BS in DIETETICS (284328) Map Sheet
Department of Nutrition, Dietetics, and Food Science
For students entering the degree program during the 2012–2013 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 15th for admission into the professional sequence in the Fall. Enrollment is limited to 40 students. Successful applicants typically have a major and cumulative GPA of at least 3.0, have at least a B– in all NDFS classes and at least a C– in all other major courses. They must also have 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

### UNIVERSITY CORE AND GRADUATION REQUIREMENTS

<table>
<thead>
<tr>
<th>Requirements</th>
<th>#Classes</th>
<th>Hours</th>
<th>Classes</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Doctrinal Foundation</strong></td>
<td></td>
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<tr>
<td>Book of Mormon</td>
<td>2</td>
<td>4.0</td>
<td>Rel A 121 and 122</td>
</tr>
<tr>
<td>New Testament</td>
<td>1</td>
<td>2.0</td>
<td>Rel A 211 or 212</td>
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<tr>
<td>Doctrine and Covenants</td>
<td>1</td>
<td>2.0</td>
<td>Rel C 324 or 325</td>
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<tr>
<td><strong>The Individual and Society</strong></td>
<td></td>
<td></td>
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<tr>
<td>Citizenship</td>
<td>1–2</td>
<td>3–6.0</td>
<td>from approved list</td>
</tr>
<tr>
<td>Global &amp; Cultural Awareness</td>
<td>1</td>
<td>3.0</td>
<td>from approved list</td>
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<tr>
<td><strong>Skills</strong></td>
<td></td>
<td></td>
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<tr>
<td>Effective Communication</td>
<td>1</td>
<td>3.0</td>
<td>from approved list</td>
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<tr>
<td>First-Year Writing</td>
<td>1</td>
<td>3.0</td>
<td>from approved list</td>
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<tr>
<td>Adv Written &amp; Oral Communication</td>
<td>1</td>
<td>3.0</td>
<td>Engl 316 recommended</td>
</tr>
<tr>
<td>Quantitative Reasoning</td>
<td>0–1</td>
<td>0–3.0</td>
<td>from approved list</td>
</tr>
<tr>
<td>Languages of Learning (Math or Language)</td>
<td>1</td>
<td>3.0</td>
<td>Stat 121*</td>
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<tr>
<td><strong>Arts, Letters, and Sciences</strong></td>
<td></td>
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<tr>
<td>Civilization 1 and 2</td>
<td>2</td>
<td>6.0</td>
<td>from approved list</td>
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<tr>
<td>Arts</td>
<td>1</td>
<td>3.0</td>
<td>from approved list</td>
</tr>
<tr>
<td>Letters</td>
<td>1</td>
<td>3.0</td>
<td>from approved list</td>
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<tr>
<td>Scientific Principles &amp; Reasoning</td>
<td></td>
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<tr>
<td>Biological Science</td>
<td>1</td>
<td>3.0</td>
<td>MMBio 221*</td>
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<tr>
<td>Physical Science</td>
<td>1–2</td>
<td>3–7.0</td>
<td>from approved list</td>
</tr>
<tr>
<td>Social Science</td>
<td>1</td>
<td>3.0</td>
<td>Psych 111*</td>
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<tr>
<td><strong>Core Enrichment: Electives</strong></td>
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<tr>
<td>Religion Electives</td>
<td>3–4</td>
<td>6.0</td>
<td>from approved list</td>
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<tr>
<td>Open Electives</td>
<td>Variable</td>
<td>Variable</td>
<td>personal choice</td>
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| **GRADUATION REQUIREMENTS:**     |          |       |         |
| Minimum residence hours required |          | 30.0  |         |
| Minimum hours needed to graduate |          | 120.0 |         |

