This is a limited enrollment program requiring departmental admissions approval. Please see admission requirements.

**BS in Dietetics (284328) MAP Sheet**

Life Sciences, Nutrition Dietetics and Food Science

For students entering the degree program during the 2019-2020 curricular year.

Dietetics is the study and application of principles of nutrition, food science, and food service management in a variety of health care, institutional, and business settings. Completion of the dietetics program meets eligibility requirements to apply to an accredited dietetic internship and/or take the national examination for Nutrition and Dietetics Technician, Registered.

This is a limited enrollment program requiring departmental admissions approval. Please see admission requirements.

### University Core and Graduation Requirements

<table>
<thead>
<tr>
<th>Requirements</th>
<th>#Classes</th>
<th>Hours</th>
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<tbody>
<tr>
<td><strong>Religion Cornerstones</strong></td>
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<tr>
<td>Teachings and Doctrine of The Book of Mormon</td>
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<td>Jesus Christ and the Everlasting Gospel</td>
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<td><strong>The Individual and Society</strong></td>
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<tr>
<td>American Heritage</td>
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<tr>
<td>Global and Cultural Awareness</td>
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<td>3.0</td>
<td>SOC 113* or ANTHR 101*</td>
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<td><strong>Skills</strong></td>
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<tr>
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<td>ENGL 316</td>
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<tr>
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<td>Languages of Learning (Math or Language)</td>
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<td>STAT 121**+</td>
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<td>Civilization 2</td>
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<td>NDFS 100**+</td>
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<tr>
<td>Social Science</td>
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<td>3.0</td>
<td>PSYCH 111*+ or ANTHR 101*+</td>
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<td><strong>Core Enrichment: Electives</strong></td>
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</table>
| **FOR UNIVERSITY CORE QUESTIONS CONTACT THE ADVISEMENT CENTER — FOR PROGRAM QUESTIONS SEE YOUR FACULTY ADVISOR**

*These classes fill both University Core and Program Requirements (12 hours overlap).

+These classes are prerequisite courses required to be completed before starting the professional sequence of the program.

### Graduation Requirements:

- Minimum residence hours required: 30.0
- Minimum hours needed to graduate: 120.0

### Suggested Sequence of Courses:

#### FRESHMAN YEAR

**1st Semester**

- First-year Writing or American Heritage: 3.0
- CHEM 101**+, or equivalent general chemistry course from high school or junior college: 3.0
- NDFS 100**+: 3.0
- Quantitative Reasoning elective (if needed): 3.0
- Religion Cornerstone course: 2.0
- General Electives: 2.0
- **Total Hours:** 16.0

**2nd Semester**

- First-year Writing or American Heritage: 3.0
- CHEM 285++: 4.0
- PDBIO 210 or 220+: 3.0-4.0
- PSYCH 111++ or ANTHRO 101++ or SOC 113: 3.0
- Religion Cornerstone course: 2.0
- **Total Hours:** 15.0-16.0

**2nd Semester**

- **Total Hours:** 15.0-16.0

*Chem 105, 106, 107, 351, 352, 481 sequence is recommended for those interested in pursuing graduate work in nutrition or medical, dental, or other professional school.

#### SOPHOMORE YEAR

**3rd Semester**

- NDFS 200+: 3.0
- NDFS 250+: 3.0
- MMBIO 221+: 1.0
- MMBIO 222+ (CHEM 107 may be substituted): 1.0
- STAT 121++: 3.0
- Religion Cornerstone course: 2.0
- Global & Cultural Awareness SOC 113* or ANTHR 101*: 3.0
- **Total Hours:** 16.0

**4th Semester**

- Civilization I: 3.0
- NDFS 250+: 3.0
- NDFS 251+: 1.0
- PDBIO 305+: 4.0
- Religion Cornerstone course: 2.0
- Physical Science elective: 3.0
- **Total Hours:** 16.0

#### JUNIOR YEAR

**5th Semester**

- NDFS 356: 3.0
- NDFS 357 or ENGL 316: 3.0
- NDFS 424: 2.0
- NDFS 445: 3.0
- Religion elective: 2.0
- Civilization 2: 3.0
- **Total Hours:** 15.0-16.0

