

Didactic Program in Dietetics (DPD) Student Handbook



**Food Science and Human Nutrition Department
University of Florida**



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Introduction

Congratulations on selecting the dietetics specialization within the Food Science and Human Nutrition major. Dietetics is a challenging profession that applies the science of food and nutrition to the health and well-being of individuals and groups. The Didactic Program in Dietetics (DPD) at the University of Florida (undergraduate program) is a science-based program that is accredited by the Commission on Accreditation for Dietetics Education (CADE) of the American Dietetic Association (ADA), 120 South Riverside Plaza, Suite 2000, Chicago, IL 60606-6995, 312/899-0040, ext. 5400. The Commission on Accreditation for Dietetics Education is ADA's accrediting agency for education programs preparing students for careers as registered dietitians or dietetic technicians, registered.

CADE exists to serve the public by establishing and enforcing eligibility requirements and accreditation standards that ensure the quality and continued improvement of nutrition and dietetics education programs. Programs meeting those standards are accredited by CADE.

CADE is recognized by the United States Department of Education and the Council for Higher Education Accreditation. This affirms that CADE meets national standards and is a reliable authority on the quality of nutrition and dietetics education programs.

(<http://www.eatright.org/cps/rde/xchg/ada/hs.xsl/CADE.html>)

Successful DPD program completion enables you to compete for placement in accredited dietetic internship programs, a required step in becoming a registered dietitian (RD).

What is a Registered Dietitian?

A Registered Dietitian (RD) is an individual who has completed the following requirements:

- * Minimum of a baccalaureate degree from a US regionally accredited institution
- * Academic requirements from a CADE accredited Didactic Program in Dietetics
- * A dietetic internship program from a CADE accredited program
- * Successfully passed the Registration Examination for Dietitians administered by the Commission on Dietetic Registration

What is a Licensed/Certified Dietitian?

Many states have a certification or license requirement in order to practice dietetics. Each state requirement is different, and information can be found on the state dietetic association website. Florida has a licensure requirement, and information can be found at

<http://www.eatrightflorida.org/members/licensur.php>

Where do RDs work, and what are their average salaries?

Registered Dietitians are employed in hospitals and other health-care facilities, government and public health agencies, food companies, schools and universities, private practice, and a variety of other settings. Opportunities for Registered Dietitians to be employed in wellness and sports nutrition programs and in sales and marketing for business and industry are increasing.

Career opportunities for graduates include:

- Clinical Dietitian/Nutritionist (in a health care setting, including acute and long term care and facilities specializing in rehabilitation and eating disorders)*
- Public Health or Community Nutritionist*
- Consultant Dietitian in Private Practice*
- Sports Dietitian*
- Nutrition Educator or Teacher
- Nutrition Specialist (for food industries)
- Research
- Graduate School
- Restaurant Manager
- Supermarkets
- Food Service Director (in acute care hospitals, extended care facilities, educational institutions)
- Pharmaceutical/Medical Sales Representative
- Nutraceutical Industry
- Corporate Wellness
- Culinary Arts Program
- Public Policy Development
- Non-profit Advocacy Groups/Organizations
- National and International Health Organizations

*Requires RD and/or LD/N

Dietitian Salaries:

The median salary for dietitians working five years or less ranges from \$42,000 to \$55,000 per year according to the ADA's 2007 Dietetics Compensation and Benefits Survey. Salaries vary based on the type of positions, geographic location, and supply of RDs. More information can be found at <http://www.eatright.org/ada/files/rogers.pdf>

Mission Statement

The mission of the DPD at the University of Florida is to provide a progressive and effective program to educate students using a science-based food and nutrition curriculum to produce graduates who are competitive for supervised practice experiences or health or science related profession or graduate school.

DPD Program Goals and Outcome Measures 2009-2013

Goal 1: Graduate students who are well prepared for dietetic internships or health or science related professions or graduate school.

Outcome measures:

- 1.1. Sixty percent of DPD graduates will apply to dietetic internships within one year of graduation (5 year average).
- 1.2. Eighty percent of those applying to dietetic internships will be accepted within one year of graduation (5 year average).
- 1.3. Eighty percent of students with junior standing will complete the program/degree requirements within 150% of the time planned for completion (5 year average).

- 1.4. The five year average pass rate for first time test-takers of the National Examination for Registered Dietitians will be a minimum of 80%.
- 1.5. Of the graduates who return the graduate survey and did not seek a dietetic internship, 50% will attend graduate school or obtain employment in a health or science related profession within one year of graduation (5 year average).
- 1.6. Of graduates who return the graduate survey, 90% of graduates will rate their preparation for dietetic internships, graduate school or employment as satisfactory or higher (5 year average).
- 1.7. Of internship directors who return the internship director survey, 90% of internship directors will rate the graduates as being well-prepared for the dietetic internship (5 year average).

Goal 2: Provide learning experiences that foster development of critical thinking and problem solving.

Outcome measures:

- 2.1. Of graduates who return the graduate survey, 80% of graduates will agree that they received opportunities to develop critical thinking and problem solving skills as undergraduates (5 year average).
- 2.2. Of internship directors who return the internship director survey, 80% of internship directors will agree that the graduates were prepared in critical thinking and problem solving (5 year average).

Curriculum

The DPD Program at the University of Florida meets the 2008 Commission on Accreditation for Dietetic Education (CADE) Foundation Knowledge and Learning Outcomes. Students must successfully complete all courses on the DPD curriculum sheet in order to receive a verification statement. The curriculum is developed to be sequential so that students move from basic knowledge to applied knowledge and skills. It is important for students to follow the semester-by-semester sequencing in order to be prepared, especially in the senior year sequence. You should check with your academic advisor if you have questions.

