

# Nutrition

## Bachelor of Science (BS)

# Nutrition

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 2190, Chicago, IL 60606-6995, (312) 899-0040.*

### Becoming Career Ready...

/ BS in Dietetics students interact with qualified, dedicated faculty in a small class setting.

/ Dietetics graduates work in the food service industry, hospital settings, school food service, wellness facilities, and county health departments. Examples of job titles include dietitian, food product developer, community nutrition educator, catering manager, and sports nutrition consultant.

/ Students in the program develop a strong foundation in evidence-based nutrition principles and practices.

/ Dietetics majors have hands-on experience in a variety of settings including clinical nutrition services, food service management and community nutrition.

/ Students have the opportunity to network with professionals in the field of dietetics throughout the program.

/ 100% of Southeast programs offer a real-world experience. Dietetics students gain this experience through internship opportunities. Approximately 90% of students seeking Dietetic Internships are accepted into ACEND approved programs.

/ The path to a successful career starts with you! You can maximize your career development by working closely with Career Services and Southeast faculty – they are here to help you connect your passions, interests, and skills to jobs and opportunities in the field. Career Services provides 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).

### 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)

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This is a guide based on the 2020-2021 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.*

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

**Nutrition - 85 Hour Major - Minor required where noted**

Required Courses:

- \_\_\_ ***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 Introduction to Behavioral Statistics (3)
- \_\_\_ MI 101 Introduction to Computer Applications (3)
- \_\_\_ PY 101 Introduction to Psychology (3)

Choose one advising track:

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

- \_\_\_ BS 240 Microorganisms/Human Host (4)
- \_\_\_ 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)
- \_\_\_ FN360 Food Safety & Sanitation (3)
- \_\_\_ FN 370 Nutrition Assessment (3)
- \_\_\_ 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 510 Nutrition & Health Education (3)
- \_\_\_ FN 525 Nutrition Counseling (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 310 Food & Culture (3)
- \_\_\_ FN 370 Nutrition Assessment (3)
- \_\_\_ FN 503 Medical Nutrition Therapy I (4)
- \_\_\_ FN 510 Nutrition & Health Education (3)
- \_\_\_ FN 520 Nutrition & Aging (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 Mathematical Reasoning and Modeling (3)
- \_\_\_ OR
- \_\_\_ MA 155 Statistical Reasoning (3)

**General Education Requirements** - some requirements may be fulfilled by coursework in major program

- Social and Behavioral Sciences - 6 hours
- Constitution 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)
- Civics examination

### SAMPLE FOUR-YEAR PLAN

|                   | Fall Semester     |              | Spring Semester   |     |
|-------------------|-------------------|--------------|-------------------|-----|
|                   | Course #          | Hrs          | Course #          | Hrs |
| <b>FIRST YEAR</b> | UI100             | 3            | FN235             | 3   |
|                   | EN100             | 3            | MI101             | 3   |
|                   | PY101             | 3            | Track Course      | 3   |
|                   | General Education | 3            | General Education | 3   |
|                   | General Education | 3            | General Education | 3   |
|                   | General Education | 3            | General Education | 3   |
| <b>Total</b>      | <b>18</b>         | <b>Total</b> | <b>15</b>         |     |

|                    |                         |           |                                |           |
|--------------------|-------------------------|-----------|--------------------------------|-----------|
| <b>SECOND YEAR</b> | <b><i>BS113/013</i></b> | 4         | <b><i>BS114/014</i></b>        | 4         |
|                    | FN 240                  | 3         | FN340                          | 1         |
|                    | FN255                   | 3         | General Education/Track Course | 3         |
|                    | HL303/PY271             | 3         | Track Course                   | 3         |
|                    | General Education       | 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.

(Summer courses are encouraged to avoid 18 hour semesters)

|                   |                   |           |                   |           |
|-------------------|-------------------|-----------|-------------------|-----------|
| <b>THIRD YEAR</b> | FN355             | 3         | Track Course      | 3         |
|                   | Track Course      | 3         | Track Course      | 3         |
|                   | Track Course      | 3         | Track Course      | 3         |
|                   | Track Course      | 3         | General Education | 3         |
|                   | General Education | 3         | General Education | 3         |
|                   | <b>Total</b>      | <b>15</b> | <b>Total</b>      | <b>15</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 the General Education program, and completion of 39 senior division hours (300-599). 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 with a major in Nutrition 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 nutrition courses.