

Bachelor of Science (B.S.) in Dietetics

About the B.S. in Dietetics Degree

The BS in Dietetics is for those planning to become a Registered Dietitian/Nutritionist (RDN) and is the application of knowledge about food and nutrition to help people achieve and maintain health. Students must earn an overall 3.0 GPA in the Basic Non-Science Requirements, Basic Science Requirements, and the Nutrition and Dietetics Requirements in order to graduate.

All courses 3 credits unless otherwise noted.

Basic Non-Science Requirements (21 cr.)

COM 100: Communication Fundamentals*
MGT 341: Organizational Behavior
MTH 103: Applied Precalculus*
PSY 113: General Psychology*
SOC 100: Intro to the Sociological Perspective*
STA 220: Statistics in Modern Society*
WRT 104: Writing to Inform and Explain*

Basic Science Requirements (27 cr.)

BIO 110: Fundamentals of Biology
BIO 103: Fundamentals of Biology Lab (1 cr)*
BIO 220: Anatomy and Physiology I
BIO 221: Anatomy and Physiology I Lab (1 cr)
BIO 222: Anatomy and Physiology II
BIO 223: Anatomy and Physiology II Lab (1 cr)
CHM 103: General Chemistry*
CHM 105: General Chemistry Lab (1 cr)
CHM 124: Intro to Organic Chemistry
CHM 126: Intro to Organic Chemistry Lab (1 cr)
CMB 201: Intro to Medical Microbiology (4 cr)
CMB 210: Biochemical Aspects of Nutrition +
Physiology

Nutrition and Dietetics Requirements (46 cr.)

NFS 110: Intro to Nutrition/Dietetics (1 cr)
NFS 210: Applied General Nutrition (4 cr)*
NFS 212G: Public Health Nutrition*
NFS 336: Scientific Principles of Food I (4 cr)
NFS 337: Scientific Principles of Food II (4 cr)
NFS 375: Foodservice Management I
NFS 376: Foodservice Management II (4 cr)
NFS 394: Nutrition in the Life Cycle I
NFS 395: Nutrition in the Life Cycle II
NFS 410: Professional Issues in Nutrition/Dietetics (1 cr)
NFS 440: Macronutrient Metabolism
NFS 441: Micronutrient Nutrition
NFS 443: Nutrition Assessment (4 cr)
NFS 444: Nutrition and Disease
NFS 458: Nutrition Education*

General Education (select 8 cr.)*

See next page for details.

Free Electives (18 cr.)

URI 101: Academic Success (1 cr)

Suggested Free Electives (select 17 cr.)

APG 308: Sustainable Agriculture & Food Options*
CMB 242: Human Genetics and Human Affairs
HDF 205G: Money Skills for Life
HDF 291: Rose Butler Browne Peer Mentoring
HDF 318G: Health and Wealth
HDF 412: Historical, Multi-Ethnic, & Alt. Leadership
HDF 450: Intro to Counseling (*prereq*: HDF 230)
KIN 275: Intro to Exercise Science
KIN 300: Physiology of Exercise

KIN 301: Physiology of Exercise Lab (1 cr)
NFS 276G: Foods, Nutrition, and People*
NFS 404: Food Systems, Sustainability, & Health
NFS 491: Special Projects/Independent Study (1-3 cr)
NFS 495: Applied Nutrition Practicum
PLS 150: Plants, People, and the Planet*
PSY 130G: The Problem of Hunger in the US
PSY 200: Quantitative Methods in Psychology
PSY 255: Health Psychology

*Approved General Education credit.

General Education Worksheet for B.S. in Dietetics

Guidelines: General Education is 40 credits. Each of the 12 outcomes (A1-D1) must be met by at least 3 credits.

- A single course may meet more than one outcome but cannot be double counted towards the 40 credit total.
- At least one course must be a Grand Challenge (G).
- No more than 12 credits can have the same course code (note: HPR courses may have more than 12 credits).
- General education courses may also be used to meet requirements for the major or minor when appropriate.

