Dietetics is an interinstitutional distance education program offered through the Web. The student selects a home institution, which grants the degree. After admission at the home institution, the student takes courses from each of the ten institutions: Iowa State University, Colorado State University, Kansas State University, Michigan State University, Montana State University, North Dakota State University, Oklahoma State University, South Dakota State University, University of Kansas Medical Center, and University of Nebraska.

At Iowa State University, Dietetics is a specialization within the Master of Family and Consumer Sciences degree program (MFCS-Diet) that consists of 36 credits. This is a non-thesis option and a special project or creative component is required. Students typically complete the program in 6-8 semesters while employed full-time. Admission is limited to those who are Registered Dietitians or Registration-eligible Dietitians. A computer with minimum specifications, web access, and an email address are required for completing the program.

The department cooperates in the interinstitution Master of Family and Consumer Sciences program to offer a specialization in Dietetics. The Master of Family and Consumer Sciences-Dietetics is designed for the Registered Dietitian or Registration-eligible Dietitian. The 36 credit program is non-thesis and seeks to develop research skills, stimulate independent thought, and provide up-to-date knowledge in foods, nutrition, and foodservice/business management. This program prepares individuals to integrate and apply the principles from the biomedical sciences, human behavior, and management to design and lead effective food and nutrition programs in a variety of settings. Students may build a program of study from offerings of the partner institutions such as human nutrition, nutrient metabolism, biostatistics, health promotion/ disease prevention, foodservice systems management, food science, lifespan nutrition, wellness, entrepreneurship, nutrition education, nutritional assessment and food safety. The online program is tailored for credentialed, practicing dietetics professionals who seek to enhance their knowledge in a specific area of dietetics practice or retool for new career opportunities in dietetics practice.

Admission procedures: Admission to the MFCS-Diet program requires exactly the same procedures as admission to the Graduate College. See Graduate College section of this catalog.

Registration: Students choosing to receive their degree from Iowa State University complete all the admissions, registration and fee payment processes through ISU.

Courses primarily for graduate students, open to qualified undergraduates:

**D I E T 5 1 1 : R e s e a r c h M e t h o d s**
(3-0) Cr. 3. F.S.
Prereq: Enrollment in GP-idea MFCS in Dietetics
An overview of diverse research approaches focusing on methods for collecting and analyzing quantitative and qualitative data. www only.
Only one of DIET 511 or FCEDS 511 may count toward graduation.

**D I E T 5 2 4 : F i n a n c i a l M a n a g e m e n t a n d C o s t C o n t r o l s**
(3-0) Cr. 3. SS.
Prereq: enrollment in GP-IDEA MFCS in Dietetics
Overview of the fundamental knowledge of financial management, managerial accounting, and operational cost controls for dietetics professionals. Topics include a review of managerial accounting concepts for not-for-profit organizations and for-profit organizations based on the Uniform System of Accounts, value and risk analysis, budgeting, asset management, franchising and management contracts, cost-volume-profit analyses, and operational applications for financial performance.

**D I E T 5 2 6 : O b e s i t y A c r o s s t h e L i f e s p a n**
(3-0) Cr. 3. F.
Exploration of the affects that obesity has on public health, the healthcare system, and society in general. Overview of strategies to prevent obesity across the lifespan.

**D I E T 5 2 7 : F o o d W r i t i n g f o r P r o f e s s i o n a l s**
(3-0) Cr. 3. F.
Prereq: Enrollment in GP-IDEA MFCS in Dietetics
Understanding and appreciating how to communicate effectively in writing about food and food-related topics. Hands-on experience in research and writing for various audiences and types of media.

**D I E T 5 3 0 : N u t r i t i o n i n W e l l n e s s**
(3-0) Cr. 3. SS.
Prereq: enrollment in GP-IDEA MFCS in Dietetics
Addresses wellness promotion through nutrition. Nutritional risk and protective factors will be examined in relation to public health and individual nutrition. www only.

**D I E T 5 3 2 : M a t e r n a l a n d C h i l d N u t r i t i o n**
(3-0) Cr. 3. SS.
Prereq: enrollment in GP-IDEA MFCS in Dietetics
Critical examination of behavioral, physiological, and public health issues impacting dietary and nutritional factors that support normal growth and development. Content focuses on early stages of the life cycle: gestation, lactation, infancy, preschool, school age, and adolescence. www only.

