

NUTRITION MAJOR: DIETETICS OPTION (B.S.)

<https://colsa.unh.edu/agriculture-nutrition-food-systems/program/bs/nutrition-major-dietetics-option>

Description

Nutrition is the study of how nutrients and food components function at molecular, cellular, and whole-body levels to impact human health and disease. Students are grounded in fundamental sciences as they develop nutrition-specific competencies in nutrition and health, foods, nutritional assessment, wellness, life cycle nutrition, and/or metabolic biochemistry.

The nutrition program prepares students for entry-level positions in health care, education, research, or the biotechnology industry, or entry into post-baccalaureate professional programs. Nutrition faculty have expertise in clinical nutrition, sports nutrition, telehealth, epidemiology, and food science, as well as assessing risk factors of chronic disease risk (i.e. obesity, diabetes, cardiovascular, cognitive) in diverse populations (pediatric, young adult, older adult).

The curriculum for the Dietetics option is accredited by the Academic Council for Education in Nutrition and Dietetics (ACEND) of the Academy of Nutrition and Dietetics (AND). Students who complete the B.S. in Nutrition with the Dietetics option are eligible to apply for a dietetic internship, a prerequisite for becoming a registered dietitian.

Requirements

Degree Requirements

Minimum Credit Requirement: 128 credits

Minimum Residency Requirement: 32 credits must be taken at UNH

Minimum GPA: 2.0 required for conferral*

Core Curriculum Required: Discovery & Writing Program Requirements

Foreign Language Requirement: No

All Major, Option and Elective Requirements as indicated.

*Major GPA requirements as indicated.

Major Requirements

A grade of C-minus or better must be earned in all NUTR courses required by the major.

Code	Title	Credits
Foundation Courses		
BMS 507	Human Anatomy and Physiology I	4
BMS 508	Human Anatomy and Physiology II	4
SOC 400	Introductory Sociology	4
or PSYC 401	Introduction to Psychology	
Choose ONE statistics course		
BIOL 528	Applied Biostatistics I	4
PSYC 402	Statistics in Psychology	
SOC 402	Statistics	

Code	Title	Credits
Science Core Courses		
CHEM 403	General Chemistry I	4
CHEM 404	General Chemistry II	4
BMS 501	Microbes in Human Disease	4
CHEM 545 & CHEM 546	Organic Chemistry and Organic Chemistry Laboratory	5
BMCB 658	General Biochemistry	3

Code	Title	Credits
Nutrition Core Courses		
NUTR 400	Nutrition in Health and Well Being	4
NUTR 401	Professional Perspectives on Nutrition	1
NUTR 476	Nutritional Assessment	4
NUTR 650	Life Cycle Nutrition	4

Code	Title	Credits
Dietetics Option Courses		
NUTR 403	Culinary Arts Skills Development	4
NUTR 504	Managerial Skills in Dietetics	4
NUTR 550	Food Science: Principle and Practice	4
NUTR 610	Nutrition Education and Counseling	4
NUTR 700	Career Development in Dietetics	1
NUTR 720	Community Nutrition	4
NUTR 750	Nutritional Biochemistry	4
NUTR 773	Clinical Nutrition	4
NUTR 775	Practical Applications in Medical Nutrition Therapy	4
NUTR 780	Critical Issues in Nutrition	4
HMP 401	United States Health Care Systems	4

Dietetics Capstone Experience

One capstone experience, supervised and approved within the major, is required of all seniors. The capstone explores areas of interest based on the integration of prior learning. The capstone requirement for Dietetics students is satisfied through the completion of NUTR 720 Community Nutrition or NUTR 780 Critical Issues in Nutrition during their senior year.

Both NUTR 720 and NUTR 780 are required courses; one of these courses must be taken during the student's senior year to fulfill the university's capstone requirement.

