

# HUMAN NUTRITION AND DIETETIC SCIENCE ( PRE- DIETETICS/DIETETICS ) - BACHELOR OF SCIENCE IN FAMILY AND CONSUMER SCIENCES

The Dietetics option prepares students to become registered dietitians (RD) and dietetic technicians, registered (DTR). This option encompasses nutritional science, clinical dietetics, community nutrition, food science and food service management.

All students enrolled in this option begin as Pre-Dietetics students.

**All Pre-Dietetics students are required to apply for admission into the Dietetics option in the fall semester of their junior year as indicated on the Pre-Dietetics/Dietetics road map.** Please refer to the HNDS Undergraduate Student Handbook for information on the admissions criteria, application instructions, and the application process. Pre-Dietetic students are termed Dietetic students upon formal notification of admission into the Dietetics program.

The Dietetics option is a Didactic Program in Dietetics (DPD) that is accredited by the Accreditation Council for Education in Nutrition and Dietetics (ACEND). This option enables graduates to continue pursuing the credentials of a registered dietitian (RD). Becoming an RD is currently a three-step process:

1. Successfully complete an ACEND-accredited DPD program (e.g. the NMSU Dietetics Option), earn a degree and a verification statement
  - a. The verification statement ensures eligibility to apply to the next step.
2. Successfully complete an ACEND-accredited Dietetic Internship (DI) program, earn another verification statement.
  - a. This 2nd verification statement ensures eligibility to begin the next step.
3. Pass the Commission on Dietetic Registration (CDR) registration exam.

To earn a Verification Statement from the NMSU DPD, students must:

1. Complete all classes outlined in the Dietetics option roadmap.
2. Attain a C or higher (on campus or transfer) in classes with CHEM, BCHE, BIOL, SPMD, AHS/CHSS/NURS, FSTE and NUTR prefixes (C- does not count toward degree).

Students must complete all University degree requirements, which include: General Education requirements, Viewing a Wider World requirements, and elective credits to total at least 121 credits with 48 credits in courses numbered 300 or above. Developmental coursework will not count towards the degree requirements and/or elective credits, but may be needed in order to take the necessary English and Mathematics coursework.

Prefix	Title	Credits
<b>General Education</b>		
<i>Area I: Communications</i>		10

*English Composition - Level 1*<sup>1</sup>

*English Composition - Level 2*<sup>1,4</sup>

Choose one ENGL course from the following:

ENGL 2130G	Advanced Composition
ENGL 2210G	Professional and Technical Communication Honors
ENGL 2210H	Professional and Technical Communication Honors
ENGL 2215G	Advanced Technical and Professional Communication
ENGL 2221G	Writing in the Humanities and Social Science Oral Communication

Choose one from the following:

ACOM 1130G	Effective Leadership and Communication in Agriculture
COMM 1115G	Introduction to Communication
COMM 1130G	Public Speaking
HNRS 2175G	Introduction to Communication Honors

*Area II: Mathematics*

MATH 1220G	College Algebra	3
or MATH 1430G	Applications of Calculus I	

*Area III/IV: Laboratory Sciences and Social/Behavioral Sciences* 11

PHLS 1110G	Personal Health & Wellness (Recommended)	3
CHEM 1215G	General Chemistry I Lecture and Laboratory for STEM Majors	4

Choose one sequence from the following (4 credits):

BIOL 2610G & BIOL 2610L	Principles of Biology: Biodiversity, Ecology, and Evolution and Principles of Biology: Biodiversity, Ecology, and Evolution Laboratory
BIOL 2110G & BIOL 2110L	Principles of Biology: Cellular and Molecular Biology and Principles of Biology: Cellular and Molecular Biology Laboratory

*Area V: Humanities* 3

PHIL 1145G	Philosophy, Law, and Ethics (recommended)
or PHIL 2110G	Introduction to Ethics

*Area VI: Creative and Fine Arts*<sup>1</sup> 3

*General Education Elective*

FSTE 2110G	Food Science I	4
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**Viewing A Wider World**<sup>3</sup> 6

