

# 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.

**Accreditation Council  
for Education in  
Nutrition and Dietetics**  
**eat  
right.** Academy of Nutrition  
and Dietetics

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.
- Develop a strong foundation in evidence-based nutrition principles and practices.
- 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. 100% of programs offer our students an internship, study-abroad program, clinical opportunity, student teaching or research internship.

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

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

### Internship and Employment Opportunities of Recent Graduates

- **Dietetic Internships (1200 hours)**
  - Veterans' Administration
  - Southern Illinois State University - Carbondale
  - Illinois State
  - Saint Louis University
  - Missouri State University
  - University of Kansas Medical Center
- **Summer Internships**
  - Summer Diabetes Camps
  - Weight Management Camps
  - Anheuser-Busch InBev
- **Employment**
  - Grocery Stores
  - School Food Service
  - Hospitals and Clinics
  - Food Service Industry
  - Wellness Centers
  - Long-term Care Facilities
  - County Health Departments
  - Food Manufacturing

### 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": MA116; CH 181; EN 140; FN 235; BS 113.
4. Completion of all developmental courses (if applicable).

### Special Options with Child Development

Southeast offers a Master of Arts in Human Environmental Studies.

### Transfer and Dual Credit Students

If you have dual credit or transfer credit, please visit our transfer course equivalencies guide at [semo.edu/transfercredit](http://semo.edu/transfercredit).

**To learn more**  
Office of Admissions  
(573) 651-2590  
[admissions@semo.edu](mailto:admissions@semo.edu)  
[semo.edu](http://semo.edu)

**To explore  
the College  
of Education, Health and  
Human Studies online, visit**  
[semo.edu/education-health](http://semo.edu/education-health)

**For advising**  
**Center for Academic Advising**  
[semo.edu/advising](http://semo.edu/advising)

# Human Environmental Studies: Dietetics Option

## Bachelor of Science (BS)

This is a guide based on the 2018-2019 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 Degree Works 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 240 Introduction to Food Science (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)

\_\_\_ PY 101 Psychological Perspectives/Human Behavior (3)

Choose one advising track:

**Didactic Program in Dietetics Track – no minor required**

\_\_\_ BS 240 Microorganisms/Human Host (3)

\_\_\_ CH 181 Basic Principles of Chemistry (5)

\_\_\_ CH 234 Organic & Biological Chemistry (3)

\_\_\_ FN 310 Food & Culture (3)

\_\_\_ FN 320 Essentials of Food Science (4)

\_\_\_ FN330 Financial Management and Cost Control in Dietetics (3)

\_\_\_ FN 370 Nutrition Assessment (2)

\_\_\_ FN 401 Sports Nutrition (3)

\_\_\_ FN 415 Principles & Practices of Food Service for the Dietitian (3)

\_\_\_ FN 450 Food Service Operations (4)

\_\_\_ 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)

\_\_\_ MA 116 Precalculus A (3)

**Nutrition Science Track – no minor required**

\_\_\_ BI 163 Evolution & Ecology (4)

\_\_\_ BI 173 Cell & Organismal Biology (4)

\_\_\_ BI 283 Genetics (4)

\_\_\_ BI 310 General Microbiology (4)

\_\_\_ 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 116 Precalculus A (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** – some requirements may be fulfilled by coursework in major program

- Social and Behavioral Sciences – 3 hours
- Constitution requirement – 3 hours
- US History requirement – 3 hours
- Written Communication – 6 hours
- Oral Communication – 3 hours
- Natural Sciences – 7 hours (from two disciplines, one to include a lab)
- Mathematics – 3 hours
- Humanities & Fine Arts – 9 hours (from at least two disciplines)
- Additional requirements – 5 hours (to include UI100 for native students)

### SAMPLE FOUR-YEAR PLAN

	Fall Semester		Spring Semester	
	Course #	Hrs	Course #	Hrs
<b>FIRST YEAR</b>	UI100	3	AD101	3
	EN100	3	FN235	3
	PY101	3	University Studies	3
	University Studies	3	University Studies	3
	University Studies	3	University Studies	3
	University Studies	3		
	<b>Total</b>	<b>18</b>	<b>Total</b>	<b>15</b>
<b>SECOND YEAR</b>	<b>BS113/013</b>	4	<b>BS114/014</b>	4
	FN 240	3	FN340	1
	FN255	3	University Studies/Track Course	3
	HL303/PY271	3	Track Course	3
	University Studies	3	Track Course	3
	<b>Total</b>	<b>16</b>	<b>Total</b>	<b>14</b>
Milestone: Apply for and gain admission to Dietetics program.				
<i>(Summer courses are encouraged to avoid 18 hour semesters)</i>				
<b>THIRD YEAR</b>	FN355	3	Track Course	3
	Track Course	3	Track Course	3
	Track Course	3	Track Course	3
	University Studies	3	University Studies	3
	University Studies	3	Elective	2
	<b>Total</b>	<b>15</b>	<b>Total</b>	<b>14</b>
Milestone: Maintain 3.0 gpa in major courses.				
<b>FOURTH YEAR</b>	FN 540	3	Track Course	3
	Track Course	3	Track Course	3
	Track Course	4	Track Course	4
	Track Course	4	Track Course	4
	<b>Total</b>	<b>14</b>	<b>Total</b>	<b>14</b>
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 120 credit hours, completion of University Studies program, completion of 39 senior division hours (300-599), Writing Proficiency Exam (WP003), and completion of the Measure of Academic Proficiency and Progress (MAPPP) at the senior level. Refer to the Undergraduate Bulletin or Degree Works for additional graduation requirements for your program.

*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.*