

# Nutrition and Dietetics (N&D)

<http://nursing.und.edu/departments/nutrition-dietetics/>

Alakaam, Bodensteiner, Bohn, Rubash, Shin, Swanson, Tande, Walker and Wang

The Department of Nutrition and Dietetics is a student-centered department with focus on empowering students to reach their full potential in a innovative learning environment. Through teamwork and our progressive curriculum, we prepare students for employment to improve people's well being through the promotion of healthy food choices and optimal nutrition. The department offers two majors and a nutrition minor. The undergraduate programs lead graduates to entry-level competence with degrees in:

B.S. in Community Nutrition  
B.S. in Dietetics

## Academic Advising

Students are assigned an academic adviser at the time of admission to the University if the student has declared a Pre-Dietetics or Community Nutrition major. Majors within the department are advised to follow the appropriate curriculum leading to either a Bachelor of Science in Dietetics or a Bachelor of Science in Community Nutrition. Since the Department of Nutrition and Dietetics strives to reflect current trends in the profession, there may be changes in the curriculum after the printing of this catalog.

## Service Learning

Students within the Department of Nutrition and Dietetics will enhance their own personal and academic development through the completion of service learning activities. The accomplishments gained through these experiences will be demonstrated to others through the development of a reflective portfolio.

## Scholarships

Students may apply annually for awards and scholarships offered within the Department of Nutrition and Dietetics. Various professional organizations also offer competitive scholarships. Information regarding eligibility and application guidelines may be obtained at <http://nursing.und.edu/departments/nutrition-dietetics/department-scholarships.cfm>

## Student Organizations

### Student Association of Nutrition and Dietetics (SAND)

SAND is the student association for all majors and minors within the Department of Nutrition and Dietetics. Information regarding SAND may be obtained from its officers or from the faculty or staff in the department.

## Community Nutrition

The Community Nutrition curriculum is designed to allow students to develop an in-depth understanding of nutrition, based on the biological and social sciences; the ability to communicate nutrition principles effectively and accurately to the public; and the ability to participate as a team member with other community and health care professionals. The focus of study is on the role of nutrition in achieving and maintaining health, emphasizing changing needs through the life cycle. Coursework and supervised practice experience prepares graduates to complete community nutrition assessments and to work individually or collaboratively with other professionals in identifying problems and developing, conducting and evaluating interventions to improve the overall health of individuals and communities. Students majoring in Community Nutrition select from two options: Nutrition and Foods or Nutrition and Society. A Community Nutrition graduate is eligible to become a Licensed Nutritionist (L.N.) in the state of North Dakota.

## Graduation Requirements

To graduate, a Community Nutrition major must earn a grade of "C" or better in all nutrition, foods and science courses, attain an overall grade point average of at least 2.2, and successfully complete 180 hours of supervised practice.

## Coordinated Program in Dietetics

The Coordinated Program in Dietetics combines academic preparation with supervised practice experiences for students who wish to become a Registered Dietitian Nutritionist (R.D.N)/Registered Dietitian (R.D.). Students work in a variety of settings to improve or maintain nutritional health for patients and clients. The special focus of the UND Coordinated Program is dietetic practice in rural communities. Upon completion of this degree, the graduate is eligible to take the examination for professional registration and to apply for active membership in the Academy of Nutrition and Dietetics. Application for admission to the Coordinated Program occurs in spring semester for admission the following fall semester. A minimum grade point average (GPA) of 2.60 and a minimum of a "C" grade in all science, foods, and nutrition courses are required; however, the average GPA of accepted students is closer to 3.40. The Coordinated Program in Dietetics is fully accredited by the Accreditation Council for Education in Nutrition and Dietetics of the Academy of Nutrition and Dietetics (120 South Riverside Plaza, Suite 2000, Chicago, IL 60606-6995; phone 312-899-0040, ext. 540), a specialized accrediting body recognized by the Council for Higher Education Accreditation and the United States Department of Education.

## Admission to the professional phase of the Coordinated Program in Dietetics

To be considered a candidate for admission, the student must have already completed, be currently enrolled in, or plan completion through summer school enrollment of all pre-professional courses. Criteria for admission include a demonstrated interest in the field of dietetics, a minimum GPA of 2.6, and a grade of "C" or better in all nutrition, foods, and science courses and completion of at least 60 service learning hours prior to entering the program.

The application process consists of: submission of an application form; a personal statement incorporated into a letter of application; a portfolio highlighting goals, service learning, and examples of work; and two letters of reference. Eligible applicants are scheduled for personal interviews with selection committee members. At the conclusion of interviews, the committee and faculty meet to determine members of the incoming class. The Coordinated Program is accredited to accept up to 12 students each year; however, the program is not mandated to fill all slots each year. Only students who meet the specific qualifications and pass the application process will be considered.