**Departmental/College Requirements**

FSTE Upper Division Course - any 300 or 400 level FSTE, except FTSE 4310		3
NUTR 2110	Human Nutrition (FSTE Upper Division Course - any 3000 or 4000 level FSTE, except FSTE 4310)	3
NUTR 2120	Seminar I - Becoming a Nutrition Professional	1
NUTR 3110	Nutrition Throughout the Lifecycle	3
NUTR 3710	Food Systems & Policy in Dietetics	3
NUTR 3750	Applied Nutrition Research	3
NUTR 4110	Advanced Nutrition	3
NUTR 4205	Nutrition Communication and Education	3
NUTR 4207	Nutrition Services	3
NUTR 4210	Community Nutrition	3
NUTR 4220	Food Service Organization and Management	3
NUTR 4230	Graduate Studies in Medical Nutrition I	3
NUTR 4230L	Medical Nutrition Therapy I Lab	1
NUTR 4233	Nutrition Counseling and Education	3

NUTR 4235	Entering the Field of Dietetics	1
NUTR 4240	Medical Nutrition Therapy II	3
NUTR 4240L	Medical Nutrition Therapy II Laboratory	1
Choose one from the following:		3-4
FSTE 4110	Food Microbiology	
BIOL 311	General Microbiology	
BIOL 2320	Public Health Microbiology	
<b>Non-Departmental Requirements (in addition to Gen.Ed/VWW)</b>		
A ST 311	Statistical Applications	3
or MATH 1350G	Introduction to Statistics	
ACCT 2110	Principles of Accounting I	3
CHEM 1225G	General Chemistry II Lecture and Laboratory for STEM Majors	4
CHEM 2120	Integrated Organic Chemistry and Biochemistry	3
HRTM 2110	Safety, Sanitation and Health in the Hospitality Industry	1
HRTM 2120	Food Production and Service Fundamentals	3
HRTM 363	Quantity Food Production and Service	4
SPMD 2210 & 2210L	Anatomy and Physiology I and Anatomy and Physiology Laboratory	4
SPMD 3210 & 3210L	Anatomy and Physiology II and Anatomy and Physiology II Lab	4
Choose one from the following:		
SPMD 1120	Medical Terminology	
NURS 150	Medical Terminology	
<b>Second Language: (not required)</b>		
<b>Electives, to bring the total credits to 121</b>		<b>0</b>
<b>Total Credits</b>		<b>122-123</b>

<sup>1</sup> See the General Education (<https://catalogs.nmsu.edu/nmsu/general-education-viewing-wider-world/>) section of the catalog for a full list.

Please refer to the *HNDS Undergraduate Student Handbook* for a list of recommended courses to choose from in order to fulfill these requirements.

<sup>2</sup> MATH 1220G College Algebra or MATH 1430G Applications of Calculus I is required for the degree but students may need to take any prerequisites needed to enter MATH 1220G or MATH 1430G first.

<sup>3</sup> See the Viewing a Wider World (<https://catalogs.nmsu.edu/nmsu/general-education-viewing-wider-world/#viewingawiderworldtext>) section of the catalog for a full list of courses.

Refer to the "List of Recommended GE courses" for HNDS students in the *HNDS Undergraduate Student Handbook* for a list of field-related course options that can be selected from the GE Core Curriculum and Viewing a Wider World course requirements.

<sup>4</sup> Students who have taken a second level English course may be required to take another to fulfill the program's technical/ scientific writing requirement.

## A Suggested Plan of Study for Students

During the following semesters, a student may need to submit for an overload to enroll in over 18 credits of course work (see the NMSU Regulations section-Course Load for Undergraduate Students (<https://catalogs.nmsu.edu/nmsu/regulations-policies/#registrationtext>) for more information):

- Third Year- Fall Semester

This roadmap assumes student placement in MATH 1220G and ENGL 1110G. The contents and order of this roadmap may vary depending on initial student placement in mathematics and english. It is only a suggested plan of study for students and is not intended as a contract. Course availability may vary from fall to spring semester and may be subject to modification or change.

