

DIETETICS AND NUTRITION, BS

for the degree of Bachelor of Science Major in Dietetics and Nutrition

Dietetics and Nutrition major meets the requirements set by the Accreditation Council on Education in Nutrition and Dietetics (ACEND) of the Academy of Nutrition and Dietetics (AND) and qualifies students for competitive dietetic internships. Upon completion of a postgraduate internship, students selecting this major may take the examination to become Registered Dietitians. Students choosing this major who do not complete an internship will be prepared for entry-level supervisory positions in food service facilities and in the food and pharmaceutical industries.

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Prescribed Courses including Campus General Education Requirements

Code	Title	Hours
Requirements		Hours
Composition I and Speech		6-7
RHET 105 & CMN 101	Writing and Research and Public Speaking (or equivalent; see college Composition I requirement)	
CMN 111 & CMN 112	Oral & Written Comm I and Oral & Written Comm II	
Advanced Composition		3-4
Select one course from campus approved list of Advanced Composition courses.		
Cultural Studies		9
Select one course from Western culture, one from non-Western culture, and one from U.S. minority culture from campus approved lists.		
Foreign Language		
Coursework at or above the third level is required for graduation.		
Quantitative Reasoning I		4-5
Select one of the following:		
MATH 220	Calculus	
MATH 221	Calculus I	
MATH 234	Calculus for Business I	
Quantitative Reasoning II		3-4
Select one of the following:		
ACE 262	Applied Statistical Methods and Data Analytics I	
CPSC 241	Intro to Applied Statistics	
ECON 202	Economic Statistics I	
PSYC 235	Intro to Statistics	
STAT 100	Statistics	
Natural Sciences and Technology		13
CHEM 102 & CHEM 103	General Chemistry I and General Chemistry Lab I	4
CHEM 104 & CHEM 105	General Chemistry II and General Chemistry Lab II	4

MCB 100	Introductory Microbiology	3
MCB 101	Intro Microbiology Laboratory	2
Humanities and the Arts		6
Select 6 credit hours from campus approved list.		
Other Natural Sciences and Technology Required		11-12
CHEM 232	Elementary Organic Chemistry I (Pre-req CHEM 104 & CHEM 105)	3 or 4
CHEM 233	Elementary Organic Chem Lab I (Pre-req CHEM 104, CHEM 105, and CHEM 232)	2
MCB 244 or FSHN 250	Human Anatomy & Physiology I Nutritional Physiology I	3
MCB 246 or FSHN 251	Human Anatomy & Physiology II Nutritional Physiology II	3
Social and Behavioral Sciences - required hours		6
HDFS 105	Intro to Human Development	3
Choose from the following:		
ANTH 101	Introduction to Anthropology	
ANTH 102	Human Origins and Culture	
ANTH 103	Anthro in a Changing World	
ANTH 209	Food, Culture, and Society	
HDFS 220	Families in Global Perspective	
PSYC 100	Intro Psych	
SOC 100	Introduction to Sociology	
ACES Prescribed Course		2
ACES 101	Contemporary Issues in ACES	2
Major Requirements		47
CHLH 250	Health Care Systems	3
FSHN 101	The Science of Food and How it Relates to You	3
FSHN 150	Introduction to Dietetics	1
ACE 100 or ECON 103	Introduction to Applied Microeconomics Macroeconomic Principles	4
FSHN 220	Principles of Nutrition	4
FSHN 232	Science of Food Preparation	3
FSHN 249	Food Service Sanitation	1
FSHN 322	Nutrition and the Life Cycle	3
FSHN 329	Communication in Nutrition	3
FSHN 340	Food Production and Service	4
FSHN 345	Strategic Operations Management	3
FSHN 420	Nutritional Aspects of Disease	3
FSHN 426	Biochemical Nutrition I	3
FSHN 427	Biochemical Nutrition II	3
FSHN 428	Community Nutrition	3
FSHN 429	Nutrition Assessment & Therapy	3
FSHN 450	Dietetics: Professional Issues	2
FSHN 459	Nutrition Focused Physical Assessment	2
Major Electives		2-4
Select one of the following:		
BIOC 455	Technqs Biochem & Biotech	
CHLH 300-400	Any 300 or 400 level CHLH Course ¹	
FSHN 300-400	Any 300 or 400 level FSHN Course ¹	
HDFS 300-400	Any 300 or 400 level HDFS Course ¹	
KIN 300-400	Any 300 or 400 level KIN Course ¹	

TSM 311	
Minimum of 40 hours of advanced credit required	
Total Minimum Hours	126

¹ Cannot be used to fulfill more than one requirement.

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Sample Sequence

This sample sequence is intended to be used only as a guide for degree completion. All students should work individually with their academic advisors to decide the actual course selection and sequence that works best for them based on their academic preparation and goals. Enrichment programming such as study abroad, minors, internships, and so on may impact the structure of this four-year plan. Course availability is not guaranteed during the semester indicated in the sample sequence.

Students must fulfill their Language Other Than English requirement by successfully completing a third level of a language other than English. For more information see the corresponding section on the Degree General and Education Requirements page (<http://catalog.illinois.edu/general-information/degree-general-education-requirements/>).

