BS in Dietetics (284328) MAP Sheet
Life Sciences, Nutrition Dietetics and Food Science

For students entering the degree program during the 2020-2021 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.

<table>
<thead>
<tr>
<th>University Core Requirements</th>
<th>Suggested Sequence of Courses</th>
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</thead>
<tbody>
<tr>
<td><strong>University Core Requirements:</strong></td>
<td><strong>Apply to the program by February 15th, and be admitted to the professional sequence to start in the fall.</strong></td>
</tr>
<tr>
<td><strong>Core Enrichment: Electives</strong></td>
<td><strong>JUNIOR YEAR</strong></td>
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<tr>
<td><strong>Religion Electives</strong></td>
<td><strong>5th Semester</strong></td>
</tr>
<tr>
<td>3-4</td>
<td>WRTG 316 or NDFS 375</td>
</tr>
<tr>
<td><strong>Open Electives</strong></td>
<td>NDFS 300</td>
</tr>
<tr>
<td>Variable Variable personal choice</td>
<td>NDFS 374</td>
</tr>
<tr>
<td><strong>FOR UNIVERSITY CORE QUESTIONS CONTACT THE ADVISEMENT CENTER -- FOR PROGRAM QUESTIONS SEE YOUR FACULTY ADVISOR</strong></td>
<td>Program Elective (see list)</td>
</tr>
<tr>
<td><strong>Graduation Requirements:</strong></td>
<td>Religion elective</td>
</tr>
<tr>
<td>Minimum residence hours required</td>
<td><strong>Total Hours</strong></td>
</tr>
<tr>
<td>30.0</td>
<td>2.0</td>
</tr>
<tr>
<td>Minimum hours needed to graduate</td>
<td>2.0</td>
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<tr>
<td>120.0</td>
<td>2.0</td>
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</tbody>
</table>

**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
PDIBIO 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

**SOPHOMORE YEAR**

**3rd Semester**

NDFS 200+ 3.0
NDFS 290+ 1.0
MBIO 221+ 3.0
MBIO 222+ (CHEM 107 may be substituted) 1.0
STAT 121* 3.0
Religion Cornerstone course 2.0
Global & Cultural Awareness SOC 113 or ANTH 101* 3.0
**Total Hours** 16.0

**4th Semester**

Civilization 1 3.0
NDFS 250+ 3.0
NDFS 251+ 1.0
PDIBIO 235+ 4.0
Religion Cornerstone course 2.0
Physical Science elective 3.0
**Total Hours** 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.

**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
PDIBIO 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

**SOPHOMORE YEAR**

3rd Semester
NDFS 200+ 3.0
NDFS 290+ 1.0
MBIO 221+ 3.0
MBIO 222+ (CHEM 107 may be substituted) 1.0
STAT 121* 3.0
Religion Cornerstone course 2.0
Global & Cultural Awareness SOC 113 or ANTH 101* 3.0
**Total Hours** 16.0

4th Semester
Civilization 1 3.0
NDFS 250+ 3.0
NDFS 251+ 1.0
PDIBIO 235+ 4.0
Religion Cornerstone course 2.0
Physical Science elective 3.0
**Total Hours** 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.

**JUNIOR YEAR**

5th Semester
WRTG 316 or NDFS 375 3.0
NDFS 300 4.0
NDFS 374 2.0
Program Elective (see list) 2.0-4.0
Religion elective 2.0
**Total Hours** 13-15.0

6th Semester
NDFS 356 3.0
NDFS 375 or WRTG 316 3.0
NDFS 424 2.0
NDFS 445 3.0
Religion elective 2.0
Civilization 2 3.0
**Total Hours** 16.0

**SENIOR YEAR**

7th 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** 13.5

8th 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

*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.
**BS in Dietetics (284328)**

**2020-2021 Program Requirements (77.5 - 80.5 Credit Hours)**

<table>
<thead>
<tr>
<th>REQUIREMENT 1 Complete 2 options</th>
<th>PROFESSIONAL SEQUENCE COURSES (AFTER BEING ADMITTED INTO THE PROGRAM):</th>
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</thead>
<tbody>
<tr>
<td>COMPLETE THE FOLLOWING PREREQUISITE COURSES (TO BE COMPLETED BEFORE PROFESSIONAL SEQUENCE).</td>
<td>NDFS 300 - Medical Nutrition Therapy 1 4.0</td>
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<tr>
<td>OPTION 1.1 Complete 11 courses</td>
<td>NDFS 356 - Medical Nutrition Therapy 2 3.0</td>
</tr>
<tr>
<td>CHEM 101 - Introductory General Chemistry 3.0</td>
<td>NDFS 374 - Food Production Management 2.0</td>
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<tr>
<td>CHEM 205 - Introductory Bio-organic Chemistry 4.0</td>
<td>NDFS 375 - Food Production Management Laboratory 3.0</td>
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<tr>
<td>MMBIO 221 - General Microbiology 3.0</td>
<td>NDFS 400 - Community Nutrition 3.0</td>
</tr>
<tr>
<td>MMBIO 222 - General Microbiology Laboratory 1.0</td>
<td>NDFS 405 - Nutrition Assessment Lab 0.5</td>
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<tr>
<td>*NDFS 100 - Essentials of Human Nutrition 3.0</td>
<td>NDFS 424 - Nutrition Through the Life Cycle 2.0</td>
</tr>
<tr>
<td>NDFS 200 - Nutrient Metabolism 3.0</td>
<td>NDFS 434 - Nutritional Bio-organic Chemistry 4.0</td>
</tr>
<tr>
<td>NDFS 250 - Essentials of Food Science 3.0</td>
<td>NDFS 440 - Nutrition Education and Counseling 3.0</td>
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<tr>
<td>NDFS 251 - Essentials of Food Science Laboratory 1.0</td>
<td>NDFS 445 - Foodservice Systems 3.0</td>
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<tr>
<td>NDFS 290 - Introduction to Dietetics 1.0</td>
<td>NDFS 455 - Financial Management in Dietetics 3.0</td>
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<tr>
<td>PDBIO 305 - Human Physiology 4.0</td>
<td>NDFS 458 - Management in Dietetics 3.0</td>
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<tr>
<td>*STAT 121 - Principles of Statistics 3.0</td>
<td>NDFS 466 - Advanced Dietetics Practice 3.0</td>
</tr>
<tr>
<td>OPTION 1.2 Complete 1 course</td>
<td>NDFS 475 - Research Methods in Dietetics 2.0</td>
</tr>
<tr>
<td>PDBIO 210 - Human Anatomy (with virtual lab) 3.0</td>
<td>NDFS 490 - Professionalism in Nutrition and Dietetics 1.0</td>
</tr>
<tr>
<td>PDBIO 220 - Human Anatomy (with lab) 4.0</td>
<td>NDFS 491 - Internship Preparation 1.0</td>
</tr>
</tbody>
</table>

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 205, 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 2: Chem 105 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 150 hours of dietetics related work and/or volunteer experience.

**REQUIREMENT 3 Complete 16 courses**

**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 2190, Chicago, IL 60606-6995, (312) 892-0040 ext. 5400. 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
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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lynette_johnson@byu.edu (pre-dietetics)

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