Nutrition Science

Department Information

- **Department Web Site:**
  www.ndsu.edu/hnes/ (http://www.ndsu.edu/hnes/)
- **Credential Offered:**
  B.S.
- **Official Program Curriculum:**
  catalog.ndsu.edu/undergraduate/program-curriculum/nutrition-science/ (http://catalog.ndsu.edu/undergraduate/program-curriculum/nutrition-science/)

Background Information

NDSU has a long-standing history in food and nutrition. Since 1925, NDSU has educated nutrition experts who are active nationwide in the profession of nutrition and dietetics and leaders in professional organizations.

Program Information

NDSU offers two tracks for those interested in studying nutrition science. The first is an accredited BS/MS Accelerated Coordinated Program in Nutrition Science and Dietetics (CPD) to become a Registered Dietitian Nutritionist (RDN). An RDN is a nutrition expert and is a nationally recognized credential that is required for most employment in the healthcare industry and preferred for many other employment opportunities in the area of food and nutrition. The BS/MS Accelerated Coordinated Program in Nutrition Science and Dietetics combines the required 1,000 hours of supervised practice with a Bachelor of Science in Nutrition Science and Master of Science in Exercise and Nutrition Science. Students graduate at the end of five years with the necessary preparation to take the Commission on Dietetic Registration exam to become an RDN. Please see the **CPD website** for more information.

The second track is a four-year BS in Nutrition Science. This is a non-accredited program that provides students a background in nutrition but also serves as a pathway for advanced degrees in other health professions such as Pre-Physician Assistant, Athletic Trainer, or Accelerated (Post-Baccalaureate) BSN to become a licensed Registered Nurse. It also serves as a pathway to become a Certified Dietary Manager (CDM). This degree path allows flexibility in courses to ensure students are able to meet prerequisite course requirements for other degrees they may pursue in the future.

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, in business as sales or educational professionals, for commercial and government establishments, or in community or clinical settings and public health. Some registered dietitian nutritionists 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, childcare 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 graduates from the Coordinated Program in Nutrition Science and Dietetics are employed or enrolled in graduate training within 12 months of graduation. 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 these opportunities are offered through healthcare facilities such as acute care hospitals and long-term care facilities, 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 nutrition science 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 nutrition science should have a background in the natural sciences and mathematics. Strong communication skills, both oral and written, is an advantage to students considering nutrition science.

Scholarships

Numerous scholarships are available through the College of Health and Human Sciences and the Academy of Nutrition and Dietetics. Contact the department for more information or visit: Scholarships | College of Health and Human Sciences | NDSU (https://www.ndsu.edu/healthhumansciences/current_students/scholarships/)

Sample Program Guide

IMPORTANT DISCLAIMER: This guide is not an official curriculum. This guide is a sample four-year degree plan of how students might plan this major with other degree requirements to complete their education in four years.Student plans will vary from this sample due to a variety of factors, such as, but not limited to, start year, education goals, transfer credit, and course availability. To ensure proper degree completion, enrolled students should utilize Degree Map (https://www.ndsu.edu/registrar/degreemap/) and Schedule Planner (https://www.ndsu.edu/onestop/degree-map-and-planning/) in Campus Connection and consult regularly with academic advisors to ensure graduation requirements are being met.

Freshman			
Fall	**Credits**	**Spring**	**Credits**
CHEM 117	3	PSYC 211	3
PSYC 111	3	MICR 202	2
MATH 103[1]	3	MICR 202L	1
ENGL 110	3	ENGL 120	3
Gen Ed HUM&FA/Glob Persp	3	Gen Ed Hum&FA/Cult Div	3
		Free Elective	3
	15		**15**
Sophomore			
Fall	**Credits**	**Spring**	**Credits**
BIOL 220	3	BIOC 260	4
BIOL 220L	1	BIOL 221	3
HNES 250	3	BIOL 221L	1
HNES 291	1	HNES 251	3
COMM 110	3	HNES 261	3
CSCI 114	3	HNES 261L	2
	14		**16**
Junior			
Fall	**Credits**	**Spring**	**Credits**
HNES 351	4	HNES 260	1
STAT 330	3	HNES 354	4
Gen Ed Upper Division Writing	3	HNES 499 (Interprofessional Healthcare Practice)	1
Minor Requirement[1]	4	Minor Requirement[2]	3
		Free Electives	5
	14		**14**
Senior			
Fall	**Credits**	**Spring**	**Credits**
Minor Requirement[2]	7	Minor Requirement[2]	3

Free Electives	8	Free Electives	14
	15		**17**

Total Credits: 120

1

MATH 103 is a prerequisite for STAT 330. If not needed due to placement scores or transfer, student will need 3 credits of free electives.

2

Students in the standard option must declare and complete a minor program of study form. Minors can be declared with the assistance of an academic advisor. Declaration forms must be officially declared with the Office of Registration and Records.

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Freshman			
Fall	**Credits**	**Spring**	**Credits**
CHEM 117	3	PSYC 211	3
PSYC 111	3	MICR 202	2
MATH 103[1]	3	MICR 202L	1
ENGL 110	3	ENGL 120	3
Gen Ed Hum&FA/Glob Persp	3	Gen Ed HUM&FA/Cult Div	3
		Free Elective	3
	15		**15**
Sophomore			
Fall	**Credits**	**Spring**	**Credits**
BIOL 220	3	Applications are due for Coordinated Program in Dietetics.	
BIOL 220L	1	BIOC 260	4
HNES 250	3	BIOL 221	3
HNES 291	1	BIOL 221L	1
COMM 110	3	HNES 251	3
CSCI 114	3	HNES 261	3
Free Electives	3	HNES 261L	2
	17		**16**
Junior			
Fall	**Credits**	**Spring**	**Credits**
HNES 351	4	HNES 354	4
HNES 442	3	HNES 354L	2
STAT 330	3	HNES 361	3
Gen Ed Upper Division Writing	3	HNES 361L	3
Free Electives	3	HNES 260	1
		HNES 499 (Interprofessional Healthcare Practice)	1
		Free Electives	3
	16		**17**

Senior				
Fall	**Credits**		**Spring**	**Credits**
HNES 458L		3	HNES 480	12
HNES 658		4	HNES 726	3
HNES 468L		1	HNES 793, 794, 795, 797, or 798[2,3]	1-2
HNES 668		1		
MGMT 320		3		
HNES 710		3		
		15		**16-17**
Fifth Year				
Fall	**Credits**		**Spring**	**Credits**
HNES 735		3	HNES 777 or 727	3
STAT 725		3	HNES 713	3
HNES 793, 794, 795, 797, or 798[2,3]		1-2	HNES 793, 794, 795, 797, or 798[2,3]	1-2
			Graduate Level Free Elective	1-4
		7-8		**8-12**

Total Credits: 142-148

1

MATH 103 is a pre-requisite for STAT 330. If not needed due to placement scores or transfer, student will need 3 credits of free electives.

2

Plan A students will take HNES 798; Plan B students will take HNES 797; Plan C students will take either HNES 793, HNES 794, or HNES 795.

3

Plan A requires a total of 30 graduate credits including 6 credits of HNES 798 and 6 credits of elective; Plan B requires a total of 30 graduate credits including 3 credits of HNES 797 and 9 credits of elective; Plan C requires a total of 30 graduate credits including 3 credits of HNES 793, HNES 794, or HNES 795 and 9 credits of elective.