

# BS in DIETETICS (284328) MAP Sheet

Department of Nutrition, Dietetics, and Food Science

For students entering the degree program during the 2016–2017 curricular year.



Dietitians apply principles of nutrition, food science, and food service management in a variety of health care, institutional, and business settings.

An accredited dietetic internship must be completed after graduation to qualify for the RD Exam.

*This is a limited enrollment program requiring departmental admissions approval.*

Students must apply by February 15<sup>th</sup> for admission into the professional sequence in the Fall. Formal acceptance is required to continue with the professional sequence. Enrollment is limited to 40 students. Major GPA and performance in nutrition, dietetics, and food science courses will be considered. Successful applicants typically have a major and cumulative GPA greater than 3.0 and nutrition, dietetics, and food science course grades greater than B-. Applicants need at least 300 hours of dietetics-related work and/or volunteer experience. Four of the eight courses marked (+) must be complete at the time of application. For more information, go to <http://dietetics.byu.edu> and view video.

UNIVERSITY CORE AND GRADUATION REQUIREMENTS				PROGRAM REQUIREMENTS (80 total hours)			
<b>UNIVERSITY CORE REQUIREMENTS</b>				<b>Complete the following courses</b> (must be completed before professional sequence):			
<u>Requirements</u>	<u>#Classes</u>	<u>Hours</u>	<u>Classes</u>	Acc 200+ Principles of Accounting	3.0	NDFS 300 Medical Nutrition Therapy 1	4.0
<b>Religion Cornerstones</b>				Chem 101** Introductory General Chemistry	3.0	NDFS 356 Medical Nutrition Therapy 2	3.0
Teachings & Doctrine, Book of Mormon	1	2.0	Rel A 275	Chem 285+*** Intro Bio-organic Chemistry	4.0	NDFS 374 Food Production Management	2.0
Jesus Christ & the Everlasting Gospel	1	2.0	Rel A 250	MMBio 221+ General Microbiology	3.0	NDFS 375 Food Production Management Lab	2.0
Foundations of the Restoration	1	2.0	Rel C 225	MMBio 222**** General Microbiology Lab	1.0	NDFS 400 Community Nutrition	3.0
The Eternal Family	1	2.0	Rel C 200	NDFS 100*+ Essentials of Human Nutrition	3.0	NDFS 401 Community Nutrition Fieldwork	0.5
<b>The Individual and Society</b>				NDFS 200+ Nutrient Metabolism	3.0	NDFS 405 Nutrition Assessment Lab	0.5
<b>Citizenship</b>				NDFS 250 Essentials of Food Science	3.0	NDFS 424 Nutrition Through the Life Cycle	2.0
American Heritage	1–2	3–6.0	from approved list	NDFS 251 Essentials of Food Science Lab	1.0	NDFS 434 Nutritional Bio-organic Chemistry	4.0
Global & Cultural Awareness	1	3.0	from approved list	NDFS 290+ Introduction to Dietetics	1.0	NDFS 440 Teaching Methods in Dietetics	3.0
<b>Skills</b>				PDBio 220+ Human Anatomy (with lab)	3.0	NDFS 445 Food Service Systems	3.0
Effective Communication				PDBio 305+ Human Physiology	4.0	NDFS 458 Management in Dietetics	3.0
First-Year Writing	1	3.0	from approved list	Psych 111* Intro to Psychological Science	3.0	NDFS 466 Advanced Dietetics Practice	3.0
Adv Written & Oral Communication	1	3.0	Engl 316 recommended	Stat 121* Principles of Statistics	3.0	NDFS 475 Research Methods in Dietetics	2.0
Quantitative Reasoning	0–1	0–3.0	from approved list			NDFS 490 Professionalism Seminar	2.0
Languages of Learning (Math or Language)	1	3.0	Stat 121*			NDFS 491 Internship Preparation	1.0
<b>Arts, Letters, and Sciences</b>						PDBio 365 Pathophysiology	4.0
Civilization 1 and 2	2	6.0	from approved list	<b>**Note:</b> Or equivalent general chemistry course from high school or junior college.		<b>Recommended Courses</b> (can be taken any time in the program):	
Arts	1	3.0	from approved list	<b>***Note:</b> Chem 105, 106, 107, 351, 352, 481 sequence is recommended for students interested in medical or dental school or graduate programs in nutrition.		Bus M 201 Financial Management	3.0
Letters	1	3.0	from approved list	<b>****Note:</b> Chem 107 may be substituted for MMBio 222.		Bus M 241 Marketing Management	3.0
Scientific Principles & Reasoning						IS 100 Computer Spreadsheet Skills	0.5
Biological Science	1	3.0	NDFS 100*			NDFS 310 Nutrition & Metabolism in Sports & Exercise	2.0
Physical Science	1–2	3–7.0	from approved list			NDFS 380 International Nutrition and Health	3.0
Social Science	1	3.0	Psych 111*			PDBio 120 Science of Biology	2.0
<b>Core Enrichment: Electives</b>						StDev 150 Public Speaking	3.0
Religion Electives	3–4	6.0	from approved list			StDev 305 Advanced Reading Strategies	2.0
Open Electives	Variable	Variable	personal choice			<b>Recommended Minors:</b> The following minors are very complementary to a dietetics major, but any area of interest could be considered:	
<b>GRADUATION REQUIREMENTS:</b>						Business	
Minimum residence hours required		30.0				Gerontology (See School of Family Life)	
Minimum hours needed to graduate		120.0				International Development	
						Spanish	

