

# School of Health Sciences

## Nutrition & Dietetics, B.S. 120 hrs

Freshman	Fall	Term	Grade	Hrs	Milestones	
	CHEM 139: General Chemistry I/Lab (C5)*			4	Seek extracurricular activity/club	
	ENGL 101: Writing & Rhetoric (C1)			3		
	HEAL 123, HSCC 101, or HEAL 111 (C4)			3	Seek experiences related to nutrition	
	PSY 150: General Psychology * (P1)			3		
	P1-P6 (P3)			3	Complete CHEM 139 with 'C' or higher	
				Total	16	Complete PSY 150 with 'C' or higher
<b>Tip:</b> Meet with your Academic Advisor before your registration date so you can register on time.						

Sophomore	Fall	Term	Grade	Hrs	Milestones	
	BIOL 291: Anatomy & Physiology I/Lab * (C5)			4	Finalize application materials	
	ENGL 202: Writing and Critical Inquiry (C1)			3		
	Elective			3	Complete ND 239 with 'B' or higher	
	MATH 170: Applied Statistics * (C2)			3		
	ND 239: Dietetics as a Profession **			1	Complete BIOL 291 with 'C' or higher	
				Total	14	Complete MATH 170 with 'C' or higher
<b>Tip:</b> Meet with advisor early to review admission criteria.						

Junior	Fall	Term	Grade	Hrs	Milestones	
	ND 331: Food Science			3	Begin researching dietetic internships	
	ND 301: Food Science Lab			1		
	ND 325: Research Methods in Nutrition			3		
	HSCC 311: Systems & Trends in Health Care Delivery			3	Remain active in SAND (or other club/activity)	
	ND 350: Advanced Human Nutrition I			3		
	ND 436: Nutritional Interviewing & Counseling Skills			2		
	ND 406: Nutritional Interviewing & Counseling Lab			1	Maintain minimum 3.00 GPA in major to remain in program	
				Total	16	
<b>Tip:</b> Seek volunteer/employment opportunities to build resume.						

Senior	Fall	Term	Grade	Hrs	Milestones	
	ND 422: Community Nutrition II			3	Apply for Graduation	
	ND 451: Medical Nutrition Therapy I			3		
	ND 453: Medical Nutrition Therapy I Lab			1	Continue seeking related experience	
	ND 335: Nutrition Through the Life Cycle			3		
	ND 439: Introduction to Professional Practice			1	Take GRE (if needed)	
	ND 435: Institutional Foodservice Management II			3		
				Total	14	Continue maintaining GPA
<b>Tip:</b> Work with Center for Career & Professional Development on building your resume/cover letter. If you are considering the MHS/ND program, talk with your advisor about pre-select.						
Decide what dietetic internships you plan to apply to						

\* Grade of "C" or better is required & must be completed for admission to the ND major.

\*\* A grade of "B" or better is required and must be completed for admission to the ND major.

Note: One course from P1-P6 must be an upper level (besides ND 310).

Student: \_\_\_\_\_

## Catalog Year 2023-2024

WCU ID: \_\_\_\_\_

Freshman	Spring	Term	Grade	Hrs	Milestones	
	CHEM 140: General Chemistry II/Lab*			4	Connect & engage with at least 1 activity/club	
	P1-P6 (P4)			3		
	ND 330 Human Nutritional Needs **			3	Complete experience related to nutrition	
	P1-P6 (P5)			3		
	First-Year Seminar			3	Complete ND 330 with 'B' or higher	
				Total	16	Complete CHEM 140 with 'C' or higher
<b>Tip:</b> Consider who will complete your recommendation required for admission. When exploring activity/club options, consider SAND- Student Association of Nutrition & Dietetics.						

Sophomore	Spring	Term	Grade	Hrs	Milestones	
	BIOL 292: Human Anatomy & Physiology II/Lab *			4	Apply for program	
	BIOL 313: Microbiology in Health & Nutrition/Lab *			4		
	COMM 201: Foundations of Communication (C3)			3		
	P1-P6 (P1 other than PSY; Suggested ULP: SOCW 354)			3		
					Total	14
<b>Tip:</b> Application can be found on NutritionDietetics.WCU.EDU.						

Junior	Spring	Term	Grade	Hrs	Milestones	
	HSCC 330: Legal & Legislative Aspects of Health Care			3	Consider running for leadership position in SAND or other club	
	ND 420: Community Nutrition I			3		
	ND 432: Institutional Foodservice Management I			3		
	ND 351: Advanced Human Nutrition II			3	Seek diverse nutrition/dietetics related experience	
	ND 334: Nutritional Assessment			2		
	ND 304: Nutritional Assessment Lab			1		
					Total	15
<b>Tip:</b> Meet with advisor to discuss potential Graduate programs if interested.						

Senior	Spring	Term	Grade	Hrs	Milestones	
	P1-P6 (P6; ND 310: Food, Nutrition, & Culture)			3	Graduate!	
	ND 333: Quantity Food Production			2		
	ND 303: Quantity Food Production Lab			1	Apply to dietetic internships or other post-graduate programs	
	ND 452: Medical Nutrition Therapy II			3		
	ND 454: Medical Nutrition Therapy II Lab			1		
	ND 461: Nutrition & Dietetics Capstone			1	Continue maintaining GPA	
Elective			4			
				Total	15	
<b>Tip:</b>						

