

## DIETETICS

### Background Information

North Dakota State University has enjoyed a long-standing reputation in food and nutrition. Since 1925, NDSU has educated dietitians who are active nationwide in the profession of dietetics and leaders in professional organizations. The undergraduate program in dietetics is one of the finest in the nation. There are two undergraduate dietetics options at NDSU—the dietitian education program (DEP) with a concentration in community and sports nutrition, and the didactic program in dietetics (DPD).

A registered dietitian is a dietetic practitioner who has completed at least four years of college and earned a Bachelor of Science degree from an accredited program, as well as completing 1200 hours of supervised practice. To become registered, a dietitian must pass a national registration examination. Dietitians are required to update their knowledge in continuing education during their careers. Beginning in 2024, all new dietitians entering the workforce will also be required to hold a master's degree.

### Dietitian Education Program Option - Selective Admission

#### BS in Dietetics and Nutrition

The DEP option coordinates the required 1,200 hours of supervised practice with academic courses during the professional program. The junior and senior years of study form the full-time professional program with a concentration in community nutrition. Acceptance into the DEP is limited. Transfer students are encouraged to contact the department early on for information if they intend to transfer to NDSU and enter the DEP. The application deadline is January 1 of the sophomore year. Applicants must have a minimum grade point average (GPA) of 3.0 with a 2.75 science GPA. Students graduate at the end of four years with the necessary preparation to take the Commission on Dietetic Registration exam. The DEP is accredited by the Academy of Nutrition and Dietetics Accreditation Council for Education in Nutrition and Dietetics (ACEND). This program is being phased out due to changes for entry-level requirements that will take effect in 2024. To be eligible for this option, students will need to apply to the professional program on or before spring of 2021.

#### Accelerated BS/MS in Dietetics and Nutrition

Due to the upcoming change in educational requirements for entry-level dietitians, NDSU developed an accelerated, coordinated training program for dietitians. The Accelerated BS/MS in Dietetics and Nutrition combines the required 1200 hours of supervised practice with a Bachelor of Science in Dietetics and a Master of Science in Exercise Science and Nutrition. The accelerated program offers the community nutrition concentration as well as an additional, optional concentration of sports nutrition. Students graduate at the end of five years with the necessary preparation to take the Commission on Dietetic Registration exam based on the 2024 standards. Acceptance to the program is limited. Transfer students are highly encouraged to contact the department early on for information if they intend to transfer to NDSU and enter the accelerated program. Students will complete a 3-phase application for this program. Students apply to the dietetics option by January 1 of year 2 (sophomore year), petition the graduate school the summer after year 2 (sophomore year) to apply to the accelerated option, and complete a graduate school application in the fall of year 3 (junior year). The Graduate Registration Exam (GRE) is NOT required for application. Students begin the program during the spring of year 3 (junior year). Applicants must have a minimum grade point average (GPA) of 3.5 with a 2.75 science GPA. The Accelerated BS/MS in Dietetics and Nutrition is accredited by the Academy of Nutrition and Dietetics Accreditation Council for Education in Nutrition and Dietetics (ACEND).

### Dietitian Program in Dietetics Option - Selective Admission

The DPD includes all academic course requirements of the Accreditation Council for Education in Nutrition and Dietetics (ACEND). Graduates earn a Bachelor of Science degree in dietetics. The application deadline is January 1 of the sophomore year. Applicants must have a minimum GPA of 3.0 with a 2.75 science GPA. Students accepted in the DPD should be aware that in order to become a Registered Dietitian they must complete an internship (DI), and should have a minimum 3.25 cumulative GPA. If the GPA is lower than that, it is less likely a student will be accepted into a DI. Work experience, volunteer or paid, in healthcare food service, or some other type of nutrition or community experience will enhance a student's chance to receive a DI. A student is eligible to take the registration examination to become a registered dietitian following successful completion of a DI. Dietetic internships are available across the United States and range in length from six to 12 months. Beginning in 2024, all new dietitians entering the workforce will also be required to hold a master's degree in addition to completing the DPD and DI. This program is also accredited by ACEND.