The following is a sample 4-year schedule (actual schedules will vary):

FSHN COURSES

HUN2201 – Fundamentals of Human Nutrition (3) F/S/SS-B
HUN3403 – Nutrition through the Life Cycle (2) F/S
HUN4221 – Nutrition and Metabolism (3) F/S
HUN4445 – Nutrition and Disease I (2) F/S
HUN4446 – Nutrition and Disease II (3) F/S
DIE3310 – Community Nutrition (2) S
DIE4125 – Food Systems Management (3) F
DIE4125L – Food Systems Management Lab (2) F
DIE4245C – Medical Nutrition Therapy Applications I (3) F
DIE4246C – Medical Nutrition Therapy Applications II (3) S
DIE4436 – Nutritional Counseling/Communication (2) S
DIE4505 – Dietetics Seminar (1) F
FOS3042 – Introductory Food Science (3) F/S
FOS4311 – Food Chemistry (3) S
FOS4310L – Experimental Foods Lab (1) S

BIOLOGY COURSES

BSC2010 – Principles of Biology I (3) F/S/SS-C
BSC2010L – Principles of Biology I Lab (1) F/S/SS-C
BSC2011 – Principles of Biology II (3) F/S/SS-C
BSC2011L – Principles of Biology II Lab (1) F/S/SS-C

CHEMISTRY COURSES

***CHM2045 – General Chemistry (3) F/S/SS-C**
***CHM2045L – General Chemistry Lab (1) F/S**
CHM2046 – Qualitative Analysis (3) F/S/SS-C
CHM2046L – Qualitative Analysis Lab (1) F/S/SS-C
CHM2210 – Organic Chemistry I (3) F/S/SS-A/C^
CHM2211 – Organic Chemistry II (3) F/S/SS-B/C
CHM2211L – Organic Chemistry II Lab (2) F/S/SS-C
BCH3025 – Fund of Biochemistry (4) F/SS-C
or BCH 4024 – Intro Biochem/Molec Biol (4) F/S/SS-C

* *The following course sequence at a community college or other university is equivalent: CHM2040 & L, CHM2041 &*

MATH AND STATISTICS

STA2023 – Intro to Statistics (3) F/S/SS-A/B
MAC1147 Precalculus (4) F/S/SS-B/C
***or a combination of both* MAC1140/1104/1105 College Algebra (4) F/S/SS-B & MAC1114 – Trigonometry (2) F/S/SS-B**

ADVANCED COMMUNICATIONS

AEE3030C – Oral Communications (3) F/S/SS-C
or SPC2608 – Intro Public Speaking (3) F/S/SS-A/B
AEE3033C – Research/Business Writing (3) F/S/SS-C
or ENC2210 – Tech Writing (3) F/S

OTHER SCIENCE COURSES

MCB2000 – Microbiology (3) F/S/SS-A
MCB2000L – Microbiology Lab (1) F/S/SS-A
APK2105C – Applied Human Physiology (4) F/S/SS-A

ECONOMICS

AEB2014 – Economic Issues Food & You (3) F/S *or*
ECO2013 – Prin Macroeconomics (4) F/S/SS-A or B *or*
ECO2023 – Prin Microeconomics (4) F/S/SS-C

BUSINESS COURSES & SOCIAL SCIENCES

AEB3122 Financial Planning for Agribusiness (3) F/S
AEB3133 –Prin.of Agribusiness Management (3) F/S/SS-A
PSY2012 – General Psychology (3) F/S/SS-A/B

Key to when courses are offered:

*F = Fall, S = Spring, SS-A = Summer A, SS-B = Summer B,
SS-C = Summer C, SS-A/B = Summer A and B, etc.*

These are subject to change; please see your advisor.

^ Must complete in two attempts with C or better including withdrawals.

Dietetics Sample Course Schedule

FRESHMEN YEAR

FALL

CHM2045 General Chemistry (3)
CHM2045L General Chemistry Lab (1)
MAC1147 Pre-calculus (4)
Humanities/Social Behavior (3)
COMPOSITION (3)
ELECTIVE (1)

CREDITS: 15

SOPHOMORE YEAR

FALL

BSC2010 Principles Biology I (3)
BSC2010L Principles Biology I Lab (1)
STA2023 Intro to Statistics (3)
AEE3030C or SPC2600 Speech (3)
Humanities/International (3)
ELECTIVE (3)

CREDITS: 16

JUNIOR YEAR

FALL

CHM2210 Organic Chemistry (3) ^
FOS3042 Intro to Food Science (3)
AEB3133 Prin. of Agribusiness Management (3)
AEE3033C or ENC2210 Tech. Writing (3)
ELECTIVE

CREDITS: 15

SENIOR YEAR

FALL

HUN4445 Nutrition & Disease I (2)
DIE4245C Medical Nutrition Therapy I (3)
DIE4125 Food Systems Mgt (3)
DIE4125L Food Systems Mgt Lab (2)
DIE4505 Dietetics Seminar (1)
BCH3025! or BCH4024 Biochemistry (4)

CREDITS: 16

SPRING

CHM2046 Qualitative Analysis (3)
CHM2046L Qualitative Analysis Lab (1)
AEB2014 ECON ISSUES (3)/ECO2023-
MICRO OR MACROECONOMICS (4)
PSY2012 GENERAL PSYCHOLOGY (3)
ELECTIVE (3)

CREDITS: 13

SPRING

BSC2011 Principles Biology II (3)
BSC2011L Principles Biology II Lab (1)
MCB2000 Microbiology (3)
MCB2000L Microbiology Lab (1)
HUN2201 Fund. of Human Nutrition (3)
Humanities/Diversity (3)

CREDITS: 14

SPRING

APK2105C Applied Human Physiology (4)
HUN3403 Nutrition Through Life Cycle (2)
DIE3310 Community Nutrition (2)
CHM2211 Organic Chemistry II (3)
CHM2211L Organic Chemistry II Lab (2)
AEB3122 Fin. Planning for Agribusiness (3)

CREDITS: 16

SPRING

HUN4446 Nutrition & Disease II (3)
HUN4221 Nutrition & Metabolism (3)
DIE4246C Medical Nutrition Therapy II (3)
DIE4436 Nutrition Counseling/Comm. (2)
FOS4311 Food Chemistry (3)
FOS4310L Experimental Foods Lab (1)

CREDITS: 15

^ MUST PASS ORGANIC WITH A C OR BETTER IN TWO ATTEMPTS INCLUDING WITHDRAWALS, TO REMAIN IN GOOD STANDING IN THE MAJOR
!- COURSE IS ONLY OFFERED IN FALL AND SUMMER

If you choose not to complete an internship, the strong biological and social science foundation of the program also provides you with a foundation for a variety of health-related professional programs or employment as a nutrition educator, food service manager, pharmaceutical sales representative or a variety of other challenging positions.

