

DIETETICS AND NUTRITION, BS

for the degree of Bachelor of Science Major in Dietetics and Nutrition

Dietetics and Nutrition major meets the requirements set by the Accreditation Council on Education in Nutrition and Dietetics (ACEND) of the Academy of Nutrition and Dietetics (AND) and qualifies students for competitive dietetic internships. Upon completion of a postgraduate internship, students selecting this major may take the examination to become Registered Dietitians. Students choosing this major who do not complete an internship will be prepared for entry-level supervisory positions in food service facilities and in the food and pharmaceutical industries.

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Graduation Requirements

Minimum hours required for graduation: 126 hours.

University Requirements

Minimum of 40 hours of upper-division coursework, generally at the 300 and 400 level. These hours can be drawn from all elements of the degree. Students should consult their academic advisor for additional guidance in fulfilling this requirement.

The university and residency requirements can be found in the Student Code (<https://studentcode.illinois.edu/article3/part8/3-801/>) (§ 3-801) and in the Academic Catalog (<http://catalog.illinois.edu/general-information/degree-general-education-requirements/>).

General Education Requirements

Follows the campus General Education (Gen Ed) requirements (<https://courses.illinois.edu/gened/DEFAULT/DEFAULT/>). Some Gen Ed requirements may be met by courses required and/or electives in the program.

Code	Title	Hours
	Composition I	4-6
	Advanced Composition	3
	Humanities & the Arts (6 hours)	6
	Natural Sciences & Technology (6 hours)	6
	fulfilled by CHEM 102, CHEM 104, MCB 100, and FSHN 101	
	Social & Behavioral Sciences (6 hours)	6
	fulfilled by HDFS 105, HK 250; and ANTH 101 ANTH 102, ANTH 103, ANTH 209, HDFS 220, PSYC 100, or SOC 100	
	Cultural Studies: Non-Western Cultures (1 course)	3
	Cultural Studies: US Minority Cultures (1 course)	3
	Cultural Studies: Western/Comparative Cultures (1 course)	3
	Quantitative Reasoning (2 courses, at least one course must be Quantitative Reasoning I)	6-8
	fulfilled by ACE 262, CPSC 241, ECON 202, PSYC 235, or STAT 100 and one other course approved as Quantitative Reasoning	

Language Requirement (Completion of the third semester or equivalent of a language other than English is required) 0-15

Code	Title	Hours
Department Foundation		
FSHN 123	FSHN Orientation to Illinois	1
Communication Option:		3 or 6
CMN 101	Public Speaking	
ALEC 115	Let's Talk about Food, Agriculture, and the Environment	
CMN 111 & CMN 112	Oral & Written Comm I and Oral & Written Comm II	
Statistics Option - Select one of the following:		3
ACE 262	Applied Statistical Methods and Data Analytics I	
CPSC 241	Intro to Applied Statistics	
ECON 202	Economic Statistics I	
PSYC 235	Intro to Statistics	
STAT 100	Statistics	
CHEM 102 & CHEM 103	General Chemistry I and General Chemistry Lab I	4
CHEM 104 & CHEM 105	General Chemistry II and General Chemistry Lab II	4
MCB 100	Introductory Microbiology	3
MCB 101	Intro Microbiology Laboratory	2
CHEM 232	Elementary Organic Chemistry I	3 or 4
CHEM 233	Elementary Organic Chem Lab I	2
FSHN 250	Nutritional Physiology I	3
or MCB 244	Human Anatomy & Physiology I	
FSHN 251	Nutritional Physiology II	3
or MCB 246	Human Anatomy & Physiology II	
HDFS 105	Intro to Human Development	3
Social & Behavioral Sciences Option - Select one of the following:		3
ANTH 101	Introduction to Anthropology	
ANTH 102	Human Origins and Culture	
ANTH 103	Anthro in a Changing World	
ANTH 209	Food, Culture, and Society	
HDFS 220	Families in Global Perspective	
PSYC 100	Intro Psych	
SOC 100	Introduction to Sociology	
Major Core		51
FSHN 150	Introduction to Dietetics	1
FSHN 101	The Science of Food and How it Relates to You	3
HK 206	Health Care Systems	3
FSHN 220	Principles of Nutrition	4
FSHN 232	Science of Food Preparation	3
FSHN 249	Food Service Sanitation	1
FSHN 322	Nutrition and the Life Cycle	3
FSHN 329	Communication in Nutrition	3
FSHN 340	Food Production and Service	4
FSHN 345	Strategic Operations Management	3
FSHN 420	Nutritional Aspects of Disease	3
FSHN 422	Introduction to Personalized Nutrition	3

