

NUTRITION (B.S.) DIETETICS

Degree: Bachelor of Science

Major: Nutrition

Concentration: Dietetics

Total Hours: 120

Program Coordinator

Ms. Krissie May, (409) 880-8051, 123 Nutrition, Hospitality and Human Services Bldg., kmay4@lamar.edu

Dietetics (<https://www.lamar.edu/catalog/degrees-and-programs/degree-course-requirements/ed/bs-nutrition-dietetics.html>)

Program Educational Objectives

- Demonstrate a strong understanding and appreciation of ethical standards as a result of instruction and experiences.
- Increase cultural competence while in the program and during professional practice.
- Engage in lifelong learning.

Program Student Outcomes

Upon program completion, graduates will be able to:

- Demonstrate how to locate, interpret, evaluate and use professional literature to make ethical, evidence-based practice decisions.
- Use current information technologies to locate and apply evidence-based guidelines and protocols.
- Apply critical thinking skills.
- Demonstrate effective and professional oral and written communication and documentation.
- 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.
- Assess the impact of a public policy position on nutrition and dietetics practice.
- Discuss the impact of health care policy and different health care delivery systems on food and nutrition services.
- Identify and describe the work of interprofessional teams and the roles of others with whom the registered dietitian nutritionist collaborates in the delivery of food and nutrition services.
- Demonstrate an understanding of cultural competence/sensitivity.
- 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.
- Demonstrate an understanding of the importance and expectations of a professional in mentoring and precepting others.
- Use the Nutrition Care Process to make decisions, identify nutrition-related problems and determine and evaluate nutrition interventions.
- Develop an educational session or program/educational strategy for a target population.

- Demonstrate counseling and education methods to facilitate behavior change for and enhance wellness for diverse individuals and groups.
- Explain the processes involved in delivering quality food and nutrition services.
- Describe basic concepts of nutritional genomics.
- Apply management theories to the development of programs or services.
- Evaluate a budget and interpret financial data.
- Describe the regulation system related to billing and coding, what services are reimbursable by third-party payers, and how reimbursement may be obtained.
- Apply the principles of human resource management to different situations.
- Describe safety principles related to food, personnel and consumers.
- Analyze data for assessment and evaluate data to be used in decision-making for continuous quality improvement.

Curriculum

Effective January 1, 2024, the minimum degree requirement for eligibility to take the registration examination for dietitians will change from a bachelor's degree to a graduate degree. All other didactic and supervised practice eligibility requirements will remain the same.

The Bachelor of Science in Nutrition- Dietetics accredited program prepares graduates for careers in nutrition, dietetics, and related fields to address issues of critical concern in the local, national, and international communities, ultimately contributing to the enhancement of human well-being. Students gain an appreciation of lifelong learning and ethical standards. Upon completion of program course work, along with the Bachelor's Degree, graduates are prepared for an accredited supervised practice and graduate degree program which leads to eligibility for the CDR (Commission on Dietetic Registration) credentialing exam. After passing the exam, the graduate is credentialed as a Registered Dietitian Nutritionist (RDN), may apply for licensure, if applicable, and is eligible for active membership in the Academy of Nutrition and Dietetics.

Code	Title	Hours
General Education Core Curriculum		
<i>Communication</i>		
ENGL 1301	Composition I	3
Select one of the following:		3
COMM 1315	Public Speaking I	
COMM 1321	Business and Professional Speech	
DSDE 1371	ASL I	
ENGL 1302	Composition II	
FREN 1311	Beginning French I	
SPAN 1311	Beginning Spanish I	
<i>Mathematics</i>		
MATH 1332	Contemporary Mathematics I	3
Life and Physical Sciences ¹		
BIOL 2401	Anatomy and Physiology I	4
BIOL 2402	Anatomy and Physiology II	4
<i>Language, Philosophy and Culture</i>		
Select one of the following:		3
DSDE 1374	Introduction to Deaf Studies	
ENGL 2300	Close Reading II	

