

BACHELOR OF SCIENCE IN NUTRITION & DIETETICS



BUILDING ON A PASSION FOR FOOD AND NUTRITION

Dietetic majors are goal-oriented, strong communicators with an interest in leadership and a passion for health and helping others. They can be found working in health care, business and industry, community and public health, education, research, government agencies, and private practice. Whichever option you choose, you will share your knowledge of food and nutrition to help others make healthful food choices.

WE OFFER HIGH-IMPACT LEARNING OPPORTUNITIES

There are plenty of opportunities available outside of the classroom to supplement your education and peak your interest.

- + Become a Peer-to-Peer Educator. Promote positive lifestyle choices and develop, practice, and sharpen professional skills.
- + Intern within the areas of sports nutrition and wellness, clinical dietetics, and elsewhere in the local community.
- + Participate in the Student Dietetic Association. Plan and promote fun, interactive nutrition information booths; assist with food distribution and nutrition education at the EIU Food Pantry; participate in field trips to local sustainable agribusiness facilities, and educate children participating in community organizations. Like the EIU Student Dietetic Association on Facebook for more information.

EIU WILL LEAD YOU TO A HEALTHY CAREER PATH

Dietetics is the science and art of applying the principles of food and nutrition to health. Many work environments, particularly those in medical and healthcare settings, require an individual to be credentialed as a Registered Dietitian Nutritionist (RDN). Our Bachelor of Science in Nutrition & Dietetics, **a Didactic Program in Dietetics (DPD) accredited by the Accreditation Council for Education in Nutrition and Dietetics (ACEND)**, will prepare you for your goal of becoming an RDN.

- **DPD VERIFICATION STATEMENT:** Received upon completion of the EIU 4-year Nutrition and Dietetics bachelor's degree.
- **DI VERIFICATION STATEMENT:** Earned by completing a 1-2 year, ACEND- accredited Dietetic Internship (DI). The internship can be completed on its own or as part of a master's program. EIU offers the opportunity to earn a master's degree along with the DI.
- **RDN CREDENTIALS:** Earned by passing the RDN exam.

NUTRITION & DIETETICS

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NUTRITION & DIETETICS CURRICULUM REQUIREMENTS

A GRADE OF C OR BETTER IS REQUIRED IN COURSES DESIGNATED WITH AN ARROW (†). ALL COURSES ARE 3 CREDIT HOURS UNLESS OTHERWISE NOTED.

Required General Education Courses:

- ▶ **CHM 1310G** General Chemistry
- ▶ **CHM 1315G** General Chemistry Lab (1 hour)
- ▶ **MAT 2250G** Elementary Statistics (4 hour)
- ▶ **BIO 1001G** Biological Principles and Issues

Required Nutrition & Dietetic Courses:

- ▶ **NTR 1120** Introduction to Food Science (2 hour)
- ▶ **NTR 1121** Food Service Sanitation (1 hour)
- ▶ **NTR 2100** Personal Nutrition or NTR 2190 Personal Nutrition, Honors
- ▶ **NTR 2750** Nutrition Assessment and Counseling*
- ▶ **NTR 2600** Research Methods
- ▶ **NTR 3120** Food Science*
- ▶ **NTR 3500** Professional Focus on Nutrition and Dietetics (2 hour)
- ▶ **NTR 3755** Nutrition Across the Lifespan*
- ▶ **NTR 3756** Community Nutrition Interventions*
- ▶ **NTR 4275** Internship*
- ▶ **NTR 4749** Nutrition Therapy* (4 hour)
- ▶ **NTR 4750** Advanced Human Nutrition*
- ▶ **NTR 4757** Food Product Development*
- ▶ **NTR 4940** Food Systems Development*
- ▶ **BIO 2210** Anatomy and Physiology I* (4 hour)
- ▶ **BIO 2220** Anatomy and Physiology II* (4 hour)
- ▶ **BUS 3010** Management and Organizational Behavior*
- ▶ **CHM 1410** General Chemistry II*
- ▶ **CHM 1415** General Chemistry II Lab* (1 hour)
- ▶ **CHM 2430** Survey of Organic Chemistry*
- ▶ **CHM 3300** Survey of Biochemistry*
- ▶ **HSL 1800** Human Development
- ▶ **HTM 3784** Commercial Quantity Food Production* (4 hour)
- ▶ **NUR 2613** Medical Terminology
- ▶ **PUBH 2500** Motivational Interviewing (1 hour)

Consult your catalog to identify required prerequisites for courses marked with an asterisk (*). All courses with the exception of NTR 4275, BIO 1001G, and HSL 1800 are required to complete the Didactic Program in Dietetics (DPD). You must also fulfill the foreign language requirement (two courses in a single foreign language) unless exempt based on high school course work.

ADDITIONAL DEGREES AND CONTINUED EDUCATION

You can personalize your degree by adding a minor to your course of study. Common options include Aging Studies, Business Administration, Entrepreneurship, Psychology, and Workplace Wellness. Some RDNs get additional certifications in specialized areas of practice including pediatric nutrition, renal nutrition, sport dietetics, oncology, nutrition support, and diabetes education. Certifications are awarded through the Commission on Dietetic Registration (CDR), the credentialing agency for the Academy of Nutrition and Dietetics (AND), and through other medical and nutrition organizations. Specialized certification is recognized within the profession but not required.

PROGRAM ACCREDITATION

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. For more information go to eatrightpro.org/acend or contact ACEND at 312-899-5400 or ACEND@eatright.org.

Recommended Schedule of Classes:

FIRST SEMESTER		SECOND SEMESTER	
YEAR 1			
COURSE	HRS	COURSE	HRS
ENG 1001G	3	ENG 1002G	3
HSL 1800	3	CHM 1310G	3
NTR 2100	3	CHM 1315G	1
Fine Arts Gen Ed	3	CMN 1310G	3
BIO 1001G	3	Humanities Gen Ed	3
		Soc/Beh Sci Gen Ed	3
Total	15	Total	16
YEAR 2			
COURSE	HRS	COURSE	HRS
BIO 2210	4	CHM 2430	3
NTR 1120	2	NUR 2613	3
NTR 1121	1	BIO 2220	4
CHM 1410	3	Hum/Fine Art Gen Ed	3
CHM 1415	1	Soc/Beh Sci Gen Ed	3
NTR 2600 †	3		
Total	14	Total	16
YEAR 3			
COURSE	HRS	COURSE	HRS
NTR 2750 †	3	NTR 3755 ‡	3
BUS 3010	3	CHM 3300 ‡	3
HTM 3784	4	NTR 3500 ‡	2
Soc/Beh Sci Gen Ed	3	MAT 2250G	4
PUBH 2500	1	Electives	3
Total	14	Total	15
YEAR 4			
COURSE	HRS	COURSE	HRS
NTR 3120 †	3	EIU 41XXG	3
NTR 3756 †	3	NTR 4750 ‡	3
NTR 4749 †	4	NTR 4757 ‡	3
NTR 4940 †	3	Electives	6
NTR 4275	3		
Total	16	Total	14

† Fall Only ‡ Spring Only