### First Year

Fall		Credits
ENGL 1110G	Composition I <sup>1</sup>	4
MATH 1220G	College Algebra <sup>1, 2</sup>	3
CHEM 1215G	General Chemistry I Lecture and Laboratory for STEM Majors (C or better) <sup>1,3</sup>	4
PHLS 1110G	Personal Health & Wellness (Recommended)	3
Recommended courses (not required)		1
ACES 1120	Freshman Orientation	
ACES 1210	Financial Fitness for College Students	
<b>Credits</b>		<b>15</b>

### Spring

CHEM 1225G	General Chemistry II Lecture and Laboratory for STEM Majors (C or better) <sup>1,3</sup>	4
Choose one from the following:		4
BIOL 2610G & BIOL 2610L	Principles of Biology: Biodiversity, Ecology, and Evolution and Principles of Biology: Biodiversity, Ecology, and Evolution Laboratory (C or better) <sup>1,3</sup>	
BIOL 2110G & BIOL 2110L	Principles of Biology: Cellular and Molecular Biology and Principles of Biology: Cellular and Molecular Biology Laboratory (C or better) <sup>1,3</sup>	
Choose one from the following:		3
ENGL 2130G	Advanced Composition	
ENGL 2210G	Professional and Technical Communication Honors	
ENGL 2210H	Professional and Technical Communication Honors	
ENGL 2215G	Advanced Technical and Professional Communication	
ENGL 2221G	Writing in the Humanities and Social Science	
NUTR 2110	Human Nutrition (C or better) <sup>1,3</sup>	3
NUTR 2120	Seminar I - Becoming a Nutrition Professional (C or better and only available in Spring Semesters) <sup>1,3</sup>	1
<b>Credits</b>		<b>15</b>

### Second Year

Fall		
FSTE 2110G	Food Science I (C or better) <sup>1,3</sup>	4
HRTM 2110	Safety, Sanitation and Health in the Hospitality Industry <sup>1,3</sup>	1
CHEM 2120	Integrated Organic Chemistry and Biochemistry (C or Better) <sup>1,3</sup>	3
ACCT 2110	Principles of Accounting I <sup>1,3</sup>	3
Choose one from the following:		3
ACOM 1130G	Effective Leadership and Communication in Agriculture <sup>1</sup>	
COMM 1115G	Introduction to Communication <sup>1</sup>	
COMM 1130G	Public Speaking <sup>1</sup>	
HNRS 2175G	Introduction to Communication Honors <sup>1</sup>	
<b>Credits</b>		<b>14</b>