ENGL 2322	British Literature	
ENGL 2326	American Literature	
ENGL 2331	World Literature	
ENGL 2376	African-American Literature	
FREN 2312	Intermediate French II	
PHIL 1370	Philosophy of Knowledge	
PHIL 2306	Ethics	
SPAN 2312	Intermediate Spanish II	
<i>Creative Arts</i>		
Select one of the following:		3
ARTS 1301	Art Appreciation	
ARTS 1303	Art History I	
COMM 1375	Film Appreciation	
COSC 1324	The Art of Computer Game Development	
DANC 2304	Dance Appreciation	
MUSI 1306	Music Appreciation	
MUSI 1309	Jazz History and Appreciation	
MUSI 1310	History of Rock and Roll	
PHIL 1330	Arts and Ideas	
THEA 1310	Theatre Appreciation	
<i>American History</i>		
Select two of the following:		6
HIST 1301	U S History I 1763-1877	
HIST 1302	U S History II Since 1877	
HIST 2301	Texas History	
<i>Government/Political Science</i>		
POLS 2301	Intro to American Government I	3
POLS 2302	Intro/American Government II	3
<i>Social and Behavioral Sciences</i>		
Select one of the following:		3
ANTH 2346	Introduction to Anthropology	
ANTH 2351	Cultural Anthropology	
BULW 1370	Business Environment and Public Policy	
CRIJ 1301	Intro to Criminal Justice	
ECON 1301	Principles and Policies	
ECON 2301	Principles of Economics I Macro	
ECON 2302	Principles of Economics II Micro	
FINC 2310	Intro to Consumer Finance	
INEN 2373	Engineering Economics	
POLS 1301	Intro to Political Science	
PSYC 2301	General Psychology	
PSYC 2315	Lifespan Development	
SOCI 1301	Introduction to Sociology	
SOWK 2361	Intro Social Work	
<i>Component Area Option</i>		
Additional 2 hours from lab sciences applied here		
MATH 1342	Statistics	3
or PSYC 2317 Introduction to Statistical Methods		
Select one of the following:		1
COSC 1172	Thinking, Speaking, and Writing	
HNRS 2160	Scholars Development Seminar	
LIBR 1101	Introduction to Library Research	

Required Major Courses

<i>Nutrition, Hospitality and Human Services Core</i>		
BIOL 2421	Microbiology for Science Majors	4
FCSC 4301	Senior Seminar Professional Development	3
HOSP 1315	Basic Foods	3
NUTR 1322	Basic Nutrition	3
NUTR 3316	Nutrition and Fitness	3
NUTR 3320	Advanced Nutrition	3
NUTR 3328	Community Nutrition	3
NUTR 3330	Nutritional Biochemistry	3
NUTR 4300	Medical Nutrition Therapy I	3
NUTR 4307	Nutrition Through the Life Cycle	3
NUTR 4331	Nutritional Education and Counseling	3
NUTR 4347	Food Science	3
Select one of the following:		4
CHEM 1106	Chemistry for Allied Health Sciences Laboratory & CHEM 1306 and Chemistry for Allied Health Sciences	
CHEM 1111	General Chemistry I Laboratory & CHEM 1311 and General Chemistry I	
Select one of the following:		3
HLTH	3000-4000 elective	
KINT	3000-4000 elective	
<i>Nutrition Requirements</i>		
HOSP 3314	Food and Beverage Controls	3
HOSP 3360	Quantity Foods Management	3
MGMT 3310	Principles of Organizational Behavior and Management	3
NURS 2373	Basic Pathophysiology	3
NUTR 4315	Medical Nutrition Therapy II	3
Select one of the following:		4
CHEM 1108	Biochemistry for Allied Health Sciences Laboratory & CHEM 1308 and Biochemistry for Allied Health Sciences	
CHEM 1112	General Chemistry II Laboratory & CHEM 1312 and General Chemistry II ²	
BCOM 3350	Business Communications	3
or ENGL 3310 Technical Report Writing		
Electives ²		6
Upper-Level Electives		6
Total Hours		120

¹ Additional 2 hours from lab sciences applied to Component Area Option.

² Students taking CHEM 1112 General Chemistry II Laboratory/CHEM 1312 General Chemistry II must take CHEM 3311 Organic Chemistry I as one of these electives.