Required courses for the degree provide 32 of the 40 credits of general education courses. You will need to take courses in the **following three outcomes** to fulfill General Education requirements (for a total of at least 8 additional credits):

1. Humanities (A3)
2. Arts & Design (A4)
3. Global Responsibilities (C2)

General Education Credit Count			
At least 40 credits with no more than 12 credits with the same course code. <i>Fill out your course selections below.</i>			
Course	Cr.	Course	Cr.
BIO 103	1		
CHM 103	3		
COM 100	3		
MTH 103	3		
NFS 210	4		
NFS 212G	3		
NFS 458	3		
PSY 113	3		
SOC 100	3		
STA 220	3		
WRT 104	3		

General Education Outcome Audit	
Outcome	Course
Knowledge	
A1. STEM	CHM 103 or NFS 210
A2. Social & Behavioral Sciences	PSY 113 or SOC 100
A3. Humanities (<i>choose 3 cr.</i>)	_____
A4. Arts & Design (<i>choose 3 cr.</i>)	_____
Competencies	
B1. Write effectively	WRT 104
B2. Communicate effectively	COM 100 or NFS 458
B3. Mathematical, statistical, or computational strategies	MTH 103, NFS 210, or STA 220
B4. Information literacy	WRT 104
Responsibilities	
C1. Civic knowledge & responsibilities	COM 100
C2. Global responsibilities (<i>choose 3 cr.</i>)	_____
C3. Diversity and inclusion	NFS 212G
Integrate and Apply	
D1. Ability to synthesize	NFS 458
Grand Challenge	
G. Check that at least one course of your 40 credits is an approved "G" course	NFS 212G

Suggested Course Sequence for B.S. in Dietetics

	Fall Semester			Spring Semester		
	Grade	Course	Cr.	Grade	Course	Cr.
Year 1	_____	CHM 103: General Chemistry*	3	_____	BIO 110: Fundamentals of Biology	3
	_____	CHM 105: General Chemistry Lab	1	_____	BIO 103: Fundamentals of Biology Lab*	1
	_____	COM 100: Communication*	3	_____	CHM 124: Organic Chemistry	3
	_____	MTH 103: Applied Precalculus*	3	_____	CHM 126: Organic Chemistry Lab	1
	_____	NFS 210: Applied General Nutrition*	4	_____	NFS 110: Intro to Nutrition/Dietetics	1
	_____	URI 101: Academic Success	1	_____	NFS 212G: Public Health Nutrition*	3
					_____	WRT 104: Writing to Inform and Explain*
	Total: 15 cr.			Total: 15 cr.		
Year 2	_____	BIO 220: Anatomy + Physiology I	3	_____	BIO 222: Anatomy + Physiology II	3
	_____	BIO 221: Anatomy + Physiology I Lab	1	_____	BIO 223: Anatomy + Physiology II Lab	1
	_____	NFS 375: Foodservice Management I	3	_____	NFS 376: Foodservice Management II	4
	_____	SOC 100: Intro to Sociology*	3	_____	PSY 113: General Psychology*	3
	_____	STA 220: Statistics in Modern Society*	3	_____	Free Elective	3
	_____	General Education*	3	_____	General Education*	3
		Total: 16 cr.			Total: 14 cr.	
Year 3	_____	CMB 210: Biochemistry	3	_____	CMB 201: Intro to Medical Microbiology	4
	_____	MGT 341: Organizational Behavior	3	_____	NFS 337: Scientific Principles of Food II	4
	_____	NFS 336: Scientific Principles of Food I	4	_____	NFS 395: Nutrition in the Life Cycle II	3
	_____	NFS 394: Nutrition in the Life Cycle I	3	_____	NFS 440: Macronutrient Metabolism	3
	_____	Free Elective	3	_____	Free Elective	3
		Total: 16 cr.			Total: 17 cr.	
Year 4	_____	NFS 410: Professional Issues Nutr/Diet	1	_____	NFS 444: Nutrition + Disease	3
	_____	NFS 441: Micronutrient Nutrition	3	_____	Free Elective	3
	_____	NFS 443: Nutrition Assessment	4	_____	Free Elective	3
	_____	NFS 458: Nutrition Education*	3	_____	Free Elective	3
	_____	Free Elective	3	_____	Free Elective	3
	Total: 14 cr.			Total: 15 cr.		

***General Education:** Required courses for the degree provide 32 of the 40 credits of general education courses. You will need to take courses in the **following three outcomes** to fulfill General Education requirements:

1. Humanities (A3)
2. Arts & Design (A4)
3. Global Responsibilities (C2)

Grade Point Average: Students must earn a minimum of C in every required course and a 3.0 overall GPA in all required courses to graduate from the degree.