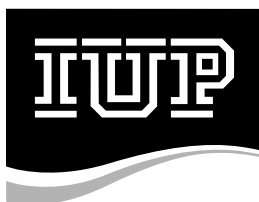


UNDERGRADUATE CATALOG 2016–17

Department of Food and Nutrition
College of Health and Human Services
www.iup.edu/foodnutrition

This document is a direct extract from the full 2016–17 *Undergraduate Catalog*. As a result, the original page numbering will appear.

For information on other colleges at IUP, or about specific courses, please consult the full 2016–17 catalog, available at www.iup.edu/registrar/catalog. Earlier catalogs are also available at this web address.



Indiana University of Pennsylvania

Department of Food and Nutrition

Website: www.iup.edu/foodnutrition

Rita M. Johnson, Chairperson; Clark, Hsiao, Laquatra, Seybold, Taylor-Davis; and professors emeritae Cessna, Dahlheimer, Minnick, Steiner

The Department of Food and Nutrition offers a bachelor of science degree program in nutrition with three tracks: Dietetics, Culinary Dietetics, and General Nutrition. Within the degree program, students select a Natural Science option determined by their academic preparation and career goals. This curriculum prepares students as professionals for a diversity of career opportunities in food service, the food industry, food and nutrition research, and health care.

In addition, the department provides Liberal Studies courses that are available to all university students. These include FDNT 143, Current Issues in Nutrition and Wellness, a course that meets the Dimensions of Wellness requirement, and FDNT 145, Personal Nutrition, a Liberal Studies elective.

Dietetics Track

Students who complete the Dietetics Track (Didactic Program in Dietetics) meet the academic requirements as accredited by the Accreditation Council for Education in Nutrition and Dietetics (ACEND) of the Academy of Nutrition and Dietetics. This track prepares individuals to translate food and nutrition science information for members of the larger community with respect to healthful food preparation, healthy eating behaviors, medical nutrition therapy, management of nutrition delivery and food service systems, and advocacy for the profession of dietetics. The individual who completes this program will exhibit an in-depth knowledge of food, nutrition, behavioral sciences, and management theory and be able to apply this knowledge to solve problems. Graduates qualify for admission to ACEND-accredited dietetic internships in pursuit of dietetic registration.

Culinary Dietetics Track

Students who complete the Culinary Dietetics Track meet the academic requirements as accredited by the Accreditation Council for Education in Nutrition and Dietetics (ACEND) of the Academy of Nutrition and Dietetics. The Culinary Dietetics Track allows students to combine academic preparation in nutrition with extensive hand-on learning experiences in culinary arts by one of two routes:

1. Students who have completed a minimum of 28 credits toward the baccalaureate degree have the opportunity to enroll in the Culinary Arts program at the Punxsutawney Regional Campus, where the three-semester program (fall, spring, summer) will transfer into the Department of Food and Nutrition 32 credits, which apply to the bachelor of science degree. Students complete the culinary arts externship in the summer between the junior and senior years.
2. Students who earn a culinary certificate before admission to the Dietetics program will receive 32 credits toward the degree.

This track uniquely prepares graduates to incorporate healthy nutrition into classical cuisine, manage food service operations focused on nutrition needs, and integrate culinary arts into hospital, extended care, and school food service operations. Graduates qualify for admission to ACEND-accredited dietetic internships in pursuit of dietetic registration.

Nutrition Track

The Nutrition Track provides a foundation in food and nutrition integrated with another field of the student's choosing. Career opportunities for a graduate of the Nutrition Track include public health, foodservice, com-

munications media, gerontology, wellness education and planning, culinary arts, and as an advocate for nutrition programming and interventions.

Students who wish to pursue graduate education in nutrition or other natural science programs should work carefully with their adviser so that appropriate chemistry, biology, and nutrition electives are chosen.

Nutrition Minor

This minor is recommended for students majoring in related disciplines, such as nursing and allied health, pre-medical, pre-pharmacy, hospitality management, kinesiology, health, and sport science, child development and family relations, and family and consumer sciences education, and for students who have a personal, consumer-oriented interest in nutrition. Science prerequisites for the minor are, at a minimum, CHEM 101/102 or BIOL 104/106.

Bachelor of Science—Nutrition/Dietetics Track

Liberal Studies: As outlined in Liberal Studies section with the following specifications: 44

Dimensions of Wellness: KHSS 143

Mathematics: MATH 217

Natural Science: CHEM 101-102 or 111-112 (1)

Social Science: ECON 101 or 121, PSYC 101, SOC 151 (2)

Liberal Studies Electives: 3cr, no courses with FDNT prefix

Major:

Required Courses: (1) 25

FDNT 110	Careers in Food and Nutrition	1cr
FDNT 150	Foods	3cr
FDNT 151	Foods Laboratory	1cr
FDNT 212	Nutrition	3cr
FDNT 213	Life Cycle Nutrition	3cr
FDNT 355	Medical Nutrition Therapy I	3cr
FDNT 362	Experimental Foods	3cr
FDNT 458	Advanced Human Nutrition	4cr
FDNT 470	Human Food Consumption Patterns	3cr
FDNT 484	Senior Seminar	1cr

Controlled Electives: 28

Dietetics Track:

FDNT 364	Methods of Teaching Food and Nutrition	3cr
FDNT 402	Community Nutrition	3cr
FDNT 430	Professional Topics in Food and Nutrition	3cr
FDNT 455	Medical Nutrition Therapy II	3cr
FDNT 463	Nutrition Counseling	3cr
HOSP 256	Human Resources in the Hospitality Industry	3cr
HOSP 259	Hospitality Purchasing	3cr
HOSP 313	Food Production and Service	4cr
MGMT 310	Principles of Management	3cr

Other Requirements: 13

Natural Science Sequence:

BIOL 105, 155, 241, CHEM 255 13cr

Free Electives: 10

Total Degree Requirements: 120

(1) CHEM 231 is also required if CHEM 111-112 is taken and is added to major credits.

