Environment and Life Sciences (the degree-granting college) after completing a minimum of 30 credits, including CHM 103/105, CHM 124/126, BIO 121, NFS 207 or NFS 210, NFS 212 or 276, NFS 394 or NFS 375, WRT 104, COM 100, and STA 220. Students must have earned a 2.5 average in these classes with no less than a C in any one class to be admitted to the Nutrition option, or a 3.0 average in these classes with no less than a C in any one class to be admitted to the Dietetics Option. Students may repeat NFS courses once. Because of national accreditation requirements, students must complete a separate application form for admission to the Dietetics option. All students meeting the admission requirements for the Dietetics option will be accepted.
**Degree Requirements - Students Entering URI in Fall 2013 or After**

**REQUIRED OF BOTH THE NUTRITION OPTION AND THE DIETETICS OPTION:**

**Basic Sciences**
BIO 121 - Human Anatomy (4 credits)
BIO 242 - Human Physiology (3 credits)
CHM 103/105 - General Chemistry, Lab (4 credits)
CHM 124/126 - Organic Chemistry, Lab (4 credits)
BCH 211 - Biochemistry (3 credits)
MIC 201 - Introductory Medical Microbiology (4 credits)

**NFS Courses**
NFS 110 - Introduction to Nutrition and Dietetics (1 credit)
NFS 210 – Applied General Nutrition (4 credits)
NFS 212 or 276 – Public Health Nutrition (3 credits)
NFS 336 - Scientific Principles of Food I (4 credits)
NFS 394 - Nutrition in the Lifecycle I (3 credits)
NFS 395 - Nutrition in the Lifecycle II (3 credits)
NFS 410 - Professional Issues in Nutrition and Dietetics (1 credit)
NFS 440 - Macronutrient Metabolism (3 credits)
NFS 441 – Micronutrient Nutrition (3 credits)
NFS 458 - Nutrition Education (3 credits)

**Additional Degree Requirements**
COM 100 – Communication Fundamentals (3 credits)
STA 220 – Statistics in Modern Society (3 credits)
WRT 104 – Writing to Inform and Explain (3 credits)

**Nutrition Option**
In addition to the common degree requirements, students will also complete 4 NFS courses from the list below based on the track being completed:
NFS 337 - Scientific Principles of Food II (4 credits)
NFS 360 – Nutrition in Exercise and Sport (3 credits)
NFS 375 - Foodservice Management I (3 credits)
NFS 376 - Foodservice Management II (4 credits)
NFS 443 - Nutrition Assessment (4 credits)
NFS 444 - Nutrition and Disease (3 credits)
NFS 451 – Field Experience (up to 6 credits)
NFS 491 – Special Projects (up to 6 credits)
NFS 495 – Practicum (2 credits)

Nutrition Option Tracks:
*Nutrition Science* – NFS 337, 491, 495, and 1 additional NFS course.

*Health Promotion* – NFS 360, 443, 444, and 495.

*Foods* – NFS 337, 375, 376, and 495.

Effective September 2013
**Dietetics Option**

In addition to the common degree requirements, students will complete:

**NFS Courses:**
- NFS 337 – Scientific Principles of Food II (4 credits)
- NFS 375 – Foodservice Management I (3 credits)
- NFS 376 – Foodservice Management II (4 credits)
- NFS 443 – Nutrition Assessment (4 credits)
- NFS 444 – Nutrition and Disease (3 credits)
- NFS 495 – Nutrition Practicum (2 credits)

**Additional Degree Requirements:**
- BUS 341 – Organizational Behavior (3 credits)
- PSY 113 – General Psychology (3 credits)
- SOC 100 – General Sociology (3 credits)

**Graduation Requirements:**
The following graduation requirements are for students entering the program in Fall 2013 or later:

**Dietetics Option:** Students must earn a 3.0 average in all required courses (science courses, NFS courses, and the additional degree requirements), with no less than a C in any one class.

**Nutrition Option:** Students must earn a 2.5 average in all required courses (science courses, NFS courses, science courses, and the additional degree requirements).

Students must also complete remaining degree requirements to meet University requirements (general education, supporting electives, and free electives). Please see the academic advising sheet for the complete list of degree requirements, found at the end of this Handbook.