In addition to the courses described in the sample schedule, the following courses are recommended as electives (although you are not restricted to this list):

Business and Policy

AEB 3300 (3) Agricultural and Food Marketing
LEI 3830 (3) Principles of Travel and Tourism
LEI 3836 (3) Hospitality Management
MAN 3025 (4) Principles of Management
MAR 3023 (4) Principles of Marketing

Communication

AEB3114L (1) Introduction to Agricultural Computer Applications
ALS 3203 (3) PC Use in Agriculture
AEE 3073 (3) Intercultural Communication
AEE3313 (3) Development and Role of Extension Education (dept. controlled)
COM 4022 (3) Health Communication
EDF2085 (3) Teaching Diverse Populations
SDS 4410 (3) Interpersonal Communication Skills
SPC 2300 (3) Introduction to Interpersonal Communication
SPC 2351 (3) Listening (Spring Only)
SPC 4425 (3) Small Group Communication

Health and Wellness

FOS 4202 (2) Food Safety and Sanitation
FOS 4222 (3) Food Microbiology
FOS 4722C (3) Quality Control in Food Systems
FOS 4731 (2) Government Regulations and the Food Industry
HSC 3102 (3) Personal Family Health
HSC 3143 (3) Drug Education
HSC 3201 (3) Community and Environmental Health
HSC3537 (3) Medical Terminology
HSC 3574 (3) Nutrition Education for Special Populations
HSC 4624 (3) Trends in International Health
APK 2100C (4) Applied Human Anatomy with Laboratory
SDS 3481 (2) Alcohol and Drug Abuse
SDS 3482 (3) Stress and Anxiety Management
MEL 4601 (3) The Diseases of Eating

Psychology

APK 3400 (3) Intro Sport Psychology (Spring only)
DEP 3053 (3) Developmental Psychology
DEP 4404 (3) Psychology of Aging
EDF 3110 (3) Human Growth and Development (dept. controlled)
EDF 3210 (3) Educational Psychology
PSB 3004 (3) Physiological Psychology

Social and Historical Constructs

ANT 4462 (3) Culture and Medicine
EEX 3312 (3) Exceptional People in School and Society
PHI 2630 (3) Contemporary Moral Issues
SYG 2000 (3) Principles of Sociology
SYG 2010 (3) Social Problems
SYG 2430 (3) Marriage and Family
SYO 4400 (3) Medical Sociology

Are there any GPA requirements for the Dietetics Program?

Yes! Students in Dietetics must maintain a minimum 2.50 average GPA in their tracking courses or they will be required to change majors. However, it should be noted that higher GPAs are essential for dietetic internship program admission. Due to the current competitive nature of the dietetic internships, students should have a 3.2 or higher overall GPA.

All transfer students must have successfully completed these tracking courses before admission.

Tracking courses for Dietetics are:

General Chemistry Sequence

*CHM2045 – General Chemistry I (3)
*CHM2045L – General Chemistry I Lab (1)
CHM2046 – Qual. Analysis Chemistry II (3)
CHM2046L – Qual. Analysis Chemistry II Lab (1)

**The following course sequence at a Florida college or other university is equivalent to CHM2045 & Lab: CHM2040/1040 & Lab + CHM2041/1041 & Lab*

General Biology Sequence

BSC2010 – Principles of Biology I
BSC2010L – Biology I Lab
BSC2011 – Principles of Biology II
BSC2011L – Biology II Lab

Mathematics Sequence

MAC1147 Precalculus
or
MAC1140/1104/1105 – College Algebra + MAC1114 – Trigonometry

What are the admission requirements to the DPD Program?

The admission process to the University of Florida as a freshman or transfer student is described on the UF website at <http://www.admissions.ufl.edu/>. The University of Florida provides equal opportunity to applicants as outlined in <http://www.registrar.ufl.edu/catalog/administration/mission.html>.

In order to transfer from another major or another university into the College of Agricultural and Life Sciences and the dietetics program, students must have a minimum or higher of 2.5 GPA in their tracking courses and permission of the DPD Program Director or dietetics faculty member. An appointment must be set with faculty to complete the “change major” form for admission.

What are the costs of the DPD Program?

Tuition, books and other fees are listed on the FSHN website at <http://fshn.ifas.ufl.edu/DPD/index.html>. Additional costs for the DPD program may include:

- Lab fees for specific courses (see course schedules each semester, <http://www.registrar.ufl.edu/soc/>)

- ADA Membership (\$50.00) required by Fall of junior year or after 60 credits, but are encouraged to join at the beginning of the program.
- Transportation costs for volunteer or shadowing experiences.
- Transportation costs for service learning experiences in courses
- Application fees and mailing costs for dietetic internship or graduate programs.
- ServSafe® exam required in Food Systems Management Lab

What are the policies and procedures of the DPD Program?

- **Withdrawal and refund of tuition and fees.** The University of Florida has established deadline dates and procedures for withdrawal and refund of tuition and fees. See the UF website at <http://www.sfa.ufl.edu/receiving/ufwithdrawal.html> for details.
- **Scheduling and program calendar.** The DPD Program follows the University of Florida academic calendar which is available on the UF website at : <http://www.registrar.ufl.edu/catalog/adhub.html>
- **Protection of privacy of information (confidentiality of student records).** The University of Florida, in accordance with the State University System rules, state statutes, and the Family Educational Rights and Privacy Act of 1974 (i.e., the Buckley Amendment) assures the confidentiality of student educational records. However, student educational records may be released without the student's consent to school officials who have a legitimate educational interest to access the records, and the university may disclose information from a student's educational records to either individual or entities permitted under applicable federal and state law. Information on confidentiality of records is available in the UF Undergraduate Catalog at <http://www.registrar.ufl.edu/catalog/policies/regulationconfidentiality.html> and in the UF Student Guide at <http://www.dso.ufl.edu/studentguide/studentrecords.php>
- **Access to personal files.** Students have the right to review their personal educational records for information and to determine accuracy. To review your student files, contact the Office of Student Services, 462 FSHN Building during their office hours. Students must show their student ID to review their files. Letters of recommendation or other materials to which the student has waived his/her rights will not be available for review by the student. Additional information can be found in the *UF Student Guide* (<http://www.dso.ufl.edu/studentguide/studentrecords.php>), including procedures for challenging content of a student record.
- **Access to student support services, including health services, counseling and testing, and financial aid resources.** Student support services are available through the Dean of Students Office (<http://www.dso.ufl.edu/supportservices/campuscounseling.php>). Health services are provided through the Student Health Care Center which is located at 1 Fletcher Drive. Additional information about their services can be found at <http://www.shcc.ufl.edu/>. Financial aid resources are available through the University of Florida's Financial Aid office at <http://www.sfa.ufl.edu/>
- **Grievance Procedures.** The University of Florida defines a grievance as:

A grievance is defined as dissatisfaction occurring when a student believes that any decision, act, or condition affecting him or her is illegal, unjust, or creates unnecessary hardship. Such grievances may concern, but are not limited to, the following: academic problems (excluding grades, except when there is an allegation of illegal discrimination or where a grade penalty has been imposed without proper authority); mistreatment by any university employee; wrongful assessment of fees, records and registration errors; student employment and discrimination because of race, national origin, sex, marital status, religion, age, or disability.

Student grievance procedures are outlined in the *UF Student Guide* and administered through the Dean of Students Office. If a student feels that a grievance has occurred, you are encouraged to follow the steps outlined in the *Student Guide* and on the website at: <http://dso.ufl.edu/studentguide/studentgrievance.php>

If students have followed the procedures at the University level and still believe that there has not been proper handling of the matter, the student has the right to file a complaint with CADE, the accrediting agency of the DPD program. The procedures are listed on the CADE website at http://www.eatright.org/cps/rde/xchg/ada/hs.xsl/CADE_complaints_ENU_HTML.htm.

- **Assessment of Prior Learning.** Prior coursework must be submitted to the Office of Student Services and the DPD Director for review. A prospective student will be notified of courses that will transfer and be provided with a plan of coursework required to complete the UF DPD. The DPD program at the University of Florida does not accept prior work or volunteer experience in lieu of coursework
- **Formal assessment of student learning, performance and progress.** Course syllabi for all dietetics courses include the assessment method used in the specific course. Evaluation methods may include exams, case studies, presentations, individual and team projects, etc. Students receive a letter grade for the course as well as individual grades for assignments and exams.

The DPD program has adopted the University +/- system for all DIE courses. The scale that will be used is as follows:

93.34-100	A
90-93.33	A-
86.68-89.9	B+
83.34-86.67	B
80-83.33	B-
76.68-79.9	C+
73.34-76.67	C
70-73.33	C-
66.68-69.9	D+
63.34-66.67	D
60-63.33	D-
Below 60	F

Student progress can be measured by accessing the degree audit on ISIS, and by meeting with FSHN student services to determine if the student is on track towards graduation.

- **DPD retention and remediation procedures when student performance is not meeting the criteria for program progression.**

Student progress in the program is determined in several ways. Students must complete the tracking courses (chemistry, biology and math) with a 2.5 or higher in order to stay in the major. In addition, the students must achieve a C or better in CHM 2211 (Organic Chemistry 1) in order to take CHM 2211. If a student does not meet the tracking course requirement or the organic chemistry requirement, they have access to the FSHN Student Services office, Career Services or the faculty advisor for advice regarding alternative majors.

Graduation requirements at U.F. are 2.0 G.P.A.; the DPD does not have a separate requirement.

- **Disciplinary/termination procedures.** Students are required to follow the University of Florida Student Code of Conduct which is described in the *UF Student Guide* and on the Dean of Students Office website at ;
<http://dso.ufl.edu/studentguide/studentconductcode.php#studentcode>

All students must obey the Student Honor Code. On all work submitted for credit by students at the University of Florida, the following pledge is either required or implied: "*On my honor, I have neither given nor received unauthorized aid in doing this assignment.*" Failure to comply will result in disciplinary action.

- **Graduation and/or DPD completion requirements.** The DPD follows the same graduation requirements as the University. Students must complete the program with a 2.0 G.P.A. to receive a diploma. Other requirements can be found at <http://www.registrar.ufl.edu/catalog/policies/regulationgraduation.html>
- **Verification Statement Procedures.** At the completion of the DPD program, all students should contact Mindy Edwards in Student Services (mindye@ufl.edu) with post-graduation plans and a permanent mailing address. After graduation and verification by the registrar, the student will be issued six copies of the verification statement saying that you have successfully completed the DPD program and its requirements. The verification statements should be kept in a safe place and are required by dietetic internships for their files.
- **Email/listserv.** All students must have a UF email and be on the dietetics listserv. If you are not receiving emails from the listserv, please contact Janna Underhill to be added to the list. The listserv is used to provide information to you regarding courses, semester reminders, volunteer and work opportunities, and meetings.
- **Dietetics Classes Attendance and Tardiness:**
 - Attendance is required for all DIE courses. Attendance will be taken at the beginning of each class. Excused absence will only be granted for the following reasons:
 - Death in the family as documented by a dated obituary
 - Illness or hospitalization as documented by a physician's note related to that illness (vague notes such as "was seen" are not acceptable).
 - Religious holiday as documented by a written statement to the professor before the holiday.

- Professional/graduate school interviews with documentation of interview letter and travel arrangements.
- Accident as documented by a copy of the police report

Only students with excused absences will be allowed to make up the original work or suitable alternative if an exam or in-class assignment is missed. Absence from class will result in (penalty as determined by faculty member) unless there are unavoidable extenuating circumstances subject to the faculty member's discretion that can be documented to the faculty member's satisfaction.

- Tardiness is unacceptable in the workplace and is also not appropriate in the classroom. It shows disrespect for the professor, other students in the class and the course content. Students who are tardy (as defined by the professor in each class) will be penalized according to the policy established for that class.
- **ADA Membership.** All DPD majors must be members of the American Dietetic Association by Fall of junior year or after 60 credits. Students must submit proof of membership (copy of membership card) to Dr. McMahon by September 15 each year. Membership information can be found at <http://www.eatright.org>; student member cost is \$50.00 for 2009-10. Membership runs from June 1 – May 31. Check out the website for all the member benefits, including eligibility to apply for scholarships and access to student groups in addition to all of the professional benefits.
Rationale: DPD Professional courses require use of resources that are limited to ADA members. In addition, membership fosters commitment to the dietetics profession

What are the characteristics of a successful dietetics student?

