

Human Environmental Studies: Dietetics Option

Bachelor of Science (BS)

Dietetics Option

Dietitians apply knowledge of food and nutrition to health. They prevent or treat disease through diet. The four year ACEND-accredited program is a major component in the process to obtain the educational background and experiences required to become a registered dietitian. After graduation, a 1200 hour internship and successful completion of a national credentialing exam are required.



Students in dietetics receive hands-on experience and provide community service by providing nutrition education to senior citizens, delivering Meals-on-Wheels, participating in health fairs, working in university food service, or in local hospitals working alongside registered dietitians.

Accreditation is granted by the Accreditation Council for Education in Nutrition and Dietetics (ACEND) of Academy of Nutrition and Dietetics, 120 South Riverside Plaza, Suite 2000, Chicago, IL 60606-6995, (312) 899-0040.

Dietetics students will...

- Interact with qualified, dedicated faculty.
- Be prepared for acceptance into a graduate level Dietetic Internship.
- Receive hands on experience in a variety of settings including clinical nutrition services, food service management and community nutrition.
- Have the opportunity to network with professionals in the field of dietetics.

Career Planning

Career preparation is part of the mission of Southeast. In fact, more than 90% of Southeast students participate in internships, clinical opportunities, student teaching, research assistantships, and study abroad.

Approximately 90% of students seeking Dietetic Internships are accepted into ACEND approved programs.

Professional career counselors are available for all students. The Office of Career Services in Academic Hall 057 can provide students with professional career counseling, resume critiques, practice interviews, job search strategies, career events, networking opportunities, and more.

Demonstrated Career Proficiency is a Requirement of all Southeast Students		
CL001/CL002	First Semester	Complete the FOCUS2 assessment and develop a Career Action Plan.
CL003	Junior Year	Students gain information about career planning and job searching resources.
CL004	Senior Year	Students demonstrate advanced proficiency by identifying a position in their field, developing a cover letter, and tailoring a resume for the position. Materials are critiqued to ensure preparedness for a successful job search.

Internship and Employment Opportunities of Recent Graduates/ Graduate Schools and Programs of Recent Graduates

- **Dietetic Internships (1200 hours)**
 - Veterans' Administration
 - Mayo Clinic in Jacksonville, FL
 - Saint Louis University
 - University of Houston
 - Vanderbilt University
- **Summer Internships**
 - NACUFS (Harvard, Notre Dame)
 - Summer Diabetes Camps
 - Weight Management Camps
 - Anheuser-Busch InBev
- **Employment**
 - HyVee Grocery (Corporate Dietitians)
 - School Food Service
 - Hospitals and Clinics
 - University Food Services
 - Wellness Centers
 - Long-term Care Facilities
 - County Health Departments
 - Gilster-Mary Lee

Admission Requirements

Students wishing to be formally admitted into the Dietetics Option must meet the following admission criteria:

1. Completion of 45 semester hours.
2. Minimum cumulative 3.0 GPA.
3. Completion of the following course work (or equivalent) with a minimum grade of "C": MA134; PY 101; CH 181; AD 101; EN 140; FN 235; BS 113; BS 114; Economic Systems.
4. Completion of all developmental courses (if applicable).

To learn more
Office of Admissions
(573) 651-2590
admissions@semo.edu
www.semo.edu

To explore the College of Health and Human Services online, visit
www.semo.edu/hes

For advising
College of Health and Human Services
Center for Academic Advising
(573) 651-2007
cacadvising@semo.edu
www.semo.edu/coadvise

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This is a guide based on the 2015-2016 Undergraduate Bulletin and is subject to change. The time it takes to earn a degree will vary based on several factors such as dual enrollment, remediation, and summer enrollment. Students will meet with an academic advisor each semester and use DegreeWorks to monitor their individual progress.

CURRICULUM CHECKLIST

"Critical Courses" are italicized and bolded. Data shows that students who have completed this course in the first two years and have earned the noted grade are most likely to complete this program of study.

Dietetics students must be admitted to the Didactic Program in Dietetics prior to enrolling in upper division (300 level or above major courses) dietetics courses.

84 Hour Major – Minor required where noted

Required Courses:

- ___ AD 101 Introduction to Microcomputer Applications (3)
- ___ **BS 113 Anatomy & Physiology I (4)**
- ___ **BS 114 Anatomy & Physiology II (4)**
- ___ FN 235 Nutrition for Health (3)
- ___ FN 255 Nutrition I (3)
- ___ FN 340 Professional Dietetic Seminar (1)
- ___ FN 355 Lifespan Nutrition (3)
- ___ FN 540 Community Nutrition (3)
- ___ HL 303 Research Methods (3)
- ___ OR
- ___ PY 271 Research Design I (3)
- ___ HM 205 Basic Culinary Techniques (3)
- ___ PY 101 Psychological Perspectives/Human Behavior (3)

Choose one advising track:

Didactic Program in Dietetics Track – no minor required

- ___ AC 221 Principles of Accounting I (3)
- ___ BS 240 Microorganisms/Human Host (3)
- ___ CH 181 Basic Principles of Chemistry (5)
- ___ CH 234 Organic & Biological Chemistry (3)
- ___ FN 320 Essentials of Food Science (4)
- ___ FN 370 Nutrition Assessment (2)
- ___ FN 401 Sports Nutrition (3)
- ___ FN 502 Nutrition II (3)
- ___ FN 503 Medical Nutrition Therapy I (4)
- ___ FN 504 Medical Nutrition Therapy II (4)
- ___ FN 505 Senior Dietetic Seminar (1)
- ___ FN 525 Nutrition Counseling (3)
- ___ HE 520 Techniques/Teaching Nutrition & Health Education (3)
- ___ HM 225 Advanced Selection and Preparation of Foods (3)
- ___ HM 304 Food, Beverage & Labor Cost Controls (3)
- ___ HM 406 Hospitality & Institution Administration (3)
- ___ HM 416 Quantity Food Production (4)
- ___ MA 134 College Algebra (3)

Nutrition Science Track – no minor required

- ___ BI 151 Biological Reasoning (3)
- ___ BI 153 Introduction to Organismal Biology (4)
- ___ BI 154 Genetics/Cellular Biology (4)
- ___ BI 200 General Microbiology (3)
- ___ CH 185 General Chemistry I (5)
- ___ CH 186 Foundations of Inorganic Chemistry (3)
- ___ CH 187 Inorganic Chemistry and Qualitative Analysis Lab (2)
- ___ CH 341 Foundations of Organic Chemistry (4)
- ___ CH 342 Organic Chemistry Lab I (1)
- ___ CH 343 Advanced Organic Chemistry (3)
- ___ CH 344 Organic Chemistry Lab II (2)
- ___ CH 531 Biochemistry (3)
- ___ FN 320 Essentials of Food Science (4)
- ___ FN 502 Nutrition II (3)
- ___ MA 134 College Algebra (3)
- ___ PH 120 Introductory Physics I (5)
- ___ PH 121 Introductory Physics II (5)

Nutrition and Wellness Track – minor required

- ___ FN 370 Nutrition Assessment (2)
- ___ FN 503 Medical Nutrition Therapy I (4)
- ___ FN 520 Nutrition & Aging (3)
- ___ HE 520 Techniques/Teaching Nutrition & Health Education (3)
- ___ HL 111 Introduction to Health Management (3)
- ___ HL 120 Health Perspectives (3)
- ___ HL 260 Health Promotion Practicum (3)
- ___ HL 320 Community Health (3)
- ___ HL 332 Lifestyle Disease Risk Reduction (3)
- ___ HL 432 Health Promotion Programs (3)
- ___ HL 490 Program Planning/Evaluation (3)
- ___ MA 123 Survey of Mathematics (3)
- ___ OR
- ___ MA 155 Statistical Reasoning (3)

University Studies Requirements (not already listed above):

UI100 First Year Seminar, EN100 English Composition, Artistic Expression, Written Expression, Oral Expression, Literary Expression, Physical Systems, Development of a Major Civilization, Economic Systems, Political Systems, Social Systems, two IU/UI3XXs and one UI4XX.

SAMPLE FOUR-YEAR PLAN

	Fall Semester		Spring Semester	
	Course #	Hrs	Course #	Hrs
FIRST YEAR	UI100	3	AD101	3
	EN100	3	FN235	3
	PY101	3	Physical Systems	3
	Logical Systems	3	Political Systems	3
	Oral Expression	3	Written Expression	3
	Social Systems	3		
Total	18		Total	15

SECOND YEAR	BS113/013	4	BS114/014	4
	FN255	3	FN340	1
	HL303/PY271	3	Physical Systems/Track Course	3
	HM205	3	Track Course	3
	Economic Systems	3	Track Course	3
	Total	16	Total	14

Milestone: Apply for and gain admission to Dietetics program.
(Summer courses are encouraged to avoid 18 hour semesters)

THIRD YEAR	FN355	3	Track Course	3
	Track Course	3	Track Course	3
	Track Course	3	Track Course	3
	Artistic Expression	3	Literary Expression	3
	Develop of Major Civ	3	IU/UI3XX	3
	Total	15	Total	15

Milestone: Maintain 3.0 gpa in major courses.

FOURTH YEAR	FN 540	3	Track Course	3
	Track Course	3	Track Course	3
	Track Course	4	Track Course	4
	Track Course	4	Track Course	4
	IU/UI3XX	3	UI4XX	3
	Total	17	Total	17

Milestone: Maintain 3.0 gpa in major courses.

A "Milestone" signifies a significant stage for a student in the completion of a degree.

Degree requirements for all students: a minimum of 126 credit hours, completion of University Studies program, career proficiencies (CL001-004), Writing Proficiency Exam (WP003), and completion of the Measure of Academic Proficiency and Progress (MAPP) at the senior level.

In order to graduate with a Bachelor of Science degree in Human Environmental Studies-Dietetics degree and to receive the Verification Statement needed to apply to Dietetic Internships, a minimum overall GPA of 3 is required. A minimum GPA of 3 is also required in the major dietetics courses.

Refer to the Undergraduate Bulletin or DegreeWorks for additional graduation requirements (i.e. minimum GPA and coursework) for your program of study.

Revised
3/19/2015