## Admission of transfer students to the Coordinated Program in Dietetics

Transfer students seeking admission to the professional phase of dietetics must fulfill the same prerequisite requirements as students who complete the pre-professional courses at the University of North Dakota. Students planning to transfer from another accredited institution to UND are advised to contact the Department of Nutrition and Dietetics to verify equivalency of courses on other campuses with those offered at UND prior to applying for admission. All qualified students, whether currently enrolled at or planning to transfer to UND, are given equal consideration.

## Progression requirements

Students in the program must maintain satisfactory performance in all supervised practice experiences, a minimum GPA of 2.6, and at least a "C" in all nutrition, food and science courses to progress and graduate in the program. Failure to do so will result in being placed on probation. The program director will meet in conjunction with the student and academic adviser to discuss the probationary status and develop plans to correct the deficiency.

## Additional expenses

The professional phase of the program has additional expenses due to supervised practice experiences, travel, and professional activities. Additionally, the schedule of classes and supervised practice experiences must have precedence in planning other time commitments, thus limiting employment opportunities. Definite plans for financing the costs of the two years (junior

academic year, summer session, senior academic year) of the professional phase should be arranged prior to application. An estimate of expenses is available from the Department of Nutrition and Dietetics. Financial aid and scholarships are available from various sources. The UND Financial Aid Office can assist in determining which resources are available to individual students.

B.S. in Dietetics (p. )

## College of Nursing and Professional Disciplines

### B.S. in Community Nutrition

Required 125 credits (36 of which must be numbered 300 or above, and 60 of which must be from a 4-year institution) including:

I. Essential Studies Requirements (see University ES listing).

II. Prerequisite Courses:

ENGL 110	College Composition I	3
CHEM 121 & 121L & CHEM 122 & CHEM 122L	General Chemistry I and General Chemistry I Laboratory and General Chemistry II and General Chemistry II Laboratory *	8
ENGL 130	Composition II: Writing for Public Audiences	3
CHEM 340 & 340L	Survey of Organic Chemistry and Survey of Organic Chemistry Laboratory *	5
BMB 301	Biochemistry *	3
ANAT 204 & 204L	Anatomy for Paramedical Personnel and Anatomy for Paramedical Personnel Laboratory	5
PPT 301	Human Physiology	4
PSYC 111	Introduction to Psychology	3
MATH 103	College Algebra	3
MRKT 201	Personal Marketing	3
SOC 326	Sociological Statistics	3
or PSYC 241	Introduction to Statistics	3
COMM 110	Fundamentals of Public Speaking	3
COMM 212	Interpersonal Communication	3
RHS 200	Helping Skills in Community Services	3
T&L 252	Child Development	3
or PSYC 250	Developmental Psychology	3
<b>Total Credits</b>		<b>55</b>

\* CHEM 115 Introductory Chemistry, CHEM 115L Introductory Chemistry Laboratory and CHEM 116 Introduction to Organic and Biochemistry, CHEM 116L Introduction to Organic and Biochemistry Laboratory may be substituted for CHEM 121 General Chemistry I, CHEM 121L General Chemistry I Laboratory, CHEM 122 General Chemistry II, CHEM 122L General Chemistry II Laboratory, CHEM 340 Survey of Organic Chemistry, CHEM 340L Survey of Organic Chemistry Laboratory, and BMB 301 Biochemistry.

III. Required Courses:

N&D 100	Introduction to Nutrition and Dietetics	1
N&D 220	Foodservice Safety and Sanitation	1
N&D 240	Fundamentals of Nutrition	3
N&D 245	Nutrition Through the Life Cycle	3
N&D 250	Consumer Food Issues	3
N&D 335	World Food Patterns	3
N&D 345	Community Nutrition	3
N&D 348	Sports Nutrition	3
N&D 441	Advanced Nutrition	4
N&D 494	Research in Nutrition and Dietetics	2
N&D 497	Supervised Practice in Community Nutrition	4
<b>Total Credits</b>		<b>30</b>

IV. Choice of either Option A or Option B.

Option A:

N&D 260	Principles of Foods and Food Science	5
N&D 340	Foodservice Systems Production *	2
N&D 440	Foodservice Systems Management *	2
<b>Total Credits</b>		<b>9</b>

Option B:

SOC 335	Families in a Changing Society	3
SOC 355	Drugs and Society	3
or PPT 315	Human Pharmacology	
or PPT 410	Drugs Subject to Abuse	
SOC 352	Aging and Society	3
or PSYC 355	Adulthood and Aging	
<b>Total Credits</b>		<b>9</b>

\* MGMT 300 Principles of Management may be substituted for N&D 340 Foodservice Systems Production and N&D 440 Foodservice Systems Management.  
CHEM 115 Introductory Chemistry/CHEM 115L Introductory Chemistry Laboratory(4 cr.) and CHEM 116 Introduction to Organic and Biochemistry/CHEM 116L Introduction to Organic and Biochemistry Laboratory (4 cr.) may replace: CHEM 121 General Chemistry I/CHEM 121L General Chemistry I Laboratory, CHEM 122 General Chemistry II/CHEM 122L General Chemistry II Laboratory, CHEM 340 Survey of Organic Chemistry/CHEM 340L Survey of Organic Chemistry Laboratory and BMB 301 Biochemistry.