- ⇒ Good time management skills
- ⇒ Effective stress management
- ⇒ Self-discipline
- ⇒ Pro-active
- ⇒ Self-starter
- ⇒ Adaptability
- ⇒ Goal-oriented
- ⇒ Leadership ability
- ⇒ Commitment to the profession
- ⇒ Integrity
- ⇒ Team player
- ⇒ Ability to prioritize
- ⇒ Organizational skills
- ⇒ Strong interpersonal skills

- ⇒ Responsibility and maturity
- ⇒ Volunteer and work experience
- ⇒ Good grades
- ⇒ Critical thinker

Is it important to get work or volunteer experience in the dietetics field?

In order to learn about the field of dietetics and to strengthen your application for a dietetic internship, it is strongly recommended that you work or volunteer in dietetics related areas. Most internships require additional experience beyond coursework. You can do this during the summer or the school year. You are encouraged to contact local dietitians and request a volunteer experience. Opportunities for volunteer experiences are also sent via the listserv. You should keep a record of your hours and experience for your internship application.

Why should I join the Food Science and Human Nutrition (FSHN) Club?

The FSHN Club is a student run organization for students majoring, or just interested, in any of the three specializations (Dietetics, Nutritional Sciences, or Food Science) within the FSHN major. Meetings are held twice per month on Tuesday or Wednesday evenings (day and time are subject to change). The membership fee is \$15.00 per year (also subject to change), and includes membership in the Florida Section of the Institute of Food Technologists (IFT), for which this Club serves as the UF Chapter. (Although IFT is often erroneously considered an organization for Food Scientists, many RDs are members and there are numerous nutrition-related job opportunities in the food industry.)

Many interesting topics related to nutrition and food science are discussed at meetings. Presentations given by area professionals introduce students to the varied career opportunities in dietetics and other food-related careers. Dietetics-related volunteer and work experiences also are announced in these meetings. The Club participates actively in various events each year including the American Heart Association Heart Walk, March of Dimes' Walk America, Campus Kitchens and National Nutrition Month (in March). Club members also conduct fundraising and volunteer many hours to local charities and community organizations. Past volunteer activities have included food preparation and service at local soup kitchens and the Ronald McDonald House, donation of food to shelters for the homeless and abused women and children, and educational presentations on nutrition to local school children.

Many good things come from being a FSHN Club member. Information about the field of nutrition is provided and you also get a chance to make new friends and meet the faculty. Being an officer or committee chair is an excellent leadership opportunity. We encourage all dietetics students to run for an elected position, serve on Club committees, and/or participate in other Club activities. For more information about the Club or its activities and programs, attend the Club meetings, go to the student services office in 467 FSHN or check out their website (<http://fshn.ifas.ufl.edu/club/>).

What scholarships are available to dietetics students?

There are scholarship opportunities for you in the Food Science and Human Nutrition Department, College of Agricultural and Life Sciences and the University of Florida. Information about scholarships and financial aid can be found on the FSHN website

(http://fshn.ifas.ufl.edu/resources_scholarships.shtml)

Scholarships are available through the American Dietetic Association and the Florida Dietetic Association for student members of these organizations. For information about ADA/FDA scholarships and eligibility, contact the ADA (www.eatright.org) or the FDA (www.eatrightflorida.org).

Where do I go for advising?

For academic advising, you should schedule an appointment with Nicole Young, the dietetics undergraduate advisor. She will provide assistance in planning a schedule of required courses. For career advising, you should schedule an appointment with your faculty advisor (the name of your faculty advisor will be listed at the bottom of your audit on the Integrated Student Information System, or ISIS: <http://www.isis.ufl.edu>). Your faculty advisor will provide information about professional organizations, work and volunteer opportunities, and planning for the future. **You should plan to schedule at least one advising appointment with an advisor each semester, and get to know your faculty advisor as soon as possible, but not later than your junior year.** To schedule any advising appointment, call Mindy Edwards at 392-1991, ext. 220; e-mail her at [mindye@ufl.edu](mailto:mindy@ufl.edu); or stop by 467 FSHN.

After receiving my BS degree in dietetics from UF, will I be a Registered Dietitian?

No! Completion of a Didactic Program in Dietetics like the UF program is only the **first** step required to become a Registered Dietitian.

The **second** step, completion of an accredited dietetic internship program, follows the completion of the Didactic Program and the minimum of a Bachelor's degree. You need to be well informed that receiving an appointment to a supervised practice program is very competitive. In April, 2009, only 50% of students participating in the computer match were placed into a dietetic internship. It has become more critical for dietetic students to plan early for the application process, but there are no guarantees of admission.

The **third** and final step to becoming an RD is successful completion of the National Registration Examination for Dietitians

How do I prove that I've completed my BS degree if I'm applying for a DI Program before I graduate?

When you apply to supervised practice programs, the UF DPD Director will provide you with a "Declaration of Intent to Complete" form. You will send this form to the programs to which you are

applying along with your other application materials. It serves as temporary “proof” that you’re on your way to completing the undergraduate program. Once you have actually graduated, the Director will provide you with six original signed copies of the “Verification Statement.” This form is your final proof that you did indeed complete the DPD, and it will only be issued to you after your graduation is certified by UF.

It is not unusual for supervised practice programs to receive verification forms after students have already started their program, so don’t worry if you graduate right before you begin your internship.

Do DIs offer graduate courses?

Internships vary from no graduate hours to a combined Master’s/Dietetic Internship. Students who are interested in graduate programs should research available options. The University of Florida offers a combined Master of Science - Dietetic Internship (MS-DI) with a Nutrition Education and Wellness concentration. The GRE exam is required for admission. The program’s website (<http://fshn.ifas.ufl.edu/MS-DI/index.html>) provides the prospective student with detailed information on the UF MS-DI. If you have further questions, contact Dr. Gail Kauwell, the Program Director (392-1991, ext 227 or gkauwell@ufl.edu).