Course	Title	Hours
First Year		
Fall		
ENGL 1301	Composition I ¹	3
BIOL 2401	Anatomy and Physiology I ¹	4
HIST 1301	U S History I 1763-1877 ¹	3
NUTR 1322	Basic Nutrition	3
MATH 1332	Contemporary Mathematics I ¹	3

LIBR 1101 or HNRS 2160	Introduction to Library Research (Component Option Course) ^{1,2} or Scholars Development Seminar	1
Hours		17

Spring

Select one Language, Philosophy, Culture course from the following: ^{1,2}		3
ENGL 2300	Close Reading II	
ENGL 2322	British Literature	
ENGL 2326	American Literature	
ENGL 2331	World Literature	
ENGL 2376	African-American Literature	
PHIL 1370	Philosophy of Knowledge	
PHIL 2306	Ethics	
BIOL 2402	Anatomy and Physiology II ¹	4
HIST 1302	U S History II Since 1877 ¹	3
HOSP 1315	Basic Foods	3
Select one Creative Arts course from the following: ^{1,2}		3
ARTS 1301	Art Appreciation	
ARTS 1303	Art History I	
COMM 1375	Film Appreciation	
DANC 2304	Dance Appreciation	
MUSI 1306	Music Appreciation	
MUSI 1310	History of Rock and Roll	
THEA 1310	Theatre Appreciation	
Hours		16

Second Year**Fall**

Select one of the following: ²		4
CHEM 1306 & CHEM 1106	Chemistry for Allied Health Sciences and Chemistry for Allied Health Sciences Laboratory	
CHEM 1311 & CHEM 1111	General Chemistry I and General Chemistry I Laboratory	
POLS 2301	Intro to American Government I ¹	3
MATH 1342 or PSYC 2317	Statistics ^{1,2} or Introduction to Statistical Methods	3
BIOL 2421	Microbiology for Science Majors	4
Select one Communication course from the following: ^{1,2}		3
COMM 1315	Public Speaking I	
COMM 1321	Business and Professional Speech	
DSDE 1371	ASL I	
FREN 1311	Beginning French I	
SPAN 1311	Beginning Spanish I	
Hours		17

Spring

Select one of the following: ²		4
CHEM 1308 & CHEM 1108	Biochemistry for Allied Health Sciences and Biochemistry for Allied Health Sciences Laboratory	
CHEM 1312 & CHEM 1112	General Chemistry II and General Chemistry II Laboratory	
POLS 2302	Intro/American Government II ¹	3
NURS 2373	Basic Pathophysiology	3
Select one Social & Behavioral Sciences course from the following: ^{1,2}		3
ECON 1301	Principles and Policies	
ECON 2302	Principles of Economics II Micro	
INEN 2373	Engineering Economics	
PSYC 2301	General Psychology	
SOCI 1301	Introduction to Sociology	
Hours		13

Third Year**Fall**

NUTR 3316	Nutrition and Fitness	3
NUTR 3320	Advanced Nutrition	3

HOSP 3360	Quantity Foods Management	3
NUTR 4331	Nutritional Education and Counseling	3
Elective ²		3
Hours		15

Spring

NUTR 3328	Community Nutrition	3
NUTR 3330	Nutritional Biochemistry	3
HOSP 3314	Food and Beverage Controls	3
ENGL 3310 or BCOM 3350	Technical Report Writing ² or Business Communications	3
Elective ²		3
Hours		15

Fourth Year**Fall**

NUTR 4300	Medical Nutrition Therapy I	3
NUTR 4347	Food Science	3
NUTR 4307	Nutrition Through the Life Cycle	3
MGMT 3310 or HOSP 4360	Principles of Organizational Behavior and Management or Organizational Management for Services	3
Elective		3000-4000 level ²
Hours		15

Spring

NUTR 4315	Medical Nutrition Therapy II	3
FCSC 4301	Senior Seminar Professional Development	3
Elective		3000-4000 level ²
Elective		3000-4000 level HLTH or KINT ²
Hours		12
Total Hours		120

¹ Core Curriculum Course² Students should meet with their academic advisor to choose their best option.