### PROGRAM REQUIREMENTS (80 total hours)

<table>
<thead>
<tr>
<th>Requirements</th>
<th>#Classes</th>
<th>Hours</th>
<th>Classes</th>
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<tbody>
<tr>
<td><strong>Complete the following courses (must be completed before professional sequence):</strong></td>
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<tr>
<td>Acc 200+ Principles of Accounting</td>
<td>3.0</td>
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<tr>
<td>Chem 101+ Introductory General Chemistry</td>
<td>3.0</td>
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<tr>
<td>MMBio 221+ General Microbiology</td>
<td>3.0</td>
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<tr>
<td>NDFS 100+ Essentials of Human Nutrition</td>
<td>3.0</td>
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<tr>
<td>NDFS 200+ Nutrient Metabolism</td>
<td>3.0</td>
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<tr>
<td>NDFS 290+ Essentials of Food Science</td>
<td>3.0</td>
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<tr>
<td>NDFS 291 Essentials of Food Science Lab</td>
<td>1.0</td>
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<tr>
<td>NDFS 290+ Introduction to Dietetics</td>
<td>1.0</td>
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<tr>
<td>PDBio 220+ Human Anatomy (with lab)</td>
<td>3.0</td>
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<tr>
<td>PDBio 305+ Human Physiology (with lab)</td>
<td>4.0</td>
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<tr>
<td>Psych 111+ Intro to Psychological Science</td>
<td>3.0</td>
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<tr>
<td>Stat 121* Principles of Statistics</td>
<td>3.0</td>
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**Note:** Or equivalent general chemistry course from high school or junior college.

**Note:** Complete one course from the following:

**Recommended Courses** (can be taken anytime in the program):
- Bus M 201 Financial Management 3.0
- Bus M 241 Marketing Management 3.0
- I Sys 100 Computer Spreadsheet Skills 0.5
- NDFS 310 Sports Nutrition 2.0
- NDFS 361 Food Microbiology 3.0
- NDFS 380 International Nutrition and Health 3.0
- PDBio 120 Science of Biology 2.0

**Recommended Minors:** The following minors are very complementary to a dietetics major, but any area of interest could be considered:
- Business
- Gerontology (See School of Family Life)
- 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 (9.0 hours overlap)
BS in DIETETICS (284328)
2012–2013

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, and
- demonstrating leadership ability.

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
1st Semester
First-Year Writing or American Heritage 3.0
Chem 101 3.0
NDFS 100 3.0
Quantitative Reasoning elective (3.0)
Rel A 121 2.0
General electives 3.0
Total Hours 14–17.0

2nd Semester
First-Year Writing or American Heritage 3.0
Stat 121 (Languages of Learning) 3.0
PDBio 220 (FWSpSu) 3.0
Arts or Letters elective 3.0
Psych 111 (FWSpSu) (Social Science) 3.0
Rel A 122 (FWSpSu) 2.0
Total Hours 17.0

2nd Semester
Chem 285 4.0
NDFS 200 (FSp) 3.0
NDFS 290 (F) 1.0
MMBio 221 (and MMBio 222, if opted) 3–4.0
Religion elective (FWSpSu) 2.0
Global & Cultural Awareness elective 3.0
Total Hours 16–17.0

3rd Semester
Acc 200 (FWSpSu) 3.0
NDFS 250 (FWSp) 3.0
NDFS 251 (FWSp) 1.0
PDBio 305 (FWSp) 4.0
Rel A 211 or 212 (FWSpSu) 2.0
Physical Science elective 3.0
Total Hours 16.0

JUNIOR YEAR
5th Semester
Engl 316 (FWSpSu) or NDFS 375 (Adv. Writing) 3.0
NDFS 300 (F) 4.0
NDFS 374 (F) 2.0
PDBio 365 (FW) 4.0
Rel C 324 or 325 (FWSpSu) 2.0
Total Hours 15.0

6th Semester
Engl 316 (FWSpSu) or NDFS 375 (Adv. Writing) 3.0
NDFS 356 (FW) 3.0
NDFS 375 (FW) or Engl 316 2.0
NDFS 424 (FW) 2.0
NDFS 445 (FW) 3.0
Religion elective 2.0
Civilization 1 elective 3.0
Total Hours 15.0

6th Semester
Engl 316 (FWSpSu) or NDFS 375 (Adv. Writing) 3.0
NDFS 356 (FW) 3.0
NDFS 375 (FW) or Engl 316 2.0
NDFS 424 (FW) 2.0
NDFS 445 (FW) 3.0
Religion elective 2.0
Civilization 1 elective 3.0
Total Hours 15.0

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.

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, 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.

Nutrition, Dietetics and Food Science
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