**6th Semester**

- NDFS 400: 3.0
- NDFS 405 (1st or 2nd term): 0.5
- NDFS 440: 3.0
- NDFS 455: 3.0
- NDFS 458: 3.0
- NDFS 491: 1.0
- **Total Hours:** 15.5

**7th Semester**

- NDFS 434: 4.0
- NDFS 446: 3.0
- NDFS 475: 2.0
- NDFS 490: 1.0
- Arts or Letters elective: 3.0
- Religion elective: 2.0
- **Total Hours:** 15.0

**8th Semester**

- Program Elective (see list): 2.0 - 4.0
- Religion elective: 2.0
- **Total Hours:** 15.0-16.0

#### SENIOR YEAR

**9th Semester**

- **Total Hours:** 15.0-16.0

**10th Semester**

- **Total Hours:** 15.0-16.0

### Suggested Sequence of Courses:

Students may wish to take classes in Spring and/or Summer Terms to lighten credit hour loads. All NDFS classes in the professional sequence must be taken in the semester shown.

*These classes fill both University Core and Program Requirements

+These classes are prerequisite courses required to be completed before starting the professional sequence of the program.
### DEPARTMENT ADMISSION REQUIREMENTS:
BEFORE PROFESSIONAL SEQUENCE).

**REQUIREMENT 1** Complete 2 options

**COMPLETE THE FOLLOWING PREREQUISITE COURSES (TO BE COMPLETED BEFORE PROFESSIONAL SEQUENCE).**

#### OPTION 1.1 Complete 11 courses
- CHEM 101 - Introductory General Chemistry 3.0
- CHEM 285 - Introductory Bio-organic Chemistry 4.0
- MMBIO 221 - General Microbiology 3.0
- MMBIO 222 - General Microbiology Laboratory 1.0
- NDFS 100 - Essentials of Human Nutrition 3.0
- NDFS 200 - Nutrient Metabolism 3.0
- NDFS 250 - Essentials of Food Science 3.0
- NDFS 251 - Essentials of Food Science Laboratory 1.0
- NDFS 290 - Introduction to Dietetics 1.0
- *STAT 121 - Principles of Statistics 3.0

#### OPTION 1.2 Complete 1 course
- PDBIO 210 - Human Anatomy (with virtual lab) 3.0
- PDBIO 220 - Human Anatomy (with lab) 4.0

*Note 1: Students who have had an equivalent general chemistry course from high school or junior college may not need to take Chem 101.

*Note 2: Instead of Chem 285, the Chem 105, 106, 107, 351, 352, 481 sequence is recommended for students interested in medical or dental school or graduate programs in nutrition.

*Note 3: Chem 107 may be substituted for MMBio 222.

**REQUIREMENT 2**

**DEPARTMENT ADMISSION REQUIREMENTS:**

Students must apply by February 15th for admission into the professional sequence in the fall. Four of the prerequisite courses in Requirement 1 (option 1.1 and 1.2) must be completed at time of application. Requirement 1 (option 1.1 and 1.2) must be completed at time of entrance into the professional sequence in the fall.

Enrollment is limited to 40 students per year.

Major GPA, dietetics-related experience, and letters of recommendation will be considered.

Successful applicants typically have a major and cumulative GPA greater than 3.0 and nutrition, dietetics, and food science grades greater than B-.

Applicants need at least 300 hours of dietetics-related work and/or volunteer experience.

