Nutrition and Dietetics

Degree: Bachelor of Science in Nutrition and Dietetics
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The Field

Nutrition is the study of the action of biologically active components of food and their role in maintaining human health. Nutrition is an applied science. Drawing on aspects of chemistry, biochemistry and physiology, nutritionists study the role of nutrients, the body's requirements for nutrients throughout life, and the effects of inadequate intakes on health and well-being. Nutritionists also draw on the social sciences to study the social, economic, cultural, and psychological implications of food and eating.

Dietetics is the application of knowledge about food and nutrition to help people achieve and maintain health throughout the life span. An important component of health care, dietetics involves helping people meet their nutritional needs in health and disease though diet counseling and nutrition support. Dietetics integrates knowledge of food, nutrition, management, basic sciences, and social sciences to improve the dietary intake and health of individuals and communities.

Undergraduate Major

The Department has one undergraduate degree – Nutrition and Dietetics. There are two options, the Nutrition Option and the Dietetics Option.

Dietetics Option. This option is required of all students planning to become Registered Dietitians. Registered Dietitians work in a variety of settings including healthcare facilities, community agencies, industry, and in private practice. To become a Registered Dietitian, students must complete academic training (Didactic Program in Dietetics) and a supervised practice program (Dietetic Internship), and pass a national exam (Registration Exam for Dietitians). This program is a Didactic Program in Dietetics and provides the academic training needed to become a Registered Dietitian. URI's Dietetics Program is accredited by the Commission on Accreditation for Dietetics Education of the American Dietetic Association (ADA), 120 South Riverside Plaza, Suite 2000, Chicago, IL 60606, 312-899-0040, ext. 5400. Please see our website (http://cels.uri.edu/nfs) for complete program information. There is no additional cost to complete the program.

After completing their B.S. requirements, students can qualify for the professional title of Registered Dietitian by completing supervised practice requirements and passing a national exam. The supervised practice requirement is met by completing an ADA-accredited dietetic internship program available to students on a competitive basis nationwide. Admission to internship programs is highly

competitive; students are encouraged to review the latest admission information on the American Dietetic Association website (www.eatright.org). Internships may be combined with graduate programs in universities leading to an advanced degree. Students who complete the academic and supervised practice requirements are eligible to take the national registration examination.

The mission of the Dietetics Program is to provide students with both theoretical knowledge and opportunities for experiential learning that will allow them to become competent dietetic professionals. The goals of the Dietetics program are:

1. The Program will provide students with high quality academic training in the field of nutrition and dietetics.
2. The Program will prepare students to successfully obtain and complete dietetic internship programs.
3. The Program will prepare students for careers in nutrition and dietetics.

Nutrition Option. This option is for students who want to study nutrition but do not plan to become Registered Dietitians. There are three tracks available which provide focused training in specific areas of nutrition:

Nutrition Science – students who want to study the science of nutrition and use this background for advanced study in the field or admission to professional health programs.

Health Promotion – students who want to work with the public in preventative health education programs.

Foods – students who want to work in foodservice management, food safety, or food sustainability.

Admission to the Major

Incoming freshmen are admitted to the Nutrition and Dietetics major in University College. Because of the high demand for our program, transfer students cannot be admitted directly to the major, and will be selected for admission from a competitive admission pool on a space available basis. Please see the Department website for more information (http://cels.uri.edu/nfs/).

Students will be admitted to the Nutrition and Dietetics degree program in the College of the Environment and Life Sciences (the degree-granting college) after completing a minimum of 30 credits, including CHM 103/105, CHM 124/126, BIO 121, NFS 207 or NFS 210, NFS 276, NFS 394 or NFS 375, WRT 104, COM 100, and STA 220. Students must have earned a 2.5 average in these classes with no less than a C in any one class to be admitted to the Nutrition option, or a 3.0 average in these classes with no less than a C in any one class to be admitted to the Dietetics Option. Students may repeat NFS courses once. Because of national accreditation requirements, students must complete a separate application form for admission to the Dietetics option. All students meeting the admission requirements for the Dietetics option will be accepted.

Degree Requirements - Students Entering URI in Fall 2010 or After

REQUIRED OF BOTH THE NUTRITION OPTION AND THE DIETETICS OPTION:

Basic Sciences

BIO 121 - Human Anatomy (4 credits)
BIO 242 - Human Physiology (3 credits)
CHM 103/105 - General Chemistry, Lab (4 credits)
CHM 124/126 - Organic Chemistry, Lab (4 credits)
BCH 211 - Biochemistry (3 credits)
MIC 201 - Introductory Medical Microbiology (4 credits)

NFS Courses

NFS 110 - Introduction to Nutrition and Dietetics (1 credit)
NFS 210 – Applied General Nutrition (4 credits)
NFS 276 - Food, Nutrition and People (3 credits)
NFS 336 - Scientific Principles of Food I (4 credits)
NFS 394 - Nutrition in the Lifecycle I (3 credits)
NFS 395 - Nutrition in the Lifecycle II (3 credits)
NFS 410 - Professional Issues in Nutrition and Dietetics (1 credit)
NFS 440 - Macronutrient Metabolism (3 credits)
NFS 441 – Micronutrient Nutrition (3 credits)
NFS 458 - Nutrition Education (3 credits)

