



DIDACTIC PROGRAM IN DIETETICS (DPD) UNDERGRADUATE HANDBOOK

2021-2022

A supplement to the [Undergraduate Student Catalog](#)

Southern Illinois University

School of Human Sciences

College of Health and Human Sciences

Revised June 2021

DPD Handbook 2021-2022

Human Nutrition and Dietetics (HND) Program

Didactic Program in Dietetics (DPDP Handbook Table of Contents)

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Welcome to the Human Nutrition and Dietetics Didactic Program! The faculty and staff are very excited to be part of your journey. The document is to assist current and potential Southern Illinois University students in a variety of ways. The following objectives outline the purpose of this guide:

After reading this handbook, student will be able to:

- ✓ Explain the necessary steps to become a registered dietitian starting from education process to taking the registration exam
- ✓ Distinguish the program’s mission, goals, objectives and university/program policies
- ✓ Identify the role of the Accreditation Council for Education in Nutrition and Dietetics
- ✓ State the policy and procedures related to:
 - Student retention and mandatory advisement
 - Graduation and/or program completion requirements and issuance of Verification Statements
 - Withdrawal and refund of tuition and fees
 - Process for filing complaints
 - Pertinent institutional policies
- ✓ Contrast the terminology used to distinguish a dietitian, diet technician, and nutritionist

For additional information pertaining to the program, please contact the DPD director.

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[Program Website](#)

ACCREDITATION COUNCIL FOR EDUCATION IN NUTRITION AND DIETETICS

The DPD program at Southern Illinois University is accredited by the [Accreditation Council for Education in Nutrition and Dietetics \(ACEND®\)](#). This agency is responsible for approving the program goals and outcome objectives and serves and protects students and the public by assuring the quality and continued improvement of nutrition and dietetics education programs” (eatright.org/ACEND).

The procedure for addressing concerns and complaints regarding the DPD are discussed on the following page. Other questions related to SIU DPD program can be addressed by the following organizations:

ACEND Headquarters 120 South Riverside Plaza, Suite 2190 Chicago, IL 60606-6995 800/877-1600 ex.5400, https://www.eatrightpro.org/acend	Washington, DC Office The Academy of Nutrition and Dietetics 1120 Connecticut Avenue NW, Suite 480 Washington, DC 20036 202/775-8277
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WANT TO BE A REGISTERED DIETITIAN/NUTRITIONIST?

Welcome to the profession that has been ranked a hot career choice for 2020 and beyond! According to the [Bureau of Labor Statistics](#), employment for Registered Dietitian Nutritionists (RDNs) is expected to grow faster than the average profession. [Forbes Magazine](#) also highlighted dietetics as one of the best 25 jobs for millennials based off of employment opportunities and wages. It's a great time to join a growing profession that provides a variety of career options!

Twenty-five years ago, there were only a handful of employment opportunities available to dietitians. Typically, dietitians worked in health care settings, in either clinical or food service management, while a few dietitians worked in education. Today, in addition to traditional career paths, dietitians are moving in directions they have never gone before, and interest in non-traditional jobs is increasing. The "well" population has developed an interest in fitness and healthy food choices. This has opened the doors for employment in various fields: private practice, public health, business, industry, education, research, product development, government/politics, media, marketing, book publishing, sales, health promotion, sports nutrition, spas, fitness centers, and restaurants. Opportunities even exist for consultants and public speakers.

The first step to become a Registered Dietitian Nutritionist (RDN) and/or Licensed Dietitian/Nutritionist (LDN) in the State of Illinois requires successful completion of an accredited DP program. To become a RDN or LDN the following qualifications apply*:

1. Complete a minimum of a bachelor's degree at a university accredited by the Accreditation Council for Education in Nutrition and Dietetics (ACEND®). Once the registrar's office confirms the student graduated, a Verification of Completion Form will be issued confirming the knowledge requirements for Registered Dietitian Nutritionists have been met.
2. 1200 hours of supervised practice (also called dietetic internship – DI) through an ACEND® accredited Dietetic Internship, Coordinated Program in Dietetics or an Individualized Supervised Practice Pathway (ISPP) offered through an ACEND® accredited program. For more information, please click
3. Successful completion of a national examination administered by [Commission on Dietetic Registration](#) (CDR).
4. To maintain the credential, an RDN must complete continuing professional educational requirements.

