

# BACHELOR OF SCIENCE IN NUTRITION (DIETETICS)

**Web Site:** <https://twu.edu/nutrition-food-sciences/undergraduate-programs/bs-in-nutrition-dietetics/>

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The Bachelor of Science in Nutrition (Dietetics) is a Didactic Program in Dietetics (DPD), an accredited program for students who are preparing to become Registered Dietitian Nutritionists (RDNs). A Registered Dietitian Nutritionist (RDN) is a food and nutrition expert who has met the minimum academic and professional requirements to qualify for the credential "RDN." The majority of RDNs work as clinical dietitians in the treatment and prevention of diseases using medical nutrition therapy. Clinical dietitians work in hospitals, HMOs, private practice, outpatient clinics, or other healthcare facilities. In addition, a large number of RDNs work in the community and public health settings, schools, food service administration positions, government agencies, pharmaceutical companies, and academia and research. A growing number of RDNs work in the food and nutrition industry, in business, journalism, sports nutrition, and corporate wellness programs. The B.S. in Nutrition (Dietetics) DPD program *requires submission of an application*.

The Didactic Program in Dietetics (DPD) at Texas Woman's University is accredited by the Accreditation Council for Education in Nutrition and Dietetics (ACEND) (<https://www.eatrightpro.org/acend/>) of the Academy of Nutrition and Dietetics, 120 South Riverside Plaza, Suite 2190, Chicago, IL 60606-6995, 312-899-0400 extension 5400.

Some RDNs hold additional certifications in specialized areas of practice. These are awarded through the Commission on Dietetic Registration (CDR), the credentialing agency for the Academy of Nutrition and Dietetics, and/or other medical and nutrition organizations, and are recognized within the profession, but are not required. Some of the certifications include pediatric or renal nutrition, sports dietetics, nutrition support, and diabetes education.

In addition to RDN credentialing, many states have regulatory laws for licensing dietitians and nutrition practitioners. Frequently, these state requirements are met through the same education and training required to become an RDN.

## Requirements to Become a Registered Dietitian Nutritionist (RDN)

- **Complete a minimum of a bachelor's degree** at a US regionally accredited university or college and coursework accredited by the Accreditation Council for Education in Nutrition and Dietetics (ACEND) of the Academy of Nutrition and Dietetics and complete the requirements for a Verification Statement. Effective January 2024, a Master's degree will be required to be eligible to take the Commission on Dietetic Registration exam.
- **Complete an ACEND-accredited supervised practice program** at a healthcare facility, community agency, or a foodservice corporation, or combined with undergraduate or graduate studies. Typically, a supervised practice program will run six to 12 months in length. The most common supervised practice program is a dietetic internship.

Acceptance into a supervised practice program is a competitive process.

- **Pass a national board examination** administered by the Commission on Dietetic Registration (CDR). For more information regarding the examination, refer to [www.cdrnet.org](http://www.cdrnet.org).

Completion of the B.S. in Nutrition (Dietetics) DPD **does not guarantee admission** into a dietetic supervised practice (internship) program. Admission to supervised practice programs are very competitive; therefore, students are encouraged to apply to a variety of programs to increase their chances of being accepted. Supervised practice programs vary by cost, length, location, specialty, and required application fee.

## Verification Statement

Requirements to receive a Verification Statement from the TWU B.S. in Nutrition (Dietetics) DPD in order to be eligible for entry into an ACEND-accredited supervised practice (internship) program are:

- Earn a grade of "B" or higher in: NFS 1301, NFS 1302, NFS 2323, NFS 3033, NFS 3043, NFS 3083, NFS 3713, NFS 2011, and NFS 3722.
- Required "C" or higher in all other DPD-required courses.
- Achieve an overall GPA of 3.25.
- B.S. in Nutrition (Dietetics) DPD students may repeat a DPD-required course only one time.
- Complete a minimum of 24 hours of advanced undergraduate nutrition, food science, and foodservice management courses at TWU.

Note: Requirements for a Verification Statement are different than the requirements for earning a degree at TWU.