Additional Degree Requirements

COM 100 – Communication Fundamentals (3 credits)
STA 220 – Statistics in Modern Society (3 credits)
WRT 104 – Writing to Inform and Explain (3 credits)

Nutrition Option

In addition to the common degree requirements, students will also select 6 NFS courses from the list below based on the track being completed:

NFS 337 - Scientific Principles of Food II (4 credits)
NFS 360 – Nutrition in Exercise and Sport (3 credits)
NFS 375 - Foodservice Management I (3 credits)
NFS 376 - Foodservice Management II (4 credits)
NFS 443 - Nutrition Assessment (4 credits)
NFS 444 - Nutrition and Disease (3 credits)
NFS 451 – Field Experience (up to 6 credits)
NFS 491 – Special Projects (up to 6 credits)
NFS 495 – Practicum (3 credits)

Nutrition Option Tracks:

Nutrition Science – NFS 337, 451, 495, and 3 additional NFS courses.

Health Promotion – NFS 360, 443, 444, 495, and 2 additional NFS courses.

Foods – NFS 337, 375, 376, 451, and 2 additional NFS courses.

Dietetics Option

In addition to the common degree requirements, students will complete:
NFS Courses:
NFS 337 – Scientific Principles of Food II (4 credits)
NFS 375 – Foodservice Management I (3 credits)
NFS 376 – Foodservice Management II (4 credits)
NFS 443 – Nutrition Assessment (4 credits)
NFS 444 – Nutrition and Disease (3 credits)
NFS 495 – Nutrition Practicum (3 credits)

Additional Degree Requirements:
BUS 341 – Organizational Behavior (3 credits)
PSY 113 – General Psychology (3 credits)
SOC 100 – General Sociology (3 credits)

Graduation Requirements:

The following graduation requirements are for students entering the program in Fall 2010 or later:
Dietetics Option: Students must earn a 3.0 average in all required courses (science courses, NFS courses, and the additional degree requirements), with no less than a C in any one class.

Nutrition Option: Students must earn a 2.5 average in all required courses (science courses, NFS courses, science courses, and the additional degree requirements).

Students must also complete remaining degree requirements to meet University requirements (general education, supporting electives, and free electives). Please see the academic advising sheet for the complete list of degree requirements, found at the end of this Handbook.

Additional Materials:

The following materials about the Nutrition and Dietetics major are available on the Department website (http://cels.uri.edu/nfs/) or from your advisor:

Competitive Admission Pool Information

- Diagram on Admission to Nutrition and Dietetics
- Contracts for Admission to Nutrition and Dietetics

Admission Form – Dietetics Option only, students entering URI in Fall 2010 or after
Curriculum Information for Students entering URI prior to Fall 2010

- Nutrition Option/Dietetics Option - Advising Sheet
- Nutrition Option/Dietetics Option – Four year plan

Curriculum Information for Students entering URI in Fall 2010 or after

- Nutrition Option/Dietetics Option - Advising Sheet
- Nutrition Option/Dietetics Option – Four year plan

Comparison of Requirements for Old and New Program

Major: Nutrition & Dietetics - Nutrition Option

Student: _____ **Advisor:** _____

General Education: (38)

EC: COM 100 ___ WRT 104 ___

MQ: STA 220 ___

N: CHM 103 ___ NFS 210[a] ___

S: _____ _____

L: _____ _____

A: _____ _____

FC: _____ _____

URI 101[b] _____

Two courses must be selected from courses designated as "D". A total of 15 credits from L, A, and FC with no more than 6 credits in one area. URI 101 is required of incoming freshmen and transfer students with less than 24 credits; otherwise add 1 credit to free electives.

Basic Sciences (19)

CHM 105[b] _____ CHM 124/126[b] ____

BCH 211 _____ BIO 121[a] _____

BIO 242 _____ MIC 201[a] _____

Introductory Professional Courses (4)

NFS 110[b] _____ NFS 276 _____

Free Electives (7-8*)

_____( ) _____( )

_____( )

Concentration (20 credits)

NFS 394 _____ NFS 395 _____

NFS 410[b] _____ NFS 336[a] _____

NFS 440 _____ NFS 441 _____

NFS 458 _____

Track 1 - Nutrition Sciences (19 credits)

NFS 337[a] _____ NFS 451 _____

NFS 495 _____ NFS ___ _____

NFS ___ _____ NFS ___ _____

(includes 9 credits of NFS courses - see next page)

Track 2 - Health Promotion (19 credits)

NFS 360 _____ NFS 495 _____

NFS 443[a] _____ NFS 444 _____

NFS ___ _____ NFS ___ _____

(includes 6 credits of NFS courses - see next page)

Track 3 - Foods (20 credits)

NFS 337[a] _____ NFS 451 _____

NFS 375 _____ NFS 376[a] _____

NFS ___ _____ NFS ___ _____

(includes 6 credits of NFS courses - see next page)

Supporting Electives (12)

_____( ) _____

_____( ) _____

All courses are 3 credits unless indicated.