Note: The state of Illinois requires registered dietitian/nutritionist also be licensed. To see if your state requires licensure, click [here](#).

To become a DTR the following qualifications apply:

1. Successful completion of a Dietetic Technician Program accredited by the [Accreditation Council for Education in Nutrition and Dietetics \(ACEND®\)](#) that includes 450 hours of supervised practice experience in various community-based programs, health care and foodservice facilities and completion of at least a two year associate's degree at a U.S. regionally accredited college or university
2. Completion of a Baccalaureate at a university accredited by the Accreditation Council for Education in Nutrition and Dietetics (ACEND®) or successful completion of coursework in an ACEND®-accredited Didactic Program in Dietetics and completion of at least a bachelor's degree at a U.S. regionally accredited college or university
3. Successful completion of a national examination administered by the [Commission on Dietetic Registration](#) (CDR)
4. To maintain the credential, a DTR must complete continuing professional educational requirements

**Effective January 1, 2024, the Commission on Dietetic Registration (CDR) will require a minimum of a master's degree to be eligible to take the credentialing exam to become a registered dietitian nutritionist (RDN).*

PROGRAM INFORMATION

Mission Statement

Southern Illinois University's Human Nutrition and Dietetics Didactic Program is committed to delivering a progressive, evidence based curriculum with specialized course work to ensure graduates meet the core knowledge requirements to be successful in supervised practice leading to eligibility for the Commission on Dietetic Registration (CDR) credentialing exam to become a registered dietitian nutritionist.

Goals and Measurable Outcomes of the DPD Program

Goal #1: The DPD program will produce graduates who are qualified to enter and be successful in accredited supervised practice programs, health or science specific careers, or graduate school.

Objectives measures for Goal #1
At least 80% of program students complete program/degree requirements within 3 years (150% of the program length).
60% of program graduates apply for admission to a supervised practice program prior to or within 12 months of graduation.
45% of program graduates are admitted to a supervised practice program within 12 months of graduation.
Over 50% (national average) of program graduates who apply to supervised practice will be admitted within 12 months of graduation.
60% of students who did not apply -or get accepted- into supervised practice programs who return the alumni survey will either have: taken the DTR exam, and/or secured employment in a health or science related field, and/or gained acceptance into graduate school within a year of completing/graduating from the DPD program.

Goal #2: Graduates will demonstrate integration of nutrition sciences and theory, critical thinking skills, and the overall tools necessary to be competent professionals.

Objectives for goal #2
80% of seniors participating in an exit interview will rate the academic preparation they received to be competent professionals as satisfactory or better.
The program's one-year pass rate (graduates who pass the registration exam within one year of first attempt) on the CDR credentialing exam for dietitian nutritionists is at least 80%.
Over a 5-year period, 85% of supervised practice program directors who return the survey will rank program graduates as satisfactory or better on educational preparation for supervised practice.
Over a 5-year period, 80% of alumni who complete the alumni survey will rate their knowledge base and critical thinking skills for entry level positions as satisfactory or better.

Note: Program outcome data available upon request. Please send written request to the program director via the contact information provided above.

SIU GENERAL INFORMATION, POLICIES AND PROCEEDURES

SIU’s Human Nutrition and Dietetics Program complies with established University policies involving access to student support services, disciplinary procedures, protection of student civil rights and privacy, and the process 3 for student grievances. Additional information regarding these and other policies and procedures can be located in the [Southern Illinois University Undergraduate Catalog 2021 - 2022](#).