Degree Plan

SAMPLE Course Sequence for Dietetics

First Year

Fall		Credits
NUTR 400	Nutrition in Health and Well Being	4
NUTR 401	Professional Perspectives on Nutrition	1
BMS 507	Human Anatomy and Physiology I	4
SOC 400	Introductory Sociology	4
or PSYC 401	or Introduction to Psychology	
ENGL 401	First-Year Writing	4

Credits 17

Spring

NUTR 476	Nutritional Assessment	4
BMS 508	Human Anatomy and Physiology II	4
HMP 401	United States Health Care Systems	4
Discovery Course		4

Credits 16

Second Year**Fall**

CHEM 403	General Chemistry I	4
NUTR 403	Culinary Arts Skills Development	4
Select one of the following:		4
PSYC 402	Statistics in Psychology	
SOC 402	Statistics	
BIOL 528	Applied Biostatistics I	
Inquiry Course		4

Credits **16**

Spring

NUTR 504	Managerial Skills in Dietetics	4
CHEM 404	General Chemistry II	4
Discovery Course		4
Elective (any course)		4

Credits **16**

Third Year**Fall**

NUTR 550	Food Science: Principle and Practice	4
NUTR 610	Nutrition Education and Counseling	4
BMS 501	Microbes in Human Disease	4
CHEM 545 & CHEM 546	Organic Chemistry and Organic Chemistry Laboratory	5

Credits **17**

Spring

NUTR 600	Field Experience in Nutrition	2
NUTR 650	Life Cycle Nutrition	4
NUTR 773	Clinical Nutrition	4
BMCB 658	General Biochemistry (no lab required)	3
Discovery Course		4

Credits **17**

Fourth Year**Fall**

NUTR 700	Career Development in Dietetics	1
NUTR 750	Nutritional Biochemistry	4
NUTR 775	Practical Applications in Medical Nutrition Therapy	4
Discovery Course		4
Elective (any course)		1-4

Credits **14-17**

Spring

NUTR 720	Community Nutrition	4
NUTR 780	Critical Issues in Nutrition	4
Discovery Course		4
Elective (any course)		3-4

Credits **15-16**

Total Credits **128-132**

- Select and use appropriate current information technologies to locate and apply evidence-based guidelines and protocols.
- Apply critical thinking skills.
- Demonstrate effective and professional oral and written communication and documentation.
- Describe the governance of nutrition and dietetics practice, such as the Scope of Practice for the Registered Dietitian Nutritionist and the Code of Ethics for the Profession of Nutrition and Dietetics.
- Assess the impact of a public policy position on nutrition and dietetics practice.
- Discuss the impact of health care policy and different health care delivery systems on food and nutrition services.
- Identify and describe the work of interprofessional teams and the roles of others with whom the registered dietitian nutritionist collaborates.
- Demonstrate cultural humility, awareness of personal biases and an understanding of cultural differences as they contribute to diversity, equity, and inclusion.
- Describe contributing factors to health inequity in nutrition and dietetics including structural bias, social inequities, health disparities and discrimination.
- Participate in a nutrition and dietetics professional organization and explain the significant role of the organization.
- Defend a position on issues impacting the nutrition and dietetics profession.
- Use the Nutrition Care Process and clinical workflow elements to assess nutritional parameters, diagnose nutrition related problems, determine appropriate nutrition interventions and develop plans to monitor the effectiveness of these interventions.
- Develop an educational session or program/educational strategy for a target population.
- Demonstrate counseling and education methods to facilitate behavior change and enhance wellness for diverse individuals and groups.
- Practice routine health screening assessments, including measuring blood pressure and conducting waived point-of-care laboratory testing (such as blood glucose or cholesterol).
- Describe concepts of nutritional genomics and how they relate to medical nutrition therapy, health, and disease.
- Develop nutritionally sound meals, menus and meal plans that promote health and disease management and meet client's/patient's needs.
- Apply management theories to the development of programs or services.
- Evaluate a budget/financial management plan and interpret financial data.
- Demonstrate an understanding of the regulation system related to billing and coding, what services are reimbursable by third party payers, and how reimbursement may be obtained.
- Apply the principles of human resource management to different situations.
- Apply safety and sanitation principles related to food, personnel, and consumers.
- Explain the processes involved in delivering quality food and nutrition services.
- Evaluate data to be used in decision-making for continuous quality improvement.

Student Learning Outcomes

- Demonstrate how to locate, interpret, evaluate and use professional literature to make ethical, evidence-based practice decisions.

- Perform self-assessment that includes awareness in terms of learning and leadership styles and cultural orientation and develop goals for self-improvement.
- Identify and articulate one's skills, strengths, knowledge and experiences relevant to the position desired and career goals.
- Practice how to self-advocate for opportunities in a variety of settings (such as asking for needed support, presenting an elevator pitch).
- Practice resolving differences or dealing with conflict.
- Promote team involvement and recognize the skills of each member.
- Demonstrate an understanding of the importance and expectations of a professional in mentoring and precepting others.