**D I E T 5 3 8 : N u t r i t i o n : A F o c u s o n L i f e S t a g e s**
(3-0) Cr. 3. Alt. F., offered irregularly. Alt. SS., offered irregularly.
Prereq: enrollment in GP-IDEA MFCS in Dietetics
Explores influence of normal physiological stresses on nutritional needs throughout the life span. Evaluates dietary intake and identification of appropriate community nutrition services in on-line discussions. Specific considerations, such as the influence of age and cultural heritage, are incorporated. www only.

**D I E T 5 4 0 : N u t r i t i o n a n d P h y s i c a l A c t i v i t y i n A g i n g**
(Cross-listed with GERON). (3-0) Cr. 3. F.
WWW only. Basic physiologic changes during aging and their impacts in health and disease. The focus will be on successful aging with special emphasis on physical activity and nutrition. Practical application to community settings is addressed.
DIET 544: Pediatric Clinical Nutrition
(3-0) Cr. 3. F.
Prereq: enrollment in GP-IDEA MFCS in Dietetics
Examines the physiological, biochemical and nutritional aspects of disease processes relevant to infants and children up to 18 years of age. Discussion of medical nutrition therapy for a variety of medical conditions in this population including inborn errors of metabolism, food hypersensitivity, obesity, and diseases of the major organ systems. www only.

DIET 546: Phytochemicals
(3-0) Cr. 3. Alt. F., offered irregularly.
Prereq: enrollment in GP-IDEA MFCS in Dietetics
Overview of phytochemicals (non-nutritive biologically active compounds) from fruits, vegetables, cereals and oilseeds. Covers recent findings of chemistry, physiological functions, and potential health implications of phytochemicals. www only.

DIET 547: Functional Foods in Chronic Disease Prevention
(3-0) Cr. 3.
Examination of nutritional science, food science, regulatory principles, and nutrient metabolism to understand and explain functional foods, nutraceuticals, and dietary supplements. Additionally students will evaluate the biochemical basis, technologies, legal requirements, and clinical assessment in the marketplace.

DIET 550: Finance and Cost Controls
(3-0) Cr. 3. F.
Prereq: enrollment in GP-IDEA MFCS in Dietetics
Overview of the fundamental knowledge of hospitality managerial accounting, cost controls, and financial management. Important topics include financial statement analysis, cost concepts, cost-volume-profit analysis, calculating and controlling food and beverage costs, pricing, and capital budgeting. www only.

DIET 554: Statistics
(3-0) Cr. 3. Alt. F., offered irregularly. Alt. S., offered irregularly. Alt. SS., offered irregularly.
Prereq: enrollment in GP-IDEA MFCS in Dietetics
Tools used to make statistical decisions. Major emphasis on explanation and understanding of important concepts involved; basic theme is understanding of data and methods used to analyze such data. www only. Only one of DIET 554 or Stat 401, 495, 542 may count toward graduation by students in the GPIDEA Dietetics program.

DIET 556: Advanced Nutrition: Micronutrients
(3-0) Cr. 3. S.SS.
Prereq: BBMB 404 or BBMB 420 or equivalent; enrollment in GP-IDEA MFCS in Dietetics
Integration of the molecular, cellular and physiological aspects of vitamins and minerals in mammalian systems. Interactions among nutrients, metabolic consequences of deficiencies or excesses, relevant polymorphisms, major research methodologies, and current topics related to micronutrients and non-nutrient components. www only. Only one of DIET 556 or NUTRS 502 may count toward graduation.

DIET 558: Advanced Nutrition: Macronutrients
(3-0) Cr. 3. F.
Prereq: BBMB 404 or BBMB 420 or equivalent; enrollment in GP-IDEA MFCS in Dietetics
Integration of the molecular, cellular and physiological aspects of macronutrients and energy metabolism in mammalian systems. Dietary energy, carbohydrates, fiber, lipids, proteins, their interactions, metabolic consequences, and major research methodologies. www only. Only one of DIET 558 or NUTRS 501 may count toward graduation.

DIET 560: Advanced Medical Nutrition Therapy
(3-0) Cr. 3. SS.
Prereq: enrollment in GP-IDEA MFCS in Dietetics
Pathophysiology of selected acute and chronic disease states and their associated medical problems. Specific attention directed to medical nutrition needs of patients in the treatment of each disease state. www only. Only two of DIET 560 or NUTRS 561, 564 may count toward graduation.

DIET 565: International Nutrition and World Hunger
(3-0) Cr. 3. F.
Prereq: enrollment in GP-IDEA MFCS in Dietetics
Identification and assessment of malnutrition in low-income countries. Social, cultural, political, economic, and geographic determinants of malnutrition. Protein-energy malnutrition, vitamin and mineral deficiencies. Intervention approaches; international efforts and local sustainability. www only.

