

**Didactic Program in Dietetics (DPD)**

**BS Degree Program**

**Student Handbook**

**2019-2020**



**University of Central Missouri**

College of Health, Science and Technology

School of Nutrition Kinesiology and Psychological Sciences

Revised March 2019

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This handbook is intended to provide the information regarding the Didactic Program in Dietetics (DPD) at University of Central Missouri (UCM). The handbook will provide you with guidelines for successful completion of a Bachelors of Science in Dietetics. This handbook is a supplement to the UCM General Catalog. If you have questions about the DPD at UCM or need additional information, please contact Dr. Swarna L. Mandali, RDN, CSSD.

**Program Director:** Swarna L. Mandali PhD, RDN, CSSD., M130, University of Central Missouri, Warrensburg, MO 64093. 660-543-8747; [mandali@ucmo.edu](mailto:mandali@ucmo.edu)

### **Program Website**

<http://www.ucmo.edu/nutrition/undergrad/dietetics/>

**Senior Academic Advisor:** Ms. Paul Brant, Administration 105. College of Health, Science, and Technology. [Brant@ucmo.edu](mailto:Brant@ucmo.edu) 660-543-4554

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## PROGRAM MISSION AND GOALS

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### **Program Mission**

The mission of the Dietetics Didactic Program (DPD) at UCM is to prepare students for supervised practice leading to eligibility for the Commission on Dietetic Registration (CDR) credentialing exam to become an entry level registered dietitian nutritionist. Through a foundation in liberal arts, service learning, technology, and research the student is prepared to be a life-long learner, and is able to enhance the practice of dietetics and health.

### Program Goals and Objectives

Program Goal 1: The DPD will prepare competent graduates to pursue DI's and or careers in dietetics related area

#### \*Objectives:

1. The one-year pass rate (for graduates who pass the registration exam within one year of the first attempt) on the CDR credentialing exam for dietitian nutritionists is at least 80%
2. Sixty percent of program graduates apply for admission to a supervised practice program prior to or within 12 months of graduation
3. Fifty percent of program graduates are admitted to a supervised practice program within 12 months of graduation.
4. At least 80% of program students complete the program/degree requirements within two years (150% of the program length), with two years representing 150% percent of the specific program's length.
5. Fifty percent of those graduates who do not apply or nor accepted into a supervised practice program will be accepted into a graduate school or be employed in a food or health profession

Program Goal 2 - The DPD will provide the education and guidance to create graduates who are successful in their future employments.

**\*Objectives**

1. The one-year pass rate (for graduates who pass the NDTR registration exam within one year of the first attempt) on the CDR credentialing exam for Nutrition and dietetic technicians, registered (NDTRs) is at least 80%
2. 90% of dietetic internship directors will rate a score of 3.0 or above for the academic preparedness for internships and/or positions
3. 100% percent of students will pass National Restaurant Association ServSafe Certification exam

\*The outcome data measuring the achievement of program objectives will be provided upon request.

\*\* The outcome data measuring the achievement of program objectives will be collected beginning spring 2019.

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ACEND-REQUIRED CORE KNOWLEDGE (KRDN) STUDENT LEARNING OUTCOMES (SLO)  
ASSESSMENT PLAN (REQUIRED ELEMENTS 6.1 AND 6.2) AND UCM TK20 ASSESSMENT  
MEASURES

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**Domain 1: Scientific and Evidence Base of Practice: integration of scientific information and research into practice**

KRDN 1.1: Demonstrate how to locate, interpret, evaluate and use professional literature to make ethical, evidence-based practice decisions.

KRDN 1.2: Use current information technologies to locate and apply evidence-based guidelines and protocols.

KRDN 1.3: Apply critical thinking skills.

**Domain 2: Professional Practice Expectations: beliefs, values, attitudes and behaviors for the professional dietitian level of practice**

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 Nutrition and Dietetics Practice and the Code of Ethics for the Profession of Nutrition and Dietetics; and describe interprofessional relationships in various practice settings

KRDN 2.3: Assess the impact of a public policy position on nutrition and dietetics practice.

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 inter-professional teams and the roles of others with whom the registered dietitian nutritionist collaborates in the delivery of food and nutrition services.

KRDN 2.6: Demonstrate an understanding of cultural competence/sensitivity.

KRDN 2.7: Demonstrate identification with the nutrition and dietetics profession through activities such as participation in professional organizations and defending a position on issues impacting the nutrition and dietetics profession.

KRDN 2.8: Demonstrate an understanding of the importance and expectations of a professional in mentoring and precepting others.

**Domain 3: Clinical and Customer Services: development and delivery of information, products and services to individuals, groups and populations**

KRDN 3.1: Use the Nutrition Care Process to make decisions, identify nutrition-related problems and determine and evaluate nutrition 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 for and enhance wellness for diverse individuals and groups.

KRDN 3.4: Explain the processes involved in delivering quality food and nutrition services.

KRDN 3.5: Describe basic concepts of nutritional genomics.

**Domain 4: Practice Management and Use of Resources: strategic application of principles of management and systems in the provision of services to individuals and organizations**

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

KRDN 4.2: Evaluate a budget and interpret financial data.

KRDN 4.3: Describe 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: Describe safety principles related to food, personnel and consumers.

KRDN 4.6: Analyze data for assessment and evaluate data to be used in decision-making for continuous quality improvement.

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## THE DPD AND THE RD CREDENTIAL

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Becoming a registered dietitian nutritionist (RDN) requires completion of three steps: 1) a bachelor of science degree from an Accreditation Council for Education in Nutrition and Dietetics (ACEND) accredited program that provides the foundational knowledge and skills necessary to enter a dietetic internship; DPD program at UCM is accredited by ACEND 2) a supervised practice program (dietetic internship) of planned clinical and applied experiences; and 3) the Registration examination, a national examination administered by the Academy of Nutrition and Dietetics (AND) to assure competence of practicing dietitians. The Didactic program in Dietetics at UCM provides you with a B.S. degree and the course work needed to apply to a Dietetic Internship program.

**NEW:** Effective 2024, all students enrolled in the DPD/Nutrition program must be prepared to complete a master's degree in any major if they intend to become registered dietitians. A typical education guideline will be four years for the B.S. degree, completion of the accredited 1200-hour internship, and two years for the master's degree.

### REGISTERED DIETITIAN NUTRITIONIST – THE PROFESSIONAL CREDENTIAL

As mentioned above, most jobs in dietetics – especially in the health and wellness areas – require the credential of *Registered Dietitian Nutritionist or RDN*. The RDN is the nationally recognized expert in food and nutrition. The credential tells employers (and the public) that you have met certain standards for knowledge and skills. Most professions (especially health care) certify competency in their members

in some way – i.e. Registered Nurses, Registered Pharmacists, Certified Public Accountants, etc. Registered Dietitians Nutritionist (RDNs) have met the following criteria to earn the RDN credential:

1. Completed a minimum of a bachelor's degree at a U.S. regionally accredited university or college.
2. Completed coursework that constitutes a Didactic Program in Dietetics (DPD) as defined by the Accreditation Council for Education in Nutrition and Dietetics (ACEND) of the Academy of Nutrition and Dietetics (AND).
3. Completed a ACEND-accredited Dietetic Internship Program at a health-care facility, college/university, community agency, or a foodservice corporation or combined with undergraduate or graduate studies. Typically, a practice program will run 9 to 12 months in length.
4. Passed a national examination administered by the Commission on Dietetic Registration (CDR).