FOR UNIVERSITY CORE QUESTIONS CONTACT THE ADVISEMENT CENTER ♦ FOR PROGRAM QUESTIONS SEE YOUR FACULTY ADVISOR

\*THESE CLASSES FILL BOTH UNIVERSITY CORE AND PROGRAM REQUIREMENTS (9 hours overlap)

# BS in DIETETICS (284328) 2016–2017

## Dietetic Internship:

To become a Registered Dietitian, students must complete an accredited Dietetic Internship (DI) following graduation. Application to internships is made during the final semester of study. Following successful completion of an internship, graduates are eligible to take the Registration Examination.

Admission to internships is highly competitive. To increase the likelihood of obtaining a position in a DI, students should prepare by:

- maintaining *at least* a 3.0 GPA,
- having 1000 hours of work and/or volunteer experience in institutional foodservice and/or nutrition care (i.e., foodservice: hospital, nursing homes, university dining services, school, etc.; volunteer: WIC, Cancer Society, Heart Association, March of Dimes, hospital, etc.),
- participating in meaningful volunteer activity
- demonstrating leadership ability, and
- taking the GRE (recommended).

Meeting these criteria does not guarantee placement in a dietetic internship, but failure to meet them will almost surely preclude placement.

## Suggested Sequence of Courses:

Students may wish to take classes in Spring and/or Summer Terms to lighten credit hour loads. All NDFS classes in the professional sequence must be taken in the semester shown, even if other courses have been completed.

The course sequence of students who transfer from other majors may leave them with available time prior to entering the professional sequence in a Fall Semester. Students with sufficient time may wish to take recommended courses or pursue a minor.

## FRESHMAN YEAR

<u>1st Semester</u>	
First-Year Writing or American Heritage	3.0
*Chem 101	3.0
NDFS 100	3.0
Quantitative Reasoning elective (if needed)	(3.0)
Religion Cornerstone course	2.0
General electives	3.0
<b>Total Hours</b>	<b>14–17.0</b>

\*Chem 105, 106, 107, 351, 352, 481 sequence is recommended for those interested in pursuing graduate work in nutrition; medical or dental school.

**Note:** Students are encouraged to complete an average of 15–16 credit hours each semester or 30–32 credit hours each year, which could include spring and/or summer terms. Taking fewer credits substantially increases the cost and the number of semesters to graduate.