<b>Spring</b>			NUTR 4205	Nutrition Communication and Education (C or Better Spring Only) <sup>3,7</sup>	3
HRTM 2120	Food Production and Service Fundamentals <sup>1,3</sup>	3	<b>Credits</b>		<b>13</b>
PHIL 1145G or PHIL 2110G	Philosophy, Law, and Ethics (either recommended) or Introduction to Ethics	3	<b>Total Credits</b>		<b>121</b>
SPMD 2210 & 2210L	Anatomy and Physiology I and Anatomy and Physiology Laboratory (C or Better) <sup>1</sup>	4	<sup>1</sup> Pre-Dietetics courses must be completed and/or enrolled in prior to applying to the Dietetics program.		
A ST 311 or MATH 1350G	Statistical Applications <sup>1,3</sup> or Introduction to Statistics	3	<sup>2</sup> MATH 1220G College Algebra or MATH 1430G Applications of Calculus I is required for the degree but students may need to take any prerequisites needed to enter MATH 1220G College AlgebraMATH 1220G College Algebra or MATH 1430G Applications of Calculus IMATH 1430G Applications of Calculus I first.		
NURS 150 or SPMD 1120	Medical Terminology <sup>3,6</sup> or Medical Terminology	3	<sup>3</sup> <b>Courses are required for application to a dietetic internship, GPAs in the application will be calculated using these classes.</b>		
<b>Credits</b>		<b>16</b>	<sup>4</sup> See the General Education ( <a href="https://catalogs.nmsu.edu/nmsu/general-education-viewing-wider-world/">https://catalogs.nmsu.edu/nmsu/general-education-viewing-wider-world/</a> ) section of the catalog for a full list.		
<b>Third Year</b>					
<b>Fall</b>					
SPMD 3210 & 3210L	Anatomy and Physiology II and Anatomy and Physiology II Lab (C or better) <sup>1,3</sup>	4	<sup>5</sup> CHEM 313 Organic Chemistry I, CHEM 314 Organic Chemistry II, and CHEM 315 Organic Chemistry Laboratory combination for the Organic Chemistry requirement is a total of 8 credits,		
FSTE 4110	Food Microbiology (C or better and only available Fall semesters) <sup>1,3</sup>	4	<sup>6</sup> Required courses are upper-division courses that can be completed in the junior year prior to admission to the Dietetics program.		
NUTR 3110	Nutrition Throughout the Lifecycle (C or better, and only available in Fall semesters) <sup>1,3</sup>	3	<sup>7</sup> Dietetics courses can only be completed by Dietetic students who have been admitted into the Dietetics program.		
HRTM 363	Quantity Food Production and Service (C or Better) <sup>1,3</sup>	4	<sup>8</sup> See the Viewing a Wider World ( <a href="https://catalogs.nmsu.edu/nmsu/general-education-viewing-wider-world/#viewingawiderworldtext">https://catalogs.nmsu.edu/nmsu/general-education-viewing-wider-world/#viewingawiderworldtext</a> ) section of the catalog for a full list.		
Apply to the HNDS- Didactic Program in Dietetics					
<b>Credits</b>		<b>15</b>			
<b>Spring</b>					
FSTE Upper Division Course (C or better) Any 3000 or 4000 level FSTE except FSTE 4310 <sup>3,6</sup>		4			
FSTE 4250	Sensory Evaluation of Foods and Product Development				
NUTR 3750	Applied Nutrition Research (C or better, and only available in Spring semesters) <sup>3,7</sup>	3			
NUTR 4110	Advanced Nutrition (C or better, Spring only ) <sup>3,7</sup>	3			
NUTR 3710	Food Systems & Policy in Dietetics (C or better, Spring only) <sup>3,7</sup>	3			
Area VI- Creative & Fine Arts Course		3			
<b>Credits</b>		<b>16</b>			
<b>Fourth Year</b>					
<b>Fall</b>					
VWW- Viewing a Wider World Course <sup>6,8</sup>		3			
NUTR 4210	Community Nutrition (C or better, Fall only) <sup>3,7</sup>	3			
NUTR 4235	Entering the Field of Dietetics (C or better, Fall only) <sup>3,7</sup>	1			
NUTR 4230 & 4230L	Graduate Studies in Medical Nutrition I and Medical Nutrition Therapy I Lab (C or better, Fall only) <sup>3,7</sup>	4			
NUTR 4233	Nutrition Counseling and Education (C or better, Fall only) <sup>3,7</sup>	3			
NUTR 4220	Food Service Organization and Management (C or better, Fall only) <sup>3,7</sup>	3			
<b>Credits</b>		<b>17</b>			
<b>Spring</b>					
VWW - Viewing a Wider World Course <sup>6,8</sup>		3			
NUTR 4240 & 4240L	Medical Nutrition Therapy II and Medical Nutrition Therapy II Laboratory (C or better, Spring Only) <sup>3,7</sup>	4			
NUTR 4207	Nutrition Services (C or Better Spring Only) <sup>3,7</sup>	3			

<sup>1</sup> Pre-Dietetics courses must be completed and/or enrolled in prior to applying to the Dietetics program.

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<sup>3</sup> Courses are required for application to a dietetic internship, GPAs in the application will be calculated using these classes.

<sup>4</sup> See the General Education (<https://catalogs.nmsu.edu/nmsu/general-education-viewing-wider-world/>) section of the catalog for a full list.

<sup>5</sup> CHEM 313 Organic Chemistry I, CHEM 314 Organic Chemistry II, and CHEM 315 Organic Chemistry Laboratory combination for the Organic Chemistry requirement is a total of 8 credits,

<sup>6</sup> Required courses are upper-division courses that can be completed in the junior year prior to admission to the Dietetics program.

<sup>7</sup> Dietetics courses can only be completed by Dietetic students who have been admitted into the Dietetics program.

<sup>8</sup> See the Viewing a Wider World (<https://catalogs.nmsu.edu/nmsu/general-education-viewing-wider-world/#viewingawiderworldtext>) section of the catalog for a full list.