



Dietetics is the science and art of applying the principles of food and nutrition to health. It is a vital, growing profession with many career possibilities. Whichever option you choose, you will share your knowledge of food and nutrition to help people make healthful food choices.

Become a Nutrition and Dietetics Major!

Successful dietetic students tend to be

- ✓ Planners
- ✓ Goal-oriented
- ✓ Analytical
- ✓ Strong communicators (verbal and writing)
- ✓ Able to explain complex ideas simply
- ✓ Comfortable with detail, but grasp the "big picture"
- ✓ Objective and rational
- ✓ Leaders
- ✓ Passionate for health
- ✓ Interested in helping others



Careers in Dietetics

Registered Dietitian Nutritionists (RDNs) work in a wide variety of settings, including health care, business and industry, community/public health, education, research, government agencies, and private practice. Many work environments, particularly those in medical and healthcare settings, require an individual be credentialed as a RDN. **In 2017, the median wage was \$30.45/hr (\$64K annually).**

Additionally, some RDNs hold additional certifications in specialized areas of practice. Certifications are awarded through the Commission on Dietetic Registration (CDR), the credentialing agency for the Academy of Nutrition and Dietetics (AND), and/or through other medical and nutrition organizations. Specialized certification is recognized within the profession but not required. Some of the certifications include: pediatric nutrition, renal nutrition, sport dietetics, oncology, nutrition support, and diabetes education.

The undergraduate Didactic Program in Dietetics (DPD) is granted accreditation status by the Accreditation Council for Education in Nutrition and Dietetics (ACEND), 120 South Riverside Plaza, Suite 2190, Chicago, IL 60606-6995, 312-899-5400.

High-Impact Learning Opportunities

- Be a **Peer-to-Peer Educator**, and promote positive lifestyle choices among fellow students as well as develop, practice, and sharpen professional skills.
- Our **Honors Program** seeks out inquisitive students interested in pursuing an advanced degree.
- **Study abroad** to develop the knowledge and cross-cultural skills necessary for leadership in an increasingly global economy and healthcare system.
- **Intern** within areas of sports nutrition and wellness, clinical dietetics, and in the community.
- Participate in the **Student Dietetic Association (SDA)** organization that plans and promotes fun, interactive nutrition information booths, assists with food distribution and nutrition education materials at the EIU Food Pantry, participates in field trips to local sustainable agribusiness facilities, and educates children participating in the Ashmore Mentoring Program.

Dietetics Curriculum Requirements

▶ Must be completed with a "C" or better.

*Consult catalog for prerequisite

#DPD Requirement

General Education Curriculum:

▶ENG 1001G	College Composition I
▶ENG 1002G	College Composition II
▶CMN 1310	Introduction to Speech
▶*CHM 1310G	General Chemistry
#BIO 2001G	Human Physiology
#MAT 2250G	Elementary Statistics
EIU 41__	Senior Seminar (3 hours)
#PSY 1879G, or SOC 2750G, or SOC1838G	Social & Behavioral Sciences (9 hours)
Humanities & Fine Arts	(9 hours)

Major Requirements:

#FCS 1120	Food Selection and Preparation
#FCS 1121	Food Service Sanitation
FCS 1800	Life Span Human Development
#FCS 2100	Personal Nutrition
#FCS 2750	Nutrition Assessment & Counseling
**FCS 3120	Food Science
**FCS 3755	Nutrition in the Lifespan
**FCS 3756	Community Nutrition
*#FCS 3784	Commercial Food Production
*FCS 4275	Internship
*#FCS 4749	Nutrition Therapy
*#FCS 4750	Advanced Human Nutrition
*#FCS 4757	Food Product Development
*#FCS 4940	Food Service Systems
▶*#CHM 1315G	General Chemistry I Lab
*#CHM 1410	General Chemistry II
*#CHM 1415	General Chemistry II Lab
▶*#CHM 2430	Survey of Organic Chemistry
*#CHM 3300	Survey of Biochemistry
*#BUS 3010	Mgt. & Org. Behavior
#NUR 3203	Medical Terminology

FCS Core:

- ▶FCS 2500 Foundational Focus on FCS
- ▶FCS 3500 Orientation to FCS Internship

Electives: 0-14 semester hours

Recommended Schedule of Classes

Fall Semester		Spring Semester	
First Year			
ENG 1001G		ENG 1002G	3
FCS 1800	3	CHM 1310G	3
FCS 2100	3	CHM 1315G	1
Fine Arts Gen Ed	3	CMN 1310G	3
Social/Beh Sci Gen Ed	3	FCS 2500	3
		Humanities Gen Ed	3
Total	1	Total	16
Second Year			
FCS 1120	2	CHM 2430	3
FCS 1121*	1	FCS 2750**	3
CHM 1410	3	NUR 3203	3
CHM 1415	1	Hum/Fine Arts Gen Ed	3
SOC 1838, PSY 1879G, or SOC 2750G	3	Social/Beh Sci Gen Ed	3
BIO 2001G	4		
Elective (to reach 120 hours)	1		
Total	1	Total	15
Third Year			
MAT 2250G	4	BUS 3010	3
FCS 3755 *	3	CHM 3300 **	3
FCS 3784	5	FCS 3500	3
Elective (to reach 120 hours)	3	Electives (to reach 120 hours)	6
Total	1	Total	15
Fourth Year			
FCS 3120 *	3	EIU 41G- Sr. Seminar	3
FCS 3756 *	3	FCS 4750 **	3
FCS 4749 *	4	FCS 4757 **	3
FCS 4940 *	3	Electives (to reach 120 hours)	4
FCS 4275 Internship ¹	3		
Total	1	Total	13

*= Fall Only. **= Spring Only.

¹=May complete summer after finishing FCS 3500.

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www.eiu.edu/dietetics