**Nutrition & Dietetics, B.S.**

**Catalog Year 2023-2024**

C1. Writing	Hrs
ENGL 101	3
ENGL 202	3
C2. Mathematics	Hrs
<b>MATH 170</b>	3
C3. Oral Communication	Hrs
COMM 201	3
C4. Wellness	Hrs
HEAL 123, HSCC 101, or HEAL 111	3
C5. Physical & Biological Sciences	Hrs
<i>Courses must be taken in two different disciplines.</i>	
<b>CHEM 139</b>	4
<b>BIOL 291</b>	4
The First-Year Seminar	Hrs
Recommended: ND 190	3
P1. Social Sciences	Hrs
<i>Must take PSY 150 and one other. Other course CANNOT be PSY.</i>	
<b>PSY 150</b>	3
ANTH 110, ANTH 414, ASI 250, BA 133, BIOL 334, ECON 231, ECON 232, ENVH 200, ENVH 300, FIN 210, FIN 350, HSCC 307, LAW 105, LAW 406, MKT 409, PSC 101, PSC 323, RTH 300, SOC 103, SOC 235, SOC 414, SOCW 251, <b>SOCW 354</b> , SOCW 402	3
P3. History	Hrs
HIST 107, HIST 131, HIST 132, HIST 210, HIST 211, HIST 212, HIST 213, HIST 218, HIST 220, HIST 221, HIST 222, HIST 233, HIST 234, HIST 235, HIST 236, HIST 237, HIST 238, HIST 250, HIST 303, HIST 308, HIST 311, HIST 312, HIST 313, HIST 315, HIST 317, HIST 330, HIST 335, HIST 337, HIST 341, HIST 351, MATH 301	3
P4. Humanities	Hrs
CS 210, ECON 344, ENGL 206, ENGL 207, ENGL 209, ENGL 210, ENGL 290, ENGL 333, ENGL 350, ENGL 351, ENGL 352, ENGL 353, ENGL 367, ENGL 368, ENGL 390, HIST 271, HIST 281, LAW 201, LAW 306, LAW 412, PAR 101, PAR 102, PAR 146, PAR 201, PAR 250, PAR 304, PAR 306, PAR 307, PAR 309, PAR 312, PAR 313, PAR 315, PAR 320, PAR 330, PAR 332, PAR 333, PAR 365, PAR 366, PAR 404, SM 340	3
P5. Fine & Performing Arts	Hrs
ART 104, DA 259, FPA 101, FTP 340, IDES 250, MUS 101, MUS 102, MUS 103, MUS 300, MUS 302, MUS 304, MUS 410, THEA 104, THEA 310	3
P6. World Cultures	Hrs
ND 310	3

Additional Information
One upper-level course is required in any perspective category outside the discipline (prefix) of the student's major. <u>ND 310 CANNOT be used to satisfy the ULP</u> . Students should not enroll in courses numbered above their class rank without permission of the department.

Other Major Prerequisite Requirements	Hrs
<b>BIOL 292</b>	4
<b>BIOL 313</b>	4
<b>CHEM 140</b>	4
<b>ND 239</b>	1
<b>ND 330</b>	3
Major Core Requirements	Hrs
HSCC 311	3
HSCC 330	3
ND 301	1
ND 303	1
ND 304	1
ND 325	3
ND 331	3
ND 333	2
ND 334	2
ND 335	3
ND 350	3
ND 351	3
ND 406	1
ND 420	3
ND 422	3
ND 432	3
ND 435	3
ND 436	2
ND 439	1
ND 451	3
ND 452	3
ND 453	1
ND 454	1
ND 461	1
Electives	Hrs
ELECTIVES	7

Undergraduate Catalog
Additional info located in the catalog at: <a href="http://catalog.wcu.edu">catalog.wcu.edu</a>

Program Expectations
Students admitted to the program must maintain a 3.00 GPA in the major to remain in the program.

Program Admission Criteria
Declaration of a major in Pre-Nutrition & Dietetics does not guarantee admission into the Nutrition & Dietetics program. Students must formally apply and be admitted before beginning the professional sequence of courses in the junior year.
(1) Minimum GPA Requirement: 2.8 overall, 3.0 in the <b>pre-requisite courses</b> . - Prerequisite courses must have a 'C' or better. - ND 239 and ND 330 must have 'B' or better.
(2) Engagement in at least one extracurricular activity/club.
(3) At least one paid and/or volunteer experience related to nutrition.
(4) Recommendations from college instructors teaching Nutrition or other pre-professional courses.
<i>Completed applications must be received online in January of each year for admission to the ND program in the fall of that year.</i>

Required Application Materials
For your application, you will need:
(1) Calculated overall GPA
(2) List of educational, work, & service history <i>since the beginning of college</i>
(3) Degree audit that includes current semester courses to upload
(4) A clearly written personal statement to upload and not to exceed two pages that addresses the following: - Your reasons for majoring in Nutrition & Dietetics - Your short-term and long-term career goals - Your strengths and weaknesses
(5) The contact information of <b>two</b> college instructors who taught Nutrition or other pre-professional courses, and who will submit an online recommendation on your behalf. You will need to ask your potential references ahead of time if they would be willing to complete the information within one week of receiving an electronic formal request, and if they will allow you to provide their contact information (e-mail) in your application.
<i>Visit the B.S. Nutrition &amp; Dietetics website for more details on the application process, sample applications, and sample recommendation forms.</i>

Advisement & Resources
<b><a href="http://NUTRITIONDIETETICS.WCU.EDU">NUTRITIONDIETETICS.WCU.EDU</a></b>
<b>Program Director</b> Ru Caulkins: <a href="mailto:rcaulkins@wcu.edu">rcaulkins@wcu.edu</a> or 828-227-2637
<b>Student Services Center</b> <b><a href="http://SSC.WCU.EDU">SSC.WCU.EDU</a></b>
Kimberlee Yontz: <a href="mailto:kyontz@wcu.edu">kyontz@wcu.edu</a> or 828-227-3516 Julie Conway: <a href="mailto:jconway@wcu.edu">jconway@wcu.edu</a> or 828-227-2917