Where can I obtain more information about dietetic internship programs?

The American Dietetic Association website (www.eatright.org) provides the most up-to-date information about the programs. If you go to <http://www.eatright.org/cade>, there is a listing of each program and information on costs, length of internship, internship director, and area of specialization.

Another resource is the **Applicant Guide to Supervised Practice Experience**, a valuable tool that describes many of the experience programs that are available. The **Guide** provides detailed information such as the usual number of applications received by individual programs and answers to frequently asked questions. This **Guide** is available in CD-Rom format and can be checked out from the Program Director or viewed in the CALS computer lab.

How much does a dietetic internship program cost?

Costs vary widely, so you should check with each program about required expenses. Most accredited DIs associated with regionally accredited university graduate programs qualify for government-sponsored loan programs. You should check the individual internship’s website to see if financial aid is available at a specific dietetic internship.

Numerous scholarship and loan opportunities are available to help pay the costs of the supervised practice experience.

What are the characteristics of a successful applicant for supervised practice programs?

Being a successful applicant to a dietetic internship starts long before you fill out application forms. Although programs may have varying selection criteria, applicants who receive appointments to supervised practice programs tend to have the following characteristics:

- * A cumulative GPA of 3.0 or higher (although a 3.2 or higher is recommended)
- * A 3.0 GPA or higher in professional courses
- * A 3.0 GPA or higher in biological and physical sciences
- * Significant paid or volunteer work experience
- * Strong letters of recommendation
- * Leadership in organizations
- * Willingness to relocate
- * Clean criminal history (programs require criminal background check)

How can I improve my chances of being admitted to a dietetic internship program?

A student has no guarantee of receiving a DI appointment. In April of 2009, 50% of the students who participated in the national computer match received a match (UF's match rate was 90% for spring and summer 2007 graduates). Internships continue to become more competitive. In order to increase your chances for an appointment, you should:

- ◇ Investigate programs early to identify their admission criteria.
- ◇ Maintain a grade point average over 3.0 (although 3.2 or higher is more realistic)
- ◇ Get dietetics related work or volunteer experience (hospital experience is considered valuable; college foodservice, camp foodservice, nursing home foodservice, and community nutrition programs are considered very good; many other types of work experiences can also be very valuable).
- ◇ Participate in activities that demonstrate leadership (college/university clubs, sports, community service projects, organizations).
- ◇ Get to know dietetics faculty members through faculty office hours, FSHN club, or independent study. You will need letters of recommendations from them.
- ◇ Apply to more than one program, but not an excessive number. (Successful applicants apply to an average of 4-6 programs).
- ◇ Be flexible and willing to relocate. Explore programs outside of Florida!!

What is the timeline for applying to Dietetic Internships?

Freshman/Sophomore Year

- Maintain good grades
- Become active in organizations or community activities
- Join the Food Science and Human Nutrition (FSHN) Club
- Join the American Dietetic Association (Only students who are ADA members are eligible for scholarships and awards)
- Obtain dietetics-related work or volunteer experience

Junior Year

- Begin reviewing the ADA website and the **Applicant Guide to Supervised Practice Experience** .
- Attend the junior orientation for Dietetic Internship Planning in spring semester
- Attend Supervised Practice Experience Planning workshop in the Fall semester (recommended)
- Get to know your faculty advisor It is important for faculty to get to know you if you intend to ask them to write a letter of recommendation for you. Get to know FSHN faculty (Remember, you need three letters of recommendation for your application!!)
- Get dietetics-related volunteer or paid work experience
- Get involved in activities in the FSHN Club – run for office or chair a committee!
- Continue membership in ADA (**required in junior year or after 60 credits**)
- Join the Gainesville District Dietetic Association
- Maintain good grades

Senior Year

- Call, email or write internships for additional information and application
- Maintain good grades
- Get even more involved in the FSHN Club
- Continue membership in ADA
- Continue involvement with the Gainesville District Dietetic Association
- Take the Graduate Record Examination (GRE)
- Attend Supervised Practice Experience Planning workshop in the Fall (mandatory in order to get letters of recommendation from faculty)
- Attend the Letter of Intent Writing Workshop (required) in the Fall semester
- Select 3-6 internships that match your interests and qualifications

- ☑ Check deadlines and apply on time – usually mid-February (but can be earlier so be sure to check the deadlines).
- ☑ Appointment match date – April
- ☑ If you match in April – Congratulations!!!
- ☑ If not, then:
 - ✧ See a faculty advisor for alternatives
 - ✧ Keep trying to match in the post-match period from April to August (not all programs fill their classes during the match)
 - ✧ Continue to get experience if necessary
 - ✧ Apply for internships again for the Fall match (deadline in September) for November appointment date (DI usually begins in January)

How can I get help with the DI application process?

In the Spring Semester, the Food Science and Human Nutrition Department presents an Orientation program for junior dietetics students about dietetic internship planning.

The FSHN Department also offers a Supervised Practice Experience Planning Workshop during the fall term each year for all students who plan to apply for a DI appointment. Attendance is strongly encouraged at the sophomore and/or junior level, but **required** at the senior level. **Attendance is taken, and dietetics faculty will not write a letter of recommendation for you if you have not attended.** A handbook has been prepared for this workshop that describes the application process and provides examples of documents that will be required.

In addition, a Letter of Intent writing class is given as part of the Dietetics Seminar course (DIE4505) to provide guidance in writing letters of intent for the application packet. Attendance is **required**.

What's this “computer matching” thing all about?

Most supervised practice programs participate in computer matching. At the time of application, you will submit a computer card that ranks in order of preference those programs to which you are applying. DI programs do the same; however, they are ranking applicants. A computer matches DIs to applicants based on those rankings. There is a cost associated with registering with D & D and completing the computer match. The current registration fee is \$50.00.

Computer match information from D & D Digital is available from the Program Director or on the website <http://dnndigital.com/>.

What do I do if I don't receive a DI appointment?

When students submit an application to a Dietetic Internship program, they need to realize that the selection process is very competitive, and a strong application packet does not guarantee a match to an internship program. The applicant pool is national, and you are in competition with many other students across the country. If you do not receive an appointment in the match, you should see the Program Director about available internship programs that might have openings. You should also allow your name to be published on the list of applicants who did not match – it can increase your chances of matching even after the computer match is over! It is still possible to obtain an internship in the post-match period, although it does require an additional application process.

