



College of
Health Sciences

DEPARTMENT OF
BEHAVIORAL HEALTH
& NUTRITION

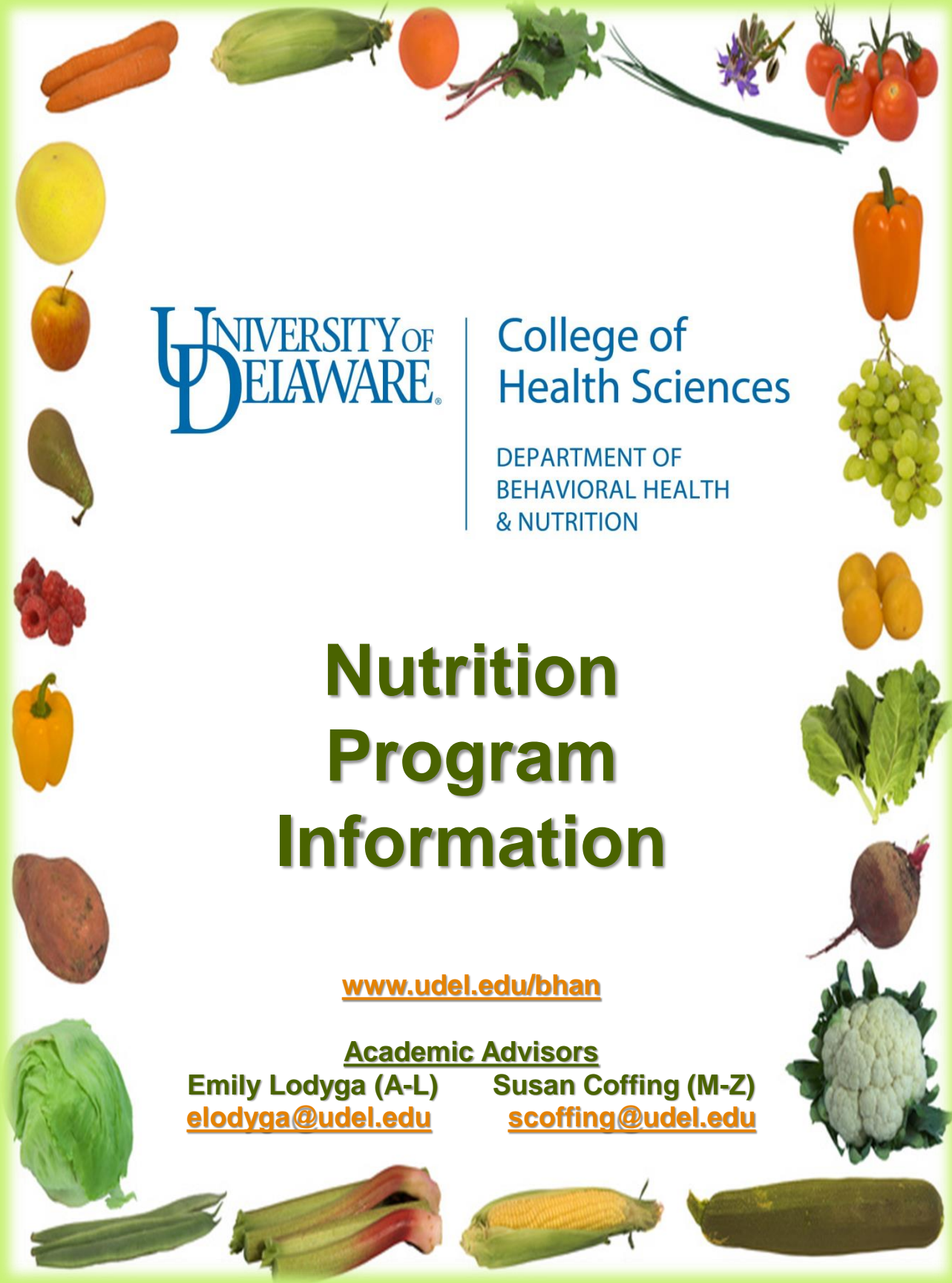
Nutrition Program Information

www.udel.edu/bhan

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MAJORS IN NUTRITION AND DIETETICS OVERVIEW

Are you a person who is suited to a major in Nutrition and Dietetics? The answer is YES if you...

1. Believe that good nutrition and personal lifestyles are important for the well-being of individuals of all ages,
2. Like working with food,
3. Enjoy science,
4. View yourself working in a management or educational role, counseling or research,
5. Find satisfaction from working with people to help them think about food, nutrition, health and wellness.

This packet contains information about the three nutrition majors within the Department of Behavioral Health and Nutrition. Each major in nutrition has a strong basis in chemical and biological sciences as well as social sciences and humanities. The major professional requirements build on this liberal arts and science base. Course requirement sheets (checksheets) and a description of each major are color-coded:

Applied Nutrition – pink
Nutrition and Dietetics – green
Nutrition and Medical Sciences – blue
Nutrition and Dietetics and Nutrition and Medical Sciences and double major - buff

The **Applied Nutrition** major is the most flexible major and designed for the person who wants to combine a study of nutrition with another area of interest, including a minor.

Nutrition and Dietetics is the major for students who want to be a health professional and earn the Registered Dietitian Nutritionist (RDN) or Dietetic Technician, Registered (DTR) credential. Dietitians are translators of food and nutrition information for individuals and groups who seek to remain well or who need nutritional advice as an adjunct to the treatment of disease. Dietitians also impact nutritional well-being when they manage foodservice operations.

The **Nutrition and Medical Sciences** major has a very strong science component in the curriculum and is particularly designed for those expecting to pursue an advanced degree in areas such as nutritional sciences, medicine, dentistry or physical therapy.

Notice of Non-Discrimination

The University of Delaware is an equal opportunity/affirmative action employer and Title IX institution. For the University's complete non-discrimination statement, please visit www.udel.edu/aboutus/legalnotices.html. For further information on notice of nondiscrimination, visit <http://wdcrobcolp01.ed.gov/CFAPPS/OCR/contactus.cfm> for the address and phone number of the U.S. Department of Education - Office of Civil Rights that serves your area, or go to UD's Office of Equity and Inclusion, 305 HULLIHEN HALL, 1-800-421-8063.

MAJORS IN NUTRITION AND DIETETICS

DEPARTMENT MISCELLANEOUS INFORMATION

Advising: Students are assigned to an Academic Advisor from the time they enter the major and for the duration of their undergraduate career. Upon completion of 60 credits, students will then be assigned to a Faculty Mentor. Academic Advisors assist students with registration, academic planning, changing majors/minors, withdrawing, etc. The Faculty Mentor is available to answer questions about graduate school, career trajectory, internship/job opportunities, research, etc. Both Academic Advisors and Faculty Mentors care about the success of the student and are eager to facilitate the student's best progress towards his/her goal.

Honors Options: Some foundational nutrition courses and several required courses in the sciences, social sciences and humanities are offered for Honors credit; therefore, each of the Nutrition and Dietetics majors can accommodate students entering the University in the Honors Program.

Grade Requirements: Applied Nutrition and Nutrition and Medical Sciences majors must complete human physiology, biochemistry lecture and lab, food science and all required courses in nutrition and dietetics with a grade of C- or above. Nutrition and Dietetics majors must complete food science, biology, human physiology, general chemistry (CHEM102), organic chemistry lecture and lab, biochemistry lecture and lab and all courses in nutrition and dietetics with a grade of C- or better.