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University Core Curriculum	Page 30
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All SIU Policies	http://policies.siu.edu/masterindex.html#d
Academic Calendar	http://registrar.siu.edu/calendars/academic1617.html
Discrimination	http://policies.siu.edu/personnel-policies/chapter4/ch4-all/discrimination-sexualharassmentprocedures.php
Student Conduct Code	http://policies.siu.edu/_common/documents/student-conduct-code.pdf
Other Student Regulations and Policies	http://policies.siu.edu/other_policies/chapter3/index.html

Our priority is ensuring DPD students’ needs are met. Any students who have a grievance with the DPD program are asked to meet with the program director to discuss concerns and devise a resolution. If the issue is not resolved, or if the issue is with the DPD director, the student is encouraged to meet with the Dr. Juliane Wallace (juliane@siu.edu or 618/453-3115), the director of the School of Human Sciences. Dr. Wallace will follow department policy (see above). Please note a student should **always** feel free to discuss concerns without fear of retaliation. Certain grievances fall under the jurisdiction of the university, at which time the University’s grievance policy will be followed (see above). If there is concern with the program’s compliance with the Standards of education or with published accreditation policies, the student is welcome to contact ACEND at the contact information provided on the previous page. All complaints and resolutions will be kept in a binder in the director’s office for seven years.



DPD GENERAL INFORMATION, POLICIES AND PROCEDURES

I. Admission into DPD

- a. Admission requirements to SIU are provided [here](#).
- b. At this time, there are no specific admission standards in place to gain entry into the DPD program.
- c. However, there is criteria in place for retention within the program.

II. Maintaining DPD status

- a. Per the 2021-2022 Undergraduate Catalog: "All DPD students are required to maintain at least a 2.85 (on a 4.0 scale) cumulative GPA and a 3.0 in HND courses to remain in the DPD program".
- b. If a student drops below minimum requirements, they will be placed on departmental probation and have one semester to reestablish the minimum requirements (2.85 cumulative GPA and a 3.0 in HND courses)". If a student demonstrates a progression to GPA with the potential of graduating with the minimum requirement, he/she will remain in the DPD program. When appropriate, students will be provided a referral to address any factors compromising his/her grades. Referrals may be made to SIU Center for Learning Support Services for the writing center, tutoring, math and science open lab tutoring; Career Services; stress management at the Student Health Center; Wellness Center; Counseling Center; financial aid; etc.
- c. If the student is unable to bring his/her grade up to minimum, or to demonstrate progression toward meeting standards he/she will graduate with a Bachelor of Science degree in Human Nutrition and Dietetics, but will not receive a verification statement allowing for supervised practice.
- d. If a student decides the program does not meet his/her personal or career goals, they will be referred to Career Services to meet with staff to explore career options.



III. Advisement

- a. Transfer students, incoming students, undeclared students, or students enrolled in another program who are interested in the DPD program will meet with an academic advisor in the School of Human Science (SHuS) to discuss the criteria of the program, and when appropriate, articulation of credits will occur.
- b. The advisor will complete a curriculum form containing the courses that will transfer into the DPD program per [SIU's articulation and evaluation process](#) (when appropriate). This form will be sent to the DPD director, who will make a didactic plan for the remaining semesters the student will be in the program till graduation. Note: the program does not grant credit, experiential learning hours nor direct assessment students' prior learning. A course that articulates into SIU from another college will be applied towards the DPD program. However, if there is not an established equivalency, a review of the syllabi and course description from the undergraduate catalog will be conducted to determine if the course will be accepted.
- c. Students will continue to meet with Jasmine until they finalize their second year and then his/her name will be transferred to the DPD director, who will then monitor student's advisement process.
Students are required to meet with their advisor once a semester for the advisement process, at which time a run number will be provided to log into the system to register. Students will receive an email reminder to schedule an advisement appointment.
- f. The advisement process will also include a review of the student's GPA, and if it is noted grades are declining and/or the GPA is not meeting the requirements to remain in the program, the advisor will discuss factors influencing the student's grades. The student will then be referred to the appropriate [services](#) to assist in improving grades. Advisors will document advisement session in Degree Works or the SSC Campus system.

IV. Program Completion/Graduation Requirements

- a. Expected completion time to meet program requirements are as follows:
 - i. Six years: student entering the program with no prior credits
 - ii. Four and a half years: student entering with an associate degree
 - iii. Variable: students entering college with transfer credits are expected to complete the program within 150% time of credits hours remaining to complete program
 - iv. Three years: students who have already obtained a bachelor's degree or starting
- b. All DPD students who do not already have a bachelor's degree in another program must meet the requirements for a Baccalaureate Degree.
 - i. At least 120 total hours successfully completed
 - ii. Each student must have at least 42 hours in courses that number 300 or above from a four-year institution
 - iii. At least 60 senior institution hours successfully completed
 - iv. Bachelor of Science in Nutrition and Dietetics is awarded after successful completion of 120 credit hours as outlined above
- c. All successful graduates of the DPD program or those successfully completing the required DPD courses will receive a verification statement if the GPA meets the requires set forth in the [undergraduate catalog](#).