DIET 566: Nutrition Counseling and Education Methods
(Cross-listed with FS HN). (2-2) Cr. 3. F.
Prereq: FS HN 361 and FS HN 362
Application of counseling and learning theories with individuals and groups in community and clinical settings. Includes discussion and experience in building rapport, assessment, diagnosis, intervention, monitoring, evaluation, and documentation. Literature review of specific counseling and learning theories.

DIET 567: Nutrition for Dietitians
(3-0) Cr. 3. Alt. F., offered odd-numbered years.
Prereq: DIET 360; BBMB 301, undergraduate course in physiology; enrollment in GP-IDEA MFCS in Dietetics
Study of the current scientific literature to evaluate current trends and issues in nutrition science and dietetic practice. Emerging areas of research investigating the role of nutrients in health and disease in humans will be explored. Emphasis on the impact of emerging research on nutrition recommendations and interventions designed to promote human health. www only.

DIET 568: Entrepreneurship Theory and Practice
(3-0) Cr. 3. Alt. SS., offered odd-numbered years.
Prereq: enrollment in GP-IDEA MFCS in Dietetics
Definition and discussion of entrepreneurship and its importance to economic and business environment. www only.

DIET 569: Dietary and Herbal Supplements
(3-0) Cr. 3. Alt. SS., offered odd-numbered years.
Prereq: Enrollment in GP-IDEA MFCS in Dietetics
Develop skills to partner with patients in making dietary supplement decisions. Explore the safe, efficacious use of botanicals and supplements in nutritional support of aging, maternal health and wellness. Discussions on supplementation in the prevention and treatment of chronic disease include: arthritis, cancer, cardiovascular, diabetes, digestive, liver and renal disorders.
**DIET 570: Nutrition and Human Performance**  
(3-0) Cr. 3. Alt. S., offered odd-numbered years.  
*Prereq: enrollment in GP-IDEA MFCS in Dietetics*  
Develop an understanding of nutrition based on knowledge of the biochemical and physiological process and functions of specific nutrients in meeting nutritional requirements. Emphasis on the relationship of optimal nutrition and physical efficiency and performance. www only.

**DIET 571: Leadership in Dietetics**  
(3-0) Cr. 3. SS.  
Using leadership theories to develop the fundamental concepts and skills to bridge the gap between theory and practice. Students will be able to successfully evaluate classic and contemporary leadership theories, investigate current leadership trends and identify positive applications in the dietetics community.

**DIET 572: Environmental Scanning and Analysis of Current Issues in Dietetics**  
(3-0) Cr. 3. F.S.  
*Prereq: enrollment in GP-IDEA MFCS in Dietetics*  
Overview of current topics, issues, and trends in dietetics practice. www only.

**DIET 573: Healthcare Administration**  
(3-0) Cr. 3. SS.  
*Prereq: enrollment in GP-IDEA MFCS in Dietetics*  
A comprehensive review of today's health care institutions and their response to the economics, social, ethical, political, legal, technological, and ecological environments. www only.

**DIET 574: Nutrition and Immunology**  
(3-0) Cr. 3. F.  
Principles and issues related to nutrition and immunology. Impact of nutrients and nutritional status on immune responses. Impact of disease states on nutritional status.

**DIET 575: Grant Writing for the Professional**  
(3-0) Cr. 3. SS.  
*Prereq: enrollment in GP-IDEA MFCS in Dietetics*  
Grant writing, identifying external funding, managing grants, preparing manuscripts for peer-reviewed publication, and preparing papers and poster for presentation at professional meetings.

**DIET 577: Nutritional Aspects of Oncology**  
(Cross-listed with NUTRS). Cr. 3. Alt. S., offered even-numbered years.  
*Prereq: B.S. in nutrition, dietetics, biology, or related discipline.*  
Understanding of basic cancer biology and methodology used to study nutrition and cancer relationships. Using current research as a basis, the role of nutrition in specific cancers will be explored. Students will learn about sources of information for cancer prevention programs, and how to apply this information to clinical patient management.

**DIET 598: Clinical Aspects of Nutrition Support**  
(3-0) Cr. 3. S.  
*Prereq: Enrollment in GPIDEA - Dietetics program*  

**DIET 599: Creative Component**  
Cr. arr. Repeatable. F.S.SS.  
*Prereq: Enrollment in GPIDEA MS Dietetics*  
For non-thesis option only.