**REQUIREMENT 3** Complete 16 courses

### PROFESSIONAL SEQUENCE COURSES (AFTER BEING ADMITTED INTO THE PROGRAM):

- NDFS 300 - Medical Nutrition Therapy 1 4.0
- NDFS 356 - Medical Nutrition Therapy 2 3.0
- NDFS 374 - Food Production Management 2.0
- NDFS 375 - Food Production Management Laboratory 3.0
- NDFS 400 - Community Nutrition 3.0
- NDFS 405 - Nutrition Assessment Lab 0.5
- NDFS 424 - Nutrition Through the Life Cycle 2.0
- NDFS 434 - Nutritional Bio-organic Chemistry 4.0
- NDFS 440 - Nutrition Education and Counseling 3.0
- NDFS 445 - Foodservice Systems 3.0
- NDFS 455 - Financial Management in Dietetics 3.0
- NDFS 458 - Management in Dietetics 3.0
- NDFS 466 - Advanced Dietetics Practice 3.0
- NDFS 475 - Research Methods in Dietetics 2.0
- NDFS 490 - Professionalism in Nutrition and Dietetics 1.0
- NDFS 491 - Internship Preparation 1.0
- NDDS 400 - Medical Nutrition Therapy 2 4.0
- NDDS 424 - Nutrition Through the Life Cycle 2.0
- NDDS 434 - Nutritional Bio-organic Chemistry 4.0
- NDDS 440 - Nutrition Education and Counseling 3.0
- NDDS 445 - Foodservice Systems 3.0
- NDDS 455 - Financial Management in Dietetics 3.0
- NDDS 458 - Management in Dietetics 3.0
- NDDS 466 - Advanced Dietetics Practice 3.0
- NDDS 475 - Research Methods in Dietetics 2.0
- NDDS 490 - Professionalism in Nutrition and Dietetics 1.0
- NDDS 491 - Internship Preparation 1.0

**REQUIREMENT 4** Complete 1 course

- ACC 200 - Principles of Accounting 3.0
- MKTG 201 - Marketing Management 3.0
- MSB 250 - Financial Management 3.0
- NDFS 237 - Introduction to Culinary Arts 2.0
- NDFS 310 - Nutrition and Metabolism in Sports and Exercise 3.0
- NDFS 380 - International Nutrition 3.0
- NDFS 120 - Science of Biology 3.0
- PDBIO 365 - Pathophysiology 4.0
- STDEV 150 - Public Speaking 3.0

**REQUIREMENT 5** Complete 1 course

- ANTHR 101 - Social/Cultural Anthropology 3.0
- PSYCH 111 - Introduction to Psychological Science 3.0
- SOC 113 - Multicultural America 3.0

**Recommended Minors:** The following minors are very complementary to a dietetics major, but any area of interest could be considered: Business, Gerontology (see School of Family Life), International Development, Spanish.

### THE DISCIPLINE:

Dietetics is the science and art of applying the principles of nutrition to the diet. Following prerequisite courses, the Didactic Program in Dietetics consists primarily of dietetics course work at the junior and senior level. The Brigham Young University Didactic Program in Dietetics is currently granted accreditation status by the Accreditation Council for Education in Nutrition and Dietetics of the Academy of Nutrition and Dietetics, 120 South Riverside Plaza, Suite 2000, Chicago, IL 60606-6995, (312) 899-4876. Following graduation, students must gain acceptance into and complete an accredited dietetic internship (DI) to qualify for the national examination required for Registered Dietitian Nutritionist (RDN) status.

### FINANCING:

Some employment opportunities exist in the department. Scholarships are available from the department and the college.

### CAREERS:

**Clinical Dietitian:** Assess nutritional status of patients. Counsel patient and family on diet recommendations. Conduct classes on diabetes, weight control, normal nutrition.

**Consultant Dietitian:** Meets federal and state requirements for nursing homes. Consultant for food preparation. In-service education to staff.

**Independent Practitioner - Private dietetics practice:** Conduct classes on weight control and cardiovascular disease and counsel clients.

**Community/Public Health Dietitian:** Assess nutritional status of clients according to needs. State and federal programs for the aged, children and pregnant women.

**Administrative Dietitian:** Manage time, money and human resources. Plan, organize, direct and evaluate food service systems. Administer personnel, develop policies and standards. Develop
budget guidelines.

MAP DISCLAIMER

While every reasonable effort is made to ensure accuracy, there are some student populations that could have exceptions to listed requirements. Please refer to the university catalog and your college advisement center/department for complete guidelines.

DEPARTMENT INFORMATION

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