**Additional Materials:**
The following materials about the Nutrition and Dietetics major are available on the Department website ([http://cels.uri.edu/nfs/](http://cels.uri.edu/nfs/)) or from your advisor:

- Competitive Admission Pool Information
  - Diagram on Admission to Nutrition and Dietetics
  - Contracts for Admission to Nutrition and Dietetics

- Curriculum Information for Students entering URI prior to Fall 2013
  - Nutrition Option/Dietetics Option - Advising Sheet
  - Nutrition Option/Dietetics Option – Four year plan
Major: Nutrition & Dietetics - Dietetics Option

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<th>Student:</th>
<th>Advisor:</th>
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<tr>
<td>General Education: (38)</td>
<td>Basic Sciences (19)</td>
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<tr>
<td>EC: COM 100</td>
<td>CHM 105&lt;sup&gt;b&lt;/sup&gt;</td>
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<td>MQ: STA 220</td>
<td>BCH 211</td>
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<td>N: CHM 103</td>
<td>BIO 242</td>
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<td>S: PSY 113</td>
<td>URI 101</td>
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<td>L:</td>
<td>NFS 110&lt;sup&gt;b&lt;/sup&gt;</td>
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<tr>
<td>A:</td>
<td>NFS 212 / 276</td>
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<td>FC:</td>
<td>URI 101</td>
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A total of 15 credits from L, A, and FC with no more than 6 credits in one area. URI 101 is required of incoming freshmen and transfer students with less than 24 credits; otherwise add 1 credit to free electives.

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<th>Concentration (40)</th>
<th>Introductory Professional Courses (4)</th>
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<tr>
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<td>NFS 375</td>
<td>NFS 212 / 276</td>
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<td>NFS 394</td>
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<td>NFS 458</td>
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<td>NFS 410&lt;sup&gt;b&lt;/sup&gt;</td>
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Students planning on attending graduate school are strongly encouraged to take STA 308.

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<th>Supporting Electives (9)</th>
<th>Free Electives (10)</th>
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<td>BUS 341&lt;sup&gt;(3)&lt;/sup&gt;</td>
<td>_______ ( )</td>
</tr>
<tr>
<td>_______ (3)</td>
<td>_______ ( )</td>
</tr>
</tbody>
</table>

All courses are 3 credits unless indicated (<sup>a</sup> = 4 credits, <sup>b</sup> = 1 credits, <sup>c</sup> = 2 credits).
Dietetics Option

Students must have an overall 3.0 average in all the courses listed below, with no less than a C in any course, in order to graduate:

Basic Sciences (minimum grade of C required for graduation):
BIO 121 - Human Anatomy (4 credits)
BIO 242 - Human Physiology (3 credits)
CHM 103/105 - General Chemistry, Lab (4 credits)
CHM 124/126 - Organic Chemistry, Lab (4 credits)
BCH 211 - Biochemistry (3 credits)
MIC 201 - Introductory Medical Microbiology (4 credits)

NFS Courses (minimum grade of C required for graduation):
NFS 110 - Introduction to Nutrition and Dietetics (1 credit)
NFS 210 - Applied General Nutrition (4 credits)
NFS 212 or 276 - Food, Nutrition and People (3 credits)
NFS 336 - Scientific Principles of Food I (4 credits)
NFS 337 - Scientific Principles of Food II (4 credits)
NFS 375 - Foodservice Management I (3 credits)
NFS 376 - Foodservice Management II (4 credits)
NFS 394 - Nutrition in the Lifecycle I (3 credits)
NFS 395 - Nutrition in the Lifecycle II (3 credits)
NFS 410 - Professional Issues in Nutrition and Dietetics (1 credit)
NFS 440 - Macronutrient Metabolism (3 credits)
NFS 441 - Micronutrient Nutrition (3 credits)
NFS 443 - Nutrition Assessment (4 credits)
NFS 444 - Nutrition and Disease (3 credits)
NFS 458 - Nutrition Education (3 credits)
NFS 495 - Practicum (2 credits)

Additional Degree Requirements (minimum grade of C required for graduation):
BUS 341 - Organizational Behavior (3 credits)
COM 100 - Communication Fundamentals (3 credits)
PSY 113 - General Psychology (3 credits)
SOC 100 - General Sociology (3 credits)
STA 220 - Statistics in Modern Society (3 credits)
WRT 104 - Writing to Inform and Explain (3 credits)

Admission Requirements:
Students will be admitted to the Nutrition and Dietetics degree program in CELS from UC after completing a minimum of 30 credits, including CHM 103/105, CHM 124/126, BIO 121, NFS 207 or NFS 210, NFS 212 or 276, NFS 394 or NFS 375, WRT 104, COM 100, and STA 220. Students must have earned a 3.0 average in these classes with no less than a C in any one class to be admitted. Admission to the Nutrition and Dietetics program is limited to incoming freshmen only; all other students are admitted on a space available basis. Please contact the Department for more information.