## Marketable Skills

Defined by the Texas Higher Education Coordinating Board's 60x30 Strategic Plan (<http://www.60x30tx.com/>) as, "Those skills valued by employers that can be applied in a variety of work settings, including interpersonal, cognitive, and applied skills areas. These skills can be either primary or complementary to a major and are acquired by students through education, including curricular, co-curricular, and extracurricular activities."

1. Effectively use evidence-based analysis to develop individual medical nutrition therapy plans for clients using the nutrition care process by making decisions, identifying nutrition-related problems, and determining and evaluating nutrition interventions.
2. Successfully apply management theories and business principles to deliver programs and services.
3. Effectively apply quality management of food and nutrition services.
4. Consistently apply fundamentals of public policy, including the legislative and regulatory basis of nutrition and dietetics practice.
5. Effectively demonstrate cultural competence when interacting with clients, colleagues, and staff.
6. Properly facilitate behavior change and enhance wellness for diverse individuals and groups using counseling and education methods.

## Admissions

All applicants must meet the TWU general admission requirements (<http://catalog.twu.edu/archives/2020-2021/undergraduate/admission->

information/). In addition, for admission to the B.S. in Communication Sciences program:

### Application to the B.S. in Nutrition (Dietetics) DPD

Admission to Texas Woman's University does not guarantee acceptance into the B.S. in Nutrition (Dietetics) or the Didactic Program in Dietetics (DPD). The B.S. in Nutrition (Dietetics) DPD at TWU requires the submission of an application. All students who wish to be considered for admission to the B.S. in Nutrition (Dietetics) should declare their major as B.S. in Nutrition (Dietetics). Students will take coursework as outlined on the B.S. in Nutrition (Dietetics) Program of Study. Students will be eligible to apply to the B.S. in Nutrition (Dietetics) DPD only after completing the required list of courses (1000 and 2000 level degree courses), and meeting the grade requirements.

Students who have completed the B.S. in Nutrition (Dietetics) DPD requirements and meet the requirements for a Verification Statement are eligible to apply to a supervised practice (internship) program.

### Admissions Process to the B.S. in Nutrition (Dietetics) DPD

Applications for admission to the B.S. in Nutrition (Dietetics) DPD will be made after the successful completion of the required list of courses (1000 and 2000 level degree courses). All application materials are due to the TWU DPD Program Director by October 1.

Students must meet the following criteria to qualify to apply to the B.S. in Nutrition (Dietetics) DPD:

1. Admission to Texas Woman's University.
2. Submission of TWU B.S. in Nutrition (Dietetics) DPD Application Form.
3. Completion of prerequisites for B.S. in Nutrition (Dietetics) DPD courses. Required courses may not be repeated more than one time.
4. Meet the B.S. in Nutrition (Dietetics) DPD grade requirements.
5. Overall GPA of 3.25 (last 60 hours for Post-Baccalaureate students).

Refer to the NFS website (<http://www.twu.edu/nutrition-food-sciences/>) for the DPD Handbook and Application Form.

### Prerequisites for B.S. in Nutrition (Dietetics) DPD Admission

The required grade point average for application to the B.S. in Nutrition (Dietetics) DPD is 3.25 (GPA for Post-Baccalaureate students will be calculated using all the DPD-required courses and the previous undergraduate courses in reverse chronological order to total 60 semester credit hours). The courses listed below must be completed prior to progressing to Junior level courses (3000 level courses). Students who do not meet these requirements must meet with their academic advisor to determine an appropriate degree major.

- Required "C" or higher in the following courses: BIOL 1111, BIOL 1113, CHEM 1011, CHEM 1013, CHEM 1021, CHEM 1023, ZOOL 2013, ZOOL 2011, ZOOL 2023, ZOOL 2021, NFS 2031 or BACT 1001, NFS 2033 or BACT 1003, MATH 1013 or MATH 1023 or MATH 1303, MATH 1703, SPCH 1013, and PSY 1013.
- Required "B" or higher in the following courses: NFS 1301, NFS 1302, NFS 2011\*, and NFS 2323.