V. Electives or minor.

In consultation with adviser, the student will select a minor or electives to meet the University minimum of 125 semester hours of credit for graduation.

### B.S. in Dietetics

Required 125 credits (36 of which must be numbered 300 or above, and 60 of which must be from a 4-year institution) including:

I. Essential Studies Requirements (see University ES listing).

II. The following curriculum:

Pre-professional requirements:

ENGL 110	College Composition I	3
ENGL 130	Composition II: Writing for Public Audiences	3
ANAT 204 & 204L	Anatomy for Paramedical Personnel and Anatomy for Paramedical Personnel Laboratory	5
CHEM 121 & 121L & CHEM 122 & CHEM 122L	General Chemistry I and General Chemistry I Laboratory and General Chemistry II and General Chemistry II Laboratory	8
CHEM 340 & 340L	Survey of Organic Chemistry and Survey of Organic Chemistry Laboratory	5
MATH 103	College Algebra	3
N&D 100	Introduction to Nutrition and Dietetics	1
N&D 220	Foodservice Safety and Sanitation *	1
N&D 240	Fundamentals of Nutrition	3
N&D 245	Nutrition Through the Life Cycle	3
N&D 250	Consumer Food Issues	3
N&D 260	Principles of Foods and Food Science	3
N&D 335	World Food Patterns	3
PPT 301	Human Physiology	4
PSYC 111	Introduction to Psychology	3
COMM 110	Fundamentals of Public Speaking	3

## Electives to meet 125 credits

Total Credits	54
---------------	----

## Professional Dietetics Requirements:

MGMT 300	Principles of Management	3
PSYC 241	Introduction to Statistics	4
or SOC 326	Sociological Statistics	
N&D 340	Foodservice Systems Production	2
N&D 345	Community Nutrition	3
N&D 350	Medical Nutrition Therapy I	2
N&D 440	Foodservice Systems Management	2
N&D 441	Advanced Nutrition	4
N&D 450	Medical Nutrition Therapy II	3
N&D 480	Interprofessional Health Care	1
N&D 494	Research in Nutrition and Dietetics	2
N&D 498	Supervised Practice in Dietetics	31
Total Credits		57

## Minor in Nutrition

Students in other majors may elect to earn a minor in nutrition. The requirements of the minor are the completion of 20 semester hours of credit in nutrition-related courses. To develop the program of study, students must consult an adviser in the Department of Nutrition and Dietetics.

N&D 100	Introduction to Nutrition and Dietetics	1
N&D 220	Foodservice Safety and Sanitation	1
N&D 240	Fundamentals of Nutrition	3
N&D 245	Nutrition Through the Life Cycle	3
N&D 250	Consumer Food Issues	3
N&D 260	Principles of Foods and Food Science	3
N&D 335	World Food Patterns	3
N&D 340	Foodservice Systems Production	2
N&D 345	Community Nutrition	3
N&D 348	Sports Nutrition	3
N&D 440	Foodservice Systems Management	2
N&D 441	Advanced Nutrition	4

A maximum of 4 credits from the following courses may be counted in the minor:

CHEM 116 & 116L	Introduction to Organic and Biochemistry and Introduction to Organic and Biochemistry Laboratory	4
BMB 301	Biochemistry	3

Note: Other courses may be counted toward the minor with written approval of a faculty member in the Department of Nutrition and Dietetics.

## Courses

### N&D 100. Introduction to Nutrition and Dietetics. 1 Credit.

The philosophy, history, future trends, and career options in nutrition and dietetics will be discussed. S/U grading. S.

### N&D 220. Foodservice Safety and Sanitation. 1 Credit.

The study of food safety and sanitation throughout the foodservice system. Upon successful completion of the course material and examination, the student will hold ServSafe® Certification. S.

### N&D 240. Fundamentals of Nutrition. 3 Credits.

Basic principles of nutrition with application for individuals and family groups. F,S,SS.

### N&D 245. Nutrition Through the Life Cycle. 3 Credits.

Optimal growth and development throughout the lifespan requires proper nutrition. The course explores how nutrition needs vary across the lifespan from both a biological and psychosocial perspective. The impact of nutrition from preconception through old age is the focus of this course. Every phase of life is examined with consideration for normal growth and development, nutrient needs, and common nutritional issues. Prerequisite: N&D 240. F.