V. Disciplinary and Termination Procedures

- a. Students in the DPD program are expected to conduct themselves in an ethical, professional manner as outlined in HND 100.
- b. All SIU students are expected adhere to the [Student Conduct Code](#).
- c. Academic expectations and remedial action can be found in the [Grading and Scholastic Regulations](#).

VI. Miscellaneous

- a. Insurance/liability
 - i. It is the student's responsibility to obtain transportation to travel to and from assigned destinations associated with fulfilling expectations of an academic course.
 - ii. It is expected students possess a valid driver's license and adhere to auto insurance regulation set forth by the State of Illinois.
 - iii. Any physical injuries incurred while completing a volunteer experience are the responsibility of the student.
 - iv. All students are expected to adhere to laws requiring health insurance.
 - v. Professional liability insurance is not needed for DPD students
- b. Criminal Background Checks and Drug testing
 - i. DPD student volunteering or attending an offsite facility to meet a course requirement will be instructed how to proceed if a background checks or drug testing is mandated.
 - ii. Note: most internships require the above information. You will be instructed how to proceed by the DI you attend.

Verification and Declaration of Intent Forms

As mentioned above, in order to be eligible to sit for the national examination to become an RDN, a graduate must first complete 1200 hours of supervised practice through an ACEND® accredited Dietetic Internship. In order to apply for an internship through the DICAS system, a student must be verified as completed, or being near completion, of DPD coursework. There are two forms available to achieve this goal:



Declaration of Intent: a digital form on DICAS the DPD director must complete. This form outlines the remaining courses required for graduation. It serves as an agreement between the student and the DPD Director confirming that the courses will be completed before being eligible to receive the Verification Statement and start the DI Program.

Verification Statement: document prepared by the DPD Director after graduation that verifies completion of Southern Illinois University's DPD program and BS degree. All graduates who meet the DPD eligibility requirements at graduation will receive a Verification Statement. An electronic version of this document will be sent to graduates' email once the Registrar's Office confers graduation.

DPD graduates who are applying for DI programs should request a digital Verification Statement through the DICAS system. *Please note: Once an applicant matches to a DI program, he/she will be required to submit an original Verification Statement with an original signature of the DPD Director to the DI Director before starting the program. DPD graduates who do not receive the Verification Statement or have misplaced it should contact the program director.*

Current DPD students applying via DICAS must select the Declaration of Intent form. The DPD Director will receive an email requesting the remaining course work required for graduation be documented. Once this is complete, DICAS sends it back to the applicant for confirmation of accuracy. Once confirmed, the applicant should accept the form. If for any reason applicants do not accept this coursework, they should add a comment why they do not accept it and DICAS will return it to the DPD Director. This section - once all parties are satisfied - must be complete to submit your DI application.

In summary, **all** DI applicants must request either the "Declaration of Intent" or "Verification Statement" in the DPD Program Information section of the DICAS online application. All applicants also must list the current DPD director at Southern Illinois University on the form.

NOTE: Student meeting the requirements to obtain a Bachelor of Science Degree in Nutrition and Dietetics may not receive a Verification Statement if the GPA requirements are not met.