Work Experience: Majors should pursue work or volunteer experiences during their college careers in positions related to the field. These experiences help the student to relate more directly to the concepts studied in the classroom. The person with work experience has the competitive edge in applications for employment, scholarships, dietetic internships and graduate work. A minimum of 50 hours of work experience is recommended for students planning to pursue a Dietetic Internship.

Nutrition and Dietetics Club: Students are encouraged to seek pre-professional involvement by participating in the student organization, the Nutrition and Dietetics Club. Activities include organizing speakers on careers and nutrition issues such as eating disorders, sponsoring health fairs, forming study groups and service projects.

Special Programs: The course "Transcultural Food and Cuisine" is an elective travel study course that includes active participation with people of diverse food habits and is applicable to the University's multicultural requirement. The course has previously included an experience in Hawaii and Belize, Central America during Winter Session.

Seminars: A freshman seminar (NTDT103) features career opportunities in nutrition and a senior seminar (NTDT403) prepares student for applications to positions and programs following graduation. All students are welcome to attend the Department's weekly Graduate Seminar during the spring semester.

MAJORS IN NUTRITION AND DIETETICS

APPLIED NUTRITION MAJOR

Goal: To prepare students for careers that combine nutrition with another area of interest.

Description of Major: The **Applied Nutrition** program has courses in science and math similar to the **Nutrition and Dietetics** major but has more flexibility in choice of departmental courses and electives. The major was designed so that another area of study can be combined with the study of nutrition. This flexibility allows students to pursue career goals related to physical therapy, nursing, chiropractic school, health care administration, physician assistant or other health related professions.

Admission: Students are encouraged to have completed four years of high school science, including chemistry and biology as well as courses required for admission to the University of Delaware.

Costs: There are no substantial specific program costs beyond tuition and other costs related to enrolling in college courses.

Planning a Program: During the first year in **Applied Nutrition**, the student will register for NTDT103 "Introduction to Nutrition Professions" where career options are discussed with people working in diverse aspects of nutrition. Information is available in this class to assist the student in planning his/her program. The student in consultation with his/her Academic Advisor will begin to refine goals and develop a plan to meet those goals.

The student should recognize that it is his/her responsibility to work with their Professional Academic Advisor to select appropriate courses for post -baccalaureate programs. Selection of a minor or certificate program is encouraged. Applied Nutrition provides an opportunity to develop an individually tailored program of study, a process that requires work and commitment.

University of Delaware Department of Behavioral Health and Nutrition

BACHELOR OF SCIENCE: APPLIED NUTRITION 2018-2019

Enter Fall 2018 - Graduate Spring 2022

Minimum Credits to Graduate: 120

University Requirements

- _____ ENGL110* Seminar in Composition (3 credits)
- _____ _____ Multicultural Course: (3 credits) NTDT301 will satisfy both this and an NTDT300/400 elective, but is not a required course in the curriculum. There are other courses that will satisfy the Multicultural requirement.
- _____ First Year Seminar: (FYS; 1-4 credits) UNIV101 fulfills this requirement.
- _____ Discovery Learning Experience: (DLE; 3 credits) NTDT350 will satisfy both this and an NTDT300/400 elective, but is not a required course in the curriculum. Other courses, including Study Abroad, satisfy the DLE requirement.
- _____ Capstone Experience: NTD403 fulfills this requirement

University Breadth Requirements* Students must take breadth courses from **four different subject areas**. NTDT courses cannot fulfill breadth requirements. Go to <http://catalog.udel.edu/content.php?catoid=18&navoid=1240> for a complete list of breadth courses and restrictions:

- _____ Creative Arts and Humanities* (3 credits) _____
- _____ History and Cultural Change* (3 credits) _____
- _____ Social and Behavioral Sciences* (3 credits) BUAD309, ECON100, ECON101 and/or PSYC100 satisfy this requirement.
- _____ Math, Natural Science and Technology* (3 credits) ANFS305 satisfies this requirement.

MAJOR REQUIREMENTS (73-74 credits)

- | | |
|--|--|
| _____ ANFS305* Food Science (3) | _____ NTDT200* Nutrition Concepts (3) |
| _____ BISC106* Elementary Human Physiology (3) OR | _____ NTDT201* Food Concepts (3) |
| _____ BISC276* Human Physiology (4) | _____ NTDT250* Intro to the Nutrition Care Process (3) |
| _____ BISC205 Biology for Health Sciences (4) | _____ NTDTXXX* Elective 300-level or higher (3) |
| _____ BUAD309 Organizational Behavior (3) | _____ NTDTXXX* Elective 300-level or higher (3) |
| _____ CHEM101 or CHEM103 or 107 General Chem (4) | _____ NTDTXXX* Elective 300-level or higher (3) |
| _____ CHEM102 or CHEM104 or 108 General Chem (4) | _____ NTDTXXX* Elective 300-level or higher (3) |
| _____ CHEM213 Elementary Organic Chemistry (3) | _____ NTDT305* Nutrition in the Life Span (3) |
| _____ CHEM215 Elementary Organic Chemistry Lab (1) | _____ NTDT400* Macronutrients (3) |
| _____ CHEM214* Elementary Biochemistry (3) | _____ NTDT401* Micronutrients (3) |
| _____ CHEM216* Elementary Biochemistry Lab (1) | _____ NTDT403 Senior Nutrition Seminar (1) |
| _____ ECON100 Economic Issues & Policies (3) OR | _____ PSYC100 General Psychology (3) |
| _____ ECON101 Intro to Microeconomics (3) | _____ SOCI201 Introduction to Sociology (3) |
| _____ MATH114 College Mathematics & Statistics (3) | _____ Total of 120 credits required to graduate |
| _____ NTDT103* Introduction to Nutrition Professions (1) | |

Please refer to the 2018-19 course catalog at http://catalog.udel.edu/preview_program.php?catoid=18&moid=10920&returnto=1243 for a complete listing of program requirements.

See other side for suggested program of study.

* Grade of C- or better required

University of Delaware Department of Behavioral Health and Nutrition

BACHELOR OF SCIENCE: APPLIED NUTRITION 2018-2019

Enter Fall 2018 - Graduate Spring 2022

Minimum Credits to Graduate: 120

Suggested Sequence

The term availability for courses listed below is projected for the 2018-19 academic year. However, changes in course availability are possible. Check with your advisor for updated term availability. Prerequisites (PR) and corequisites (CR) listed here are those most commonly taken by students in this major. See catalog for additional PR and CR options.

