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.

ENGL 150	Critical Thinking and Communication	3
ENGL 250	Written, Oral, Visual, and Electronic Composition	3
LIB 160	Introduction to College Level Research	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: 3 cr.

FS HN 342	World Food Issues: Past and Present	3

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	
Select at least 3 credits from:		3-4
STAT 101	Principles of Statistics	
STAT 104	Introduction to Statistics	
Total Credits		**6-8**

Physical Sciences: 9 cr.

Select from:		5
CHEM 163 & 163L	College Chemistry and Laboratory in College Chemistry	
or CHEM 177 & 177L	General Chemistry I and Laboratory in General Chemistry I	
CHEM 231	Elementary Organic Chemistry	3
CHEM 231L	Laboratory in Elementary Organic Chemistry	1
Total Credits		**9**

Biological Sciences: 17-18 cr.

BBMB 301	Survey of Biochemistry	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 at least 3 credits from:		3-4
BIOL 256 & 256L	Fundamentals of Human Physiology and Fundamentals of Human Physiology Laboratory	
BIOL 335	Principles of Human and Other Animal Physiology	
MICRO 201	Introduction to Microbiology	2

MICRO 201L	Introductory Microbiology Laboratory	1
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 or FS HN 115	Advanced Food Preparation Laboratory Food Preparation Laboratory	1-2
FS HN 265	Nutrition for Active and Healthy Lifestyles	3
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/previouscatalogs/2023-2024/azcourses/fs_hn/)

Dietetics, B.S. (http://catalog.iastate.edu/previouscatalogs/2023-2024/collegeofhumansciences/dietetics/)

First Year

Fall	Credits	Spring	Credits
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
LIB 160	1	Humanities/Social Sci. (H Sci) or Elective (AgLS) course	3
Humanities	3		
	16-17		**14**

Second Year

Fall	Credits	Spring	Credits
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
	14-15		**15-16**

Third Year

Fall	Credits	Spring	Credits
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
	15-16		**15**

Fourth Year

Fall	Credits	Spring	Credits
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
U.S. Diversity	3	Electives*	6
	15		**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/previouscatalogs/2023-2024/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/previouscatalogs/2023-2024/collegeofhumansciences/professionalpracticeindietetics/).