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.

Student Learning Outcomes

Upon graduation, students should be able to:

- Communicate effectively in their field of study using written, oral, visual and/or electronic forms.
- Demonstrate proficiency in ethical data collection and interpretation, literature review and citation, critical thinking and problem solving.
- Participate effectively in a group or team.
- Integrate creativity, innovation, or entrepreneurship in ways that produce value.
- Describe sociocultural competence relative to diversity, equity and/or inclusion.
- Explain how human activities impact the natural environment and how societies are affected.
- Meet program specific learning outcomes for the Dietetics major.

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.

<table>
<thead>
<tr>
<th>Course</th>
<th>Title</th>
<th>Credits</th>
</tr>
</thead>
<tbody>
<tr>
<td>ENGL 150</td>
<td>Critical Thinking and Communication</td>
<td>3</td>
</tr>
<tr>
<td>ENGL 250</td>
<td>Written, Oral, Visual, and Electronic Composition</td>
<td>3</td>
</tr>
<tr>
<td>LIB 160</td>
<td>Introduction to College Level Research</td>
<td>1</td>
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<table>
<thead>
<tr>
<th>Course</th>
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</thead>
<tbody>
<tr>
<td>SP CM 212</td>
<td>Fundamentals of Public Speaking</td>
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Total Credits 10

Humanities and Social Sciences: 6-12 cr.

Select Humanities course from approved list 3

<table>
<thead>
<tr>
<th>Course</th>
<th>Title</th>
<th>Credits</th>
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<tbody>
<tr>
<td>PSYCH 101</td>
<td>Introduction to Psychology</td>
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If H Sci student, select:

<table>
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<tr>
<th>Course</th>
<th>Title</th>
<th>Credits</th>
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</thead>
<tbody>
<tr>
<td>Additional Humanities course</td>
<td></td>
<td>6</td>
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<table>
<thead>
<tr>
<th>Course</th>
<th>Title</th>
<th>Credits</th>
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</thead>
<tbody>
<tr>
<td>FS HN 342</td>
<td>World Food Issues: Past and Present</td>
<td>3</td>
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</table>

Mathematical Sciences: 6-8 cr.

Select at least 3 credits from:

<table>
<thead>
<tr>
<th>Course</th>
<th>Title</th>
<th>Credits</th>
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</thead>
<tbody>
<tr>
<td>MATH 140</td>
<td>College Algebra</td>
<td>3-4</td>
</tr>
<tr>
<td>MATH 143</td>
<td>Preparation for Calculus</td>
<td></td>
</tr>
<tr>
<td>MATH 160</td>
<td>Survey of Calculus</td>
<td></td>
</tr>
<tr>
<td>MATH 165</td>
<td>Calculus I</td>
<td></td>
</tr>
</tbody>
</table>

Select at least 3 credits from:

<table>
<thead>
<tr>
<th>Course</th>
<th>Title</th>
<th>Credits</th>
</tr>
</thead>
<tbody>
<tr>
<td>STAT 101</td>
<td>Principles of Statistics</td>
<td>3-4</td>
</tr>
<tr>
<td>STAT 104</td>
<td>Introduction to Statistics</td>
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</tr>
</tbody>
</table>

Total Credits 6-8

Physical Sciences: 9 cr.

Select from:

<table>
<thead>
<tr>
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<th>Title</th>
<th>Credits</th>
</tr>
</thead>
<tbody>
<tr>
<td>CHEM 163</td>
<td>College Chemistry and Laboratory in College Chemistry</td>
<td>3</td>
</tr>
<tr>
<td>CHEM 163L</td>
<td>College Chemistry and Laboratory in College Chemistry</td>
<td>1</td>
</tr>
<tr>
<td>CHEM 177</td>
<td>General Chemistry I and Laboratory in General Chemistry I</td>
<td>5</td>
</tr>
<tr>
<td>CHEM 231</td>
<td>Elementary Organic Chemistry</td>
<td>3</td>
</tr>
<tr>
<td>CHEM 231L</td>
<td>Laboratory in Elementary Organic Chemistry</td>
<td>1</td>
</tr>
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</table>

Total Credits 9

Biological Sciences: 17-18 cr.

<table>
<thead>
<tr>
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<th>Title</th>
<th>Credits</th>
</tr>
</thead>
<tbody>
<tr>
<td>BBMB 301</td>
<td>Survey of Biochemistry</td>
<td>3</td>
</tr>
<tr>
<td>BIOL 212</td>
<td>Principles of Biology II</td>
<td>3</td>
</tr>
<tr>
<td>BIOL 212L</td>
<td>Principles of Biology Laboratory II</td>
<td>1</td>
</tr>
<tr>
<td>BIOL 255</td>
<td>Fundamentals of Human Anatomy</td>
<td>3</td>
</tr>
<tr>
<td>BIOL 255L</td>
<td>Fundamentals of Human Anatomy Laboratory</td>
<td>1</td>
</tr>
</tbody>
</table>

Select at least 3 credits from:

<table>
<thead>
<tr>
<th>Course</th>
<th>Title</th>
<th>Credits</th>
</tr>
</thead>
<tbody>
<tr>
<td>BIOL 256</td>
<td>Fundamentals of Human Physiology and Fundamentals of Human Physiology Laboratory</td>
<td>3</td>
</tr>
<tr>
<td>BIOL 335</td>
<td>Principles of Human and Other Animal Physiology</td>
<td>2</td>
</tr>
<tr>
<td>MICRO 201</td>
<td>Introduction to Microbiology</td>
<td>2</td>
</tr>
</tbody>
</table>
### Dietetics (H SCI)