**Courses Necessary to Graduate with a Degree from the DPD Program
And Receive a Verification Statement**

DPD Professional Courses	DPD Science Courses
AH 105 (2) Medical Terminology	CHEM 140A (4) Chemistry (w/lab)
EPSY 402 (3) Statistics	CHEM 140B (4) Chemistry (w/lab)
HED 415 (3) Health Counseling	HND 425 (3) Nutrition Biochemistry
HND 100 (1) Careers in Dietetics	MICR 201 (4) Elementary Microbiology
HND 101 (2) Personal Nutrition	PHSL 201 (3) Human Physiology
HND 320 (3) Foundations of Human Nutrition	PHSL 208 (1) Physiology Lab
HND 321 (3) Nutrition Care Process in Practice	ZOOL 115 (3) Biology
HND 356 (3) Experimental Foods	<div style="border: 1px dashed black; border-radius: 25px; padding: 10px; background-color: #e0f0ff;"> <p align="center">Assessment of Student Learning</p> <p>Students will be evaluated in a variety of mediums: exams*, projects, debates, scored assignments, papers, and semester grades. Please take advantage of office hours if you would like to discuss this process further, address any concerns you have, or just to visit with your instructors! There is no policy in place for assessing prior learning or competence to provide course credit.</p> <div align="center" data-bbox="987 1388 1323 1724"> </div> <p><i>*Some courses require online testing, which follows SIU procedures.</i></p> </div>
HND 400 (1) Senior Seminar	
HND 410 (3) Nutrition and Wellness Education	
HND 470 (3) Medical Nutrition Therapy I	
HND 472 (3) Medical Nutrition Therapy II	
HND 475 (3) Nutrition Through the Life Cycle	
HND 480 (3) Community Nutrition	
HND 485 (3) Advanced Nutrition	
HTEM 206 (1) Food Service Sanitation	
HTEM 256 (3) Multicultural Foods	
HTEM 360 (4) Quantity Food Production	
HTEM 373 (3) Food/Beverage Cost Control	
MKTG 304 (3) Marketing Management	
PHIL 104 (3) Ethics	
PSYC 102 (3) Intro to Psychology	
PSYC 323 (3) Organization Psychology	

Sample of DPD Curriculum

*Offered all 3 semesters

‡Offered fall semesters ONLY

§ Offered spring semesters ONLY

First Year			
Fall	15 hrs.	Spring	15 hrs.
		Summer	3 hrs.
HND 100 (1) Careers in Dietetics‡ <i>UCOL 101 (1) University College</i> <i>ENGL 101 (3) English Comp I*</i> <i>PSYC 102 (3) Intro to Psyc*</i> <i>MATH 108 (3) College Algebra*¹</i> PHSL 201 (3) Human Physiology+ PHSL 208 (1) Physiology Lab+		HND 101 (2) Personal Nutrition* <i>ENGL 102 (3) English Comp II*</i> <i>ZOOL 115 (3) Biology*</i> <i>Multicultural (3)*</i> <i>CHEM 140A (4) Chemistry*²</i>	
		Elective (3) Can be taken any summer	
Second Year			
Fall	15 hrs.	Spring	14 hrs.
		Summer	
AH 105 (2) Medical Terminology* x HTEM 256 (3) Multi-cultural foods ‡ HTEM 206 (1) Sanitation‡ CHEM 140B (4) Chemistry* ⇄ HND 320 (3) Found of Nutrition‡ ⇄ HND Elective (2)		MICR 201 (4) Elementary Micr § <i>CMST 101 (3) Speech*</i> HND 321 (3) Nutr Care Process § ⇄ HTEM 360 (4) Quantity Food Prod+ ⇄	
Third Year			
Fall	15 hrs.	Spring	15 hrs.
		Summer	
<i>PHIL 104 (3) Ethics*</i> MKTG 304 (3) Marketing Mgmt* ⇄ HTEM 373 (3) Food/Bev Cost Control‡ HND 475 (3) Life Cycle Nutrition‡ ⇄ HND Elective (3)		HND 356 (3) Experimental Foods§ ⇄ HND 410 (3) Nutr & Wellness Ed § ⇄ HND 425 (3) Nutr Biochemistry§ ⇄ QUAN 402, ABE 318, PSYC 211 or MATH 282 (3) Statistics* <i>Fine Arts elective (3)*</i> GRADUATION CHECK	
Fourth Year			
Fall	13 hrs.	Spring	15 hrs.
		Summer	
HND 400 (1) Senior Seminar‡ ⇄ HND 470 (3) Med Nutrition I ‡ ⇄ HND 485 (3) Advanced Nutrition‡ ⇄ <i>Humanities elective (3)*</i> HND Elective (3)		PSYC 323 (3) Organizational Psyc* HND 472 (3) Med Nutrition II § ⇄ HND 480 (3) Community Nutrition§ ⇄ <i>Social Sciences (3)*</i> HND Elective (3)	

Italics = Core Curriculum requirements (also represented in red and blue).

