



Nutrition/Dietetics Track, BS

Department: [Food and Nutrition](#)
College: [Health and Human Services](#)
Website: <https://www.iup.edu/foodnutrition/undergrad/nutrition-dietetics-bs/>
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Accreditation: [Accreditation Council for Education in Nutrition and Dietetics \(ACEND\) of the Academy of Nutrition and Dietetics](#)

Program Description: The dietetics track prepares students to translate food and nutrition science information for diverse members of society. The undergraduate dietetic curriculum results in a Bachelor of Science in Nutrition and prepares students for a variety of career opportunities in healthcare, food service administration, the food industry, nutrition education, public health, community nutrition, and food and nutrition research.

Career Opportunities:

- Among all Registered Dietitian Nutritionists (RDNs) in all positions of the field, the median full-time salary is \$68,600 annually.
- An RDN working in acute care/in-patient earns a median salary of \$61,000, ambulatory care: \$65,000; and long-term care: \$62,000.
- An RDN working in food and nutrition management earns a median salary of \$80,100.
- An RDN working in education and research earns a median salary of \$79,100.
- An RDN working in consultation and business earns a median salary of \$80,000.

Student Organizations: All students are encouraged to become members of the [IUUP Student Association of Nutrition and Dietetics \(SAND\)](#). Student members participate in fundraising and volunteer activities that provide them nutrition education experiences. SAND promotes National Nutrition Month on campus, and throughout the year there are many professional opportunities for leadership and networking. Students may also attend the regional dietetic conference and the national Food and Nutrition Conference and Expo (FNCE). Upper level students also serve as Department Ambassadors who assist prospective students and represent the department at university events.

Experiential Learning: Experiential learning is integrated in many courses. Students engage in interdisciplinary simulation experiences with students from the departments of: Theatre and Dance, Nursing, and Speech Language and Pathology. As part of the nutrition counseling and education class, dietetics students provide peer nutrition counseling in the Nutrition Connection office. Students have opportunities to become involved in community-nutrition projects (e.g., Health Huts to Go), as well as with the department's Sports Performance Nutrition Services office and fueling station. Opportunities to engage with faculty through research and service project are also available.



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Four-year Course Sequencing

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Degree: Bachelor of Science
Calendar Year: 2020-2021
Website: <https://www.iup.edu/foodnutrition/undergrad/nutrition-dietetics-bs/>
Four-year Sequencing:

The below four-year plan outlines the courses required in each semester of your baccalaureate degree. The goal is for you to visualize the years to come and understand what courses or other requirements are needed in order to graduate in four years. This also allows you to plan with your advisor for important engagement activities that support your higher education goals, such as, planning for a supervised practice, research, and/or study abroad. The summer and winter terms are also an opportunity to take courses or accomplish other goals.

Freshman Year: Fall			Freshman Year: Spring		
Course	Course Description	Credits	Course	Course Description	Credits
CHEM 101*	College Chemistry I	4	CHEM 102*	College Chemistry II	4
HIST (LS)	LS Requirement 196, 197, 198	3	SOC 151	Principles of Sociology	3
ENGL 101	Composition I	3	FDNT 150	Foods Lecture	3
PHIL/RLST	Philosophy or Relig. Studies	3	FDNT 151	Foods Lab	1
FDNT 110	Careers in Food and Nutrition	1	XXXX 143	Health & Wellness Requirement	3
Total Fall		14	Total Spring		14

Sophomore Year: Fall			Sophomore Year: Spring		
Course	Course Description	Credits	Course	Course Description	Credits
BIOL 150	Human Anatomy	4	FDNT 370	Human Food Consump. Patterns	3
ENGL 202	Composition II	3	FDNT 213	Lifecycle Nutrition	3
FDNT 212	Nutrition	3	FDNT 255	Nutrition Assess. & Med Term	3
HOSP 259	Hospitality Purchasing	3	BIOL 240	Human Physiology	4
MATH 217	Probability & Statistics	3	ENGL 121	Humanities Literature	3
Total Fall		16	Total Spring		16

Junior Year: Fall			Junior Year: Spring		
Course	Course Description	Credits	Course	Course Description	Credits
FDNT 355	Medical Nutrition Therapy I	3	HOSP 330	Appl. of Food Prod/Service	4
FDNT 362	Experimental Foods	2	CHEM 255	Biochemistry for Health Sciences	3
FDNT 363	Experimental Foods Lab	1	FDNT 455	Medical Nutrition Therapy II	3
FDNT 415	Sustainable Nutrition	3	Global (LS)	GMA Requirement	3
PSYC 101	General Psychology	3	BIOL 241	Medical Microbiology	4
Fine Arts (LS)	Art, Music, Theater, Dance	3			
Total Fall		15	Total Spring		17