FRESHMAN YEAR

_____ CHEM101 or CHEM103 or 107 General Chemistry (103 & 107: CR MATH114 OR ≥ 70 on Math Placement Exam)	4
_____ CHEM102 or CHEM104 or 108 General Chemistry (102: PR CHEM101; 104: PR CHEM101, 103 or 107)	4
_____ ECON100 or ECON101 Economics	3
_____ ENGL110* Seminar in Composition	3
_____ MATH114 College Mathematics & Statistics	3
_____ NTDT103* Intro to Nutrition Professions (FALL only)	1
_____ NTDT200* Nutrition Concepts	3
_____ SOCI201 Introduction to Sociology	3
_____ UNIV101 First Year Experience I	1
_____ Breadth or Multicultural or Elective	3
	28

SOPHOMORE YEAR

_____ ANFS305* Food Science (SPRING only)	3
_____ BISC205 Biology for Health Sciences (CR CHEM 101, 103 or 107)	4
_____ CHEM213 Elem. Organic Chemistry (PR CHEM102, 104 or 108)	3
_____ CHEM215 Elem. Organic Chemistry Lab (CR CHEM213)	1
_____ CHEM214* Elem. Biochemistry (PR CHEM213)	3
_____ CHEM216* Elem. Biochemistry Lab (CR CHEM214)	1
_____ NTDT201* Food Concepts	3
_____ NTDT250* Intro to the Nutrition Care Process (PR NTDT200)	3
_____ PSYC100 General Psychology	3
_____ Breadth or Multicultural or Elective	3
_____ Breadth or Multicultural or Elective	3
	30

JUNIOR YEAR

_____ BISC106* (no PR) or BISC276* Human Physiology (PR BISC205, 207 or 208 & CHEM101, 103 or 107)	3-4
_____ BUAD309 Organizational Behavior	3
_____ NTDT305* Nutrition in the Lifespan (PR NTDT200 and a biology course)	3
_____ NTDT400* Macronutrients (PR NTDT200 & CHEM214/216)	3
_____ NTDT401* Micronutrients (PR NTDT400)	3
_____ NTDT Elective* 300-level or higher	3
_____ Breadth or Multicultural or Elective	3
_____ Breadth or Multicultural or Elective	3
_____ Breadth or Multicultural or Elective	3
_____ Breadth or Multicultural or Elective	3
_____ Breadth or Multicultural or Elective	3
	31-32

SENIOR YEAR

_____ Discovery Learning Experience (DLE)	3
_____ NTDT Elective* 300-level or higher	3
_____ NTDT Elective* 300-level or higher	3
_____ NTDT Elective* 300-level or higher	3
_____ NTDT403 Senior Nutrition Seminar (PR Senior, SPRING only)	1
_____ Breadth or Multicultural or Elective	3
_____ Breadth or Multicultural or Elective	3
_____ Breadth or Multicultural or Elective	3
_____ Breadth or Multicultural or Elective	3
_____ Breadth or Multicultural or Elective	3
_____ Breadth or Multicultural or Elective	3
_____ Breadth or Multicultural or Elective	3
_____ Breadth or Multicultural or Elective	3
	1-3
	31-33

_____ Total of 120 credits minimum required for graduation

* Grade of C- or better required

MAJORS IN NUTRITION AND DIETETICS

NUTRITION AND DIETETICS MAJOR

Goal: To prepare graduates to successfully enter a dietetic internship accredited by the Accreditation Council for Education in Nutrition and Dietetics (ACEND) of the Academy of Nutrition and Dietetics, a post-baccalaureate program of study and/or a variety of employment opportunities related to nutrition.

Description of Major: The courses in nutrition and food science include content that addresses nutrient metabolism, medical nutrition therapy, quantity food production and service and foodservice management. These courses build on biochemistry, physiology and various social sciences. In the senior year, the students apply for the post –baccalaureate dietetic internship. The Senior Nutrition Seminar provides instruction and advisement to prepare for the application procedures for accredited internship programs. Admission to a post-baccalaureate dietetic internship is very competitive.

Admission: Students are encouraged to have completed four years of high school science including chemistry and biology as well as courses required for admission to the University of Delaware. To transfer into Dietetics a minimum Grade Point Average of 2.50 is required as well as the completion of CHEM101 (103 or 107) General Chemistry.

Costs: There are no substantial specific program costs beyond tuition and other costs related to enrolling in college courses.

Salary Information for Registered Dietitian/Nutritionists: According to the Academy of Nutrition and Dietetics 2017 Salary and Benefits survey (www.eatright.org), the median total cash compensation for RDNs employed full time for at least one year was \$65,000. Salaries may vary depending on years of employment, region of the country, etc. Factors showing the strongest association with compensation levels for RDNs include number of years of experience, level of supervisory responsibility, budget responsibility and practice area: clinical and community positions tend to pay less, whereas business, management, education and research positions pay more. Salaries in the 75-90% range earn \$80,000-\$100,000.

MAJORS IN NUTRITION AND DIETETICS

NUTRITION AND DIETETICS MAJOR

Nutrition and Dietetics Major and Registered Dietitian Nutritionists (RDN)

Dietetics practitioners work in health care systems, home health care, foodservice, business, research and educational organizations, as well as in private practice. As vital members of medical teams in hospitals, long-term care facilities and health maintenance organizations, they provide medical nutrition therapy — using specific nutrition services to treat chronic conditions, illnesses or injuries. Community-based dietetics practitioners provide health promotion, disease prevention and wellness services (from <http://www.eatrightpro.org/resources/about-us>, June 2017).

Courses in the major build on a base of chemistry, biology and social sciences. The student develops competency from courses in food science, foodservice management and medical nutrition therapy.

The **Nutrition and Dietetics** curriculum meets the requirements established by the Accreditation Council for Education in Nutrition and Dietetics (ACEND), the accrediting agency for the Academy of Nutrition and Dietetics, and contributes to eligibility to take the registration examination for certification as a Registered Dietitian Nutritionist (RDN). Registered Dietitian Nutritionists are individuals who have:

- Completed the minimum of a Baccalaureate degree granted by a U.S. regionally accredited college or university, or foreign equivalent;
- Met current minimum academic requirements (Didactic Program in Dietetics) accredited by ACEND of the Academy of Nutrition and Dietetics;
- Completed a supervised practice program (dietetic internship) accredited by ACEND
- Successfully completed the Registration Examination for Dietitians; and
- Complied with the Professional Development Portfolio (PDP) recertification requirements.

The **Nutrition and Dietetics** major at UD provides the coursework for the **classroom** (didactic) portion of the requirement. Our Dietetics program is accredited by ACEND, the accrediting agency for the Academy of Nutrition and Dietetics, 120 South Riverside Plaza, Suite 2000, Chicago, IL 60606. Phone 312.899.0040, extension 5400. The Dietetic major prepares students for admission to post-baccalaureate dietetic supervised practice programs (dietetic internships). The supervised practice portion must be obtained **following** the Bachelor's degree with **Nutrition and Dietetics** major. These internships are usually 9-12 months in length and vary in cost. Admission is **very competitive**. The program orients the student to the internship application process during the senior year. The University of Delaware offers a 33-week dietetic internship program and, upon successful completion, the graduate is eligible to take the RDN exam. Upon receiving their Bachelor of Science degree, graduates of the Dietetics major have the option to take the exam for the Dietetic Technician, Registered (DTR) credential (see later DTR section).

MAJORS IN NUTRITION AND DIETETICS

UNIVERSITY OF DELAWARE DIETETIC INTERNSHIP

The Department of Behavioral Health and Nutrition offers a Dietetic Internship to students following graduation from a baccalaureate program in dietetics. The internship is accredited to enroll up to 45 dietetic interns annually. Admission to this internship is on a competitive basis. Students submit applications to internships during their senior year. A preselect option is available to graduates of UD's didactic program in dietetics, which allows up to 17 students to gain early admission to the internship each January.

This internship provides dietetics program graduates with an opportunity to increase their knowledge of food and nutrition science, and to acquire competencies needed to practice dietetics in a variety of settings. Upon successful completion of the program, each student will receive a verification of completion certificate and be eligible to take the Registration Examination for Dietitians. Go to www.udel.edu/bhan/dietetic for more information on UD's Dietetic Internship program.

ADMISSION CRITERIA:

The following categories are included in the admission evaluation of UD Dietetic Internship applications: 1) Undergraduate GPA (minimum required GPA is 2.75), 2) dietetics-related work experience, (recommendation is a minimum of 50 hours of dietetics work experience), 3) letters of recommendation, 4) volunteer experience, 5) leadership experience, and 6) personal statement.