This program is required for students entering URI in Fall 2013 or after. Other students may choose to complete these requirements after consultation with their advisor.
## Major: Nutrition & Dietetics - Nutrition Option

### General Education: (38)
- **EC:** COM 100  
  WRT 104
- **MQ:** STA 220
- **N:** CHM 103  
  NFS 210\(^a\)
- **S:** ____________
- **L:** ____________
- **A:** ____________
- **FC:** ____________

**URI 101\(^b\)**

Two courses must be selected from courses designated as "D". A total of 15 credits from L, A, and FC with no more than 6 credits in one area. URI 101 is required of incoming freshmen and transfer students with less than 24 credits; otherwise add 1 credit to free electives.

### Basic Sciences (19)
- **CHM 105\(^b\)**  
  CHM 124/126\(^b\)
- **BCH 211**  
  BIO 121\(^a\)
- **BIO 242**  
  MIC 201\(^a\)

### Introductory Professional Courses (4)
- **NFS 110\(^b\)**  
  NFS 212 / 276

### Concentration (20 credits)
- **NFS 394**  
  ____________
- **NFS 410\(^b\)**  
  ____________
- **NFS 440**  
  ____________
- **NFS 458**  
  ____________

**Track 1 - Nutrition Sciences (12 credits)**
- **NFS 337\(^a\)**  
  ____________
- **NFS 491**  
  ____________
- **NFS 495\(^c\)**  
  ____________

**Track 2 - Health Promotion (12 credits)**
- **NFS 360**  
  ____________
- **NFS 443\(^a\)**  
  ____________

**Track 3 - Foods (13 credits)**
- **NFS 337\(^a\)**  
  ____________
- **NFS 495\(^c\)**  
  ____________
- **NFS 375**  
  ____________

### Supporting Electives (18)

\[ ( ) \quad ( ) \]
\[ ( ) \quad ( ) \]
\[ ( ) \quad ( ) \]

All courses are 3 credits unless indicated.

\(^a=4\) credits; \(^b=1\) credit; \(^c=2\) credits

Effective September 2013, 120 credits


**Nutrition Option**

Students must have an overall 2.5 average in all the courses listed below to graduate:

**Basic Sciences:**
- BIO 121 - Human Anatomy (4 credits)
- BIO 242 - Human Physiology (3 credits)
- CHM 103/105 - General Chemistry, Lab (4 credits)
- CHM 124/126 - Organic Chemistry, Lab (4 credits)
- BCH 211 - Biochemistry (3 credits)
- MIC 201 - Introductory Medical Microbiology (4 credits)

**NFS Courses – Concentration Courses:**
- NFS 110 - Introduction to Nutrition and Dietetics (1 credit)
- NFS 210 - Applied General Nutrition (4 credits)
- NFS 212 or 276 - Public Health Nutrition (3 credits)
- NFS 336 - Scientific Principles of Food I (4 credits)
- NFS 394 - Nutrition in the Lifecycle I (3 credits)
- NFS 395 - Nutrition in the Lifecycle II (3 credits)
- NFS 410 - Professional Issues in Nutrition and Dietetics (1 credit)
- NFS 440 - Macronutrient Metabolism (3 credits)
- NFS 441 - Micronutrient Nutrition (3 credits)
- NFS 458 - Nutrition Education (3 credits)

**NFS Courses – Track Courses:**
- NFS 337 - Scientific Principles of Food II (4 credits)
- NFS 360 - Nutrition in Exercise and Sport (3 credits)
- NFS 375 - Foodservice Management I (3 credits)
- NFS 376 - Foodservice Management II (4 credits)
- NFS 443 - Nutrition Assessment (4 credits)
- NFS 444 - Nutrition and Disease (3 credits)
- NFS 451 - Field Experience (up to 6 credits)
- NFS 491 - Special Projects (up to 6 credits)
- NFS 495 - Practicum (2 credits)