If you are still not successful, you should begin to re-evaluate your credentials, identifying strengths and weaknesses (which we all have!) and think about ways to better highlight those strengths and improve those weaknesses.

- ◆ Evaluate how you can improve your qualifications (more work or volunteer experience, additional coursework, etc.)
- ◆ Contact the Program Director of programs with which you did not match to learn why you did not match and what would strengthen your application.
- ◆ Look at additional Dietetic Internship Programs
- ◆ Obtain a job related to nutrition/dietetics
- ◆ Reapply

Students who didn't match should contact the Program Director **immediately** to discuss the situation and plan for future matches. The dietetics advisors in the FSHN Department are interested in and concerned about students and can be very helpful in providing support. Don't give up, there are alternatives! Persistent, qualified applicants nearly always find placement.

After completing a supervised practice program, what do I do next?

You must apply to take the Registration Examination for Dietitians. Candidates for the RD exam take their exam on the computer at one of more than 200 Thomson Prometric (formerly Sylvan) testing centers around the country. The exam can be scheduled following completion of the registration eligibility application procedure, which is discussed in the supervised practice program. The exam is approximately three hours long and includes questions in food and nutrition, nutrition services (community and clinical), education and research, foodservice systems and management. Upon successful completion of the exam, and notification by the Commission on Dietetic Registration (CDR), you will be a Registered Dietitian, RD.

What is a Licensed Dietitian/Nutritionist (LD/N)?

Some states require that dietitians be licensed by a State Licensing Board to be able to practice dietetics. In many states the requirements for licensure are similar to those for dietetic registration. Florida requires a license for most areas of practice (see website for more information:

<http://www.doh.state.fl.us/mqa/dietetics/>). If you are planning to practice in another state, you should contact the state dietetic association to see if there are licensure/certification requirements.

What should I know about professional associations?

The American Dietetic Association (ADA) The ADA is the nation's largest professional organization for dietitians. Students enrolled in an accredited dietetics program have the opportunity to become a student member of the organization. Benefits of membership include:

- The *Journal of the American Dietetic Association* (JADA)
- ADA's Members-only website, which includes access to the Evidence Analysis Library
- Student Center with information about career planning, student news, and a listserv
- Continuing education programs and materials
- Professional publications
- Member discounts on publications and merchandise
- Annual meeting discounts
- Membership opportunities in dietetics practice groups (DPG)
- Membership in state dietetic association
- Job announcements
- Scholarship opportunities

The most important advantages to ADA student members are the eligibility for ADA-sponsored scholarships, the Journal, networking, and the chance to improve your marketability. You get all of this for a very small annual fee – the membership fee is \$50.00 for 2009-2010. The dietetics faculty strongly encourages you to join as a freshman or sophomore, but it is required as a junior and senior. To be a student member of the American Dietetic Association, you must complete a membership application and submit the dues payment. Information and applications are available on the ADA website at: http://www.eatright.org/cps/rde/xchg/ada/hs.xsl/home_5141_ENU_HTML.htm Scholarships to defray program costs are available for qualified students through the American Dietetic Association.

The Florida Dietetic Association (www.eatrightflorida.org) The Florida Dietetic Association is Florida's professional organization for dietitians. Students who are ADA student members are automatically members of the State Association. Some advantages include:

- Newsletters and publications
- Annual meeting discounts
- Scholarship opportunities
- Networking and more

The Gainesville District Dietetic Association (www.gainesvilledietitians.org) The Gainesville District Dietetic Association is Gainesville's professional organization for dietitians. You are encouraged to join to get to know local dietitians. This provides great opportunities for networking and mentoring. The membership fee is \$7.00 per year. Some of the advantages include:

- Monthly newsletter
- Bi-monthly educational programs
- Networking
- Leadership opportunities (National Nutrition Month)
- Involvement in community
- Committee assignments

What are my options if I'm not interested in becoming an RD?

A degree in Food Science and Human Nutrition with a specialization in dietetics provides a strong knowledge base in the sciences, including nutrition, as well as communication, problem solving and teamwork skills. Graduates can pursue careers in nutrition education (through WIC), sales (including pharmaceutical, food and equipment sales), product development, foodservice management and public policy or health fields.

Graduate school is another option to consider after graduation. There are many Master's degree programs in nutrition, health science education, business and communication. You should take the Graduate Record Exam (GRE) if you are interested in graduate school.

DPD Graduates are also eligible to take the DTR (Diet Technician Registered) without completing the supervised practice experience. Information can be found at www.cdrnet.org.

Dietetics Majors Listserv

The FSHN Department maintains a listserv for dietetics majors. Information is regularly sent out regarding current professional information, volunteer or paid work experience opportunities, or reminders about meetings, deadlines, etc. All students in the dietetics curriculum should be subscribed to the listserv. You should email Janna Underhill to be added to the listserv.

FSHN Department - Important Contacts

Student Services Office

Janna Underhill, Academic Advisor, Club Advisor	392-1991, ext. 219	janna@ufl.edu
Nicole Young, Dietetics Academic Advisor	392-1991, ext. 203	ntyoung@ufl.edu
Mindy Edwards, Academic Advising Assistant	392-1991, ext. 220	mindye@ufl.edu

Dietetics Faculty Advisors

Dr. Gail Kauwell, Faculty Advisor, MS-DI Director	392-1991, ext. 227	gkauwell@ufl.edu
Dr. Anne Kendall, Faculty Advisor ,Undergraduate Coordinator, Honors Coordinator	273-3472	kendall@ufl.edu
Dr. Pamela McMahon, DPD Program Director Faculty Advisor, FSHN Club Advisor	273-3471	psm@ufl.edu

Other Important Contacts

Dr. Neil Shay, Department Chair	392-1991, ext. 202	nshay@ufl.edu
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Web Resources