ROTATION SCHEDULE:

The internship will be completed during the Fall and Spring semesters in addition to a one-week orientation program that begins in mid-August. The program is designed to provide the student with 40 hours of practice experience per week augmented with 2 hours per week of a seminar course (NTDT650 and 651). An outline of the rotations is as follows:

	<u>WEEKS</u>
Orientation	1
Clinical Nutrition	14
Community Nutrition	7
Foodservice Management	8
<u>Elective</u>	<u>3</u>
TOTAL	33

GRADUATE STUDY:

After completion of the Dietetic Internship, students may wish to pursue a Master of Science Degree in Human Nutrition at the University of Delaware. Students may be able to apply some of the credits from the internship toward this graduate degree.

University of Delaware Department of Behavioral Health and Nutrition

BACHELOR OF SCIENCE: NUTRITION AND DIETETICS 2018-2019

Enter Fall 2018 - Graduate Spring 2022

Minimum Credits to Graduate = 120

Internal transfers must meet the following criteria to change their major to Nutrition and Dietetics: 1) complete CHEM101 (103 or 107), 2) have an overall GPA of 2.5, 3) meet with a BHAN Academic Advisor and 4) submit change of major request on UDSIS.

University Requirements

- _____ ENGL110* Seminar in Composition (3 credits)
- _____ _____ Multicultural Course: (3 credits; can satisfy both multicultural and one breadth requirement simultaneously)
- _____ First Year Seminar: (FYS; 1-4 credits) UNIV101 fulfills this requirement
- _____ Discovery Learning Experience: (DLE; 3 credits) NTD460 fulfills this requirement
- _____ Capstone Experience: NTD403 fulfills this requirement

University Breadth Requirements* Students must take breadth courses from **four different subject areas**. NTD courses cannot fulfill breadth requirements. Go to <http://catalog.udel.edu/content.php?catoid=18&navoid=1240> for a complete list of breadth courses and restrictions:

- _____ Creative Arts and Humanities* (3 credits) _____
- _____ History and Cultural Change* (3 credits) _____
- _____ Social and Behavioral Sciences* (3 credits) BUAD309, ECON100, ECON101, PSYC100, and/or SOCI201 satisfy this requirement
- _____ Math, Natural Science and Technology* (3 credits) ANFS305 satisfies this requirement

MAJOR REQUIREMENTS (96 credits)

- | | |
|--|--|
| _____ ANFS305* Food Science (3) | _____ NTD305* Nutrition in the Life Span (3) |
| _____ BISC205* Biology for Health Sciences (4) | _____ NTD321* Quantity Food Production & Service (3) |
| _____ BISC276* Human Physiology (4) | _____ NTD322* Mgmt. of Food & Nutrition Services (3) |
| _____ BISC300 Introduction to Microbiology (4) OR | _____ NTD326* On-Site Food Production (3) |
| _____ MEDT270 Medical Microbio & Infect. Diseases (4) | _____ NTD330* Nutrition Counseling (3) |
| _____ BUAD309 Organizational Behavior (3) | _____ NTD400* Macronutrients (3) |
| _____ CHEM101 or CHEM103 or 107 General Chem (4) | _____ NTD401* Micronutrients (3) |
| _____ CHEM102* or CHEM104 or 108 General Chem (4) | _____ NTD403 Senior Nutrition Seminar (1) |
| _____ CHEM213* Elementary Organic Chemistry (3) | _____ NTD421* Nutritional Assessment Methods (3) |
| _____ CHEM215* Elementary Organic Chemistry Lab (1) | _____ NTD445* Teaching Methods: Nutrition/Foods (3) |
| _____ CHEM214* Elementary Biochemistry (3) | _____ NTD450* Medical Nutrition Therapy I (3) |
| _____ CHEM216* Elementary Biochemistry Lab (1) | _____ NTD451* Medical Nutrition Therapy II (3) |
| _____ ECON100 Economic Issues & Policies (3) OR | _____ NTD460* Community Nutrition (3) |
| _____ ECON101 Intro to Microeconomics (3) | _____ PSYC100 General Psychology (3) |
| _____ MATH114 College Mathematics & Statistics (3) | _____ SOCI201 Introduction to Sociology (3) |
| _____ NTD103* Intro to Nutrition Professions (1) | _____ STAT200 OR PSYC209 OR STAT408 |
| _____ NTD200* Nutrition Concepts (3) | _____ Statistics (3) |
| _____ NTD201* Food Concepts (3) | _____ Total of 120 credits required to graduate |
| _____ NTD250* Intro to the Nutrition Care Process (3) | |

Please refer to the 2018-19 course catalog at http://catalog.udel.edu/preview_program.php?catoid=18&poiid=13035&returnto=1243 for a complete listing of program requirements.

See other side for suggested program of study.

* Grade of C- or better required

University of Delaware Department of Behavioral Health and Nutrition

BACHELOR OF SCIENCE: NUTRITION AND DIETETICS 2018-2019

Enter Fall 2018 - Graduate Spring 2022
Minimum Credits to Graduate = 120

Suggested Sequence

The term availability for courses listed below is projected for 2018-19 academic year. However changes in course availability are possible. Check with your advisor for updated term availability. Pre-requisites (PR, must be taken prior) and co-requisites (CR, must be taken concurrently) listed here are those most commonly taken by students in this major. See catalog for additional PR and CR options.

FRESHMAN YEAR

_____	CHEM101 or CHEM103 or 107 General Chemistry (103 & 107: CR MATH114 OR ≥ 70 on Math Placement Exam)	4	
_____	CHEM102* or CHEM104* or 108* General Chemistry (102: PR CHEM101; 104: PR CHEM101, 103 or 107)	4	
_____	ECON100 or ECON101 Economics	3	
_____	ENGL110* Seminar in Composition	3	
_____	MATH114 College Mathematics & Statistics	3	
_____	NTDT103* Intro to Nutrition Professions (FALL only)	1	
_____	NTDT200* Nutrition Concepts	3	
_____	SOCI201 Introduction to Sociology	3	
_____	UNIV101 First Year Experience I	1	
_____	Breadth or Multicultural or Elective	3	
		28	

SOPHOMORE YEAR

_____	ANFS305* Food Science (SPRING only)	3	
_____	BISC205* Biology for Health Sciences (CR CHEM 101, 103 or 107)	4	
_____	CHEM213* Elem. Organic Chemistry (PR CHEM102, 104 or 108)	3	
_____	CHEM215* Elem. Organic Chemistry Lab (CR CHEM213)	1	
_____	CHEM214* Elem. Biochemistry (PR CHEM213)	3	
_____	CHEM216* Elem. Biochemistry Lab (CR CHEM214)	1	
_____	NTDT201* Food Concepts	3	
_____	NTDT250* Intro to the Nutrition Care Process (PR NTDT200)	3	
_____	PSYC100 General Psychology	3	
_____	STAT200 or PSYC209 or STAT408 Statistics	3	
_____	Breadth or Multicultural or Elective	3	
		30	