### Additional Information

#### Career Opportunities

Dietitians are employed in facilities such as hospitals, clinics and long-term care, providing nutrition therapy as well as foodservice administration. Dietitians work in various fields including high school, college, and professional sports as sports dietitians, in business as sales or educational professionals, for commercial and government establishments, or as dietetic practitioners in community settings and public health. Some registered dietitians work for food commodity groups such as the Dairy Council or Wheat Commission. Dietitians work in education by teaching dietetics, nutrition and foodservice management in colleges, universities, medical schools and public school systems. In community settings, dietitians provide counseling and nutritional services for city and county health departments, older American feeding programs, child care centers, school foodservice programs and in retail settings like grocery stores. Dietitians also work in wellness centers, hospitals and consulting positions as part of the health promotion team.

The practice of dietetics is continuously changing as more research is conducted on foods and on the role of food in human health. Many dietitians work in hospital settings, either in clinical management or nutrition therapy as clinical dietitians. Clinical dietitians who work in nutrition therapy assess the nutritional needs of patients, plan menus, recommend or prescribe diets and nutritional support for patients, consult with physicians and direct educational programs on nutrition and special diets. They are members of the interdisciplinary team both in healthcare and wellness facilities.

#### Career Outlook

Placement surveys conducted in the Department of Health, Nutrition, and Exercise Sciences at NDSU show that more than 90 percent of the dietetics graduates obtain employment in their field within four months of graduation. It should be pointed out that employment is most favorable outside of Fargo. In recent study, it was projected there will be a continued demand for dietitians in both traditional and nontraditional areas for years to come. During college, many opportunities are available for students to obtain experience in the field. Some of those opportunities are offered through multiple healthcare facilities such as acute care hospitals and nursing homes, foodservice in a variety of venues, and public health service.

## Academic Advisement

The Department of Health, Nutrition, and Exercise Sciences prides itself on giving individual attention and advisement to each student. A faculty advisor is assigned to each dietetics major. The academic advisor helps students set goals for their college work, helps them choose courses and encourages them to seek community work experience during their college career. In addition to the academic advisor, each incoming freshman and transfer student is assigned a student advisor to help with routine questions and to give assistance in adjusting to college life.

## High School Preparation

Students interested in dietetics should have a background in the natural sciences and mathematics. Strong communication skills, both oral and written, is an advantage to students considering dietetics.

## Scholarships

Numerous scholarships are available through the College of Human Sciences and Education and the Academy of Nutrition and Dietetics. Contact the department for more information or visit: [www.ndsu.edu/hse/student\\_resources/hde\\_scholarships/](http://www.ndsu.edu/hse/student_resources/hde_scholarships/).

## Dietetics Plan of Study - Didactic Program in Dietetics (DPD) Option - visit [ndsu.edu/bulletin](http://ndsu.edu/bulletin)

### Dietetics Plan of Study - Dietitian Education Program (DEP) Option

Please note this is a sample plan of study and not an official curriculum. Actual student schedules for each semester will vary depending on start year, education goals, applicable transfer credit, and course availability. Students are encouraged to work with their academic advisor on a regular basis to review degree progress and customize an individual plan of study.