FSHN 426	Biochemical Nutrition I	3
FSHN 427	Biochemical Nutrition II	3
FSHN 428	Community Nutrition	3
FSHN 429	Nutrition Assessment & Therapy	3
FSHN 450	Dietetics: Professional Issues	2
FSHN 459	Nutrition Focused Physical Assessment	2
Major Electives		3
Select one of the following:		
BIOC 455	Technqs Biochem & Biotech	
FSHN 300-400	Any 300 or 400 level FSHN Course	
HDFS 300-400	Any 300 or 400 level HDFS Course	
HK 300-400	Any 300 or 400 level HK Course	
ETMA 311	Humanity in the Food Web	

Code	Title	Hours
Total Hours		126

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Sample Sequence

This sample sequence is intended to be used only as a guide for degree completion. All students should work individually with their academic advisors to decide the actual course selection and sequence that works best for them based on their academic preparation and goals. Enrichment programming such as study abroad, minors, internships, and so on may impact the structure of this four-year plan. Course availability is not guaranteed during the semester indicated in the sample sequence.

Students must fulfill their Language Other Than English requirement by successfully completing a third level of a language other than English. For more information see the corresponding section on the Degree and General Education Requirements page (<http://catalog.illinois.edu/general-information/degree-general-education-requirements/>).

First Year	
First Semester	Hours
FSHN 123	1
FSHN 101	3
Composition I or Communication Option	4
FSHN 150	1
HDFS 105	3
Social & Behavioral Sciences Option	3
Total Hours	15

First Year	
Second Semester	Hours
CHEM 102	3
CHEM 103	1
Communication Option or Composition I	3
Statistics Option	3
FSHN 220	4

General Education course	3
Total Hours	17

Total Hours 17

Second Year

First Semester	Hours
FSHN 232	3
FSHN 249	1
CHEM 104	3
CHEM 105	1
FSHN 250 or MCB 244	3
HK 206	3
Total Hours	14

Total Hours 14

Second Year

Second Semester	Hours
FSHN 426	3
FSHN 329	3
CHEM 232	4
CHEM 233	2
FSHN 251 or MCB 246	3
Total Hours	15

Total Hours 15

Third Year

First Semester	Hours
FSHN 420	3
Free Elective course	2
MCB 100	3
MCB 101	2
Language Other Than English (3rd level)	4
FSHN 422	3
Total Hours	17

Total Hours 17

Third Year

Second Semester	Hours
FSHN 427	3
FSHN 322	3
FSHN 340	4
General Education course	3
General Education course	3
Total Hours	16

Total Hours 16

Fourth Year

First Semester	Hours
FSHN 345	3
FSHN 428	3
FSHN 450	2
General Education course	3

General Education course	3
General Education course	3
	17

Total Hours 17**Fourth Year**

Second Semester	Hours
FSHN 429	3
FSHN 459	2
Major Elective course	3
General Education course	3
Free Elective course	4
	15

Total Hours 15**Total Hours: 126**

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All graduates of the University of Illinois Didactic Program in Dietetics (DPD) will be able to:

1. KRDN 1.1 Demonstrate how to locate, interpret, evaluate and use professional literature to make ethical, evidence-based practice decisions.
2. KRDN 1.2 Select and use appropriate current information technologies to locate and apply evidence-based guidelines and protocols.
3. KRDN 1.3 Apply critical thinking skills.
1. KRDN 2.1 Demonstrate effective and professional oral and written communication and documentation.
2. KRDN 2.2 Describe the governance of nutrition and dietetics practice, such as the
3. Scope of Practice for the Registered Dietitian Nutritionist and the Code of Ethics for the Profession of Nutrition and Dietetics.
4. KRDN 2.3 Assess the impact of a public policy position on the nutrition and dietetics profession.
5. KRDN 2.4 Discuss the impact of health care policy and different health care delivery systems on food and nutrition services.
6. KRDN 2.5 Identify and describe the work of interprofessional teams and the roles of others with whom the registered dietitian nutritionist collaborates.
7. KRDN 2.6 Demonstrate cultural humility, awareness of personal biases and an understanding of cultural differences as they contribute to diversity, equity and inclusion.
8. KRDN 2.7 Describe contributing factors to health inequity in nutrition and dietetics including structural bias, social inequities, health disparities and discrimination.
9. KRDN 2.8 Participate in a nutrition and dietetics professional organization and explain the significant role of the organization.
10. KRDN 2.9 Defend a position on issues impacting the nutrition and dietetics profession.
1. KRDN 3.1 Use the Nutrition Care Process and clinical workflow elements to assess nutritional parameters, diagnose nutrition-related

problems, determine appropriate nutrition interventions and develop plans to monitor the effectiveness of these interventions.

2. KRDN 3.2 Develop an educational session or program/educational strategy for a target population.
3. KRDN 3.3 Demonstrate counseling and education methods to facilitate behavior change and enhance wellness for diverse individuals and groups.
4. KRDN 3.4 Practice routine health screening assessments, including measuring blood pressure and conducting waived point-of-care laboratory testing (such as blood glucose or cholesterol).
5. KRDN 3.5 Describe concepts of nutritional genomics and how they relate to medical nutrition therapy, health and disease.
6. KRDN 3.6 Develop nutritionally sound meals, menus and meal plans that promote health and disease management and meet client's/patient's needs.
1. KRDN 4.1 Apply management theories to the development of programs or services.
2. KRDN 4.2 Evaluate a budget/financial management plan and interpret financial data.
3. KRDN 4.3 Demonstrate an understanding of the regulation system related to billing and coding,
4. what services are reimbursable by third party payers, and how reimbursement may be obtained.
5. KRDN 4.4 Apply the principles of human resource management to different situations.
6. KRDN 4.5 Apply safety and sanitation principles related to food, personnel and consumers.
7. KRDN 4.6 Explain the processes involved in delivering quality food and nutrition services.
8. KRDN 4.7 Evaluate data to be used in decision-making for continuous quality improvement.
1. KRDN 5.1 Perform self-assessment that includes awareness in terms of learning and leadership styles and cultural orientation and develop goals for self-improvement.
2. KRDN 5.2 Identify and articulate one's skills, strengths, knowledge and experiences relevant to the position desired and career goals.
3. KRDN 5.3 Practice how to self-advocate for opportunities in a variety of settings (such as asking for needed support, presenting an elevator pitch).
4. KRDN 5.4 Practice resolving differences or dealing with conflict.
5. KRDN 5.5 Promote team involvement and recognize the skills of each member.
6. KRDN 5.6 Demonstrate an understanding of the importance and expectations of a professional in mentoring and precepting others.

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Food Science and Human Nutrition

Food Science and Human Nutrition website (<https://fshn.illinois.edu>)
 260 Bevier Hall
 905 S. Goodwin Ave.
 Urbana, IL 61801
 (217) 244-4498
fshn-general@illinois.edu

College of Agricultural, Consumer & Environmental Sciences

College of Agricultural, Consumer & Environmental Sciences website
(<https://aces.illinois.edu/>)

ACES Office of Academic Programs

128 Mumford Hall
1301 West Gregory Drive
Urbana, IL 61801
217-333-3380
aces-academics@illinois.edu

Advising

Advising website (<https://fshn.illinois.edu/about/contact-us/#paragraph-441>)
(217) 244-4498
fshn-general@illinois.edu

Admissions

ACES Undergraduate Admissions (<https://aces.illinois.edu/admissions/>)
University of Illinois Urbana-Champaign Undergrad Admissions (<https://www.admissions.illinois.edu/>)
(217) 333-3380
visitACES@illinois.edu