JUNIOR YEAR

_____	BISC276* Human Physiology (PR BISC205, 207 or 208 & CHEM101,103 or 107)	4	
_____	BISC300 Introduction to Microbiology OR MEDT270 Medical Microbio & Infect. Diseases (PR BISC205 OR 207 for both)	4	
_____	BUAD309 Organizational Behavior	3	
_____	NTDT305* Nutrition in the Lifespan (PR NTDT200 & a course in biology)	3	
_____	NTDT321* Quantity Food Production & Service (PR NTDT200 & 201)	3	
_____	NTDT322* Management of Food & Nutrition Services (PR NTDT200 & 201)	3	
_____	NTDT326* On-Site Food Production (CR NTDT321)	3	
_____	NTDT330* Nutrition Counseling (PR NTDT200 & 250)	3	
_____	NTDT400* Macronutrients (PR NTDT200 & CHEM214/CHEM216)	3	
_____	NTDT401* Micronutrients (PR NTDT400)	3	
		32	

SENIOR YEAR

_____	NTDT403 Senior Nutrition Seminar (PR Senior; FALL only)	1	
_____	NTDT421* Nutritional Assessment Methods (PR NTDT400 & statistics course; SPRING only beginning spring 2020)	3	
_____	NTDT450* Medical Nutrition Therapy I (PR NTDT250, NTDT400 & BISC276; FALL only)	3	
_____	NTDT451* Medical Nutrition Therapy II (PR NTDT250, NTDT400 & BISC276; SPRING only)	3	
_____	NTDT445* Teaching Methods: Nutrition/Foods (PR NTDT200)	3	
_____	NTDT460* Community Nutrition (DLE; PR NTDT321 and NTDT400)	3	
_____	Breadth or Multicultural or Elective	3	
_____	Breadth or Multicultural or Elective	3	
_____	Breadth or Multicultural or Elective	3	
_____	Breadth or Multicultural or Elective	3	
_____	Breadth or Multicultural or Elective	3	
		31	

_____ Total of 120 credits minimum required for graduation

* Grade of C- or better required

MAJORS IN NUTRITION AND DIETETICS

NUTRITION AND MEDICAL SCIENCES

MAJOR

Goal: To provide a very strong background in the chemical and biological sciences upon which students build a study of human nutrition. It is designed as preparation for graduate programs that utilize a strong science and human nutrition background.

Description of Major: The **Nutrition and Medical Sciences** major is strong in the sciences basic to the study of nutrition. It includes one semester of calculus, which is important for taking the upper level Chemistry and Biology courses. The major requires a two-semester Organic Chemistry requirement and Physics, which is different than other majors in the department. Students take Medical Nutrition Therapy coursework and choose other nutrition electives that relate to their interests. A student with this background has a strong foundation for subsequent graduate research work in nutritional sciences and related fields.

Nutrition and Medical Sciences majors can readily complete minors in Chemistry and/or Biology. Depending on their particular career and professional goals, many also apply to complete the requirements of the **Nutrition and Dietetics** curriculum.

Admission: Students are encouraged to complete four years of high school science and four years of high school math as well as the other courses required for admission to the University of Delaware.

Costs: There are no substantial specific program costs beyond tuition and other costs related to enrolling in college courses.

Future Opportunities: Students can pursue many different career paths with the strong Nutrition and Medical Sciences background. With appropriate selections of elective courses, this major can serve as a pre-medical, pre-dental and/or pre-physical therapy degree, among others. Students interested in nutrition research and/or university teaching will be qualified to continue in graduate programs with a strong science orientation. Employment immediately after the bachelor's degree is possible, but a graduate degree is recommended for the positions with responsibility and skills commensurate with the level of the undergraduate coursework.

University of Delaware Department of Behavioral Health and Nutrition

BACHELOR OF SCIENCE: NUTRITION AND MEDICAL SCIENCES 2018-2019

Enter Fall 2018 - Graduate Spring 2022
Minimum Credits to Graduate: 120

University Requirements

- _____ ENGL110* Seminar in Composition (3 credits)
- _____ _____ Multicultural Course: (3 credits) NTDT301 will satisfy both this and an NTDT300/400 elective but is not a required course in the curriculum. There are other courses that will satisfy the Multicultural requirement.
- _____ First Year Seminar: (FYS; 1-4 credits) UNIV101 satisfies this requirement.
- _____ Discovery Learning Experience: (DLE; 3 credits) NTDT350 will satisfy both this and an NTDT300/400 elective, but is not a required course in the curriculum. Other courses, including Study Abroad, satisfy the DLE requirement.
- _____ Capstone Experience: NTD403 fulfills this requirement

University Breadth Requirements* Students must take breadth courses from **four different subject areas**. NTDT courses cannot fulfill breadth requirements. Go to <http://catalog.udel.edu/content.php?catoid=21&navoid=1876> for a complete list of breadth courses and restrictions:

- _____ Creative Arts and Humanities* (3 credits) _____
- _____ History and Cultural Change* (3 credits) _____
- _____ Social and Behavioral Sciences* (3 credits) ECON100 or ECON101 satisfy this requirement
- _____ Math, Natural Science and Technology* (3 credits) ANFS305 satisfies this requirement

MAJOR REQUIREMENTS (96-97 credits)

- | | |
|--|--|
| _____ ANFS305* Food Science (3) | _____ NTDT201* Food Concepts (3) |
| _____ BISC207 Introductory Biology I (4) | _____ NTDT250* Intro to the Nutrition Care Process (3) |
| _____ BISC208 Introductory Biology II (4) | _____ NTDTXXX* Elective 300-level or higher (3) |
| _____ BISC276* Human Physiology (4) | _____ NTDTXXX* Elective 300-level or higher (3) |
| _____ BISC300 Introduction to Microbiology (4) | _____ NTDT305* Nutrition in the Life Span (3) |
| _____ CHEM103 or CHEM107 General Chemistry (4) | _____ NTDT400* Macronutrients (3) |
| _____ CHEM104 or CHEM108 General Chemistry (4) | _____ NTDT401* Micronutrients (3) |
| _____ CHEM214* Elementary Biochemistry (3) | _____ NTDT403 Senior Nutrition Seminar (1) |
| _____ CHEM216* Elementary Biochemistry Lab (1) | _____ NTDT421* Nutritional Assessment Methods (3) |
| _____ CHEM321 Organic Chemistry I (3) | _____ NTDT450* Medical Nutrition Therapy I (3) |
| _____ CHEM325 Organic Chemistry Lab I (1) | _____ NTDT451* Medical Nutrition Therapy II (3) |
| _____ CHEM322 Organic Chemistry II (3) | _____ PHYS201 Introductory Physics I (4) |
| _____ CHEM326 Organic Chemistry Lab II (1) | _____ Social and Behavioral Science Elective (3) |
| _____ ECON100 Economic Issues & Policies OR | _____ Social and Behavioral Science Elective (3) |
| _____ ECON101 Intro to Microeconomics (3) | _____ Social and Behavioral Science Elective (3) |
| _____ MATH221 Calculus I (3) OR | _____ STAT200 Basic Statistical Practice (3) OR |
| _____ MATH241 Analytic Geometry & Calculus A (4) | _____ STAT408 Statistical Research Methods (3) |
| _____ NTDT103* Intro to Nutrition Professions (1) | _____ Total of 120 Credits Required to Graduate |
| _____ NTDT200* Nutrition Concepts (3) | |

Please refer to the 2018-19 course catalog at <http://catalog.udel.edu/content.php?catoid=21&navoid=1876> for a complete listing of program requirements.

Please refer to other side for suggested program of study.