### N&D 250. Consumer Food Issues. 3 Credits.

Students will explore all aspects of meal management with consideration of the importance of palatability and presentation of food as a means to improve nutritional status. Emphasis will be placed on preparing students with practical skills and knowledge needed to effectively assist consumers, clients and groups with informed food choices. Topics considered by the course include: food composition, purchasing, palatability and quality, meeting nutritional needs through menu planning, budgeting and organizational skills. The impact of various regulatory agencies on protection and distribution of the food supply will be examined. Content will be presented through classroom lectures and activities with opportunity to apply and develop skills in lab sessions. The course will meet for 2 hours of lecture and 2 hours of lab per week. Prerequisites: N&D 240 and one semester of chemistry. F.

### N&D 260. Principles of Foods and Food Science. 3 Credits.

Introduction to food selection and preparation principles, sensory evaluation of food, role of ingredients, and food technology. Emphasizes application of scientific principles in relationship to food composition, physical properties, and chemical reactions during food preparation. Prerequisite: A college level chemistry course. S.

### N&D 335. World Food Patterns. 3 Credits.

Examination of the food patterns of selected world population groups considering the effect of social, cultural, and economic practices on nutritional values. F.

### N&D 340. Foodservice Systems Production. 2 Credits.

Principles of food production as applied to preparation, service, and evaluation of foods; use and operation of food service equipment. Prerequisite: N&D 260. F.

### N&D 345. Community Nutrition. 3 Credits.

This course is the 3-credit course to study nutrition in a community. It provides an opportunity for students to develop a variety of communication skills sufficient for entry into pre-professional practice. The course is designed to allow you, the student to develop the knowledge and skills necessary to plan programs and promote nutritional well-being to the public. Through readings, lectures and class discussions you will work in a group to select a community to assess, research it relative to interrelated health, social and economic concerns, and identify nutrition priorities that need to be addressed in that community. You will hone speaking and writing skills learned in previous courses through a graduated series of assignments, and you will learn how to critique the work of others, to give helpful feedback, and to work effectively to complete group and individual assignments. Prerequisite: N&D 245. S.

### N&D 348. Sports Nutrition. 3 Credits.

Sports Nutrition is an overview of the specialized nutritional needs of recreational and competitive athletes. It presents the scientific basis for the role of food and nutrients during athletic training, performance, and recovery. Prerequisite: N&D 240. F,SS.

### N&D 350. Medical Nutrition Therapy I. 2 Credits.

The study and application of nutritional assessment techniques, nutrition care planning methodologies, interviewing and counseling skills, and medical nutrition therapy for common medical conditions. Prerequisite: N&D 245 and PPT 301. F.

### N&D 440. Foodservice Systems Management. 2 Credits.

Apply principles of management to quantity and quality food production and analysis. Prerequisite: N&D 340. SS.

### N&D 441. Advanced Nutrition. 4 Credits.

A comprehensive investigation of the nutritional needs of humans with emphasis on nutritional biochemistry and current issues. Prerequisites: A grade of C or better in N&D 240, CHEM 116 or CHEM 340, and PPT 301. S,SS.

### N&D 450. Medical Nutrition Therapy II. 3 Credits.

The study and application of nutritional intervention principles and medical nutrition therapy for complex medical conditions. Prerequisites: N&D 350 and N&D 441. F.

### N&D 480. Interprofessional Health Care. 1 Credit.

The focus of this course is learning to work effectively with an interprofessional health care team using a shared patient-centered approach. Case studies will be the primary teaching strategy used. Prerequisite: Senior standing in Dietetics. S/U grading. S.

**N&D 494. Research in Nutrition and Dietetics. 1-4 Credits.**

Study and application of research designs and procedures appropriate to nutrition and dietetics. Repeatable to 6 credits. Prerequisites: Senior status with completion of a statistics course and a minimum of 12 credits in nutrition and dietetics. Repeatable to 6 credits. F,S.

**N&D 497. Supervised Practice in Community Nutrition. 1-4 Credits.**

Development of professional skills and competencies through planned learning experiences in which knowledge and theory are applied to simulated and real-life situations in community nutrition. Prerequisite: N&D 345, enrollment in the Community Nutrition program, and department consent required. Repeatable to 4 credits. F,SS.

**N&D 498. Supervised Practice in Dietetics. 1-12 Credits.**

Development of professional skills and competencies through planned learning experiences in which knowledge and theory are applied to simulated and real-life situations in nutrition and dietetics. Prerequisite: Enrollment in the Coordinated Program in Dietetics; Dietetics majors require consent of instructor one semester prior to enrollment. Repeatable to 31 credits. F,S,SS.

**N&D 499. Special Topics in Nutrition and Dietetics. 1-4 Credits.**

Special topics and/or in depth independent study in selected content areas relative to nutrition and dietetics. Prerequisite: Instructor consent. Repeatable to 6 credits. On demand.