⇄ Prerequisite required

¹ Requires placement exam available on SalukiNet plus an override.

² Requires MATH 108 as a prerequisite plus an override

HND COURSE DESCRIPTION

<p><i>100-1 Careers in Dietetics.</i> Overview of the diverse career options in dietetics from the perspective of guest speakers, readings, and assignments. Required courses and skills that characterize the dietetic professional will be reviewed. Restricted to HND major or consent of instructor.</p>
<p><i>101-2 Personal Nutrition.</i> (University Core Curriculum) This course integrates nutrition and promotion of health through prevention of disease and will answer questions found daily in the media regarding nutrition. Topics emphasized are functions of basic nutrients, impact of culture, gender, ethnicity, social environments and lifestyle on nutrition and health.</p>
<p><i>206-1 Food Service Sanitation.</i> (Same as HTEM 206) Basic sanitation principles and application in food service. Employee sanitation training, sanitation standards and safety regulations in the food service will be part of the course. Upon completion of the course, students will be eligible for the sanitation certificate national exam. Grade of C or better required.</p>
<p><i>215-2 Introduction to Nutrition.</i> (Same as ANS 215) An up-to-date study of basic principles of nutrition including classification of nutrients (physical and chemical properties) and their uses in order to provide the student a working knowledge of nutrition in today's environment.</p>
<p><i>256-5 Science of Food.</i> Application of scientific principles including preparation, chemistry, functions, and interrelationships in ingredients and their effects on physical, chemical, and sensory characteristics of foods. Three lectures and two three-hour laboratories per week. Prerequisite: CHEM 140A or 200 and 201.</p>
<p><i>320-3 Foundations of Human Nutrition.</i> Principles of human nutrition in relation to intermediary metabolism and the role of vitamins and minerals. Prerequisite: HND 101, CHEM 140A or CHEM 200 and 201.</p>
<p><i>321-3 Nutrition Care Process in Practice.</i> Application of the nutrition care process to assess nutrition status, formulate nutrition diagnosis, create intervention strategies such as meal plans, foster counseling skills, and monitor health outcomes. Prerequisites: HND 320 or equivalent.</p>
<p><i>356-3 Experimental Foods.</i> Experimental approach to the study of food science including factors influencing the interrelationships of ingredients and their effects on physical, chemical, and sensory characteristics of food. Prerequisites: HND/HTEM 206 or sanitation certification, HND/HTEM 360. Lab fee: \$10.</p>
<p><i>360-4 Quantity Food Production.</i> (Same as HTEM 360) Basic principles of foodservice management and its application to volume food production, menu development, food safety, procurement, kitchen equipment, customer service, marketing and finance will be covered during the semester. A basic cooking lab will provide hands-on experience in food preparation. A grade of C or better required. Prerequisite: HTEM 202, HTEM 206 or HND 206 or concurrent enrollment. Restricted to sophomore standing. Lab fee: \$30.</p>
<p><i>371-2 Field Experience.</i> Opportunity for supervised learning experiences in the student's major. Restricted to food and nutrition majors only, sophomore status. Special approval needed from internship coordinator.</p>
<p><i>373-3 Food and Labor Cost Control.</i> (Same as HTEM 373) Examination of managerial responsibilities of the food and beverage manager in the hospitality operation. Management methods in budgeting, forecasting, cost control, and establishing policies and systems. A grade of C or better required. Prerequisites: HTEM 206 or HND 206 or concurrent enrollment. Restricted to sophomore standing. Lab fee: \$30.</p>