Further information on the *process to become a Registered Dietitian Nutritionist* may be found at:

<http://www.eatright.org/students/education/starthere.aspx>

1. Earn a master degree

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#### STEP 1 AND STEP 2: ACADEMICS

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The first two items can be accomplished by completing the B.S. Degree in Dietetics at the University of Central Missouri which combines the Academy of Nutrition and Dietetics 2017 Accreditation Council for Education in Nutrition and Dietetics (ACEND) for Didactic Programs in Dietetics (DPD) standards, Upon successful completion of the B.S. Degree in Dietetics, a Verification Statement will be issued to the student. This statement indicates that he/she has successfully completed an accredited Didactic Program in Dietetics (DPD), has obtained a minimum of a bachelor's degree and, thus may pursue a Dietetic Internship.

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#### STEP 3: DIETETIC INTERNSHIP

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Following completion of the B.S. Degree in Dietetics, students must be accepted into and complete a post-baccalaureate Dietetic Internship. These programs require a minimum of 1200 hours of supervised practice and help students gain practical experience in clinical dietetics, community nutrition, foodservice management and many other areas in the field of dietetics.

For a complete list of all dietetic internship programs in the country, see:

<http://www.eatright.org/ACEND/content.aspx?id=7877> Acceptance into Dietetic Internship programs has become extremely competitive with national acceptance rates around 50%. Acceptance into Dietetic Internships is based upon a number of factors including:

Overall undergraduate GPA and GPA in science and professional courses (3.3 or above, although a slightly lower GPA may be accepted along with strong work or volunteer experience). Dietetics related work and volunteer experience (some require more than 1200 hours); Leadership experience, letters of

recommendation, letter of application, and performance in an interview (only few internships will require an interview)

For further information on availability of Dietetic Internships and how to improve your chances of acceptance, see: <http://www.eatright.org/students/education/internships.aspx>

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#### STEP 4: REGISTRATION EXAMINATION FOR DIETITIANS

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After the internship, students must take and pass the national Registration Examination for Dietitians. To maintain a Registered Dietitian Nutritionist status, dietetics professionals must complete at least 75 credit hours in approved continuing education every 5 years. For more information regarding the examination, refer to CDR's Web site at: [www.cdrnet.org](http://www.cdrnet.org)

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#### STEP 5: ADVANCED DEGREE PROGRAM

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Commission on Dietetic Registration (CDR) changed the entry -level registration eligibility education requirements for dietitians, beginning in 2024, from a baccalaureate degree to a minimum of a graduate degree. More information can be found at <http://www.cdrnet.org/vault/2459/web/files/Graduate%20Degree%20FAQ.pdf>

Some students choose to pursue their Masters degree immediately after they complete their B.S. degree, then apply for Dietetic Internships. This may improve your competitiveness in the internship application process. However, it's important to know what area of dietetics you wish to pursue before choosing a graduate program. As mentioned above, there are many different graduate degrees that complement the RDN credential. There are also several "combined" Dietetic Internship/Masters degree programs in the United States and this may be a good option for students who know the area of dietetics/graduate degree program they wish to pursue. Information on these programs can be found on the program list from the Academy of Nutrition and Dietetics (<http://www.eatright.org/ACEND/content.aspx?id=7877>).

You will find a list of advanced degree programs on the following website:

<http://www.eatright.org/students/education/advanceddegrees.aspx> . These advanced degree programs are not accredited by the Accreditation Council for Education in Nutrition and Dietetics (ACEND) of the Academy of Nutrition and Dietetics and do not meet the requirements for the registration examination for dietitians. This list should be used as a guide only; this is not an all-inclusive list of advanced degree programs in nutrition, dietetics and related areas.

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#### LICENSURE/CERTIFICATION

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In addition to RDN credentialing, many states have regulatory laws for dietitians and nutrition practitioners. Frequently these state requirements are met through the same education and training required to become an RDN. *Licensure* means that the state statutes include an explicitly defined scope



of practice, and performance of the profession is illegal without first obtaining a license from the state. Licensing of dietitians assures the public that individuals disseminating nutrition advice have the appropriate education and experience. Licensure laws protect the public from unscrupulous and unqualified individuals who would portray themselves as nutrition experts. It is the goal of the Academy of Nutrition and Dietetics to have licensure for dietitians in all 50 states. A summary of laws that regulate dietitians (and the list of states requiring them) can be found at: <http://www.cdrnet.org/certifications/licensure/index.htm>

### ESTIMATED PROGRAM COSTS

The cost of the program is approximately the same as the cost of attending UCM for any other student. Tuition, housing, meals, and the usual academic fees are identical. Books at UCM are rented. In addition a \$50 new student fee will be charged to all incoming students on their first bill. Information about fees found at: <https://www.ucmo.edu/future-students/tuition-costs-and-financial-aid/index.php> and some additional costs are unique for the dietetics program which are summarized as follows:

<b>Estimated Cost of Attendance for Academic Year 2017-18</b>			
	<b>Missouri Resident</b>	<b>Nonresident</b>	<b>International</b>
*Tuition/Fees	\$ 225.65/hr	\$ 451.0/hr (\$13,269/30 hrs)	\$15, 249.50
Books/Supplies	\$ 900.00	\$900.00	
*Not including Residence Halls and Meal plan			
<b>The following costs are unique to the DPD Program</b>			
<b>Item</b>	<b>Explanation</b>		<b>Estimated Cost (\$)</b>
TB test	Students are required to job shadow dietitians at various health care facilities. Some facilities require a TB test verification before student enters the facility		\$ 10.00/year
Lab Fees	FOOD 4326; FOOD 2322		45.00 x 2= \$ 90.00

Subscriptions Neehrperfect	Electronic Health Records for MNT I, MNT II and Nutrition Education and Counseling courses	\$60-120
NutriCalc	Software for Dietary Analysis Project  D&N 3340, D&N 3350, D&N 4342, D&N 4343 and D&N 4345	&15.00-20.00
Membership	Academy of Nutrition and Dietetics (AND) Students are strongly encouraged to join AND early in their curriculum. Student membership includes free access to educational and training materials, reduced registration fees for professional meetings, and the monthly professional journal. Student membership is required for scholarships sponsored by AND and its affiliates.  Student Dietetic Association  Kansas City Dietetic Association	50.00 per year for student membership (6 year maximum allowed)  \$ 10.00 per semester  \$ 15.00 per year
Travel	Field trip in FOOD 2322 FOOD 4326 (transportation on your own)  Regional and National Meetings-KCDA, MDA & FNCE**	\$ 20.00 +  Registration+ boarding for KCDA MDA and FNCE
D&D Digital Registration Fee	Dietetic internships select applicants through a computer matching process that is administered by D&D Digital. There are two matching periods per year (April and November).	\$50.00 per each matching period
DICAS	DICAS is the centralized application portal for dietetic internships. DICAS charges \$40 for the first supervised practice program you apply to and \$20 for each additional program that you apply.	Variable depending on number of programs you apply to

Supervised Practice Program Application Fees	Some supervised practice programs charge additional fees when an application is submitted. The program application fee is in addition to the DICAS fee.	Variable
GRE	Although the DPD at UCM and many dietetic internships do not require the GRE, seniors are encouraged to take the GRE to expand their choices of supervised practice program opportunities.	205.00 for standard test administration for each attempt

\*\*Attendance at KCDA, MDA and FNCE are not required, but strongly encouraged as individual student budgets allow.

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### FINANCIAL ASSISTANCE

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UCM has many financial assistance programs that can help you bring your total educational and living expenses well within reach. Each year, nearly \$7 million in merit-based scholarships are awarded to students who demonstrate academic excellence, leadership, special talents or potential in a specific field of study. <http://www.ucmo.edu/sfs/explore/scholarships/>

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### SCHOLARSHIPS SPECIFICALLY FOR DIETETICS MAJORS

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The Regina Myers McClain Scholarship and Regina Myers McClain Distinguished Scholarship are available through the University of Central Missouri Foundation and the Department of Nutrition and Kinesiology for students pursuing a degree in the field of dietetics and nutrition at UCM. This scholarship is made possible by way of a gift from Regina McClain, Class of 1935.