* Grade of C- or better required

University of Delaware Department of Behavioral Health and Nutrition

BACHELOR OF SCIENCE: NUTRITION AND MEDICAL SCIENCES 2018-2019

Enter Fall 2018 - Graduate Spring 2022

Minimum Credits to Graduate: 120

Suggested Sequence

The term availability for courses listed below is projected for the 2018-19 academic year. However, changes in course availability are possible. Check with your advisor for updated term availability. Prerequisites (PR) and corequisites (CR) listed here are those most commonly taken by students in this major. See catalog for additional PR and CR options.

FRESHMAN YEAR

_____	BISC207 Introductory Biology I (CR CHEM103 or 107)	4
_____	BISC208 Introductory Biology II (PR BISC207 or 205; CHEM104 or 108)	4
_____	CHEM103 or 107 General Chemistry (CR MATH114 OR ≥ 70 on Math Placement Exam)	4
_____	CHEM104 or 108 Gen Chem (104: PR CHEM103 or 107, 108: PR CHEM107 & BISC207, CR BISC208)	4
_____	ENGL110* Seminar in Composition	3
_____	MATH221 Calculus I (PR MATH115 or 117 or Level B on MPE) OR MATH241 Analytic Geometry & Calculus A (PR MATH 117 or Level E on MPE)	3-4
_____	NTDT103* Intro to Nutrition Professions (FALL only)	1
_____	NTDT200* Nutrition Concepts	3
_____	UNIV101 First Year Experience I	1
_____	Breadth or Multicultural or Elective	3
		30-31

SOPHOMORE YEAR

_____	ANFS305* Food Science (SPRING only)	3
_____	CHEM321 Organic Chem I (PR CHEM104 or 108; CR CHEM325; FALL only)	3
_____	CHEM325 Organic Chem Lab I (PR CHEM104 or 108; CR CHEM321; FALL only)	1
_____	CHEM214* Elem. Biochemistry (PR CHEM 213)	3
_____	CHEM216* Elem. Biochemistry Lab (CR CHEM 214)	1
_____	CHEM322 Organic Chem II (PR CHEM321; CR CHEM326; SPRING only)	3
_____	CHEM326 Organic Chem Lab II (PR CHEM325; CR CHEM322; SPRING only)	1
_____	NTDT201* Food Concepts	3
_____	NTDT250* Intro to the Nutrition Care Process (PR NTDT200)	3
_____	Breadth or Multicultural or Elective	3
_____	Breadth or Multicultural or Elective	3
_____	Social and Behavioral Science Elective	3
		30

JUNIOR YEAR

_____	BISC276* Human Physiology (PR BISC205, 207 or 208 & CHEM101,103 or 107)	4
_____	BISC300 Introduction to Microbiology (PR BISC205 or 207)	4
_____	ECON100 Economic Issues & Policies or ECON101 Intro to Microeconomics	3
_____	NTDT Elective* 300-level or higher	3
_____	NTDT305* Nutrition in the Lifespan (PR NTDT200 and a biology course)	3
_____	NTDT400* Macronutrients (PR NTDT200 & CHEM214 & 216)	3
_____	NTDT401* Micronutrients (PR NTDT400)	3
_____	PHYS201 Introductory Physics I (PR MATH 115, 117, 221 or 241)	4
_____	STAT200 Basic Statistical Practice or STAT408 Statistical Research Methods	3
		30

SENIOR YEAR

_____	Discovery Learning Experience (DLE)	3
_____	NTDT Elective* 300-level or higher	3
_____	NTDT450* Medical Nutrition Therapy I (PR NTDT250, NTDT400 & BISC276; FALL only)	3
_____	NTDT451* Medical Nutrition Therapy II (PR NTDT250, NTDT400 & BISC276; SPRING only)	3
_____	NTDT403 Senior Nutrition Seminar (PR Senior; SPRING only)	1
_____	NTDT421* Nutritional Assessment Methods (PR NTDT400 & a statistics course; SPRING only beginning spring 2020)	3
_____	Social and Behavioral Science Elective	3
_____	Social and Behavioral Science Elective	3
_____	Breadth or Multicultural or Elective	3
_____	Breadth or Multicultural or Elective	3
_____	Breadth or Multicultural or Elective	3
		31

_____ Total of 120 credits minimum required for graduation

* Grade of C- or better required

University of Delaware Department of Behavioral Health and Nutrition

BACHELOR OF SCIENCE: DOUBLE MAJOR IN NUTRITION & DIETETICS

AND NUTRITION & MEDICAL SCIENCES 2018-2019

Enter Fall 2018 - Graduate Spring 2022
Minimum Credits to Graduate = 120

Internal transfers must meet the following criteria to change their major to Nutrition and Dietetics: 1) complete CHEM101 (103 or 107), 2) have an overall GPA of 2.5, 3) meet with a BHAN Academic Advisor and 4) submit change of major request on UDSIS.

University Requirements

- _____ ENGL110* Seminar in Composition (3 credits)
- _____ _____ Multicultural Course: (3 credits; can satisfy both multicultural and one breadth requirement simultaneously)
- _____ First Year Seminar: (FYS; 1-4 credits) UNIV101 fulfills this requirement
- _____ Discovery Learning Experience: (DLE; 3 credits) NTD460 fulfills this requirement
- _____ Capstone Experience: NTD403 fulfills this requirement

University Breadth Requirements* Students must take breadth courses from **four different subject areas**. NTDT courses cannot fulfill breadth requirements. Go to <http://catalog.udel.edu/content.php?catoid=18&navoid=1240> for a complete list of breadth courses and restrictions:

- _____ Creative Arts and Humanities* (3 credits) _____
- _____ History and Cultural Change* (3 credits) _____
- _____ Social and Behavioral Sciences* (3 credits) BUAD309, ECON100, ECON101, PSYC100 & SOCI201 satisfy this requirement
- _____ Math, Natural Science and Technology* (3 credits) ANFS305 satisfies this requirement

MAJOR REQUIREMENTS (108-109 credits)

- | | |
|--|--|
| _____ ANFS305* Food Science (3) | _____ NTDT201* Food Concepts (3) |
| _____ BISC207* Introductory Biology I (4) | _____ NTDT250* Intro to the Nutrition Care Process (3) |
| _____ BISC208 Introductory Biology I (4) | _____ NTDT305* Nutrition in the Life Span (3) |
| _____ BISC276* Human Physiology (4) | _____ NTDT321* Quantity Food Production & Service (3) |
| _____ BISC300 Introduction to Microbiology (4) | _____ NTDT322* Mgmt. of Food & Nutrition Services (3) |
| _____ BUAD309 Mgmt. & Organizational Behavior (3) | _____ NTDT326* On-Site Food Production (3) |
| _____ CHEM103 or CHEM107 General Chemistry (4) | _____ NTDT330* Nutrition Counseling (3) |
| _____ CHEM104* or CHEM108 General Chemistry (4) | _____ NTDT400* Macronutrients (3) |
| _____ CHEM214* Elementary Biochemistry (3) | _____ NTDT401* Micronutrients (3) |
| _____ CHEM216* Elementary Biochemistry Lab (1) | _____ NTDT403 Senior Nutrition Seminar (1) |
| _____ CHEM321* Organic Chemistry I (3) | _____ NTDT421* Nutritional Assessment Methods (3) |
| _____ CHEM325* Organic Chemistry Lab I (1) | _____ NTDT445* Teaching Methods: Nutrition/Food (3) |
| _____ CHEM322 Organic Chemistry II (3) | _____ NTDT450* Medical Nutrition Therapy I (3) |
| _____ CHEM326 Organic Chemistry Lab II (1) | _____ NTDT451* Medical Nutrition Therapy II (3) |
| _____ ECON100 Economic Issues & Policies OR | _____ NTDT460* Community Nutrition*(3) |
| _____ ECON101 Intro to Microeconomics (3) | _____ PHYS201 Introductory Physics I (4) |
| _____ MATH221 Calculus I (3) OR | _____ PSYC100 General Psychology (3) |
| _____ MATH241 Analytic Geometry & Calculus AB (4) | _____ SOCI201 Introduction to Sociology (3) |
| _____ NTDT103* Intro to Nutrition Professions (1) | _____ STAT200 Basic Statistical Practice (3) OR |
| _____ NTDT200* Nutrition Concepts (3) | _____ STAT408 Statistical Research Methods (3) |
| | _____ Total of 120 Credits Required to Graduate |

Please refer to other side for suggested program of study.