<b>Freshman</b>					
<b>Fall</b>	<b>Credits</b>	<b>Spring</b>	<b>Credits</b>		
CHEM 117 Chemical Concepts and Applications	3	Gen Ed Humanities & Fine Arts	3		
Gen Ed Humanities & Fine Arts	3	PSYC 211 Introduction to Behavior Modification	3		
PSYC 111 Introduction to Psychology	3	MICR 202/202L Introductory Microbiology/Lab	3		
MATH 103 College Algebra	3	ENGL 120 College Composition II	3		
ENGL110 College Composition I	4	Elective	3		
	<b>16</b>		<b>15</b>		
<b>Sophomore</b>					
<b>Fall</b>	<b>Credits</b>	<b>Spring</b>	<b>Credits</b>		
BIOL 220/220L Human Anatomy and Physiology I/Lab	4	<i>Applications are due for all dietetics options</i>			
COMM 110 Fundamentals of Public Speaking	3	BIOC 260 Elements of Biochemistry	4		
Elective	6	BIOL 221/221L Human Anatomy and Physiology II/Lab	4		
HNES 250 Nutrition Science	3	HNES 251 Nutrition, Growth and Development	3		
HNES 291 Seminar	1	HNES 261/261L Food Selection and Preparation Principles/Lab	3		
	<b>17</b>		<b>16</b>		
<b>Junior</b>					
<b>Fall</b>	<b>Credits</b>	<b>Spring</b>	<b>Credits</b>	<b>Summer</b>	<b>Credits</b>
HNES 351 Metabolic Basis of Nutrition	4	HNES 354/354L Introduction to Medical Nutrition Therapy/Lab	6	STAT 725 Applied Statistics <sup>2</sup>	3
HNES 442/442L Community Health & Nutrition Education/Lab	6	HNES 361/361L Foodservice Systems Mgmt I/Lab	6		
STAT 330 Introductory Statistics	3	HNES 400 Interprofessional Health Care Practice	3		
Gen Ed Upper Level Writing	3	VETS 115 Medical Terminology for the Paraprof	1		
	<b>16</b>		<b>16</b>		<b>3</b>
<b>Senior</b>					
<b>Fall</b>	<b>Credits</b>	<b>Spring</b>	<b>Credits</b>	<b>Summer</b>	<b>Credits</b>
HNES 458/458L Advanced Medical Nutrition Therapy <sup>1</sup> /Lab	7	HNES 480 Dietetics Practicum	12	HNES 798 Master's Thesis <sup>2</sup>	3
HNES 460/460L Leadership and Communication in Dietetics <sup>1</sup> /Lab	2	HNES 726 Nutrition in Wellness or 724 Nutrition Education <sup>2</sup>	3		
HNES 790 Graduate Seminar <sup>2</sup>	1	HNES 798 Master's Thesis <sup>2</sup>	1		
MGMT 320 Foundations of Management	3				
	<b>13</b>		<b>16</b>		<b>3</b>
<b>Fifth Year</b>					
<b>Fall</b>	<b>Credits</b>	<b>Spring</b>	<b>Credits</b>		
HNES 713 Graduate Exercise Physiology <sup>2</sup>	3	HNES 798 Master's Thesis <sup>2</sup>	3		
HNES 735 Nutrition and Human Performance <sup>2</sup>	3	HNES 777 Scholarly Writing and Presenting in HNES <sup>2</sup>	3		
HNES 710 Introduction to Research Design and Methods in HNES <sup>2</sup>	3				
	<b>9</b>			<b>6</b>	
<b>Total Credits: 146</b>					

<sup>1</sup> Accelerated BS/MS in Dietetics and Nutrition Students will take HNES 658 Advanced Medical Nutrition Therapy in place of HNES 458 and HNES 660 Foodservice Systems Management II in place of HNES 460

<sup>2</sup> These courses are taken by Accelerated BS/MS in Dietetics and Nutrition students. Undergraduate DEP students do not take these.

View **NDSU equivalencies of transfer courses at: [www.ndsu.edu/transfer/equivalencies](http://www.ndsu.edu/transfer/equivalencies)**

## For Further Information

**MAILING ADDRESS:** Dietetics | NDSU Dept 2620 | PO Box 6050 | Fargo, ND 58108-6050  
**DEPT PHONE:** (701) 231-7474  
**DEPT LOCATION:** E. Morrow Lebedeff Hall  
**DEPT WEBSITE:** [www.ndsu.edu/hnes/undergraduate\\_programs/dietetics/](http://www.ndsu.edu/hnes/undergraduate_programs/dietetics/)

This publication will be made available in alternative formats upon request. Contact the Office of Admission (701) 231-8643 or 800-488-NDSU or ND Telecommunications Relay Service 800-366-6888 (TTY) or 800-366-6889 (voice).

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