Background:

With a desire to help fund programs that promote wellness and nutrition and improve the quality of students' lives, Regina Myers McClain named her alma mater, the University of Central Missouri, the beneficiary of the largest single private gift in the institution's history. McClain resided in Rolling Hills Estates, Calif., prior to her death in Los Angeles County, Aug. 7, 2001. A former Lee's Summit resident, she graduated from UCM in 1935 with an English degree. Although she devoted most of her life to teaching, she spent many years after World War II living and working in Europe, where she became an astute businesswoman. When she returned to the United States to live in southern California, she taught at Los Angeles Harbor Community College and invested in a number of properties, which have been bequeathed to Central.

Two Scholarships are specifically established for dietetics majors in 2009. Application can be downloaded from <http://www.ucmo.edu/nutrition/scholarships.cfm>

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### REGINA MYERS MCCLAIN SCHOLARSHIP

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Criteria:

To apply, a student must be in good academic standing at UCM, and:

- a. Be pursuing a degree in dietetics and nutrition at UCM;
- b. Demonstrate financial need.

\* Preference shall be given to students who are active in the Academy of Nutrition and Dietetics, students with at least 20 volunteer hours in nutrition-related services (must document hours), and students with a cumulative GPA of 3.0 or greater.

\* Consideration shall be given to all scholarship applicants; however, preference shall be given to first-time applicants.

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#### REGINA MYERS MCCLAIN DISTINGUISHED SCHOLARSHIP

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##### Criteria:

To apply, a student must be of junior class standing (completed a minimum of 60 hours) and be in good academic standing at UCM, and:

- a. Be pursuing a degree in the field of dietetics and nutrition at UCM;
- b. Demonstrate financial need;
- c. Be an active member of the Academy of Nutrition and Dietetics and the Student Dietetic Association (SDA);
- d. Have a minimum of 50 volunteer hours in, but not limited to, hospital/nursing home-based experience, public health or community nutrition experience, food service-related experience (must document hours);
- e. Have an overall minimum cumulative GPA of 3.0 and a minimum GPA of 3.75 in major.

\* Preference shall be given to a student holding a leadership role in SDA, demonstrating professional interest (i.e. attendance and/or presentation at professional meetings), and active in extracurricular activities (i.e. athletics, intramurals and/or employment).

##### Selection Process:

1. The Regina Myers McClain Scholarship Selection Committee will be appointed by the Chair of the Nutrition & Kinesiology Department in consultation with Department faculty. The Selection Committee will review applicants and identify recommended recipients. Upon approval by the Department Chair and College Dean, the names of the recipients shall be forwarded to UCM Scholarships and Awards Officer to ensure eligibility.

2. APPLICATION MUST BE DELIVERED OR POSTMARKED BY MARCH 1<sup>ST</sup> FOR REGINA MYERS MCCLAIN SCHOLARSHIP AND APRIL 15<sup>TH</sup> FOR REGINA MYERS MCCLAIN DISTINGUISHED SCHOLARSHIP. RECIPIENT(S) SHALL BE ANNOUNCED BY MAY 15 OF ANY GIVEN YEAR.

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3. The Chair of the Department of Nutrition & Kinesiology and the College Dean, in consultation with the Executive Director of the Foundation, will annually establish the total dollar amount of scholarship funds to be awarded for the Regina Myers McClain Scholarship.

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#### ACCREDITATION STATUS

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The Didactic Program in Dietetics at UCM is currently accredited by the Accreditation Council for Education in Nutrition and Dietetics (ACEND) of the Academy of Nutrition and Dietetics, 120 S. Riverside Plaza, Suite 2000, Chicago, IL 60606-6995, 312/899-0040 ext 5400. [www.eatright.org](http://www.eatright.org). The next site visit /self study due 2022.

## ADMISSION INTO THE DPD

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The Didactic Program in Dietetics (DPD) is housed in the department of Nutrition and Kinesiology within the School of Health and Human Services in the College of Health, Science and Technology.. Students admitted into the University of Central Missouri as freshmen or by transfer who plans to be Dietetics major should declare as a pre-dietetics student. Formal admission to the Dietetics degree program is conditional upon completion of a minimum of the four following courses with a cumulative GPA of 3.0 in all the four courses (additionally, a minimum of a C or better must be achieved in each course); FOOD 2322: Food Preparation D&N 3340: Nutrition, BIOL 3401: Anatomy, BIOL 3402: Physiology. Also, students must meet the university criteria for a student in good standing. These are described in undergraduate catalog <http://www.ucmo.edu/academics/catalogs/>

## ADVISING RESPONSIBILITIES

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What can you expect from a DPD director:

1. Help selecting the right courses so that degree requirements are met according to the program's four year plan.
2. Advise on appropriate supportive courses and activities that may be of interest to the student or enhance their career development.
3. Help in setting up future course schedules
4. Tell the student about the current curriculum changes
5. Provide information about graduate schools, post-graduate jobs, internships, letters of recommendations, DI application procedure etc
6. Make student aware of the extracurricular activities (clubs, organizations etc)

## ADMISSION REQUIREMENTS

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### INCOMING STUDENTS

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Incoming students are admitted into the DPD by the UCM Admission Criteria <http://www.ucmo.edu/undergrad/fresh/require/rez.cfm>. Factors that are reviewed for each applicant include

- Student must successfully complete the [Missouri college-preparatory curriculum](#) with a minimum GPA of 2.0. The curriculum includes at least 24 units of credit (with each unit equaling one year in class):
  - 4 units of English
  - 3 units of mathematics (high school-level algebra and beyond, including Algebra II)
  - 3 units of science (not including general science; at least one unit must be a laboratory science)
  - 3 units of social studies (must include American history and at least one semester of government)
  - 1 unit of fine arts (emphasizes visual arts, instrumental or vocal music, dance or theater)

- 3 units of additional coursework (includes 1 unit in practical arts, 1 unit in physical education, 1/2 unit in health education, and 1/2 unit in personal finance.)
- 7 units of electives (at least 3 units must be in English, mathematics, science, social studies, fine arts, or foreign language. Two units of a single foreign language are strongly recommended.)
- In addition to these courses, UCM requires that students obtain a score of 21 or higher on the ACT or 990 on the SAT, or a Combined Percentile Index equal to or exceeding 100.

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## TRANSFER STUDENTS

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Transfer students from other universities are admitted into the DPD through criteria established by the UCM Admissions Office (<http://www.ucmo.edu/undergrad/transfer/>) The criteria are as follows:

- Students who have enrolled in a college or university after high school, but who have never attended UCM.
- Should have a grade point average of 2.0 or better and 24 or more credit hours.
- If fewer than 24 credit hours, must [meet the freshman criteria](#) as well.

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## INTERNATIONAL STUDENTS

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Below you will find the general requirements for undergraduate admission to UCM [http://www.ucmo.edu/international/admission/app\\_instructions.cfm](http://www.ucmo.edu/international/admission/app_instructions.cfm).