([a]=4 credit course; [b]=1 credit course)

*9 credits for Tracks 1 & 2, 8 credits for Track 3)

Effective September 2010, 120 credits

Nutrition Option

Students must have an overall 2.5 average in all the courses listed below to graduate:

Basic Sciences:
BIO 121 - Human Anatomy (4 credits)
BIO 242 - Human Physiology (3 credits)
CHM 103/105 - General Chemistry, Lab (4 credits)
CHM 124/126 - Organic Chemistry, Lab (4 credits)
BCH 211 - Biochemistry (3 credits)
MIC 201 - Introductory Medical Microbiology (4 credits)

NFS Courses – Concentration Courses:
NFS 110 - Introduction to Nutrition and Dietetics (1 credit)
NFS 210 – Applied General Nutrition (4 credits)
NFS 276 - Food, Nutrition and People (3 credits)
NFS 336 - Scientific Principles of Food I (4 credits)
NFS 394 - Nutrition in the Lifecycle I (3 credits)
NFS 395 - Nutrition in the Lifecycle II (3 credits)
NFS 410 - Professional Issues in Nutrition and Dietetics (1 credit)
NFS 440 - Macronutrient Metabolism (3 credits)
NFS 441 – Micronutrient Nutrition (3 credits)
NFS 458 - Nutrition Education (3 credits)

NFS Courses – Track Courses:
NFS 337 - Scientific Principles of Food II (4 credits)
NFS 360 – Nutrition in Exercise and Sport (3 credits)
NFS 375 - Foodservice Management I (3 credits)
NFS 376 - Foodservice Management II (4 credits)
NFS 443 - Nutrition Assessment (4 credits)
NFS 444 - Nutrition and Disease (3 credits)
NFS 451 – Field Experience (up to 6 credits)
NFS 491 – Special Projects (up to 6 credits)
NFS 495 – Practicum (3 credits)

Additional Degree Requirements:
COM 100 – Communication Fundamentals (3 credits)
WRT 104 – Writing to Inform and Explain (3 credits)
STA 220 – Statistics in Modern Society (3 credits)

Admission Requirements:
Students will be admitted to the Nutrition and Dietetics degree program in CELS from UC after completing a minimum of 30 credits, including CHM 103/105, CHM 124/126, BIO 121, NFS 207 or NFS 210, NFS 276, NFS 394 or NFS 375, WRT 104, COM 100, and STA 220. Students must have earned a 2.5 average in these classes with no less than a C in any one class to be admitted. Admission to the Nutrition and Dietetics program is limited to incoming freshmen only; all other students are admitted on a space available basis. Please contact the Department for more information.

This program is required for students entering URI in Fall 2010 or after. Other students may choose this program after consultation with their advisor.

Four Year Plan

Nutrition Option

First year

_____	Composition (WRT 104) 3cr.	_____	Communications (COM 100) 3cr.
_____	General Chemistry (CHM 103/105) 4cr.	_____	Organic Chemistry (CHM 124/126) 4cr.
_____	Applied General Nutrition (NFS 210) 4cr.	_____	Food, Nutrition, People (NFS 276) 3cr.
_____	General Education* 3cr.	_____	Intro to Nutr/Diet (NFS 110) 1cr.
_____	Traditions & Transformations (URI 101) 1cr.	_____	General Education* 3cr.
		_____	General Education* 3cr.
	15cr.		17cr.

Second Year

_____	Anatomy (BIO 121) 4cr.	_____	Human Physiology (BIO 242) 3cr.
_____	Statistics (STA 220) 3cr.	_____	Nutrition in the Lifecycle II (NFS 395) 3cr.
_____	Nutrition in the Lifecycle I (NFS 394) 3cr.	_____	Supporting Elective 3cr.
_____	General Education* 3cr.	_____	General Education* 3cr.
		_____	General Education* 3cr.
	13cr.		15cr.

Third Year

_____	Biochemistry (BCH 211) 3cr.	_____	Microbiology (MIC 201) 4cr.
_____	Scientific Principles of Food I (NFS 336) 4cr.	_____	Macronutrient Metabolism (NFS 440) 3cr.
_____	NFS Concentration - Track 4cr.	_____	NFS Concentration - Track 3cr.
_____	Free Elective 2cr.	_____	Free Elective 3cr.
_____	General Education* 3cr.	_____	Supporting Elective 3cr.
	16cr.		16cr.

Fourth Year

_____	Professional Issues (NFS 410) 1cr	_____	Nutrition Education (NFS 458) 3cr.
_____	Micronutrient Nutrition (NFS 441) 3cr.	_____	NFS Concentration - Track 3cr.
_____	NFS Concentration - Track 3cr.	_____	NFS Concentration - Track 3cr.
_____	NFS Concentration - Track 3cr.	_____	Supporting Elective 3cr.
_____	Supporting Elective 3cr.	_____	Free Elective 3cr.
	13cr.		15cr.

*2 General Education courses must be selected from courses designated "D"; 6 credits in Social Sciences; 15 credits from Letters, Arts and Foreign Language or Culture with no more than 6 credits in any one area.

120 credits to graduate

Effective September 2010