Dietetics (H SCI)

Dietitians are nutrition experts who strive for optimal health and nutrition of individuals and the population. The curriculum for the dietetics program as well as the diet and exercise program meet the academic requirements of the Didactic Program in Dietetics and prepares students for a career in the field of dietetics. The program is accredited by the Accreditation Council for Education in Nutrition and Dietetics, the accrediting agency for the Academy of Nutrition and Dietetics.

Administered by the Department of Food Science and Human Nutrition

The dietetics undergraduate curriculum meets the academic requirements as the Didactic Program in Dietetics and is accredited by the Accreditation Council for Education in Nutrition and Dietetics, the accrediting agency of the Academy of Nutrition and Dietetics. Graduates of the program are eligible to apply for admission to accredited supervised practice programs/dietetics internships. There is a $30 fee for the verification statement of completion of the accredited dietetics program.

Total Degree Requirement: 120 cr.

Students must fulfill International Perspectives and U.S. Diversity requirements by selecting coursework from approved lists. These courses may also be used to fulfill other area requirements. Only 65 cr. from a two-year institution may apply to the degree which may include up to 16 technical cr.; 9 P-NP cr. of electives; 2.00 minimum GPA.

International Perspectives: 3 cr.
U.S. Diversity: 3 cr.
Communications and Library: 10 cr.
ENGL 150 Critical Thinking and Communication 3
ENGL 250 Written, Oral, Visual, and Electronic Composition 3
LIB 160 Information Literacy 1
SP CM 212 Fundamentals of Public Speaking 3

Total Credits 10

Humanities and Social Sciences: 6-12 cr.
Select Humanities course from approved list 3
PSYCH 101 Introduction to Psychology 3
If H SCI student, select: 6
Additional Humanities course
Additional Humanities or Social Science course

Ethics and Environmental: 3-6 cr.
FS HN 342 World Food Issues: Past and Present 3
If AgLS student, select from: 2-3
ENV S 120 Introduction to Renewable Resources
ENV S 201 Introduction to Environmental Issues

Mathematical Sciences: 6-8 cr.
Select at least 3 credits from: 3-4
MATH 140 College Algebra
MATH 143 Preparation for Calculus
MATH 160 Survey of Calculus
MATH 165 Calculus I
MATH 181 Calculus and Mathematical Modeling for the Life Sciences I
Select at least 3 credits from: 3-4

Total Credits 6-8

Physical Sciences: 9-12 cr.
Select from: 5-8
CHEM 163 College Chemistry
& 163L and Laboratory in College Chemistry
CHEM 177 General Chemistry I
& 177L and Laboratory in General Chemistry I
& CHEM 178 and General Chemistry II
CHEM 231 Elementary Organic Chemistry 3
CHEM 231L Laboratory in Elementary Organic Chemistry 1

Total Credits 9-12

Biological Sciences: 20-21 cr.
BBMB 301 Survey of Biochemistry 3
BIOL 211 Principles of Biology I 3
BIOL 212 Principles of Biology II 3
BIOL 212L Principles of Biology Laboratory II 1
BIOL 255 Fundamentals of Human Anatomy 3
BIOL 255L Fundamentals of Human Anatomy Laboratory 1
Select from: 3-4
BIOL 256 Fundamentals of Human Physiology
& 256L and Fundamentals of Human Physiology Laboratory
BIOL 334 Metabolic Physiology of Mammals
BIOL 335 Principles of Human and Other Animal Physiology 2
MICRO 201 Introduction to Microbiology 2
MICRO 201L Introductory Microbiology Laboratory 1

Total Credits 20-21

Food Science and Human Nutrition: 40-41 cr.
FS HN 110 Professional and Educational Preparation 1
FS HN 167 Introduction to Human Nutrition 3
FS HN 203 Contemporary Issues in Food Science and Human Nutrition 1
FS HN 214 Scientific Study of Food 3
FS HN 215 Advanced Food Preparation Laboratory 2
or FS HN 115 Food Preparation Laboratory
FS HN 265 Nutrition for Active and Healthy Lifestyles 3
FS HN 340 Foundations of Dietetic Practice 1
FS HN 360 Advanced Human Nutrition and Metabolism 3
FS HN 361 Nutrition and Health Assessment 2
FS HN 362 Nutrition in Growth and Development 3
FS HN 367 Medical Terminology for Health Professionals 1
FS HN 403 Food Laws, Regulations, and the Regulatory Process 2
FS HN 411 Food Ingredient Interactions and Formulations 2
FS HN 461 Medical Nutrition and Disease I 4
FS HN 463 Community Nutrition 3
FS HN 464 Medical Nutrition and Disease II 3
FS HN 466 Nutrition Counseling and Education Methods 3