**Additional Degree Requirements:**
- COM 100 - Communication Fundamentals (3 credits)
- WRT 104 - Writing to Inform and Explain (3 credits)
- STA 220 - Statistics in Modern Society (3 credits)

**Admission Requirements:**
Students will be admitted to the Nutrition and Dietetics degree program in CELS from UC after completing a minimum of 30 credits, including CHM 103/105, CHM 124/126, BIO 121, NFS 207 or NFS 210, NFS 212 or 276, NFS 394 or NFS 375, WRT 104, COM 100, and STA 220. Students must have earned a 2.5 average in these classes with no less than a C in any one class to be admitted. Admission to the Nutrition and Dietetics program is limited to incoming freshmen only; all other students are admitted on a space available basis. Please contact the Department for more information.

*This program is required for students entering URI in Fall 2013 or after. Other students may choose this program after consultation with their advisor.*
# Four Year Plan
## Dietetics Option

### Fall Semester

<table>
<thead>
<tr>
<th>First year</th>
<th>Spring Semester</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Composition (WRT 104)</strong> 3cr.</td>
<td><strong>Communications (COM 100)</strong> 3cr.</td>
</tr>
<tr>
<td><strong>General Chemistry (CHM 103/105)</strong> 4cr.</td>
<td><strong>Organic Chemistry (CHM 124/126)</strong> 4cr.</td>
</tr>
<tr>
<td><strong>Applied General Nutrition (NFS 210)</strong> 4cr.</td>
<td><strong>Public Health Nutrition (NFS 212 or 276)</strong> 3cr.</td>
</tr>
<tr>
<td><strong>Sociology (SOC 100)</strong> 3cr.</td>
<td><strong>Intro to Nutr/Diet (NFS 110)</strong> 1cr.</td>
</tr>
<tr>
<td><strong>Traditions &amp; Transformations (URI 101)</strong> 1cr.</td>
<td><strong>Psychology (PSY 113)</strong> 3cr.</td>
</tr>
<tr>
<td></td>
<td><em><em>General Education</em> 3cr.</em>*</td>
</tr>
<tr>
<td><strong>15cr.</strong></td>
<td><strong>17cr.</strong></td>
</tr>
</tbody>
</table>

### Second Year

<table>
<thead>
<tr>
<th>Second Year</th>
<th>Spring Semester</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Anatomy (BIO 121)</strong> 4cr.</td>
<td><strong>Human Physiology (BIO 242)</strong> 3cr.</td>
</tr>
<tr>
<td><strong>Statistics (STA 220)</strong> 3cr.</td>
<td><strong>Foodservice Management II (NFS 376)</strong> 4cr.</td>
</tr>
<tr>
<td><strong>Foodservice Management I (NFS 375)</strong> 3cr.</td>
<td><strong>Supporting Elective 3cr.</strong></td>
</tr>
<tr>
<td><em><em>General Education</em> 3cr.</em>*</td>
<td><em><em>General Education</em> 3cr.</em>*</td>
</tr>
<tr>
<td><strong>Free Elective 3cr.</strong></td>
<td><strong>Free Elective 3cr.</strong></td>
</tr>
<tr>
<td><strong>13cr.</strong></td>
<td><strong>16cr.</strong></td>
</tr>
</tbody>
</table>

### Third Year

<table>
<thead>
<tr>
<th>Third Year</th>
<th>Spring Semester</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Biochemistry (BCH 211)</strong> 3cr.</td>
<td><strong>Microbiology (MIC 201)</strong> 4cr.</td>
</tr>
<tr>
<td><strong>Nutrition in the Lifecycle I (NFS 394)</strong> 3cr.</td>
<td><strong>Nutrition in the Lifecycle II (NFS 395)</strong> 3cr.</td>
</tr>
<tr>
<td><strong>Scientific Principles of Food I (NFS 336)</strong> 4cr.</td>
<td><strong>Scientific Principles of Food II (NFS 337)</strong> 4cr.</td>
</tr>
<tr>
<td><strong>Management (BUS 341)</strong> 3cr.</td>
<td><strong>Macronutrient Metabolism (NFS 440)</strong> 3cr.</td>
</tr>
<tr>
<td><em><em>General Education</em> 3cr.</em>*</td>
<td></td>
</tr>
<tr>
<td><strong>16cr.</strong></td>
<td><strong>14cr.</strong></td>
</tr>
</tbody>
</table>