The following documentation must be submitted in order to apply for an undergraduate program:

- Application for Admission
- U.S. \$75 application fee (mandatory)
- Official secondary school and external examination results translated into English.
- A satisfactory score on the TOEFL or IELTS is required for applicants whose native language is not English. The acceptable TOEFL score for undergraduate admission is a minimum of 500 paper-based, 61 internet-based or 5.5 IELTS. The acceptable score for graduate admission to most departments is 550 paper-based, 79 internet-based or 6.0 IELTS. Some academic departments may require a higher TOEFL or IELTS score. The English proficiency requirement is waived for applicants who have completed a minimum of 30 semester credit hours at an accredited college/university in the USA or who are citizens of a country whose native language is English.
- A brief statement describing educational objectives and career goals
- An official [statement of financial support](#) accompanied by a bank statement

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## TRANSFER POLICIES

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The University of Central Missouri awards credit in transfer for undergraduate courses completed at colleges and universities accredited by the following regional accrediting agencies: North Central, Southern, Western, Middle States, Northwest, New England or accreditation through the Higher Learning Commission. (<http://www.ucmo.edu/transition/transferpolicies.cfm>)

Transfer credit is evaluated on the same basis used for Central Missouri students. Applicants who hold an Associate of Arts (AA) degree from an accredited institution or have met the Missouri 42 hour General Education Core requirements are considered to have met UCM's requirements in General Education, Divisions I and II. Transfer students who have completed the AA or the 42 hour General Education Core must also complete additional institutional requirements in Divisions III and IV and any major specific General Education courses. Note that the State of Missouri requires certain education courses for teacher certification. Transfer credit is not awarded for remedial courses. For those with degrees other than the AA, the University reviews transcripts and accepts applicable credit toward UCM graduation on a course by course basis. Courses taken at a two year college will not be applicable toward upper level hour requirements.

For current course equivalencies as provided by academic departments, visit [www.ucmo.edu/corequiy](http://www.ucmo.edu/corequiy).

Acceptance of transfer credits into the DPD and receipt of verification statement

A student may request special consideration of transfer course work to meet degree requirements. For General Education requirements, students may visit with to the Office of Transfer and Transition Services. For major requirements, the student should visit with the DPD program director to discuss possible course equivalencies or substitutions.

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### INTERNATIONAL CREDIT TRANSFER

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All international students must have any course work taken outside the U.S. evaluated by an appropriate credentialing service and must also meet all University and Department policies. \*Evaluation of coursework outside the US must be given to the DPD Program Director before it can be determined which courses in the UCM DPD must be taken to receive a verification statement. List of suggested credentialing agencies can be found at

<http://www.eatrightacend.org/ACEND/content.aspx?id=6442485499>

This evaluation should include:

- a. U.S. degree equivalence – Is the foreign degree(s) equivalent to a B.S. degree in the U.S.? Please make sure the evaluation report states the degree equivalence “from a “regionally accredited” institution in the US.
- b. Semester units received for each course taken.
- c. Translation of grades (e.g. %, etc.) received to letter grades (A,B,C,D,F,P,etc.)

This process may take 1-2 months depending on the information provided to the agency.

\*All International Student must complete FOOD 3333, FOOD 3334, D&N 3350, D&N 4342, D&N 4343, D&N 4344 & D&N 4345 at University of Central Missouri in order to receive a DPD Verification Statement from the program director.

More information on obtaining credentials with a foreign degree can be found at

<http://www.eatrightacend.org/ACEND/content.aspx?id=6442485501>

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### ACADEMIC ADVISING CENTER

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For all other advising needs, such as University general education requirements students can go to the College of Health, Science and Technology Advising Center. Their office is in Administration 105. Their phone number is 660-543-4554.

#### **ACADEMIC CALENDAR (22.1.G; 23.1.B)**

The DPD program follows the academic calendar of UCM, including vacation and holidays. The academic calendar is located at <http://www.ucmo.edu/calendar/summary.cfm>

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### GRADUATION AND DPD COMPLETION REQUIREMENTS

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These are the minimum graduation requirements for the curriculum is in the 2014 Undergraduate Catalog (<http://www.ucmo.edu/academics/catalogs/>).

- Complete a minimum of 120 semester hours (some programs may require more hours)
- Complete a minimum of 30 hours (excluding special credit) at Central Missouri
- Complete a minimum of 30 upper-level hours (3000/4000) (excluding special credit) (pre-2008 catalogs require more hours), 20 upper-level hours must be earned at UCM.
- Complete ALL major, minor (if applicable) and General Education requirements  
<http://www.ucmo.edu/academics/documents/gened.pdf>
- Arrange for any substitutions for specific requirements in the DPD program with appropriate department's chair and DPD program director (students can check for the substitutions on their degree audit)
- A minimum of 15 hours of major requirements must be completed at UCM. (Some majors may require more)
- Complete 12 upper-level hours in DPD major, 9 of which must be completed at UCM
- If pursuing a minor, a minimum of 9 hours must be completed at UCM
- Know and meet all GPA requirements in DPD program
- Successfully pass the General Education Assessment (GEA) exam see instructions at  
[http://www.ucmo.edu/assessment/documents/gened\\_policy.pdf](http://www.ucmo.edu/assessment/documents/gened_policy.pdf)
- Complete all incomplete courses (U grades).
- The University of Central Missouri does not impose a time limit on completion of a Bachelor of Science Degree. However, if a student does not take courses for a calendar year, he/she will come back in under the current catalog requirements.

## COMPLAINTS

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**For grievance within the DPD:** Students who have a grievance with the DPD are encouraged to meet with the DPD Director in an attempt to resolve the issue. If the issue is not resolved, the student may present the grievance to the Department Head without fear of retaliation. A student may initially present his/her grievance to the Head if preferred. Some grievances may be under the jurisdiction of the College and/or University. Grievance policies for the University shall be followed as outlined in the University Regulations. Grievance procedures may vary according to the subject of grievance (grades, harassment, etc). The Office of the Campus Advocate (<http://www.ucmo.edu/advocate/>) in the Division of Student Experience and Engagement may facilitate the processing of student grievances as appropriate.

**For grievances with dietetic program compliance with AND Accreditation Standards:** The Accreditation Council for Education in Nutrition and Dietetics (ACEND) will review complaints that relate to a program's compliance with the Standards of Education or with published accreditation policies. The Commission is interested in the sustained quality and continued improvement of dietetics education programs, but does not intervene on behalf of individuals, or act as a court of appeal for individuals in matters of admission, appointment, promotion, or dismissal of faculty, staff, or students. Contact ACEND for more information. <http://www.eatright.org/ACEND/content.aspx?id=7975>

## ASSESSMENT OF PRIOR LEARNING

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No credit will be given for certifications which do not include course work. All course credits considered for transfer credit will be evaluated by the UCM Registrar and DPD program director faculty.

International students must provide official transcripts in English to the DPD Director and to the UCM Registrar for evaluation on an individual basis. A third-party professional credentials evaluation service report is strongly recommended.

## FORMAL ASSESSMENT OF STUDENT LEARNING

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Students can expect to receive form evaluations in the following formats: rubrics for oral presentations and projects, exams, scored assignments and semester grades. Many opportunities occur for informal feedback about performance. These opportunities need to be viewed as positive opportunities to gain insight and adjust performance. Students meet with the DPD director at least one time to review academic progress and goals and to plan the course of study. In addition, all course instructors and professors hold office hours to meet with students.

## DPD RETENTION AND REMEDIATION

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The Department of Nutrition and Kinesiology will enforce the passing of course pre-requisites to enroll in the next required class. Students receiving an "F" in a course pre-requisite will be automatically dropped from the subsequent course. DPD will enforce a grade of at least a "C" in CHEM 1604 as a prerequisite course to D&N 4340 and D&N 4243. If a student receives a grade of "D" or "F" in CHEM 1604, the student will not be permitted to enroll in D&N 4340 and D&N 4342.