Total Credits 40-41

Iowa State University – 2016-2017
### Dietetics (H SCI)

**Total Credits**: 41

**Management: 11 cr.**

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Course Title</th>
<th>Credits</th>
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<tbody>
<tr>
<td>HSP M 380</td>
<td>Quantity Food Production Management</td>
<td>3</td>
</tr>
<tr>
<td>HSP M 380L</td>
<td>Quantity Food Production and Service Management Experience</td>
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<tr>
<td>HSP M 391</td>
<td>Foodservice Systems Management I</td>
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<tr>
<td>HSP M 392</td>
<td>Foodservice Systems Management II</td>
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</table>

**Total Credits**: 11

**Electives: 0-13 cr. Select from any university coursework to earn at least 120 total credits.**

**Admission to the dietetics program:**

- Students enter the university designated as pre-dietetics. During spring semester of the second year, interested students apply to the Didactic Program in Dietetics.
- Admission to the program is based on overall GPA (3.0 or above required), completion of required coursework, and completion of the application with interest in becoming a registered dietitian.
- Students then progress toward earning a Bachelor of Science degree in Dietetics and receive a Verification Statement upon graduation, which is needed to enter an accredited dietetics internship.

Go to FS HN courses. (http://catalog.iastate.edu/azcourses/fs_hn)

**Dietetics, B.S. (p. 1)**

#### First Year

<table>
<thead>
<tr>
<th>Fall</th>
<th>Credits</th>
<th>Spring</th>
<th>Credits</th>
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<tbody>
<tr>
<td>FS HN 110</td>
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<td>FS HN 167</td>
<td>3</td>
</tr>
<tr>
<td>CHEM 163 or 177</td>
<td>4</td>
<td>CHEM 178 (if CHEM 177 taken) or elective*</td>
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<tr>
<td>CHEM 163L or 177L</td>
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<td>BIO 212</td>
<td>3</td>
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<tr>
<td>BIO 211</td>
<td>3</td>
<td>BIO 212L</td>
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<tr>
<td>MATH 140, 143, 160, 165, or 181</td>
<td>3</td>
<td>PSYCH 101</td>
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<tr>
<td>ENGL 150</td>
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<td>Humanities course</td>
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<td>LIB 160</td>
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**Total Credits**: 16

#### Second Year

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<th>Fall</th>
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<tr>
<td>CHEM 231</td>
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<td>FS HN 265</td>
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<tr>
<td>CHEM 231L</td>
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<td>BBMB 301</td>
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<tr>
<td>BIOL 255</td>
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<td>BIOL 256 and 256L, or BIOL 334 or 335</td>
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<tr>
<td>BIOL 255L</td>
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<td>MICRO 201</td>
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<td>ENGL 250</td>
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<td>MICRO 201L</td>
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<td>Humanities course (H Sci) or Elective* (AgLS)</td>
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<tr>
<td>STAT 101 or 104</td>
<td>3-4</td>
<td>Apply for admission to the program by March 1</td>
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**Total Credits**: 15-16

**Third Year**

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<th>Fall</th>
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<th>Spring</th>
<th>Credits</th>
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<td>Acceptance into the Didactic Program in Dietetics is required before the third year</td>
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<tr>
<td>FS HN 340</td>
<td>1</td>
<td>FS HN 362</td>
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<td>FS HN 360</td>
<td>3</td>
<td>FS HN 367</td>
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<td>FS HN 214</td>
<td>3</td>
<td>HSP M 380</td>
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<tr>
<td>FS HN 215 or 115</td>
<td>1-2</td>
<td>HSP M 380L</td>
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<tr>
<td>SP CM 212</td>
<td>3</td>
<td>FS HN 342</td>
<td>3</td>
</tr>
<tr>
<td>Humanities/social sci. (H Sci) or ENV S (AgLS)</td>
<td>3 Elective*</td>
<td>1</td>
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</table>

**Fourth Year**

<table>
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<th>Fall</th>
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<tr>
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<td>FS HN 464</td>
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<tr>
<td>FS HN 463</td>
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<td>FS HN 392</td>
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</tr>
<tr>
<td>HSP M 391</td>
<td>3</td>
<td>FS HN 403</td>
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<tr>
<td>FS HN 411</td>
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<td>FS HN 480</td>
<td>1</td>
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<tr>
<td>FS HN 466</td>
<td>3 Electives*</td>
<td>1-5</td>
<td>6</td>
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</tbody>
</table>

**Total Credits**: 15-16

**Total Credits: 120-124**

**Footnotes**

* Choose elective courses to total equal to or greater than 120 credits.

Note: This sequence is only an example, and the number of credits taken each semester should be based on the individual student's situation. Factors that may affect credit hours per semester include student ability, employment, health, activities, and grade point consideration.