First Year

First Semester	Hours	Second Semester	Hours
ACES 101		2 CHEM 102	3
CMN 101 or RHET 105		3 CHEM 103	1
FSHN 101		3 RHET 105 or CMN 101	4
FSHN 150		1 MATH 234	4
HDFS 105		3 FSHN 220	4
Quantitative Reasoning General Education course		3	
		15	16

Second Year

First Semester	Hours	Second Semester	Hours
FSHN 232		3 FSHN 426	3
FSHN 249		1 FSHN 329	3
CHEM 104		3 CHEM 232	4
CHEM 105		1 CHEM 233	2
MCB 244 or FSHN 250		3 MCB 246 or FSHN 251	3
CHLH 250		3	
		14	15

Third Year

First Semester	Hours	Second Semester	Hours
FSHN 420		3 FSHN 427	3
ACE 100 or ECON 103		4 FSHN 322	3
MCB 100		3 FSHN 340	4
MCB 101		2 General Education course	3

Language Other than English (3rd level)	4 General Education course	4
	16	17

Fourth Year

First Semester	Hours	Second Semester	Hours
FSHN 345		3 FSHN 429	3
FSHN 428		3 FSHN 459	2
FSHN 450		2 Major Elective course	4
General Education course		3 General Education course	4
General Education course		3 General Education course	3
Free Elective course		3	
		17	16

Total Hours 126

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All graduates of the University of Illinois Didactic Program in Dietetics (DPD) will be able to:

- KRDN 1.1 Demonstrate how to locate, interpret, evaluate and use professional literature to make ethical, evidence-based practice decisions.
- KRDN 1.2 Select and use appropriate current information technologies to locate and apply evidence-based guidelines and protocols.
- KRDN 1.3 Apply critical thinking skills.
- KRDN 2.1 Demonstrate effective and professional oral and written communication and documentation.
- KRDN 2.2 Describe the governance of nutrition and dietetics practice, such as the Scope of Practice for the Registered Dietitian Nutritionist and the Code of Ethics for the Profession of Nutrition and Dietetics.
- KRDN 2.3 Assess the impact of a public policy position on the nutrition and dietetics profession.
- KRDN 2.4 Discuss the impact of health care policy and different health care delivery systems on food and nutrition services.
- KRDN 2.5 Identify and describe the work of interprofessional teams and the roles of others with whom the registered dietitian nutritionist collaborates.
- KRDN 2.6 Demonstrate cultural humility, awareness of personal biases and an understanding of cultural differences as they contribute to diversity, equity and inclusion.
- KRDN 2.7 Describe contributing factors to health inequity in nutrition and dietetics including structural bias, social inequities, health disparities and discrimination.
- KRDN 2.8 Participate in a nutrition and dietetics professional organization and explain the significant role of the organization.
- KRDN 2.9 Defend a position on issues impacting the nutrition and dietetics profession.
- KRDN 3.1 Use the Nutrition Care Process and clinical workflow elements to assess nutritional parameters, diagnose nutrition-related problems, determine appropriate nutrition interventions and develop plans to monitor the effectiveness of these interventions.

KRDN 3.2 Develop an educational session or program/educational strategy for a target population.

KRDN 3.3 Demonstrate counseling and education methods to facilitate behavior change and enhance wellness for diverse individuals and groups.

KRDN 3.4 Practice routine health screening assessments, including measuring blood pressure and conducting waived point-of-care laboratory testing (such as blood glucose or cholesterol).

KRDN 3.5 Describe concepts of nutritional genomics and how they relate to medical nutrition therapy, health and disease.

KRDN 3.6 Develop nutritionally sound meals, menus and meal plans that promote health and disease management and meet client's/patient's needs.

KRDN 4.1 Apply management theories to the development of programs or services.

KRDN 4.2 Evaluate a budget/financial management plan and interpret financial data.

KRDN 4.3 Demonstrate an understanding of the regulation system related to billing and coding, what services are reimbursable by third party payers, and how reimbursement may be obtained.

KRDN 4.4 Apply the principles of human resource management to different situations.

KRDN 4.5 Apply safety and sanitation principles related to food, personnel and consumers.

KRDN 4.6 Explain the processes involved in delivering quality food and nutrition services.

KRDN 4.7 Evaluate data to be used in decision-making for continuous quality improvement.

KRDN 5.1 Perform self-assessment that includes awareness in terms of learning and leadership styles and cultural orientation and develop goals for self-improvement.

KRDN 5.2 Identify and articulate one's skills, strengths, knowledge and experiences relevant to the position desired and career goals.

KRDN 5.3 Practice how to self-advocate for opportunities in a variety of settings (such as asking for needed support, presenting an elevator pitch).

KRDN 5.4 Practice resolving differences or dealing with conflict.

KRDN 5.5 Promote team involvement and recognize the skills of each member.

KRDN 5.6 Demonstrate an understanding of the importance and expectations of a professional in mentoring and precepting others.

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Advising

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Advising Website (<https://fshn.illinois.edu/about/contact-us/#paragraph-441>)

Admissions

ACES Undergraduate Admissions (<https://aces.illinois.edu/admissions/>)
visit ACES@illinois.edu

217-333-3380

University of Illinois Undergrad Admissions (<https://www.admissions.illinois.edu/>)

Food Science and Human Nutrition

Food Science and Human Nutrition Website (<https://fshn.illinois.edu>)

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College of Agricultural, Consumer & Environmental Sciences

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