* Grade of C- or better required

University of Delaware Department of Behavioral Health and Nutrition

BACHELOR OF SCIENCE: DOUBLE MAJOR IN NUTRITION & DIETETICS

AND NUTRITION & MEDICAL SCIENCES 2018-2019

Enter Fall 2018 - Graduate Spring 2022
Minimum Credits to Graduate = 120

Suggested Sequence

The term availability for courses listed below is projected for 2018-19 academic year. However changes in course availability are possible. Check with your advisor for updated term availability. Pre-requisites (PR, must be taken prior) and co-requisites (CR, must be taken concurrently) listed here are those most commonly taken by students in this major. See catalog for additional PR and CR options.

FRESHMAN YEAR

___ BISC207* Introductory Biology I (CR CHEM103 or 107)	4
___ BISC208 Introductory Biology II (PR BISC207 or 205; CHEM104 or 108)	4
___ CHEM103 or 107 General Chemistry (CR MATH114 OR ≥ 70 on Math Placement Exam)	4
___ CHEM104 or 108 Gen Chem (104: PR CHEM103 or 107; 108: PR CHEM107 & BISC207, CR BISC208)	4
___ ENGL110* Seminar in Composition	3
___ MATH221 Calculus I (PR MATH115 or 117 or Level B on MPE)	3-4
___ OR MATH241 Analytic Geometry & Calculus A (PR MATH 117 or Level E on MPE)	
___ NTD103* Intro to Nutrition Professions (FALL only)	1
___ NTD200* Nutrition Concepts	3
___ UNIV101 First Year Experience I	1
___ Breadth or Multicultural or Elective	3
	30-31

SOPHOMORE YEAR

___ ANFS305* Food Science (SPRING only)	3
___ CHEM321* Organic Chem I (PR CHEM104 or 108; CR CHEM325; FALL only)	3
___ CHEM325* Organic Chem Lab I (PR CHEM104 or 108; CR CHEM321; FALL only)	1
___ CHEM214* Elem. Biochemistry (PR CHEM 213)	3
___ CHEM216* Elem. Biochemistry Lab (CR CHEM 214)	1
___ CHEM322 Organic Chem II (PR CHEM321; CR CHEM326; SPRING only)	3
___ CHEM326 Organic Chem Lab II (PR CHEM325; CR CHEM322; SPRING only)	1
___ ECON100 OR 101 Economics	3
___ NTD201* Food Concepts	3
___ NTD250* Intro to the Nutrition Care Process (PR NTD200)	3
___ PSYC100 General Psychology	3
___ STAT200 Basic Statistical Practice or	
___ STAT408 Statistical Research Methods	3
	30

JUNIOR YEAR

___ BISC276* Human Physiology (PR BISC205, 207 or 208 & CHEM101, 103 or 107)	4
___ BISC300 Introduction to Microbiology (PR BISC205 or 207)	4
___ NTD321* Quantity Food Production & Service (PR NTD200 & 201)	3
___ NTD322* Management of Food & Nutrition Services (PR NTD200 & 201)	3
___ NTD326* On-Site Food Production (CR NTD321)	3
___ NTD330* Nutrition Counseling (PR NTD200 & 250)	3
___ NTD400* Macronutrients (PR NTD200 & CHEM214/216)	3
___ NTD401* Micronutrients (PR NTD400)	3
___ PHYS201 Introductory Physics I	4
___ (PR MATH 115, 117, 221 or 241)	30

SENIOR YEAR

___ BUAD309 Management & Org. Behavior	3
___ NTD305* Nutrition in the Lifespan (PR NTD200 and a biology course)	3
___ NTD403 Senior Nutrition Seminar (PR Senior; FALL only)	1
___ NTD421* Nutritional Assessment Methods (PR NTD400 & statistics course; SPRING only beginning spring 2020)	3
___ NTD445* Teaching Methods: Nutrition/Foods (PR NTD200)	3
___ NTD450* Medical Nutrition Therapy I (PR NTD250, NTD400 & BISC276; FALL only)	3
___ NTD451* Medical Nutrition Therapy II (PR NTD250, NTD400 & BISC276; SPRING only)	3
___ NTD460* Community Nutrition (DLE; PR NTD321 and NTD400)	3
___ SOCI201 Introduction to Sociology	3
___ Breadth or Multicultural or Elective	3
___ Breadth or Multicultural or Elective	3
	31

___ Total of 120 credits minimum required for graduation

* Grade of C- or better required

MAJORS IN NUTRITION AND DIETETICS OTHER OPPORTUNITIES

STUDENT MEMBERSHIP IN THE ACADEMY OF NUTRITION AND DIETETICS

Joining the Academy of Nutrition and Dietetics (formerly the American Dietetic Association), the world's largest organization of food and health professionals, will enable you to enhance your educational preparation and gain access to a wealth of career building resources. When you become an Academy of Nutrition and Dietetics student member, you automatically become entitled to benefits including networking with other dietetics students, leadership opportunities, career opportunities, free membership in your state dietetic association, eligibility for state and national Outstanding Dietetics Student Awards, access to Academy of Nutrition and Dietetics student web section and an online newsletter. Access the monthly *Journal of the Academy of Nutrition and Dietetics* (formerly *Journal of the American Dietetic Association*) online, the award-winning *Food and Nutrition* (formerly *ADA Times*), subscribe to the *Daily News*, an email update of the latest food and nutrition headlines, and more. Membership category carries a 6-year limit. Remember, not all dietetics programs are accredited or approved by ACEND.

DIETETIC TECHNICIAN, REGISTERED

Dietetic Technicians, Registered (DTRs) are trained in food and nutrition and are an integral part of the health-care and foodservice management teams. Dietetics majors may earn the DTR credential by meeting the following criteria:

- Have completed coursework in an ACEND-accredited didactic program or coordinated program in dietetics and completed at least a bachelor's degree at a U.S. regionally accredited college or university.
- After completing the degree and dietetics coursework, pass a national examination administered by the Commission on Dietetic Registration (CDR). For more information regarding the examination, refer to the CDR website (<http://www.cdrnet.org/>).
- Completed continuing professional educational requirements to maintain registration.

DTRs work independently or as a team member under the supervision of RDNs in a variety of employment settings, including health care, business and industry, community/public health, foodservice and research.

MAJORS IN NUTRITION AND DIETETICS MINORS AND BUSINESS CERTIFICATE

Students majoring in Applied Nutrition, Nutrition and Dietetics or Nutrition and Medical Sciences may wish to use electives for a minor or for a certificate. A variety of programs are available to enhance the curriculum.

