For more information, go to http://dietetics.byu.edu

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>Doctoral Foundation</strong></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>
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<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>
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<td>2.0</td>
<td>Rel C 324 or 325</td>
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<tr>
<td><strong>The Individual and Society</strong></td>
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<tr>
<td>Citizenship</td>
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<tr>
<td>American Heritage</td>
<td>1–2</td>
<td>3–6.0</td>
<td>from approved list</td>
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<tr>
<td>Global &amp; Cultural Awareness</td>
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<td>3.0</td>
<td>from approved list</td>
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<tr>
<td><strong>Skills</strong></td>
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<tr>
<td>Effective Communication</td>
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<tr>
<td>First-Year Writing</td>
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<td>from approved list</td>
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<tr>
<td>Adv Written &amp; Oral Communication</td>
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<td>Engl 316 recommended</td>
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<td>Quantitative Reasoning</td>
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<td>0–3.0</td>
<td>from approved list</td>
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<tr>
<td>Languages of Learning (Math or Language)</td>
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<td>3.0</td>
<td>Stat 121*</td>
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<tr>
<td><strong>Arts, Letters, and Sciences</strong></td>
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<td></td>
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<tr>
<td>Civilization 1 and 2</td>
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<td>6.0</td>
<td>from approved list</td>
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<tr>
<td>Arts</td>
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<tr>
<td>Letters</td>
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<tr>
<td>Scientific Principles &amp; Reasoning</td>
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<tr>
<td>Biological Science</td>
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<td>MMBio 221*</td>
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<tr>
<td>Physical Science</td>
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<td>3–7.0</td>
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<tr>
<td>Social Science</td>
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<td>Psych 111*</td>
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<td><strong>Core Enrichment: Electives</strong></td>
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<td>Religion Electives</td>
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<td>Open Electives</td>
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<td><strong>GRADUATION REQUIREMENTS:</strong></td>
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<tr>
<td>Minimum residence hours required</td>
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<tr>
<td>Minimum hours needed to graduate</td>
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### PROGRAM REQUIREMENTS (80 total hours)

Complete the following courses (must be completed before professional sequence):

- Acc 200+ Principles of Accounting: 3.0
- Chem 101** Introductory General Chemistry: 3.0
- Chem 285*** Intro Bio-organic Chemistry: 4.0
- MMBio 221** General Microbiology: 3.0
- MMBio 222*** General Microbiology Lab: 1.0
- NDFS 100+ Essentials of Human Nutrition: 3.0
- NDFS 200+ Nutrient Metabolism: 3.0
- NDFS 250 Essentials of Food Science: 3.0
- NDFS 251 Essentials of Food Science Lab: 1.0
- NDFS 290+ Introduction to Dietetics: 1.0
- PDBio 220+ Human Anatomy (with lab): 3.0
- PDBio 305+ Human Physiology (with lab): 4.0
- Psych 111* Intro to Psychological Science: 3.0
- Stat 121* Principles of Statistics: 3.0

**Note:** Or equivalent general chemistry course from high school or junior college.

***Note:** Chem 105, 106, 107, 351, 352, 481 sequence is recommended for students interested in medical or dental school or graduate programs in nutrition.

****Note:** Chem 107 may be substituted for MMBio 222.

Complete the following professional sequence courses (after being admitted into the program):

- NDFS 300 Medical Nutrition Therapy 1: 4.0
- NDFS 366 Medical Nutrition Therapy 2: 3.0
- NDFS 374 Food Production Management: 2.0
- NDFS 375 Food Production Management Lab: 2.0
- NDFS 400 Community Nutrition: 3.0
- NDFS 401 Community Nutrition Fieldwork: 0.5
- NDFS 405 Nutrition Assessment Lab: 0.5
- NDFS 424 Nutrition Through the Life Cycle: 2.0
- NDFS 435 Nutritional Biochemistry: 4.0
- NDFS 440 Teaching Methods in Dietetics: 3.0
- NDFS 445 Food Service Systems: 3.0
- NDFS 458 Management in Dietetics: 3.0
- NDFS 466 Advanced Dietetics Practice: 3.0
- NDFS 475 Research Methods in Dietetics: 2.0
- NDFS 490 Professionalism Seminar: 2.0
- NDFS 491 Internship Preparation: 1.0
- PDBio 365 Pathophysiology: 4.0

**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 380 International Nutrition and Health: 3.0
- PDBio 120 Science of Biology: 2.0
- TMA 150 Public Speaking: 3.0

**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

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*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)
#### 2013–2014

**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 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 *(if needed)*
- 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

#### SOPHOMORE YEAR
3rd Semester
- Chem 285 4.0
- NDFS 200 (FSp) 3.0
- NDFS 290 (F) 1.0
- MMBio 221 3.0
- MMBio 223 1.0
- Religion elective (FWSpSu) 2.0
- Global & Cultural Awareness elective 3.0
- Total Hours 17.0

4th 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
- NDFS 356 (FW) 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
- Total Hours 15.0

7th Semester
- NDFS 400 (F) 3.0
- NDFS 401 (F) 0.5
- NDFS 405 (1st or 2nd block) (F) 0.5
- NDFS 440 (F) 3.0
- NDFS 458 (F) 3.0
- NDFS 491 (F) 1.0
- Civilization 2 elective 3.0
- Total Hours 14.0

8th Semester
- NDFS 435 (FW) 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
- Total Hours 16.0

#### SENIOR YEAR
9th Semester
- NDFS 405 (FW) 3.0
- NDFS 400-410 (FW) 1.0
- NDFS 490 (FW) 3.0
- NDFS 491 (FW) 1.0
- NDFS 492 (FW) 1.0
- Total Hours 17.0

10th Semester
- NDFS 405 (FW) 3.0
- NDFS 400-410 (FW) 1.0
- NDFS 490 (FW) 3.0
- NDFS 491 (FW) 1.0
- NDFS 492 (FW) 1.0
- Total Hours 17.0

**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—Assesses 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—Assesses 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.

**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.

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FAX: (801) 422-0258  
E-Mail: nora_nyland@byu.edu (dietetics)  
susan_fullmer@byu.edu (pre-dietetics)