<p><i>390-1 to 4 Special Studies in Human Nutrition and Dietetics.</i> Enables students to pursue personal research interests in the human nutrition and dietetics area. Restricted to juniors and seniors only. Special approval needed from the department.</p>
<p><i>400-1 Career Development.</i> Review of the post-baccalaureate accredited Internship Program application process. Not for graduate credit. Prerequisite: HND 100. Restricted to senior status.</p>
<p><i>410-3 Nutrition Education.</i> This course explores research, theories and practices that influence human health behavior. Educational principles associated with behavior change including health literacy, assessing populations at risk, and designing effective health communication strategies are examined. Theories to explain human behavior, such as the Health Belief Model, Social Cognitive Theory, Transtheoretical Model, and Social Ecological Model will be studied, particularly as they relate to health education programming and how individual behavior is influenced. Prerequisite: HND 321.</p>
<p><i>420-3 Recent Developments in Nutrition.</i> Critical study of current scientific literature in nutrition. Prerequisite: HND 320.</p>
<p><i>425-3 Biochemical Aspects in Nutrition.</i> (Same as ANS 425) The interrelationship of cell physiology, metabolism and nutrition as related to energy and nutrient utilization, including host needs and biochemical disorders and diseases requiring specific nutritional considerations. Prerequisite: ANS 215 or HND 320, CHEM 140B, PHSL 201 and 208.</p>
<p><i>445-3 Nutrition for Sport and Exercise.</i> This course presents the metabolic and physiologic basis for macronutrient and micronutrient requirements during training, competition/ performance, and recovery. The course begins with a brief overview of nutrition and exercise metabolism, followed by examination of nutritional requirements for sport and exercise, and concluding with a discussion of the practical aspects of nutrition related to athletes and exercise enthusiasts. Restricted to Junior, Senior, or Graduate Standing or Permission of Instructor.</p>
<p><i>461-3 Service Organization and Management.</i> (Same as HTEM 461) Managerial aspects of the hospitality industry as related to provision of quality service. Organizational structures, management techniques, decision-making abilities, ethics, leadership, and human resource issues are examined. A grade of C or better required. Prerequisite: HTEM 202, HTEM 380 with a grade of C or better. Restricted to Junior standing or consent.</p>
<p><i>470-3 Medical Nutrition Therapy I.</i> This is the first in a 2-course sequence of the study of pathophysiology and principles of medical nutrition therapy for various disease states. Application of Nutrition Care Process, nutrition screening and assessment, and medical record documentation. Prerequisite: HND 320, HND 321, AH 105, CHEM 140B, PHSL 201 and 208.</p>
<p><i>472-3 Medical Nutrition Therapy II.</i> The continued study of pathophysiology and principles of medical nutrition therapy for various disease states. Application of Nutrition Care Process, nutrition screening and assessment, and medical record documentation. Prerequisite: HND 470.</p>
<p><i>475-3 Nutrition Through the Life Cycle.</i> The study of human nutrition during each phase of the life cycle, prenatal through geriatric. Students elect at least two phases for in depth study. A general review of basic nutrition is included. Prerequisite: HND 320.</p>

480-3 Community Nutrition. Study of the objectives, implementation strategies, and evaluation methods of nutrition programs in community health programs. Integration of nutrition into the health care system at local, state, and federal levels included. Prerequisite: HND 475.

485-3 Advanced Nutrition. This course applies advanced principles of biochemistry and physiology to expand on basic nutrition information and explains the role of nutrients from cellular and mechanistic aspects. Prerequisite: HND 320, 425.

490-3 Practicum in Sport Nutrition and Wellness. This is an opportunity to gain field experience in wellness and sports nutrition and collaborate with peers to share experiences and work through a variety of problems. It is a “capstone” course: one that brings together the theory, knowledge, and skills that you’ve gained through completion of the Nutrition curriculum that you may apply in a live setting. The goal of this course is to expose students to a variety of situations they may encounter in a wellness and/or sports nutrition profession. Restricted to senior standing or instructor approval.

495-3 Nutrition and Obesity. This course will examine the multifactorial etiology of obesity, its corresponding health consequences, and the role of diet in prevention and treatment of obesity and its related comorbidities. At the end of this course, students will be able to (i) understand basic physiological and metabolic concepts underlying the development of obesity; (ii) discuss the health consequences of obesity across the lifespan; and (iii) describe the nutrition-related approaches for prevention and treatment of obesity. Prerequisite: HND 425 or concurrent enrollment.

Faculty

- Banz, William J., Professor, Ph.D., R.D., University of Tennessee, 1995.
- Gill, Lynn, Senior Lecturer, M.S., R.D., Southern Illinois University Carbondale, 1996.
- Green, Brenda Harsha, Instructor, M.S., R.D., Southern Illinois University, 2000.
- Hasin, Afroza, Instructor, Ph.D., Washington State University, 2004.
- Null, Dawn, Assistant Professor, Ph.D, R.D., Southern Illinois University 1995.

