### University Core and Graduation Requirements

**Religion Cornerstones**
- Teachings and Doctrine of The Book of Mormon
- Jesus Christ and the Everlasting Gospel
- Foundations of the Restoration
- The Eternal Family

**American Heritage**
- Global and Cultural Awareness

**Skills**
- First Year Writing
- Advanced Written and Oral Communications
- Quantitative Reasoning
- Languages of Learning (Math or Language)

**Arts, Letters, and Sciences**
- Civilization I
- Civilization II
- Arts
- Letters
- Biological Science
- Physical Science
- Social Science

**Core Enrichment: Electives**
- Religion Electives
- Open Electives

**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
- CHEM 101** or equivalent general chemistry course from high school or junior college
- NDFS 100**
- Quantitative Reasoning elective (if needed)
- Religion Cornerstone course
- General Electives

**Total Hours**
- 16.0

**2nd Semester**
- First-year Writing or American Heritage
- CHEM 285**
- PDBIO 220+
- PSYCH 111**
- Religion Cornerstone course

**Total Hours**
- 15.0

**3rd Semester**
- NDFS 200+
- NDFS 290+
- MMBIO 221+
- MMBIO 222+ (CHEM 107 may be substituted)
- STAT 121**
- Religion Cornerstone course
- Global & Cultural Awareness SOC 113* or ANTHR 101*

**Total Hours**
- 16.0

**4th Semester**
- MMBIO 221+
- MMBIO 222+ (CHEM 107 may be substituted)
- STAT 121**
- Religion Cornerstone course
- Global & Cultural Awareness SOC 113* or ANTHR 101*

**Total Hours**
- 16.0

---

#### JUNIOR YEAR

**5th Semester**
- ENGL 316 or NDFS 375
- NDFS 300
- NDFS 374

**Total Hours**
- 13 - 15.0

**6th Semester**
- NDFS 356
- NDFS 375 or ENGL 316
- NDFS 424
- NDFS 445

**Total Hours**
- 13.0

**7th Semester**
- NDFS 400
- NDFS 405 (1st or 2nd block)
- NDFS 440
- NDFS 455
- NDFS 458
- NDFS 491

**Total Hours**
- 16.0

**8th Semester**
- NDFS 434
- NDFS 466
- NDFS 475
- NDFS 490
- Arts or Letters elective
- Religion elective

**Total Hours**
- 15.0

---

#### SENIOR YEAR

**9th Semester**
- NDFS 374
- NDFS 300
- NDFS 445
- Religion elective

**Total Hours**
- 16.0

**10th Semester**
- NDFS 300
- NDFS 445
- Religion elective

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

**2017-2018 Program Requirements (77.5 - 79.5 Credit Hours)**

**REQUIREMENT 1** Complete 2 options

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

**OPTION 1.1** Complete 12 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
- PDBIO 305 - Human Physiology 4.0
- *PSYCH 111 - Introduction to Psychological Science 3.0
- *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) 3.0

**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** 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

**REQUIREMENT 3** Complete 1 course

- ACC 200 - Principles of Accounting 3.0
- BUS M 201 - Financial Management 3.0
- BUS M 241 - Marketing Management 3.0
- NDFS 237 - Introduction to Culinary Arts 2.0
- NDFS 310 - Nutrition and Metabolism in Sports and Exercise 2.0
- NDFS 380 - International Nutrition 3.0
- PDBIO 120 - Science of Biology 3.0
- PDBIO 365 - Pathophysiology 4.0
- STDEV 150 - Public Speaking 3.0

**RECOMMENDED**

- ANTHR 101 - Social/Cultural Anthropology 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.

**REQUIREMENT 4**

**DIETETIC INTERNSHIP:**

To become a Registered Dietitian, students must complete an accredited Dietetic Internship (DI) following graduation. Application to internships is made during the final semester of study. Following successful completion of an internship, graduates are eligible to take the Registration Examination.

Admission to internships is highly competitive. To increase the likelihood of obtaining a position in a DI, students should prepare by:

- maintaining at least a 3.0 GPA,
- having 1000 hours of work and/or volunteer experience in institutional foodservice and/or nutrition care (i.e., foodservice: hospital, nursing homes, university dining services, school, etc.; volunteer: WIC, Cancer Society, Heart Association, March of Dimes, hospital, etc.)
- participating in meaningful volunteer activity,
- demonstrating leadership ability, and taking the GRE (recommended).
- Meeting these criteria does not guarantee placement in a dietetic internship, but failure to meet them will almost surely preclude placement.

**ADMISSION REQUIREMENTS:**

Students must apply by February 15th for admission into the professional sequence in the Fall. Formal acceptance is required to continue with the professional sequence. Enrollment is limited to 40 students. Major GPA and performance in nutrition, dietetics, and food science courses will be considered. Successful applicants typically have a major and cumulative GPA greater than 3.0 and nutrition, dietetics, and food science course grades greater than B-. Applicants need at least 300 hours of dietetics-related work and/or volunteer experience. The majority of prerequisites should be completed or in progress at the time of application to the professional sequence. For more information, go to http://dietetics.byu.edu and view video.

**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.

**PROFESSIONAL ASSOCIATION:**
Affiliate membership in the Academy of Nutrition and Dietetics provides opportunities to attend local, state and national professional meetings, in addition to a subscription to the Journal of the Academy of Nutrition and Dietetics.

**DIETETIC INTERNSHIP:**
To become a Registered Dietitian, students must complete an accredited Dietetic Internship (DI) following graduation. Application to internships is made during the final semester of study. Following successful completion of an internship, graduates are eligible to take the Registration Examination for Dietitian Nutritionists.

Admission to internships is highly competitive. To increase the likelihood of obtaining a position in a DI, students should prepare by:

- Maintaining at least a 3.0 GPA,
- Having 1000 hours of work and/or volunteer experience in institutional foodservice and/or nutrition care (i.e., foodservice: hospital, nursing homes, university dining services, school, etc.; volunteer: WIC, Cancer Society, Heart Association, March of Dimes, hospital, etc.),

- Participating in meaningful volunteer activity
- Demonstrating leadership ability, and
- Taking the GRE (recommended).

Meeting these criteria does not guarantee placement in a dietetic internship, but failure to meet them will almost surely preclude placement.

**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**
Nutrition, Dietetics and Food Science
Brigham Young University
S-221 Eyring Science Center
Provo, UT 84602
Telephone: (801) 422-3912
FAX: (801) 422-0258
E-Mail: sarah_bellini@byu.edu (dietetics)
susan_fullmer@byu.edu (pre-dietetics)

**ADVICEMENT CENTER INFORMATION**
Life Science Student Services
Brigham Young University
2060 Life Sciences Building
Provo, UT 84602
Telephone: (801) 422-3042
lifesciences@byu.edu

**BS in Dietetics (284328)**
2017-2018