NUTRITION - DIETETICS (B.S.)

Degree: Bachelor of Science

Major: Nutrition - Dietetics

Total Hours: 120

Program Coordinator

Natalie Long
Phone: (409) 880-8667
Email: nmlong@lamar.edu
123 Nutrition, Hospitality and Human Services Bldg.

Program Educational Objectives

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

Program Student Outcomes

Upon program completion, graduates will be able to:

a. Demonstrate how to locate, interpret, evaluate and use professional literature to make ethical, evidence-based practice decisions.
b. Use current information technologies to locate and apply evidence-based guidelines and protocols.
c. Apply critical thinking skills.
d. Demonstrate effective and professional oral and written communication and documentation.
e. 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.
f. Assess the impact of a public policy position on nutrition and dietetics practice.
g. Discuss the impact of health care policy and different health care delivery systems on food and nutrition services.
h. 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.
i. Demonstrate an understanding of cultural competence/sensitivity.
j. 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.
k. Demonstrate an understanding of the importance and expectations of a professional in mentoring and precepting others.
l. Use the Nutrition Care Process to make decisions, identify nutrition-related problems and determine and evaluate nutrition interventions.
m. Develop an educational session or program/educational strategy for a target population.
n. Demonstrate counseling and education methods to facilitate behavior change for and enhance wellness for diverse individuals and groups.
o. Explain the processes involved in delivering quality food and nutrition services.
p. Describe basic concepts of nutritional genomics.
q. Apply management theories to the development of programs or services.
r. Evaluate a budget and interpret financial data.
s. Describe the regulation system related to billing and coding, what services are reimbursable by third-party payers, and how reimbursement may be obtained.
t. Apply the principles of human resource management to different situations.
u. Describe safety principles related to food, personnel and consumers.
v. 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		
Communication		
ENGL 1301	Composition I	3
Select one of the following:		3
COMM 1315	Public Speaking I	
COMM 1321	Business and Prof Speech	
ENGL 1302	Composition II	
FREN 1311	Beginning French I	
SPAN 1311	Beginning Spanish I	
Mathematics		
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
Language, Philosophy and Culture		
Select one of the following:		3
DSDE 1374	Introduction to Deaf Studies	
ENGL 2300	Ethics and Literature	
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	
Creative Arts		
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 2303	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	
American History		
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	
Government/Political Science		
POLS 2301	Intro to American Government I	3
POLS 2302	Intro/American Government II	3
Social and Behavioral Sciences		
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	
Component Area Option		
Additional 2 hours from lab sciences applied here		
MATH 1342	Elementary Statistical Methods	3
Select one of the following:		1
LIBR 1101	Intro to Library Research	
Required Major Courses		
BIOL 2421	Microbiology for Science Majors	4
HOSP 1315	Culinary Nutrition	3
CHEM 1306 & CHEM 1106	Chemistry for Allied Health Sciences and Chemistry for Allied Health Sciences Laboratory	4
CHEM 1311 & CHEM 1111	General Chemistry I and General Chemistry I Laboratory	4
HOSP 2314	Hospitality Financial Basics	3
HOSP 3360	Quantity Foods Management	3
HOSP 4360	Organizational Management for Services	3
NHHS 4301	Professional Development	3
NUTR 1322	Introductory Nutrition	3
NUTR 2316	Nutrition and Fitness	3
NUTR 3301	Global Nutrition	3
NUTR 3320	Advanced Nutrition	3
NUTR 3328	Community Nutrition	3
NUTR 3329	Preventive Nutrition & Wellnes	3
NUTR 3330	Nutritional Biochemistry	3
NUTR 3350	Nutrition Assessment	3
NUTR 4300	Medical Nutrition Therapy I [3]	3
or NUTR 5311	Advanced MNT I	
NUTR 4307	Lifecycle Nutrition	3
NUTR 4315	Medical Nutrition Therapy II [3]	3
or NUTR 5313	Advanced MNT II	
NUTR 4331	Nutr Education & Counseling [3]	3
or NUTR 5325	Nutrition Education and Counseling	
NUTR 4347	Food Science	3
Electives		
Electives, Transfer or Minor Credits [2]		12
Total Hours		**120**

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

[2] Up to 28 hours of technical credit transfer from Associate of Science degree in Nutrition-Dietetics plus core courses completed

[3] 5000-level credit accepted if pursuing accelerated MS in Nutrition degree

First Year		
Fall		**Hours**
ENGL 1301	Composition I	3
HIST 1301	U S History I 1763-1877	3
NUTR 1322	Introductory Nutrition	3
BIOL 2401	Anatomy and Physiology I	4
Creative Arts		3
	Hours	**16**
Spring		
Communication Core		3
HIST 1302	U S History II Since 1877	3
HOSP 1315	Culinary Nutrition	3
MATH 1332	Contemporary Mathematics I	3
BIOL 2402	Anatomy and Physiology II	4
	Hours	**16**
Second Year		
Fall		
POLS 2301	Intro to American Government I	3
MATH 1342 or PSYC 2317	Elementary Statistical Methods or Introduction to Statistical Methods	3
Language, Philosophy & Culture		3
CHEM 1306 & CHEM 1106	Chemistry for Allied Health Sciences and Chemistry for Allied Health Sciences Laboratory	4
LIBR 1101	Intro to Library Research	1
	Hours	**14**

Spring		
POLS 2302	Intro/American Government II	3
Social & Behavioral Sciences		3
NUTR 2316	Nutrition and Fitness	3
HOSP 2314	Hospitality Financial Basics	3
CHEM 1311 & CHEM 1111	General Chemistry I and General Chemistry I Laboratory	4
	Hours	**16**
Third Year		
Fall		
BIOL 2421	Microbiology for Science Majors	4
NUTR 3301	Global Nutrition	3
NUTR 3320	Advanced Nutrition	3
NUTR 3328	Community Nutrition	3
HOSP 3360	Quantity Foods Management	3
	Hours	**16**
Spring		
NUTR 3329	Preventive Nutrition & Wellnes	3
NUTR 3330	Nutritional Biochemistry	3
NUTR 3350	Nutrition Assessment	3
Elective, Transfer or Minor Credit [1]		6
	Hours	**15**
Fourth Year		
Fall		
NUTR 4300 or NUTR 5311	Medical Nutrition Therapy I [2] or Advanced MNT I	3
NUTR 4307	Lifecycle Nutrition	3
NUTR 4347	Food Science	3
Elective, transfer or Minor credit [1]		6
	Hours	**15**
Spring		
NHHS 4301	Professional Development	3
NUTR 4315	Medical Nutrition Therapy II	3
NUTR 4331 or NUTR 5325	Nutr Education & Counseling [2] or Nutrition Education and Counseling	3
HOSP 4360	Organizational Management for Services	3
	Hours	**12**
	Total Hours	**120**

1 Up to 28 hours of technical credit transfer from Associate of Science degree in Nutrition-Dietetics plus core courses completed

2 5000-level courses accepted is pursuing accelerated MS in Nutrition degree