MINORS

A minor can be pursued in a variety of areas. Please check the online catalog for requirements and application deadlines/processes for each minor. Students wishing to complete a minor must apply for it through the forms section of the University UDSIS home page (Change of Program/Plan). Minors frequently selected include:

- Health and Wellness (18 credits)
- Public Health (18 credits)
- Biology (19 credits in Biology and 12 credits in Chemistry)
- Chemistry (19 credits)
- Human Development and Family Studies (18 credits)
- Journalism (18 credits)
- Organizational Leadership (18 credits)
- Psychology (18 credits)
- Strength and Conditioning (33-34 credits)

For a number of these minors, several of the courses are already part of the Applied Nutrition, Nutrition and Medical Sciences or Nutrition and Dietetics curriculum. Some of the required courses in the minors listed above may have prerequisites.

CERTIFICATE IN BUSINESS ESSENTIALS

The Certificate in Business Essentials is offered by the College of Business and Economics and is for students who feel that knowledge of key business principles will assist in improving their employment opportunities. The certificate consists of four courses (13 credits) and can be completed through a combination of online and in-classroom formats. Admission is based on a minimum GPA of 2.0 and students may apply beginning in the semester in which they complete 28 credits. Applications to the certificate program are reviewed twice a year and are due no later than **October 15 and March 15**. To learn more about this program, view the website at: <http://www.pcs.udel.edu/essentials/>.

Department of Behavioral Health and Nutrition

MINOR: NUTRITION

Director: Sandra Baker, EdD

Minimum Credits in the Minor: 15, with 16 prerequisite CHEM credits

A minor in Nutrition provides students in a variety of degree programs with a fairly intensive level of understanding of nutritional science. This minor is for students interested in the field of nutrition who believe that good nutrition and healthy lifestyle choices are important for the overall well-being of individuals. The program includes three core nutrition courses, two nutrition electives and requires four semesters of chemistry and, as such, is well suited for students in Biology, Chemistry and Nursing, as well as other majors. It is not available to students in the majors of Applied Nutrition, Nutrition and Dietetics or Nutrition and Medical Sciences due to the extensive amount of course overlap.

A minimum of 15 credit hours with a minimum grade of C- is required.

REQUIRED COURSES (PR=Prerequisites) **Credits**

NTDT200	Nutrition Concepts	3
NTDT400	Macronutrients (PR NTDT200, CHEM101, CHEM102, CHEM213/215 AND CHEM214/216*)	3
NTDT401	Micronutrients (PR NTDT400)	3
NTDT Electives:	2 courses 300 level or higher	6

Suggested Electives: (3 credits each)

NTDT301 Cultural Perspectives on Food & Nutrition
NTDT305 Nutrition in the Lifespan (PR NTDT200 and a biology course)
NTDT310 Nutrition and Activity (PR NTDT200 and a physiology course)
NTDT345 Pediatric Nutrition (PR NTDT200)
NTDT350 Nutrition and Older Adults (PR NTDT200 and BISC106 or BISC276)
NTDT410 Overweight & Obesity Prevention & Management (PR NTDT200)
NTDT 367/467 Seminar Classes may be available some semesters

Admission: Completion of the minor is awarded only to those who have applied and been admitted to the program. A student may apply at any time by obtaining permission from the faculty advisor for the minor. To request the minor or for advisement and curricular information, please contact Dr. Sandra Baker, bakers@udel.edu, 302-831-0856.

* C- or better required for CHEM214/216

MAJORS IN NUTRITION AND DIETETICS

CAREER OPPORTUNITIES

Hospitals, HMOs or other healthcare facilities: working in the treatment and prevention of disease using medical nutrition therapy or in managing the food and nutrition services.

- ❖ *Registered Dietitian Nutritionist (RDN)* – is a food and nutrition expert who has met the minimum academic and professional requirements (established by the Accreditation Council for Education in Nutrition and Dietetics, accrediting agency for the Academy of Nutrition and Dietetics) to qualify for the credential “RDN”. The majority of RDNs work in hospitals followed by many in community and public health settings.
- ❖ *Dietetic Technicians, Registered (DTR)* work independently or as a team member under the supervision of RDNs in a variety of employment settings, including health care, business and industry, community/public health, foodservice and research.
- ❖ *Clinical Dietitian, Specialist* – medical nutrition therapy for inpatients in a specialty area such as bariatrics, cardiac, diabetes, eating disorders, HIV/AIDS, oncology, renal, surgery and transplant.
- ❖ *Home Care Dietitian* – provides nutrition services to patients in a home care setting; consults with case managers and physicians on screening and assessment of patients.

Community/Public Health: counseling and advising the public to improve their quality of life through healthy lifestyles, including healthful eating habits.

- ❖ *WIC (Women, Infants and Children)* – involves nutrition therapy and education for WIC clients; supervision and training of WIC staff as well as technical assistance
- ❖ *Elderly Nutrition Program* - administers home delivered and congregate meal programs, transportation and volunteer services for elderly clients; trains staff
- ❖ *Cooperative Extension* – in every state; designs programs addressing family and community needs; responds to general, family, consumer, food safety, food and nutrition questions; may involve a faculty appointment to an affiliated university
- ❖ *Public Relations Professional* – in a PR agency, association, industry or other organization/agency; involves researching, designing, developing, implementing and managing public relations and/or marketing programs
- ❖ *Food Bank or Assistance Programs* – involves management of fiscal and human resources, client nutrition assessment and education, follow-up and referral to other service providers.

Universities and Medical Centers: teaching students, physicians, nurses and others the science of food and nutrition; conducting research; usually requires an advanced degree.

- ❖ *Professor, Higher Education Administrator, Dietetic Internship Director* – teaching and research related to food and nutrition; leadership, planning and management
- ❖ *Health Educator* – works in such areas as smoking cessation programs, weight control, stress management, wellness and health promotion, fitness and exercise programs

Sports Nutrition and Corporate Wellness Programs: educating clients about the connection between food, fitness and health.

- ❖ *Consultant-Community and/or Corporate Programs* – develops and implements wellness events and programs for communities and/or corporations.
- ❖ *Private Practice Dietitian and Patient/Client Nutrition Care* – provides medical nutrition therapy or wellness, fitness or sports nutrition counseling for individuals or groups in a private practice setting or healthcare provider’s office.

Food and Nutrition-Related Businesses and Industries: working in communications, consumer affairs, public relations, marketing or product development.

- ❖ *Sales Representative* – sells products and/or service; employed by pharmaceutical, medical/nutritional, food or foodservice equipment or supplies companies
- ❖ *Manager of Nutrition Communications* – manages nutrition education and nutrition marketing programs; develops, produces and distributes nutrition communications

Schools, Child Care and Correctional Facilities: managing food and nutrition services, including food procurement and storage, food production and service to students or inmates.

- ❖ *School Foodservice Director* – develops, implements and maintains the foodservice programs in a school setting. Plans menus to meet required nutritional standards and student acceptance.
- ❖ *School/Child Care Nutritionist* – plans, develops and implements school and childcare nutrition programs and resources. Consults with parents and school leaders on nutritional needs of high-risk children.
- ❖ *Corrections Dietitian* – provides diet instructions to inmates; may supervise and train foodservice personnel.

Research: designing research studies, analyzing and interpreting nutrition research; may serve as a consultant or be employed by food, commodity or medical/nutritional industry or government (Food and Drug Administration, US Department of Agriculture); usually requires an advanced degree.

Related Graduate Level Programs of Study:

Physician
Chiropractor
Optometrist
Pharmacist
Physician Assistant
Physical Therapist
Occupational Therapist
Dentist