Bachelor of Science—Nutrition/Nutrition Track

Liberal Studies: As outlined in Liberal Studies section with the following specifications: 44

Mathematics: MATH 217

Natural Science: CHEM 101-102 or 111-112 (1)

Social Science: ANTH, ECON, JNRL, PLSC, PSYC, or SOC prefix

Liberal Studies Electives: 3cr, no courses with FDNT prefix (2)

Major: 20-24

Required Courses: (1)

FDNT 110	Careers in Food and Nutrition	1cr
FDNT 150	Foods	3cr
FDNT 151	Foods Laboratory	1cr
FDNT 212	Nutrition	3cr
FDNT 213	Life Cycle Nutrition	3cr
FDNT 364	Methods of Teaching Food and Nutrition (3)	3cr
FDNT 402	Community Nutrition	3cr
FDNT 493	Internship	3cr

Controlled Electives:

Nutrition Track: 27-30

FDNT electives (200 level and above) (4) 6-12cr

Program minor, certificate, or core concentration required for program completion (5) 18-21cr

Other Requirements:

7-8

Natural Science Sequence: Select Option A or Option B (6)

Option A:

BIOL 104	Human Biology: How the Human Body Works	4cr
BIOL 106 <i>or</i> 113	Human Genetics and Health <i>or</i> Genetics in Modern Society	4cr
		3cr

Option B:

BIOL 150	Human Anatomy	4cr
BIOL 240	Human Physiology	4cr

Free Electives: 14-22

Total Degree Requirements: 120

(1) Students who take CHEM 111/112 in place of 101, can take CHEM 231 instead of 102. CHEM 231 is then added to major credits.

(2) For the gerontology certificate, PHIL 405 or 400 or PSYC 378 can be applied as a Liberal Studies elective. For the business administration minor, ECON 122 can be applied as a Liberal Studies elective.

(3) FCSE 450 may be substituted, with permission of the Human Development, Fashion and Interior Design department chairperson.

(4) Number of FDNT electives depends upon number of credits in the minor, certificate, or concentration.

(5) Select one of the following:

- Minor in anthropology, biochemistry, biology, business administration, chemistry, child development and family relations, communications media, educational technology, journalism and public relations, political science, psychology, psychological science, or sociology. Other minors with Food and Nutrition department chairperson permission.
- Certificate in culinary arts or gerontology.
- Core concentration including a series of courses in Hospitality Management (HOSP 101, 259, 260, 265, 320, and 335). Prerequisites must be met.

(6) Depending upon the student's minor and/or career interest, upper-level biology courses may substitute for some or all of these.

Bachelor of Science—Nutrition/Culinary Dietetics Track

Liberal Studies: As outlined in Liberal Studies section with the following specifications: 44

Dimensions of Wellness: KHSS, NURS, or FDNT 143

Mathematics: MATH 217

Natural Science: CHEM 101-102

Social Science: ANTH 470 or PLSC 101 or 111, PSYC 101, SOC 151

Liberal Studies Electives: 3cr, no courses with FDNT prefix (1)

Major: 30

Required Courses: (2)

FDNT 110	Careers in Food and Nutrition	1cr
FDNT 213	Life Cycle Nutrition	3cr
FDNT 355	Medical Nutrition Therapy I	3cr
FDNT 362	Experimental Foods	3cr
FDNT 364	Methods of Teaching Food and Nutrition	3cr

FDNT 402	Community Nutrition	3cr
FDNT 430	Professional Topics	3cr
FDNT 455	Medical Nutrition Therapy II	3cr
FDNT 458	Advanced Human Nutrition	4cr
FDNT 463	Nutrition Counseling	3cr
FDNT 484	Senior Seminar	1cr

Other Requirements: 45
 Certificate in Culinary Arts (1, 3) 32cr
 Natural Science Sequence: BIOL 241 or 270, 105, 155, CHEM 255 13cr

Free Electives: (4) 1

Total Degree Requirements: 120

- (1) The culinary certificate includes a course in computer science (previously transferred as COSC 101), which is considered an additional 3cr toward Liberal Studies requirements, resulting in a total of 44cr in Liberal Studies.
- (2) Students who complete their culinary certificate before completing CHEM 101 and 102 are also required to take FDNT 212.
- (3) Completion of a culinary certificate is required for this degree.
- (4) Because the culinary certificate includes considerable additional preparation in foods, the 32cr include numerous hours of work that can be considered free electives.

Minor—Nutrition 18-19

Required Courses: 6

FDNT 212	Nutrition	3cr
FDNT 213	Life Cycle Nutrition	3cr

Controlled Electives: 12-13

Four additional courses from the following list. Other FDNT courses may be selected but must be pre-approved by the department chair. Must meet any course prerequisites.

FDNT 150	Foods	3cr
FDNT 245	Sports Nutrition	3cr
FDNT 355	Medical Nutrition Therapy I	3cr
FDNT 402	Community Nutrition	3cr
FDNT 410	Food, Nutrition, and Aging	3cr
FDNT 458	Advanced Human Nutrition	4cr
FDNT 470	Human Food Consumption Patterns	3cr