### Fourth Year

<table>
<thead>
<tr>
<th>Fourth Year</th>
<th>Spring Semester</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Professional Issues (NFS 410)</strong> 1cr</td>
<td><strong>Nutrition Education (NFS 458)</strong> 3cr.</td>
</tr>
<tr>
<td><strong>Micronutrient Nutrition (NFS 441)</strong> 3cr.</td>
<td><strong>Nutrition and Disease (NFS 444)</strong> 3cr.</td>
</tr>
<tr>
<td><strong>Nutrition Assessment (NFS 443)</strong> 4cr.</td>
<td><em><em>General Education</em> 3cr.</em>*</td>
</tr>
<tr>
<td><strong>Nutrition Practicum (NFS 495)</strong> 2cr.</td>
<td><strong>Supporting Elective 3cr.</strong></td>
</tr>
<tr>
<td><strong>Free Elective 4cr.</strong></td>
<td><strong>Free Elective 3cr.</strong></td>
</tr>
<tr>
<td><strong>14cr.</strong></td>
<td><strong>15cr.</strong></td>
</tr>
</tbody>
</table>

*15 credits from Letters, Arts and Foreign Language or Culture with no more than 6 credits in any one area.

120 credits to graduate | Effective September 2013
## Four Year Plan
### Nutrition Option

#### Fall Semester

<table>
<thead>
<tr>
<th>First Year</th>
<th>Spring Semester</th>
</tr>
</thead>
<tbody>
<tr>
<td><a href="#">Composition (WRT 104) 3cr.</a></td>
<td><a href="#">Communications (COM 100) 3cr.</a></td>
</tr>
<tr>
<td><a href="#">General Chemistry (CHM 103/105) 4cr.</a></td>
<td><a href="#">Organic Chemistry (CHM 124/126) 4cr.</a></td>
</tr>
<tr>
<td><a href="#">Applied General Nutrition (NFS 210) 4cr.</a></td>
<td><a href="#">Public Health Nutrition (NFS 212 or 276) 3cr.</a></td>
</tr>
<tr>
<td><a href="#">General Education* 3cr.</a></td>
<td><a href="#">Intro to Nutr/Diet (NFS 110) 1cr.</a></td>
</tr>
<tr>
<td><a href="#">Traditions &amp; Transformations (URI 101) 1cr.</a></td>
<td><a href="#">General Education* 3cr.</a></td>
</tr>
<tr>
<td>15cr.</td>
<td>17cr.</td>
</tr>
</tbody>
</table>

#### Second Year

| [Anatomy (BIO 121) 4cr.](#)                      | Human Physiology (BIO 242) 3cr.          |
| [Statistics (STA 220) 3cr.](#)                   | Nutrition in the Lifecycle II (NFS 395) 3cr. |
| [Nutrition in the Lifecycle I (NFS 394) 3cr.](#) | Supporting Elective 3cr.                |
| [General Education* 3cr.](#)                     | [General Education* 3cr.](#)            |
| 13cr.                                            | 15cr.                                    |

#### Third Year

| Biochemistry (BCH 211) 3cr.                      | [Microbiology (MIC 201) 4cr.](#)        |
| [Scientific Principles of Food I (NFS 336) 4cr.](#) | [Macronutrient Metabolism (NFS 440) 3cr.](#) |
| [NFS Concentration - Track 3cr.](#)             | [NFS Concentration - Track 3cr.](#)     |
| [Free Elective 3cr.](#)                          | [Free Elective 3cr.](#)                 |
| [General Education* 3cr.](#)                     | [Supporting Elective 3cr.](#)           |
| 16cr.                                            | 16cr.                                    |

#### Fourth Year

| Professional Issues (NFS 410) 1cr                | Nutrition Education (NFS 458) 3cr.      |
| [Micronutrient Nutrition (NFS 441) 3cr.](#)     | [NFS Concentration - Track 3cr.](#)   |
| [NFS Concentration - Track 3cr.](#)             | [Supporting Elective 3cr.](#)          |
| [Supporting Elective 3cr.](#)                    | [Supporting Elective 3cr.](#)          |
| [Supporting Elective 3cr.](#)                    | [Free Elective 3cr.](#)                |
| 13cr.                                            | 15cr.                                    |

*2 General Education courses must be selected from courses designated "D"; 6 credits in Social Sciences; 15 credits from Letters, Arts and Foreign Language or Culture with no more than 6 credits in any one area.

120 credits to graduate

Effective September 2013