Note: Department faculty and staff are listed on the [Department webpage](#) along with their contact information and research interests.

DIETETIC INTERNSHIP PROCESS

First year: DPD students will enroll in HND 100 during their first year at Southern Illinois University. This course will advise on the following:

- ✓ All DPD students are expected to apply to a supervised practice/DI
- ✓ Cost associated with internship process
- ✓ Factors associated with successfully obtaining an internship:
 - GPA of at least a 3.0
 - Relevant work experience (dietary aid, food service, etc.)
 - Involvement with community or university experiences (food drive/bank, sustainability efforts, community garden/farmer's market, volunteer hours, etc.)
 - Demonstration of leadership ability/potential (membership/leadership in SNAC, Southern Illinois Dietetic Association, The Academy of Nutrition and Dietetics)

Senior year: During the last year in the program, students will take 400 Career Development, at which time they will be guided through applying for the dietetic internship process, which occurs twice a year – April and November. The steps included in this process:

- ✓ Researching dietetic internship sites to determine what experience meets your interests and needs
- ✓ Writing a personal statement
- ✓ Acquiring official transcripts from each college/university attended
- ✓ Identifying and submitting request for three references
- ✓ Honing interview skills
- ✓ Revising resume
- ✓ Meeting with your advisor to assure readiness to obtain the Declaration of Intent, which is needed to verify student is on track to graduate in the time frame needed to apply to an internship
- ✓ Process for acquiring a Declaration of Intent (known as a Verification Statement for graduates) upon completion of degree
- ✓ Process of applying to D&D Digital for the matching process and completing the DICAS application for internships
- ✓ Benefits and future requirements of obtaining a graduate degree
- ✓ How to secure employment in the event a student is not accepted into an internship and the benefits of reapplying

TERMINOLOGY

Registered Dietitian Nutritionists (RDN)

According to eatright.org, a dietitian is:

...the food and nutrition experts who can translate the science of nutrition into practical solutions for healthy living. RDNs use their nutrition expertise to help individuals make unique, positive lifestyle changes. They work throughout the community in hospitals, schools, public health clinics, nursing homes, fitness centers, food management, food industry, universities, research and private practice. RDNs are advocates for advancing the nutritional status of Americans and people around the world.

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Regulation: All qualified Dietitians should have met national/international standards for professional legislation. The title “Dietitian” is protected by law in many countries such as Canada, USA, South Africa, Australia, and the UK.

Your safety: Registered Dietitians are members of one or more professional bodies, and therefore they are held accountable for their conduct and the care they provide. Because of this, the reliability and safety of their professional advice and care are ensured.

Nutrition Diet Technician, Registered (NDTR)

According to eatright.org, a diet technician is...

...educated and trained at the technical level of nutrition and dietetics practice for the delivery of safe, culturally competent, quality food and nutrition services. They are nationally credentialed and are an integral part of health care and foodservice management teams. They work under the supervision of a registered dietitian nutritionist when in direct patient/client nutrition care; and they may work independently in providing general nutrition education to healthy populations.

Nutritionist

Definition and regulation: a nutritionist is a non-accredited title that may apply to someone who has a degree in nutrition but did not fulfill the supervised practice hours, or somebody who has done a short course in nutrition or who has given themselves this title. The term Nutritionist is not protected by law in almost all countries so people with different levels of and knowledge can call themselves a “Nutritionist”.

Work: There are also qualified nutritionists, who are people who have completed University Degrees in Food Science, Human Nutrition, Food and Nutrition, or Food Technology. They are also called Food Scientists. University qualified Nutritionists and Food Scientists normally work for food manufacturers, retail businesses, in research and public health promotion. Some may work as Dietitian Assistants or Food Journalists. Nutritionists do not have any professional practical training, and therefore they should not be involved in the diagnosis and dietary treatment of any diseases.

Your safety: Since the title ‘nutritionist’ has been used by many unqualified people to describe their involvement in food and nutrition related practice, you should be careful when choosing a qualified nutritional professional.

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