After the above required list of courses is completed, students will be permitted to apply to the BS in Nutrition (Dietetics) DPD program. If accepted, students are permitted to enroll in the courses listed below. Students must receive a grade of "B" or higher in these courses. Students

who do not meet these requirements must meet with their academic advisor to determine an appropriate degree major.

\* NFS 2011 may be taken as a sophomore or, if a transfer student, the first semester enrolled at TWU.

## Degree Requirements

**Total Semester Credit Hours (SCH):** 121-130

**Major:** 53 SCH

**Program Code:** NUTRITION.BS; **CIP Code:** 30.1901.00

### Texas Core Curriculum

Code	Title	SCHs
ENG 1013	Composition I	3
ENG 1023	Composition II	3
Mathematics		3
Life & Physical Sciences		6
Language, Philosophy, & Culture		3
Creative Arts		3
HIST 1013	History of the United States, 1492-1865	3
HIST 1023	History of the United States, 1865 to the Present	3
POLS 2013	U.S. National Government	3
POLS 2023	Texas Government	3
Social & Behavioral Sciences		3
CAO: Women's Studies		3
CAO: First Year Seminar, Wellness or Mathematics		3
Total SCHs		42

### Courses Required for Major

Code	Title	SCHs
NFS 1302 & NFS 1301	Food Preparation Principles and Food Preparation Principles Laboratory	3
NFS 2011	Introduction to Dietetics	1
NFS 2033 & NFS 2031	Food Microbiology and Food Microbiology Laboratory	4
or BACT 1003 & BACT 1001	Microbiology and Microbiology Laboratory	
NFS 2323	Introduction to Nutrition	3
NFS 3033	Nutrition throughout the Life Cycle	3
NFS 3043	Community Nutrition	3
NFS 3083	Nutritional Biochemistry	3
NFS 3101	Advanced Nutrition Laboratory	1
NFS 3201	Nutrition Assessment	1
NFS 3323 & NFS 3321	Food Science and Food Science Laboratory	4
NFS 3713 & NFS 3722	Quantity Food Production and Service and Quantity Food Production and Service Laboratory	5
NFS 4103	Medical Nutrition Therapy I	3
NFS 4113	Medical Nutrition Therapy II	3
NFS 4301	Principles of Nutritional Genomics	1
NFS 4303	Advanced Nutrition: Macronutrients	3
NFS 4313	Advanced Nutrition: Micronutrients	3

NFS 4473	Nutrition Therapy and Education Methods	3
NFS 4601	Literature in Nutrition and Food Science Seminar	1
NFS 4701	Dietetics As a Profession	1
NFS 4744	Foodservice Systems	4
Total SCHs		53

### Departmental Requirements

Code	Title	SCHs
BIOL 1113 & BIOL 1111	Principles of Biology I and Principles of Biology I Laboratory (may be applied from core)	4
CHEM 1013 & CHEM 1011	Introductory Chemistry and Introductory Chemistry Laboratory (may be applied from core)	4
CHEM 1023 & CHEM 1021	Introduction to Organic and Physiological Chemistry and Introduction to Organic and Physiological Chemistry Laboratory	4
MATH 1703	Elementary Statistics I	3
MGT 3003	Principles of Management	3
NFS 3173	Culture and Food	3
PSY 1013	Introduction to General Psychology (may be applied from core)	3
SPCH 1013	Oral Communication	3
ZOOL 2013 & ZOOL 2011	Human Anatomy and Physiology I and Human Anatomy and Physiology I Laboratory	4
ZOOL 2023 & ZOOL 2021	Human Anatomy and Physiology II and Human Anatomy and Physiology II Laboratory	4
Total SCHs		35