Senior Year: Fall			Senior Year: Spring*		
Course	Course Description	Credits	Course	Course Description	Credits
FDNT 430	Professional Topics in F&N	3	FDNT 402	Community Nutrition	3
FDNT 471	Integr Nutr Compl Alt Health	3	FDNT 465	Nutrition Counseling and Educ	3
FDNT 459	Adv Human Metab 1: Macronut	3	FDNT 466	Nutrition Couns. And Educ Lab	1
FDNT 484 (controlled elective)	Senior Seminar	2	FDNT 460	Adv Human Metab 2: Micro/Wa	3
HOSP 256 (controlled elective)	Human Resources in Hospitality	3		Controlled or Free or LS Elective	3-4
Total Fall		14	Total Spring		13-14

Total Credits for Degree: 120 (*CHEM 103 can substitute for CHEM101/102, consult with your departmental academic advisor)



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Summary of Requirements

Department: Food and Nutrition
College: Health and Human Services
Degree: Bachelor of Science
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Summary of Requirements: Courses within the nutrition/dietetics track meet the academic requirements of the Accreditation Council for Education in Nutrition and Dietetics (ACEND), the accreditation agency of the Academy of Nutrition and Dietetics. Graduates qualify to apply to ACEND-accredited dietetic supervised practice in pursuit of becoming a Registered Dietitian. Coursework provides students with an in-depth knowledge of food, nutrition, behavioral sciences, and natural sciences, including chemistry, physiology, and biochemistry. Students utilize problem-solving and critical-thinking skills to apply scientific principles to the practice of nutrition and dietetics and to translate the roles of nutrients and healthy food preparation for health and well-being.

Liberal Studies (43 credits)

Course	Credits	Grade
Learning Skills: English Composition (6 credits)		
ENG 101 Composition	3	
ENGL 202 Composition II	3	

Learning Skills: Mathematics (3 credits)		
MATH 217 Probability and Statistics	3	

Humanities (9 credits)		
HIST 196 or 197 or 198	3	
ENGL 121 Humanities Literature	3	
PHIL/RLST Select one from the course list	3	

Fine Arts (3 credits)		
Select one from the list	3	

Natural Sciences (Choose one option - 8 credits)		
CHEM 103 Chemistry for Health Sciences*	4	
CHEM 255 Biochemistry for Health Sciences	3	

Social Sciences (9 credits)		
SOC 151 Principles of Sociology or SOC 161	3	
PSYC 101 General Psychology	3	
Social Science Elective	3	

Health and Wellness (3 credits)		
Select from the list of 143 courses	3	

Liberal Studies Electives (3 credits) - no courses with FDNT prefix		
Global and Multicultural Awareness course	3	

Natural Sciences, CHEM 101 and CHEM 102 may be taken in place of CHEM 103 (consult departmental advisor)
[Global/Multicultural](#), 3 credits required but if you complete in the Social Sciences category, this is completed.
 Writing Intensive requirement is built into the program.

Review [Degree Works](#) for your progress toward the degree.

Nutrition/Dietetics Track Core Requirements

Core Course (37 Credits)	Credits	Grade
FDNT 212 Nutrition	3	
FDNT 213 Lifecycle Nutrition	3	
	3	
FDNT 355 Medical Nutrition Therapy I	3	
FDNT 362 Experimental Foods	2	
FDNT 363 Experimental Foods Lab	1	
FDNT 402 Community Nutrition	3	
FDNT 430 Profession Topics in Food and Nutr	3	
FDNT 455 Medical Nutrition Therapy II	3	
FDNT 459 Adv Human Metabolism I: Macro	3	
FDNT 460 Adv Hum Metab II: Micro & Water	3	
FDNT 465 Nutrition Counseling and Education	3	
FDNT 466 Nutrition Counsel and Educ Lab	1	
FDNT 471 Integrative Nutr in Comp and Alt HC	3	

Natural Science Sequence (12 Credits)		
BIOL 150 Human Anatomy	3	
BIOL 240 Human Physiology	4	
BIOL 241 Intro Medical Microbiology	4	

Select One of Two Concentrations:		
Culinary Nutrition		
Certificate in Culinary Arts	17 Credits	

Food and Health Promotion		17 Credits
FDNT 150 Foods	3	
FDNT 151 Food Laboratory	1	
	3	
FDNT 415 Sustainable Nutrition	3	
HOSP 259 Hospitality Purchasing	3	
HOSP 330 Applications of Food Prod & Service	4	

Controlled Electives (See list of options)	8-11	
Free Electives	0-3	
Total Credits	120	