



The College of Health Sciences

# APPLIED NUTRITION, DIETETICS, & NUTRITIONAL SCIENCES



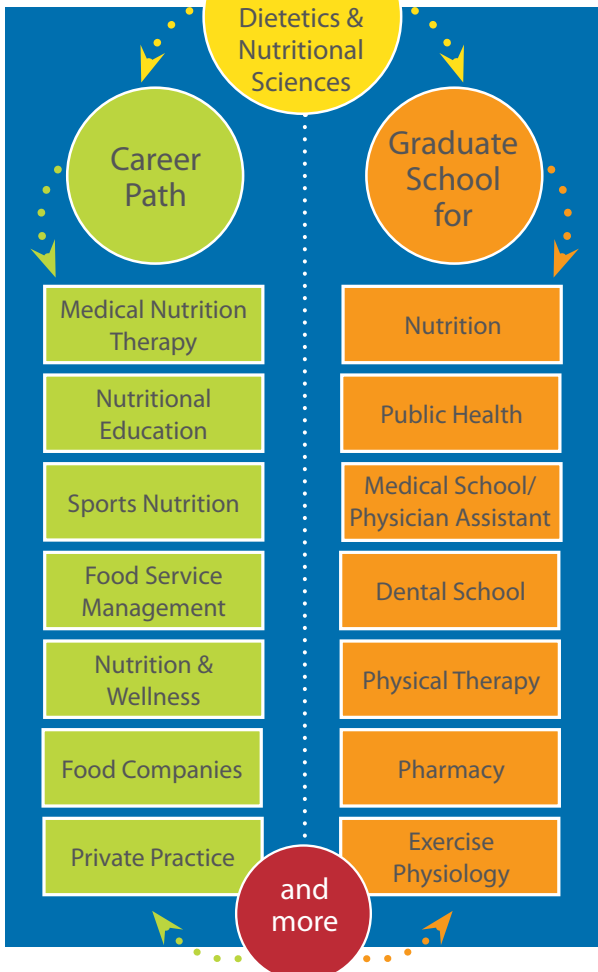
### What are the Nutrition majors?

UD's three nutrition majors provide a foundation in the science of nutrition. Applied Nutrition and Dietetics are similar during the first two years. Students interested in Dietetics will be enrolled in Applied Nutrition until meeting the requirements for admission to Dietetics. Those who do not meet requirements or do not wish to become a Registered Dietitian Nutritionist will continue in Applied Nutrition. Students in Applied Nutrition may combine study of nutrition with interests including health and exercise, food science, psychology or business. Nutritional Sciences incorporates higher level science in preparation for an advanced degree in medicine or other health professions.

### Do you want to be a Registered Dietitian Nutritionist (RDN)?

The Dietetics major is the first step leading to the credential of the Registered Dietitian Nutritionist. UD's program in Dietetics is accredited by the Accreditation Council for Education in Nutrition and Dietetics, the credentialing agency of the Academy of Nutrition and Dietetics. Completion of a post-undergraduate accredited dietetic internship is the second step towards becoming a Registered Dietitian Nutritionist. Students may apply to the University of Delaware's Dietetic Internship or another accredited program. Registered Dietitian Nutritionists work in healthcare, community, research, foodservice, education, corporate and health promotion settings.

Applied Nutrition, Dietetics & Nutritional Sciences



TURN OVER



**Opportunities**

Enriching opportunities are available in and out of the classroom. Students may gain skills in nutrition education, counseling, management, resource development and research. Courses include hands-on labs and real world experiences. Professional and faculty advisors provide one-to-one career and graduate school guidance. Applied Nutrition and Nutritional Sciences majors may choose from many elective courses while Dietetics majors build a foundation in medical nutrition therapy, counseling, education, and food service management. Involvement in the UD's Nutrition and Dietetics Club, the Academy of Nutrition and Dietetics and other related organizations provide opportunities for volunteer experience. Winter and summer study abroad are offered domestically and internationally.

**Course topics you may explore:**

- Nutrition and Overweight/Obesity
- Medical Nutrition Therapy
- Nutrition for Athletes
- Food Safety
- Nutrition Research Methods
- Food and Culture
- Nutrition Education

**Applied Nutrition, Dietetics, and Nutritional Sciences Curriculum:**

To earn a Bachelor of Science degree, students must complete 120 credits and meet specific requirements, as outlined in the University of Delaware Catalog. Each semesters' courses will vary, depending on the student's background and academic preparation. The following plan is only one example: not every student will take every course in the same order. The average number of credits per semester ranges from 12 to 17. Winter and summer sessions can help lighten the loads of regular semesters.

**FRESHMAN YEAR**

**FALL**

- General Chemistry I
- Sociology
- Nutrition Concepts
- Intro. to Nutrition Professions (FYE)
- Math

**SPRING**

- General Chemistry II
- General Biology I
- Critical Reading and Writing
- Breadth Course

**SOPHOMORE YEAR**

**FALL**

- Organic Chemistry
- Human Physiology
- Food Concepts
- Psychology

**SPRING**

- Biochemistry with Lab
- Food Science
- Economics Course
- Introduction to the Nutrition Care Process

**JUNIOR YEAR**

**FALL**

- \*Nutrition 300/400 Level Courses
- Microbiology
- Macronutrients
- Breadth Requirement

**SPRING**

- \*Nutrition 300/400 Level Courses
- Management & Organizational Behavior
- Micronutrients
- Statistics

**SENIOR YEAR**

**FALL**

- \*Nutrition 300/400 Level Courses
- Breadth requirement

**SPRING**

- \*Nutrition 300/400 Level Courses
- Electives

An approved course (3 credits) stressing multicultural, ethnic, and/or gender-related content is required.

All students must complete 12 credits of University Breadth requirements with a C- or better.

\* May include Nutrition Counseling, Medical Nutrition Therapy, Nutrition and Activity, Management of Food and Nutrition Services, Nutritional Assessment, Nutrition in the Lifespan, On-Site Food Production, etc.

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