Students receiving an "F" in a course will follow the standards as listed above on prerequisite grade requirements. No credit is awarded for courses in which an "F" is awarded. Therefore, students have not met the major's requirements for graduation and must retake the course to meet graduation requirements. Due to the necessary sequencing to complete the Dietetics majors, receiving an "F" in a course that is a pre-requisite for a later course may increase by up to 2 years the time needed to complete the major. Student's receiving a "D" need to make an appointment to see their academic advisor to discuss their goals as a Dietetics majors. Students are highly encouraged to retake any course in the DPD in which the grade received is a "D". Students are advised that grades lower than "C" will probably exclude them from acceptance to a supervised practice program. With the consent of his/her academic advisor, a student may repeat a course not intended for repeated registrations. In the case of such a repeated course, only the most recent grade received shall be included in the graduation.

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## DISCIPLINARY/TERMINATION PROCEDURES

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The DPD follows the University Disciplinary and Termination Procedures which are described in the University student handbook located at <https://www.ucmo.edu/student/handbook.cfm>

## GRADUATION AND DPD COMPLETION REQUIREMENTS

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DPD students are required to complete 62 credit hours of the DPD plan of study available at <https://www.ucmo.edu/nutrition/undergrad/dietetics/>

Students are required to earn a “C” or better grade in dietetics major courses to earn a BS degree in Dietetics: D&N 1300; D&N 3340; D&N 3350; D&N 4340; D&N 4342; D&N 4343; D&N 4344; D&N 4345; FOOD 2320; FOOD 2322; FOOD 3332; FOOD 3333; FOOD 3334; FOOD 4326; PSY 1100; SOC 1800; CHEM 1104; CHEM 1604; BIOL 3401; BIOL 3402; BIOL 2510; BIOL 3611; PSY 4520 and ACCT 2100.

If you interested in the Sport Nutrition minor, view the 2017-2018 Dietetics with Sport Nutrition minor advising sheet available at <https://www.ucmo.edu/nutrition/undergrad/dietetics/>

Also, The DPD program follows all university rules and regulations for graduation available at <http://catalog.ucmo.edu/>

In order to receive a degree, student must earn a minimum grade point average of 2.00 (C) in each of the following areas:

1. All work attempted (cumulative GPA, includes transfer work)
2. All work attempted at Central Missouri (UCM GPA)
3. All work taken to satisfy major requirements at UCM
4. All work taken to satisfy minor requirements at UCM

The University of Central Missouri does not impose a time limit on completion of a Bachelor of Science Degree. However, if a student does not take courses for a calendar year, he/she will come back in under the current catalog requirements.

One of the outcome measures of goal 1 of the DPD program is: DPD completion rate within 150% of time planned for completion. 150% of time planned for completion is 6 years. The target measure is 99% of DPD students complete the DPD program in 6 years.

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### DECLARATION OF INTENT

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A Declaration of Intent will be issued to DPD students who are applying to a supervised practice program at the beginning of their final semester prior to graduation. The Declaration of Intent is necessary for the dietetic internship application process as it declares your intent to complete the courses prior to the start of the supervised practice program. To receive a Declaration of Intent, all of the following items are to be completed, and submitted to Dr. Swarna Mandali

1. Next Semester Courses for Request of Declaration of Intent Form
2. Academic Requirements Checklist Didactic Program in Dietetics
3. Official transcript from UCM showing fall grades

## DPD VERIFICATION STATEMENT POLICY

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The Verification Statement Policy includes the recipients of verification statements and the procedure for provision of statements to graduates. Approximately 3-4 weeks after graduation, the registrar's office posts a graduation date in the student's record in SIS after the final grades have been posted and all requirements have been met. The DPD Director completes the verification statements within 4-6 weeks after graduation. A few students have only a few weeks between graduation and beginning their internships. If the DPD Director is aware of this, she will make an extra effort to watch for graduation conferral in order to provide statements on time. Transcripts are compared to the DPD Checklist to verify completion. Five copies are sent to the graduate. One signed copy is kept in the student's permanent file. Students may request additional copies if needed. Verification statements are processed after Spring, Summer, and Fall semesters. There is no stricter GPA for verification than the GPA for graduation. Each student will receive at least five copies of their Verification Statements, all of which must have an ORIGINAL signature of the Program Director (Coordinator). You may need these statements to:

- include in your permanent file
- submit with The Academy of Nutrition and Dietetics' Membership application
- submit with application(s) for Dietetic Internships
- submit with application for state licensure/certification

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## RECENCY OF EDUCATION AND VERIFICATION STATEMENT

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Students must graduate within 5 years of completing DPD requirements to receive a verification statement. Some internships require signed DPD (Didactic Program in Dietetics) Verification Statements must be dated within five (5) years of the postmark deadline for application to the Dietetic Internship Program. Additional courses in dietetics or related courses are required to update DPD coursework. Courses taken to satisfy the requirements must be taken at a U.S. regionally accredited university or college. An official transcript verifying completion of the courses with a grade of "C" or better must accompany the dietetic internship program application packet. Only courses completed within the last five (5) years are acceptable. A current Verification Statement signed by the DPD Program Director and a transcript documenting completion of required courses must be submitted with the dietetic internship application packet. Medical Nutrition Therapy I and II courses need to be retaken at UCM for the student to receive an updated verification statement. Students must graduate within 5 years of completing DPD requirements.

## DIETETIC ORGANIZATIONS and ASSOCIATIONS

### THE ACADEMY OF NUTRITION AND DIETETICS

The Academy of Nutrition and Dietetics is the largest professional organization of food and nutrition professionals. It was founded in 1917, and is a powerful advocate on behalf of the dietetics profession, serving the public through the promotion of optimal nutrition, health, and well-being. More than 70,000 members in the United States and abroad help shape food choices and improve the nutrition status of the public. The Academy of Nutrition and Dietetics' members represent a diverse mix of professional interests, experiences, and involvement. They work in settings ranging from health care facilities and universities to businesses and government or community agencies to private practice. Becoming a member of the Academy of Nutrition and Dietetics. Students

interested in pursuing a career in dietetics are encouraged to become a student member of the Academy of Nutrition and Dietetics during their junior and/or senior years. Membership applications are available from Dietetics faculty and the Dietetics Bulletin Board on the second floor of Gunter or online at the Academy of Nutrition and Dietetics website. The membership year is June 1 -May 31 and dues are not prorated if you elect to become a member after June 1. Currently the dues for associate (student) membership are \$50 per year. Becoming a member of the Academy of Nutrition and Dietetics automatically makes you a member of an affiliate association. Most UCM students choose the Missouri Dietetic Association as their affiliate however any state association may be selected. Membership in professional associations is an indication of your commitment and interest in the profession. They offer many opportunities for volunteerism and obtaining valuable experience. Attending association meetings is an excellent means of networking and finding out more about the practice of dietetics. Educational sessions are a part of each meeting and discounts on publications are available to members along with other benefits

### STUDENT DIETETIC ASSOCIATION (SDA):

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The UCM Student Dietetic Association is a highly active student organization that promotes nutrition and wellness across campus and the community. Membership and participation in the association is highly encouraged. The cost is \$10.00 per semester. There are many advantages to being a member beyond the usual fellowship with classmates and faculty and an item to include on a resume. The SDA provides students an avenue for networking with other students and nutrition professionals, participation in campus activities, and outreach activities. Through volunteering, there are ample opportunities for students to gain experience in the field of nutrition and dietetics. Student involvement gives the faculty an opportunity to evaluate students for recommendations and internship directors consider student involvement when accepting students for internships. Also the Regina Myers McClain scholarships consider involvement in SDA. Fund raisers help those students that were involved in the club to make trips to professional meetings.