American Academy of Nutritional Sciences.....	www.nutrition.org
American Diabetes Association	www.diabetes.org
American Dietetic Association	www.eatright.org
American Heart Association	www.americanheart.org
American Public Health Association.....	www.apha.org
Center for Food Safety and Applied Nutrition.....	www.fda.gov/food/default.htm
Dietetics Online	www.dietetics.com
5 a Day for Better Health Program.....	www.5aday.gov
Florida Dietetic Association	www.eatrightflorida.org
Food and Nutrition Information Center	www.nal.usda.gov/fnic
FSHN Club	http://fshn.ifas.ufl.edu/club/
GDDA.....	www.gainesvilledietitians.org
Graduate Record Examination.....	www.gre.org
International Food Information Council	www.ific.org
MEDLINE	www.nlm.nih.gov
Society for Nutrition Education	www.sne.org
U.S. Department of Agriculture.....	www.usda.gov
UF Food Science and Human Nutrition Department.....	http://fshn.ifas.ufl.edu
UF DPD Program.....	http://fshn.ifas.ufl.edu/DPD/index.html
UF MS/DI Program	http://fshn.ifas.ufl.edu/dietetics/graduate/home.shtml
U.S. Government Nutrition Information.....	www.nutrition.gov

APPENDIX

Appendix A - Foundation Knowledge Requirements and Learning Outcomes for DPDs

1. Scientific and Evidence Base of Practice: integration of scientific information and research into practice

Knowledge Requirement

- KR 1.1 The curriculum must reflect the scientific basis of the dietetics profession and must include research methodology, interpretation of research literature and integration of research principles into evidence-based practice.
- KR 1.1.a Learning Outcome: Students are able to demonstrate how to locate, interpret, evaluate and use professional literature to make ethical evidence-based practice decisions.
- KR 1.1.b Learning Outcome: Students are able to use current information technologies to locate and apply evidence-based guidelines and protocols, such as the ADA Evidence Analysis Library, Cochrane Database of Systematic Reviews and the U.S. Department of Health and Human Services, Agency for Healthcare Research and Quality, National Guideline Clearinghouse Web sites.

2. Professional Practice Expectations: beliefs, values, attitudes and behaviors for the professional dietitian level of practice.

Knowledge Requirement

- KR 2.1 The curriculum must include opportunities to develop a variety of communication skills sufficient for entry into pre-professional practice.
- KR 2.1.a Learning Outcome: Students are able to demonstrate effective and professional oral and written communication and documentation and use of current information technologies when communicating with individuals, groups and the public.
- KR 2.1.b Learning Outcome: Students are able to demonstrate assertiveness, advocacy and negotiation skills appropriate to the situation.
- KR 2.2 The curriculum must provide principles and techniques of effective counseling methods.
- KR 2.2.a Learning Outcome: Students are able to demonstrate counseling techniques to facilitate behavior change.
- KR 2.3 The curriculum must include opportunities to understand governance of dietetics practice, such as the ADA Scope of Dietetics Practice Framework, the Standards of Professional Performance and the Code of Ethics for the Profession of Dietetics; and interdisciplinary relationships in various practice settings.
- KR 2.3.a Learning Outcome: Students are able to locate, understand and apply established guidelines to a professional practice scenario.
- KR 2.3.b Learning Outcome: Students are able to identify and describe the roles of others with whom the Registered Dietitian collaborates in the delivery of food and nutrition services.

3. Clinical and Customer Services: development and delivery of information, products and services to individuals, groups and populations

Knowledge Requirement

- KR 3.1 The curriculum must reflect the nutrition care process and include the principles and methods of assessment, diagnosis, identification and implementation of interventions and strategies for monitoring and evaluation.
- KR 3.1.a Learning Outcome: Students are able to use the nutrition care process to make

decisions, to identify nutrition-related problems and determine and evaluate nutrition interventions, including medical nutrition therapy, disease prevention and health promotion.

- KR 3.2 The curriculum must include the role of environment, food, nutrition and lifestyle choices in health promotion and disease prevention.
- KR 3.2.a Learning Outcome: Students are able to apply knowledge of the role of environment, food and lifestyle choices to develop interventions to affect change and enhance wellness in diverse individuals and groups
- KR 3.3 The curriculum must include education and behavior change theories and techniques.
- KR 3.3.a Learning Outcome: Students are able to develop an educational session or program/educational strategy for a target population.

4. Practice Management and Use of Resources: strategic application of principles of management and systems in the provision of services to individuals and organizations

Knowledge Requirement

- KR 4.1 The curriculum must include management and business theories and principles required to deliver programs and services.
- KR 4.1.a Learning Outcome: Students are able to apply management and business theories and principles to the development, marketing and delivery of programs or services.
- KR 4.1.b Learning Outcome: Students are able to determine costs of services or operations, prepare a budget and interpret financial data.
- KR 4.1.c Learning Outcome: Students are able to apply the principles of human resource management to different situations
- KR 4.2 The curriculum must include content related to quality management of food and nutrition services.
- KR 4.2.a Learning Outcome: Students are able to apply safety principles related to food, personnel and consumers.
- KR 4.2.b Learning Outcome: Students are able to develop outcome measures, use informatics principles and technology to collect and analyze data for assessment and evaluate data to use in decision-making
- KR 4.3 The curriculum must include the fundamentals of public policy, including the legislative and regulatory basis of dietetics practice.
- KR 4.3.a Learning Outcome: Students are able to explain the impact of a public policy position on dietetics practice.
- KR 4.4 The curriculum must include content related to health care systems.
- KR 4.4.a Learning Outcome: Students are able to explain the impact of health care policy and administration, different health care delivery systems and current reimbursement issues, policies and regulations on food and nutrition services

5. Support Knowledge: knowledge underlying the requirements specified above.

Knowledge Requirement

- SK 5.1 The food and food systems foundation of the dietetics profession must be evident in the curriculum. Course content must include the principles of food science and food systems, techniques of food preparation and application to the development, modification and evaluation of recipes, menus and food products acceptable to diverse groups.
- SK 5.2 The physical and biological science foundation of the dietetics profession must be evident in the curriculum. Course content must include organic chemistry,

biochemistry, physiology, genetics, microbiology, pharmacology, statistics, nutrient metabolism, and nutrition across the lifespan.

SK 5.3

The behavioral and social science foundation of the dietetics profession must be evident in the curriculum. Course content must include concepts of human behavior and diversity, such as psychology, sociology or anthropology.