## 2nd Semester

First-Year Writing or American Heritage	3.0
Chem 285	4.0
PDBio 220 (FWSpSu)	3.0
Psych 111 (FWSpSu) (Social Science)	3.0
Religion Cornerstone course	2.0
<b>Total Hours</b>	<b>15.0</b>

## SOPHOMORE YEAR

<u>3rd Semester</u>	
NDFS 200 (FSp)	3.0
NDFS 290 (F)	1.0
MMBio 221	3.0
MMBio 222	1.0
Stat 121 (Languages of Learning)	3.0
Religion Cornerstone course	2.0
Global & Cultural Awareness elective	3.0
<b>Total Hours</b>	<b>16.0</b>

## 4th Semester

Acc 200 (FWSpSu)	3.0
NDFS 250 (FWSp)	3.0
NDFS 251 (FWSp)	1.0
PDBio 305 (FWSp)	4.0
Religion Cornerstone course	2.0
Physical Science elective	3.0
<b>Total Hours</b>	<b>16.0</b>

*Apply to the program by February 15<sup>th</sup>, and be admitted to the professional sequence to start in the fall.*

## JUNIOR YEAR

<u>5th Semester</u>	
Engl 316 (FWSpSu) (Adv. Wrtg) or NDFS 375	3.0
NDFS 300 (F)	4.0
NDFS 374 (F)	2.0
PDBio 365 (FW)	4.0
Religion elective	2.0
<b>Total Hours</b>	<b>15.0</b>

## 6th Semester

NDFS 356 (W)	3.0
NDFS 375 (FW) or Engl 316	2.0
NDFS 424 (W)	2.0
NDFS 445 (W)	3.0
Religion elective	2.0
Civilization 1 elective	3.0
<b>Total Hours</b>	<b>15.0</b>

## SENIOR YEAR

<u>7<sup>th</sup> Semester</u>	
NDFS 400 (F)	3.0
NDFS 401 (F)	0.5
NDFS 405 (1 <sup>st</sup> or 2 <sup>nd</sup> block) (F)	0.5
NDFS 440 (F)	3.0
NDFS 458 (F)	3.0
NDFS 491 (F)	1.0
Civilization 2 elective	3.0
<b>Total Hours</b>	<b>14.0</b>

## 8<sup>th</sup> Semester

NDFS 434 (W)	4.0
NDFS 466 (W)	3.0
NDFS 475 (W)	2.0
NDFS 490 (W)	2.0
Arts or Letters elective	3.0
Religion elective	2.0
<b>Total Hours</b>	<b>16.0</b>

## THE DISCIPLINE:

Dietetics is the science and art of applying the principles of nutrition to the diet.

Following prerequisite courses, *the Didactic Program in Dietetics* consists primarily of dietetics course work at the junior and senior level. The Brigham Young University Didactic Program in Dietetics is currently granted accreditation status by the Accreditation Council for Education in Nutrition and Dietetics of the Academy of Nutrition and Dietetics, 120 South Riverside Plaza, Suite 2000, Chicago, IL 60606-6995, (312) 899-4876. Following graduation, students must gain acceptance into and complete an accredited dietetic internship (DI) to qualify for the national examination required for Registered Dietitian (RD) status.

## FINANCING:

Some employment opportunities exist in the department. Scholarships are available from the department and the college.

## CAREERS:

*Clinical Dietitian*-Assess nutritional status of patients. Counsel patient and family on diet recommendations. Conduct classes on diabetes, weight control, normal nutrition.

*Consultant Dietitian*-Meets federal and state requirements for nursing homes. Consultant for food preparation. In-service education to staff.

*Independent Practitioner*-Private dietetics practice. Conduct classes on weight control and cardiovascular disease and counsel clients.

*Community/Public Health Dietitian*-Assess nutritional status of clients according to needs. State and federal programs for the aged, children and pregnant women.

*Administrative Dietitian*-Manage time, money and human resources. Plan, organize, direct and evaluate food service systems. Administer personnel, develop policies and standards. Develop budget guidelines.

(See faculty advisor for additional career choices.)

## PROFESSIONAL ASSOCIATION:

Affiliate membership in the Academy of Nutrition and Dietetics provides opportunities to attend local, state and national professional meetings, in addition to a subscription to the Journal of the Academy of Nutrition and Dietetics.

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