# The Academy of Nutrition and Dietetics

## CODE OF ETHICS FOR THE PROFESSION OF DIETETICS

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### Code of Ethics for the Nutrition and Dietetics



Effective Date: June 1, 2018

### PREAMBLE:

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When providing services the nutrition and dietetics practitioner adheres to the core values of customer focus, integrity, innovation, social responsibility, and diversity. Science-based decisions, derived from the best available research and evidence, are the underpinnings of ethical conduct and practice.

This Code applies to nutrition and dietetics practitioners who act in a wide variety of capacities, provides general principles and specific ethical standards for situations frequently encountered in daily practice. The primary goal is the protection of the individuals, groups, organizations, communities, or populations with whom the practitioner works and interacts.

The nutrition and dietetics practitioner supports and promotes high standards of professional practice, accepting the obligation to protect clients, the public and the profession; upholds the Academy of Nutrition and Dietetics (Academy) and its credentialing agency the Commission on Dietetic Registration (CDR) Code of Ethics for the Nutrition and Dietetics Profession; and shall report perceived violations of the Code through established processes.

The Academy/CDR Code of Ethics for the Nutrition and Dietetics Profession establishes the principles and ethical standards that underlie the nutrition and dietetics practitioner's roles and conduct. All individuals to whom the Code applies are referred to as "nutrition and dietetics practitioners". By accepting membership in the Academy and/or accepting and maintaining CDR credentials, all nutrition and dietetics practitioners agree to abide by the Code.

### PRINCIPLES AND STANDARDS:

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#### 1. Competence and professional development in practice (Non-maleficence)

Nutrition and dietetics practitioners shall:

- a. Practice using an evidence-based approach within areas of competence, continuously develop and enhance expertise, and recognize limitations.
- b. Demonstrate in depth scientific knowledge of food, human nutrition and behavior.
- c. Assess the validity and applicability of scientific evidence without personal bias.
- d. Interpret, apply, participate in and/or generate research to enhance practice, innovation, and discovery.
- e. Make evidence-based practice decisions, taking into account the unique values and circumstances of the patient/client and community, in combination with the practitioner's expertise and judgment.
- f. Recognize and exercise professional judgment within the limits of individual qualifications and

- collaborate with others, seek counsel, and make referrals as appropriate.
- g. Act in a caring and respectful manner, mindful of individual differences, cultural, and ethnic diversity.
  - h. Practice within the limits of their scope and collaborate with the inter-professional team.

## 2. INTEGRITY IN PERSONAL AND ORGANIZATIONAL BEHAVIORS AND PRACTICES (AUTONOMY)

Nutrition and dietetics practitioners shall:

- a. Disclose any conflicts of interest, including any financial interests in products or services that are recommended. Refrain from accepting gifts or services which potentially influence or which may give the appearance of influencing professional judgment.
- b. Comply with all applicable laws and regulations, including obtaining/maintaining a state license or certification if engaged in practice governed by nutrition and dietetics statutes.
- c. Maintain and appropriately use credentials.
- d. Respect intellectual property rights, including citation and recognition of the ideas and work of others, regardless of the medium (e.g. written, oral, electronic).
- e. Provide accurate and truthful information in all communications.
- f. Report inappropriate behavior or treatment of a patient/client by another nutrition and dietetics practitioner or other professionals.
- g. Document, code and bill to most accurately reflect the character and extent of delivered services.
- h. Respect patient/client's autonomy. Safeguard patient/client confidentiality according to current regulations and laws.
- i. Implement appropriate measures to protect personal health information using appropriate techniques (e.g., encryption).

## 3. PROFESSIONALISM (BENEFICENCE)

Nutrition and dietetics practitioners shall:

- a. Participate in and contribute to decisions that affect the well-being of patients/clients.
- b. Respect the values, rights, knowledge, and skills of colleagues and other professionals.
- c. Demonstrate respect, constructive dialogue, civility and professionalism in all communications, including social media.
- d. Refrain from communicating false, fraudulent, deceptive, misleading, disparaging or unfair statements or claims.
- e. Uphold professional boundaries and refrain from romantic relationships with any patients/clients, surrogates, supervisees, or students.
- f. Refrain from verbal/physical/emotional/sexual harassment.
- g. Provide objective evaluations of performance for employees, coworkers, and students and candidates for employment, professional association memberships, awards, or scholarships, making all reasonable efforts to avoid bias in the professional evaluation of others.
- h. Communicate at an appropriate level to promote health literacy.
- i. Contribute to the advancement and competence of others, including colleagues, students, and the public.

## 4. SOCIAL RESPONSIBILITY FOR LOCAL, REGIONAL, NATIONAL, GLOBAL NUTRITION AND WELL-BEING (JUSTICE)

Nutrition and dietetics practitioners shall:

- a. Collaborate with others to reduce health disparities and protect human rights.
- b. Promote fairness and objectivity with fair and equitable treatment.

- c. Contribute time and expertise to activities that promote respect, integrity, and competence of the profession.
- d. Promote the unique role of nutrition and dietetics practitioners.
- e. Engage in service that benefits the community and to enhance the public's trust in the profession.
- f. Seek leadership opportunities in professional, community, and service organizations to enhance health and nutritional status while protecting the public.

## GLOSSARY OF TERMS:

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**Autonomy:** ensures a patient, client, or professional has the capacity and self-determination to engage in individual decision-making specific to personal health or practice.<sup>1</sup>

**Beneficence:** encompasses taking positive steps to benefit others, which includes balancing benefit and risk.<sup>1</sup>

**Competence:** a principle of professional practice, identifying the ability of the provider to administer safe and reliable services on a consistent basis.<sup>2</sup>

**Conflict(s) of Interest(s):** defined as a personal or financial interest or a duty to another party which may prevent a person from acting in the best interests of the intended beneficiary, including simultaneous membership on boards with potentially conflicting interests related to the profession, members or the public.<sup>2</sup>

**Customer:** any client, patient, resident, participant, student, consumer, individual/person, group, population, or organization to which the nutrition and dietetics practitioner provides service.<sup>3</sup>

**Diversity:** "The Academy values and respects the diverse viewpoints and individual differences of all people. The Academy's mission and vision are most effectively realized through the promotion of a diverse membership that reflects cultural, ethnic, gender, racial, religious, sexual orientation, socioeconomic, geographical, political, educational, experiential and philosophical characteristics of the public it services. The Academy actively identifies and offers opportunities to individuals with varied skills, talents, abilities, ideas, disabilities, backgrounds and practice expertise."<sup>4</sup>

**Evidence-based Practice:** Evidence-based practice is an approach to health care wherein health practitioners use the best evidence possible, i.e., the most appropriate information available, to make decisions for individuals, groups and populations. Evidence-based practice values, enhances and builds on clinical expertise, knowledge of disease mechanisms, and pathophysiology. It involves complex and conscientious decision-making based not only on the available evidence but also on client characteristics, situations, and preferences. It recognizes that health care is individualized and ever changing and involves uncertainties and probabilities. Evidence-based practice incorporates successful strategies that improve client outcomes and are derived from various sources of evidence including research, national guidelines, policies, consensus statements, systematic analysis of clinical experience, quality improvement data, specialized knowledge and skills of experts.<sup>2</sup>

**Justice (social justice):** supports fair, equitable, and appropriate treatment for individuals<sup>1</sup> and fair allocation of resources.