**Microbiology Laboratory**
**Total Credits:** 17-18

#### Food Science and Human Nutrition: 44-45 cr.
- **FS HN 110** Professional and Educational Preparation 1
- **FS HN 167** Introductory Human Nutrition and Health 3
- **FS HN 214** Scientific Study of Food 3
- **FS HN 215** Advanced Food Preparation Laboratory 1-2 or **FS HN 115** Food Preparation Laboratory 1
- **FS HN 265** Nutrition for Active and Healthy Lifestyles 1-2
- **FS HN 340** Foundations of Dietetic Practice 2
- **FS HN 360** Advanced Nutrition and the Regulation of Metabolism in Health and Disease 3
- **FS HN 361** Nutrition and Health Assessment 2
- **FS HN 362** Nutrition and Health Throughout the Lifecycle 3
- **FS HN 367** Medical Terminology for Health Professionals 1
- **FS HN 411** Food Ingredient Interactions and Formulations 2
- **FS HN 430** U.S. Health Systems and Policy 2
- **FS HN 445** Strategies for Personal Food Waste Reduction 1
- **FS HN 461** Medical Nutrition and Disease I 4
- **FS HN 463** Community Nutrition and Health 3
- **FS HN 464** Medical Nutrition and Disease II 4
- **FS HN 466** Nutrition Counseling and Education Methods 3
- **COMST 450B** Special Topics in Communication Studies: Health Communication 3

**Total Credits:** 44-45

#### Management: 10 cr.
- **HSP M 133** Food Safety Certification 1
- **HSP M 380** Food Production Management 3
- **HSP M 380L** Food Production Management Experience 3
- **FS HN 392** Food and Nutrition Services Management 3

**Total Credits:** 10

#### Electives: 0-15 cr. Select from any university coursework to earn at least 120 total credits.
- Go to FS HN courses. ([http://catalog.iastate.edu/azcourses/fs_hn/](http://catalog.iastate.edu/azcourses/fs_hn/))

### Dietetics, B.S.

#### First Year
**Fall**
- **FS HN 110** 1 FS HN 167 3
- **CHEM 163 or 177** 4 BIOL 212 3
- **CHEM 163L or 177L** 1 BIOL 212L 1
- **MATH 140, 143, 160, or 165** 3-4 HSP M 133 1
- **ENGL 150** 3 PSYCH 101 3

**Spring**
- **LIB 160** 1 Humanities/Social Sci. (H Sci) or Elective (AgLS) course 3
- **FS HN 167** 3
- **BIOL 255 or 255L** 1 MICRO 201 2
- **ENGL 250** 3 MICRO 201L 1
- **STAT 101 or 104** 3-4 Humanities course (H Sci) or Elective* (AgLS) 3

**Total Credits:** 14-15

#### Second Year
**Fall**
- **CHEM 231** 3 FS HN 265 3
- **CHEM 231L** 1 BBMB 301 3
- **BIOL 255** 3 BIOL 256 and 256L, or BIOL 335 3-4
- **BIOL 255L** 1 MICRO 201 2
- **ENGL 250** 3 MICRO 201L 1
- **STAT 101 or 104** 3-4 Humanities course (H Sci) or Elective* (AgLS) 3

**Spring**
- **FS HN 340** 2
- **FS HN 361** 2
- **FS HN 360** 3
- **FS HN 362** 3
- **FS HN 214 or 115** 1-2
- **FS HN 342** 3
- **COMST 450B** 3

**Total Credits:** 15-16

#### Third Year
**Fall**
- **FS HN 340** 2 FS HN 361 2
- **FS HN 360** 3 FS HN 362 3
- **FS HN 214** 3 FS HN 367 1
- **FS HN 215 or 115** 1-2 HSP M 380 3
- **SP CM 212** 3 HSP M 380L 3
- **FS HN 342** 3 COMST 450B 3

**Spring**
- **FS HN 461** 4
- **FS HN 464** 4
- **FS HN 463** 3
- **FS HN 411** 1
- **FS HN 466** 3
- **FS HN 392** 3
- **U.S. Diversity** 3 Electives* 6

**Total Credits:** 15

**Fourth Year**
**Fall**
- **FS HN 461** 4 FS HN 464 4
- **FS HN 463** 3 FS HN 445 1
- **FS HN 411** 2 FS HN 430 2
- **FS HN 466** 3 FS HN 392 3

**Spring**
- **FS HN 461** 4
- **FS HN 464** 4
- **FS HN 463** 3
- **FS HN 411** 2
- **FS HN 466** 3
- **FS HN 392** 3
- **U.S. Diversity** 3 Electives* 6

**Total Credits:** 16

#### 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.
More information on minors offered through Food Science and Human Nutrition can be found here: [http://catalog.iastate.edu/collegeofagricultureandlifesciences/foodscienceandhumannutrition/#undergraduateminortext](http://catalog.iastate.edu/collegeofagricultureandlifesciences/foodscienceandhumannutrition/#undergraduateminortext).

The Department of Food Science and Human Nutrition offers a Master of Professional Practice in Dietetics (M.P.P.). More information on the program can be found here: [http://catalog.iastate.edu/collegeofhumansciences/professionalpracticeindietetics/](http://catalog.iastate.edu/collegeofhumansciences/professionalpracticeindietetics/).