### Recommended Plan of Study

#### First Year

Fall	TCCN	SCHs
NFS 1302 & NFS 1301	Food Preparation Principles and Food Preparation Principles Laboratory	3
BIOL 1113 & BIOL 1111	Principles of Biology I and Principles of Biology I Laboratory	4
ENG 1013	Composition I	3
HIST 1013	History of the United States, 1492-1865	3
Select 3 SCH from the following		3
KINS 1902 & UNIV 123	Fitness and Health: Enhancing Personal Wellness and Learning Frameworks: The First Year Experience (required for first year students)	PHED 1338 & EDUC 1100, EDUC 1200, EDUC 1300
KINS 1902 & KINS 190	Fitness and Health: Enhancing Personal Wellness and Fitness and Health Laboratory	PHED 1338 & PHED 1164

Core Approved Mathematics			
SCHs			
Spring			TCCN
ENG 1023	Composition II	ENGL 1302	3
HIST 1023	History of the United States, 1865 to the Present	HIST 1302	3
POLS 2013	U.S. National Government	GOVT 2305	3
Select 3 SCH from the following			3
MATH 1013	Financial and Quantitative Literacy	MATH 1332	
MATH 1023	Introduction to Mathematics		
MATH 1303	Elementary Analysis I	MATH 1314	
ZOOL 2013 & ZOOL 2011	Human Anatomy and Physiology I and Human Anatomy and Physiology I Laboratory	BIOL 2401 & BIOL 2101	4
SCHs			16

Second Year			
Fall			TCCN
NFS 2011	Introduction to Dietetics		1
CHEM 1013 & CHEM 1011	Introductory Chemistry and Introductory Chemistry Laboratory	CHEM 1305 & CHEM 1106	4
SPCH 1013	Oral Communication	SPCH 1311	3
Select 4 SCH from the following			4
NFS 2033	Food Microbiology and Food Microbiology Laboratory		
BACT 1003 & BACT 100	Microbiology and Microbiology Laboratory	BIOL 2420 & BIOL 2120	
Multicultural Women's Studies			3
PSY 1013	Introduction to General Psychology	PSYC 2301	3
SCHs			18

Spring			TCCN
NFS 2323	Introduction to Nutrition	BIOL 1322	3
CHEM 1023 & CHEM 1021	Introduction to Organic and Physiological Chemistry and Introduction to Organic and Physiological Chemistry Laboratory	CHEM 1307 & CHEM 1107	4
POLS 2023	Texas Government	GOVT 2306	3
MATH 1703	Elementary Statistics I	MATH 1342	3
ZOOL 2023 & ZOOL 2021	Human Anatomy and Physiology II and Human Anatomy and Physiology II Laboratory	BIOL 2402 & BIOL 2102	4
SCHs			17

Third Year			
Fall			TCCN
NFS 3033	Nutrition throughout the Life Cycle		3
NFS 3043	Community Nutrition		3
NFS 3083	Nutritional Biochemistry		3
MGT 3003	Principles of Management Language, Philosophy, Culture		3
SCHs			15

Spring			TCCN
NFS 3173	Culture and Food		3
NFS 3201	Nutrition Assessment		1

NFS 3323	Food Science		4
& NFS 3321	and Food Science Laboratory		
NFS 3713	Quantity Food Production and		5
& NFS 3722	Service and Quantity Food Production and Service Laboratory		
Creative Arts Core			3
SCHs			16
<b>Fourth Year</b>			
<b>Fall</b>		<b>TCCN</b>	
NFS 4103	Medical Nutrition Therapy I		3
NFS 4301	Principles of Nutritional Genomics		1
NFS 4303	Advanced Nutrition: Macronutrients		3
NFS 3101	Advanced Nutrition Laboratory		1
NFS 4701	Dietetics As a Profession		1
NFS 4744	Foodservice Systems		4
SCHs			13
<b>Spring</b>		<b>TCCN</b>	
NFS 4113	Medical Nutrition Therapy II		3
NFS 4313	Advanced Nutrition: Micronutrients		3
NFS 4473	Nutrition Therapy and Education Methods		3
NFS 4601	Literature in Nutrition and Food Science Seminar		1
SCHs			10
Total SCHs:			121