**Non-Maleficence:** is the intent to not inflict harm.<sup>1</sup>

### References:

1. Fornari A. Approaches to ethical decision-making. *J Acad Nutr Diet.* 2015;115(1):119-121.
2. Academy of Nutrition and Dietetics Definition of Terms List. June, 2017 (Approved by Definition of Terms Workgroup Quality Management Committee May 16, 2017). Accessed October 11, 2017. <http://www.eatrightpro.org/~media/eatrightpro%20files/practice/scope%20standards%20of%20practice/academydefinitionoftermslist.ashx>
3. Academy of Nutrition and Dietetics: Revised 2017 Standards of Practice in Nutrition Care and Standards of Professional Performance for Registered Dietitian Nutritionists. *J Acad Nutr Diet.* 2018; 118: 132-140.
4. Academy of Nutrition and Dietetics "Diversity Philosophy Statement" (adopted by the House of Delegates and Board of Directors in 1995).



## INTRODUCTION TO DIETETICS – FOR NEW AND PROSPECTIVE STUDENTS (20.1.A)

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**WHAT IS DIETETICS?** Dietetics is a health-related career that involves translating the sciences of nutrition and food to promote good health. In short, it's Nutrition, Food & Health! It is a vital and growing profession with many career possibilities. Dietitians have an aptitude for science, an interest in nutrition and food, and enjoy working with people.

Dietetics is a challenging biological field. In addition to courses in nutritional sciences and food science, you will study microbiology, physiology, chemistry and biochemistry. Dietetics students also study foodservice systems management, business, psychology, statistics and communication.

An interest in food is important because you will help people select and obtain food to nourish their bodies in health and disease. You may also manage the preparation and service of food for groups of people.

Working with people is a major part of the job, usually in a teaching or supervisory role. You may teach individuals or groups how to improve their eating behavior. You may hire and train employees in food production as a food and nutrition manager.

Dietitians and nutritionists plan food and nutrition programs, supervise meal preparation and oversee the serving of meals. They prevent and treat illnesses by promoting healthy eating and recommending dietary modifications. For example, dietitians might teach a patient with high blood pressure how to use less salt when preparing meals, or create a diet reduced in fat and sugar for an overweight patient. They might counsel patients with kidney disease or diabetes on diet and nutrition principles important in treating their disease. They determine methods and develop special formulations to feed patients who are unable to eat (e.g. critically ill and comatose patients, etc.).

Dietitians manage food service systems for institutions such as hospitals and schools, promote sound eating habits through education, and conduct research. Many dietitians specialize, becoming a clinical dietitian, community dietitian, management dietitian, or consultant.

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### DIETITIAN VS NUTRITIONIST – WHAT IS THE DIFFERENCE?

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Have you ever wondered what the difference is between a “*nutritionist*” and a “*dietitian*”? To put it simply, a “*nutritionist*” has no concrete definition, while a “*dietitian*” has credentials to go with the term. Any person working in a health food store or otherwise can call themselves a “*nutritionist*”. A “*Registered Dietitian Nutritionist*” (*RDN*), is a credential just like a Registered Nurse (RN) or Medical Doctor (MD). To become a “*RDN*” you must earn the minimum of a Bachelors Degree in Dietetics, complete an accredited Dietetic Internship, take and pass the RD exam, and complete 75 continuing education credits every 5 years. (See section on “Registered Dietitian – The Professional Credential.”) A “*Registered Dietitian Nutritionist*” is knowledgeable in the science of nutrition. They learn how to interpret research studies and apply that knowledge to counseling individuals on how to improve their lifestyle and health. He or she is able to review a person’s medical history, current symptoms, medications, supplements, exercise routine, weight, and eating habits and give advice that is safe and effective for them to reach their goals.

A “*Nutritionist*” may or may not have the credentials of a Registered Dietitian Nutritionist. An *RDN* is the recognized authority on nutrition in the US. Some nutritionists claim they have credentials, but if they are not an RDN, their credentials may not be backed by science, education, and experience. The *RDN* credential signifies professional competence. The Academy for Nutrition and Dietetics (AND) is the professional association that establishes the criteria for becoming registered and administers the process. For further information on this association, see: <http://www.eatright.org>

When hiring employees for work in the nutrition/dietetics field, employers look for the *RDN* credential. In fact, most positions in the nutrition/dietetics field require it.

## JOBS/CAREERS IN DIETETICS AND NUTRITION

You will find dietitians working in a wide variety of employment settings and in a variety of specialties within the field of dietetics. Let’s look at both employment settings and types of specialties.

### Employment Settings

1. *Hospitals, HMO’s or other health-care facilities* – educating patients about nutrition and administering medical nutrition therapy as part of the health-care team. They may also manage the foodservice operations in these settings, as well as in schools, day- care centers and correctional facilities, over-seeing everything from food purchasing and preparation to managing staff.
2. *Corporate wellness and sports nutrition programs* – educating clients about the connection between food, fitness and health. They work in a variety of corporate and business settings, athletic teams, health/recreation clubs and spas.
3. *Food and nutrition-related business and industries* – working in communications, consumer affairs, food labeling public relations, marketing, product development or consulting with chefs in restaurants and culinary schools.
4. *Private practice* – working under contract with health-care or food companies, or in their own business. They may provide services to foodservice or restaurant managers, food vendors and distributors, athletes, nursing home residents, and company employees.
5. *Public health and community settings* – teaching, monitoring and advising the public and helping improve their quality of life through healthy eating habits. They work in public and home health agencies, day care centers, government funded programs (many focus on pregnant women, children, elderly, disabled individuals and underprivileged).
6. *Universities and medical centers* – teaching physician’s assistants, nurses, dietetics students, dentists and others the sophisticated science of foods and nutrition.
7. *Research areas* – in food and pharmaceutical companies, universities and hospitals, directing or conducting experiments to answer critical nutrition questions and find alternative foods or nutrition recommendations for the public.

### Specialties/Areas of Practice

1. *Clinical Nutrition* – a member of the health care team. They develop and implement nutrition programs; assess patients' nutritional needs, determine nutritional diagnoses, develop individual nutritional care plans, counsel patients and evaluate clinical therapeutic outcomes. They confer with doctors and other healthcare professionals to coordinate medical and nutritional needs. Some clinical dietitians specialize in managing the weight of overweight patients or in the care of renal, diabetic, or critically ill patients. Clinical dietitians may work in hospitals, nursing care facilities, or outpatient settings.
2. *Community Nutrition* – a member of the community public health team. These dietitians assess nutrition needs of individuals and population groups. They plan and coordinate nutritional aspects of programs aimed at improving health and preventing disease at the community level. Community dietitians may also evaluate individual needs, develop nutritional care plans, and instruct individuals and their families. They provide instruction on grocery shopping and food preparation to the elderly, children, and individuals with special needs. They work in a variety of community settings and clinics, with diverse groups of individuals – where good nutrition can improve the quality of life.
3. *Food Service Management* – a member of the management team. They plan, organize, direct and evaluate food service systems. These dietitians are actively involved in nutritional analysis of menus, budgeting, employee training, personnel management, and establishing and maintaining policies and standards. They may work in schools, senior centers, healthcare facilities, company cafeterias, prisons, hotels or restaurants.
4. *Business and Industry* – employed to work in a variety of settings, including sales and promotion, employee fitness and wellness programs, marketing/advertising, public relations, product development, food manufacturing, and on the Internet. In these areas, dietitians analyze foods, prepare literature for distribution, or report on issues such as dietary fiber, vitamin supplements, or the nutritional content of recipes. Supermarkets hire dietitians to work in areas of consumer education and food safety. (For example, see [http://www.hyvee.com/company/careers/dietitian\\_careers.aspx](http://www.hyvee.com/company/careers/dietitian_careers.aspx))
5. *Private Practice/Consultation* – previous experience in dietetic practice is usually needed. These entrepreneurial dietitians provide advice on services in nutritional care and therapeutics, sports nutrition or food service management. They perform nutrition screenings for their clients and offer advice on diet-related concerns such as weight loss and cholesterol reduction, or improving athletic performance through nutrition. These dietitians are generally self-employed or work under contract with healthcare facilities, corporations, etc. Some work for wellness programs, sports teams, supermarkets, and other nutrition-related businesses. They may consult with food service managers, providing expertise in sanitation, safety procedures, menu development, budgeting, and planning.
6. *Education* – plan, implement, and evaluate educational experiences for dietetic, medical, dental, nursing or other allied health students. They are employed by universities and health care facilities. Advanced education is generally required.
7. *Research* – requires advanced preparation in research techniques and often an advanced degree. Typically a research dietitian works closely with other investigators in planning and implementing projects that examine nutrient needs, functions, and interactions in humans or animals. This dietitian may work in a clinical research center in hospitals or academic centers. Research activities may be

incorporated into all areas of dietetic practice – clinical nutrition, community and public health nutrition, foodservice management, etc.

In summary, the field of dietetics offers a wide array of job opportunities in a variety of settings. It is a rewarding profession with an encouraging future. The current emphasis on nutrition and health in this country enhances the marketability of the dietitian.

Note: a *Registered Dietitian Nutritionist (RDN)* credential is typically required for employment in the medical/health care field and preferred for many other employment opportunities in food and nutrition.

Although most positions in the health and wellness fields require the RDN credential, there are opportunities for students who earn their Bachelor's Degree in Dietetics but do not complete the RDN requirements. Positions include Food Service Supervisor or Manager (ex. School Nutrition Programs, College and University Dining Services, etc.); Community Nutritionist (ex. WIC programs); jobs with Food, Health and Pharmaceutical companies (ex. Research/Development, Sales, Marketing, and Consumer Relations); jobs with Food Distribution Companies (ex. Marketing Associates); jobs in Health and Wellness (ex. Athletic Clubs, Corporate Wellness programs, etc.); jobs in the hospitality industry, etc. In addition, graduates of the B.S. Dietetics program are eligible to take the Registration Examination for Dietetic Technicians and obtain the "Dietetic Technician Registered" credential (DTR). (See: <http://www.cdrnet.org/certifications/rddtr/dtrindex.htm> for further information on this process.)

Please view this video by The Academy of Nutrition and Dietetics for more information on careers: <http://www.eatright.org/students/careers/videos.aspx>

### **Job Titles**

Here are some examples of "Job Titles" that have been held by graduates of dietetics programs. Some positions require the RD Credential, some do not.

- Cardiovascular Nutritionist or Dietitian
- Chef RD
- Clinical Dietitian
- Clinical Nutrition Manager
- Community Nutritionist
- Consultant Dietitian
- Corporate Dietitian or Corporate Wellness Dietitian
- Diabetes Educator
- Didactic Program Director
- Dietary Coordinator
- Dietary Manager
- Dietetic Technician
- Director of Nutrition & Food Services
- Director – Wellness Program
- Educator
- Food Allergy Specialist
- Food Bank Nutritionist

- Food Behaviorist
- Food Service Director or Food Service Manager
- Health/Lifestyle Coach
- Internship Director
- Medical Nutrition Therapist
- Nutritionist or Nutrition Specialist
- Nutrition Researcher/Scientist
- Nutrition Support Dietitian
- Outpatient Dietitian
- Pediatric/Neonatal Dietitian
- Private Practice Dietitian
- Recipe Developer
- Registered Dietitian
- Research Coordinator
- Restaurant Consultant
- School Foodservice Director
- Sports and Cardiac Rehab Dietitian
- Weight Management Nutritionist or Dietitian
- WIC Nutritionist/Program Director

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## JOB OUTLOOK

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According to the U.S. Bureau of Labor Statistics, more than half of all jobs for dietitians and nutritionists are in hospitals, nursing care facilities, outpatient care centers, or offices of physicians and other health practitioners. State and local government agencies provide additional jobs—mostly in correctional facilities, health departments, and other public-health-related areas. Some dietitians and nutritionists are employed in special food services, an industry made up of firms providing food services on contract to facilities such as colleges and universities, airlines, correctional facilities, and company cafeterias.

Other jobs are in public and private educational services, community care facilities for the elderly (which includes assisted-living facilities), individual and family services, home healthcare services, and the Federal Government—mostly in the U.S. Department of Veterans Affairs. Some dietitians are self-employed, working as consultants to facilities such as hospitals and nursing care facilities or providing dietary counseling to individuals.

According to the U.S. Bureau of Labor Statistics, Employment of dietitians and nutritionists is projected to grow 21 percent from 2012 to 2022, (<http://www.bls.gov/ooh/healthcare/dietitians-and-nutritionists.htm>) because of the increased emphasis on disease prevention, a growing and aging population and public interest in nutrition. *Journal of Academy of Nutrition and Dietetics (JAND) Supplement* (March 2012) gives supply and demand information for the profession. Supply growth is 7% over the next decade, but will need to outstrip supply by 18,000 in 2020. Employment in hospitals is expected to show little change because of anticipated slow growth and reduced lengths of hospital stay. Faster growth, however, is anticipated in nursing homes, residential care facilities and physician clinics.

Dietitians with specialized training, an advanced degree, or certifications beyond the particular State's minimum requirement will experience the best job opportunities. Those specializing in renal and diabetic nutrition or gerontological nutrition will benefit from the growing number of diabetics and the aging of the population.

Job growth will result from an increasing emphasis on disease prevention through improved dietary habits. A growing and aging population will boost demand for nutritional counseling and treatment in hospitals, residential care facilities, schools, prisons, community health programs, and home healthcare agencies. Public interest in nutrition and increased emphasis on health education and prudent lifestyles also will spur demand, especially in food service management.

Also, with increased public awareness of obesity and diabetes, Medicare coverage has been expanded to include medical nutrition therapy for renal and diabetic patients, creating job growth for dietitians and nutritionists specializing in those diseases.

For additional information on job outlook and salaries in the field, read the Department of Labor's Bureau of Labor Statistics Occupational Outlook Handbook (section for Dietitians and Nutritionists) located at <http://www.bls.gov/ooh/healthcare/dietitians-and-nutritionists.htm>. This site has information on the Nature of the Work; Training, Other Qualifications, and Advancement; Employment; Job Outlook/Projections; Earnings/Wages; Related Occupations; and Sources of Additional Information.

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STUDENT HANDBOOK AGREEMENT

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I \_\_\_\_\_ have read the University of Central Missouri, Dietetics program Student Handbook and understand its content and intent. I understand the requirements I must meet to successfully graduate with a BS degree in Dietetics.

I also understand that

\_\_\_ If I want to be a registered dietitian, after completing the BS degree, I must complete an internship approved by the accrediting body of the Academy of Nutrition and Dietetics (Accreditation Council for Education in Nutrition and Dietetics (ACEND)). Upon the successful completion of the internship, I will be a candidate to sit for the national exam that, upon passing, I will qualify to be a registered dietitian nutritionist.

\_\_\_ Completing a four year BS degree at UCM does not guarantee a spot in the Dietetic Internship and UCM dietetics program faculty are not responsible for securing preceptors if I chose to apply for the distance internship.

\_\_\_ I was informed about the ACEND required student learning outcomes and TK20 assessment measures described in the handbook.

\_\_\_ I must complete all the required assignments and projects in the major related courses (D&N and FOOD) to meet the ACEND standards. Failing to meet the requirement will result in one letter grade lower than my earned final grade.

\_\_\_\_\_  
Professor

\_\_\_\_\_  
Student

\_\_\_\_\_  
Date