



**BRADLEY**  
University

Department of Family & Consumer Sciences

**Nutrition and Dietetics  
Student Handbook**

## Program description and accreditation

Students in the *Nutrition and Dietetics* major at Bradley University complete a 4-year undergraduate degree program, which provides the academic preparation towards becoming a Registered Dietitian Nutritionist (RDN). This 4-year degree aligns with Bradley University's academic calendar.

Nutrition and Dietetics majors are enrolled in the *Bradley University Didactic Program in Dietetics (DPD)*, which resides in the *Department of Family and Consumer Sciences*. The DPD program is accredited by the Accreditation Council for Education in Nutrition and Dietetics (ACEND).

Accreditation Council for Education in Nutrition and Dietetics (ACEND)  
120 S. Riverside Plaza, Suite 2190  
Chicago, IL 60606-6995  
P | 800-877-1600; ext 5400  
E | <http://www.eatright.org/ACEND>

Information contained in this handbook can also be found on Bradley's website at <https://www.bradley.edu/academic/departments/fcs/major/dietetics/> and the undergraduate student catalog at: <https://www.bradley.edu/academic/undergradcat/20202021/>

### What makes Bradley's DPD program unique?

- Acceptance into the competitive dietetic internship from our program has been above the national average for the last several years
- Small class sizes and strong faculty mentoring
- Several department scholarships available annually for continuing majors
- Students have unique experiential learning opportunities to
  - Practice as nutrition counselors in our fully equipped counseling center with the ability to record their performance using the observation room and playback screens
  - Get real world experience through Bodyworks, our nutrition clinic on campus, where dietetic seniors provide nutrition and physical assessments and counseling to students, faculty and staff, under the mentorship of a registered dietitian
  - Experience unique collaborative research opportunities with faculty mentors; present their findings at Bradley University Student Scholarship Exposition (BU Expo), and publish their findings
  - Participate in multicultural, low-economic outreach to the community through education, counseling and school gardens
  - Develop leadership skills through our strong Dietetic Student Association, Kappa Omicron Nu and many other campus clubs
  - Study abroad opportunities for either a few weeks during interims or a full semester

**To become a Registered Dietitian Nutritionist (RDN) through Bradley's Program, students will:**

- Complete a Bachelor of Science degree in an ACEND accredited program, such as Bradley's DPD program
- Complete an ACEND accredited supervised practice program (dietetic internship)
- Pass a national examination administered by the Commission on Dietetic Registration (CDR). **Those taking the CDR exam after January 1, 2024 must also have a Master's degree.**

After becoming a Registered Dietitian Nutritionist, professional registration will be maintained by accruing continuing education credits. RDNs may choose to pursue additional certifications through CDR (<https://www.cdrnet.org/>). For further information, please visit [www.eatright.org](http://www.eatright.org).

Additionally, many states have regulatory laws that require licensure for nutrition and dietetic practitioners, including registered dietitians (see <http://www.idfpr.com/profs/dietNutrition.asp> ) for licensure information in the state of Illinois.

The dietetics program at Bradley University is carefully crafted to provide students with the academic preparation to complete the undergraduate requirement. Graduates from Bradley's program who are verified by the program director, are eligible to apply to supervised practice programs to establish eligibility to sit for the registration examination for dietitians to become a Registered Dietitian Nutritionist.

The supervised practice (or dietetic internship) application is a competitive process. Nutrition & Dietetics seniors who apply to dietetic internships will submit their applications the Dietetic Internship Centralized Application (DICAS; <https://portal.dicas.org>) and D&D Digital internship computer matching process ([www.dnddigital.com](http://www.dnddigital.com)) in spring and/or fall. Supervised practice sites are available throughout the country and offer a variety of experiences. Students may choose to apply to as many internship sites as they wish, but will be admitted to a maximum of one site. Bradley's DPD program has boasted admission rates to dietetic internships above the national average for several years.

### **Employment and Job Prospects for RDNs**

RDNs are considered the experts in nutrition and dietetics. As such, RDNs work in clinical, community, education, research, and management. The RDN credential is required for most jobs in hospitals, nursing homes, medical nutrition therapy in healthcare, sports nutrition, corporate wellness, business, public relations, consultants, and private practice. Positions in industry and food service often require or prefer the RDN credential ([www.eatright.org](http://www.eatright.org)).

According to the US Bureau of Labor Statistics, jobs for RDNs are expected to continue to grow as fast as other health professions, with a median salary of \$60,370 annually. (<https://www.bls.gov/ooh/healthcare/dietitians-and-nutritionists.htm>)

## **Department of Family & Consumer Sciences Mission**

Empower graduates to lead industrious lives advocating for social equity and sustainable solutions for families and communities.

## **Didactic Program in Dietetics Mission**

The program mission is to empower graduates, through excellence, collaboration and experiential opportunities, to become leaders in supervised practice and post-graduate studies, leading to eligibility for the CDR credentialing exam to become registered dietitians.

## **Program Goals and Objectives**

**Program Goal 1:** *Program will empower graduates to be leaders in supervised practice, post-graduate studies, and for the CDR credentialing exam to become registered dietitians.*

### **Program Objectives for Goal 1:**

- At least 80% of program full-time students will complete the program/degree requirements within 150% of program length (within three years of starting as juniors)
- 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%
- At least 60% of program graduates apply for admission to a supervised practice program prior to or within 12 months of graduation
- At least 60% of graduates are expected to be admitted to a supervised practice program within 12 months of graduation
- 100% of supervised practice program directors will express satisfaction with graduate's preparation for the supervised practice, as rated by at least a 3 on a 5-point scale
- 100% of seniors who participate in the Senior Exit Survey will rate their leadership opportunities as at least 4 on a 6-point scale

**Program Goal 2:** *Program will empower graduates through experiential opportunities and collaboration to achieve excellence in practice and to be team players in supervised practice, post-graduate studies and as entry-level registered dietitians.*

### **Program Objectives for Goal 2:**

- 70% of graduates in supervised practice programs who respond to the survey will rate their teamwork preparation as at least a 4 on a 5-point scale
- 70% of graduates in supervised practice programs who respond to the survey will rate their satisfaction with innovative learning experiences as 4 on a 5-point scale
- 60% of supervised practice program directors who respond to the survey will rate graduates' teamwork as satisfactory (at least a 4 on a 5-point scale)

***Outcome data for program objectives are available upon request.***

## **DPD Admission and retention requirements**

Program admission requirements for incoming freshman are the same as for Bradley in general (<http://www.bradley.edu/academic/undergradcat/> ). Course work in biology and chemistry are highly recommended.

Transfer students, in addition to BU requirements, must meet DPD program requirements to be admitted into the DPD program. Students that do not meet these requirements may be admitted to the program on a probationary bases with the understanding a verification statement cannot be obtained if requirements are not met by the time of graduation. These requirements include a GPA of at least 3.0/4.0, and a science GPA of 2.75/4.0. Transcripts of external transfer students are evaluated by the BU transfer admissions office, then reviewed by the DPD program director. Program director further requires an in-person (if possible) or phone interview with potential transfer students to assess their potential for success in the program and the profession, motivation, commitment and drive to become a registered dietitian. Transfer guides for courses at junior colleges are available at [http://www.bradley.edu/admissions/transfer/academic/transfer\\_guides/](http://www.bradley.edu/admissions/transfer/academic/transfer_guides/).

Records of incoming transfer students and admission decisions are kept in student advising folders.

## **Transfer Work Approval**

Students who are already at Bradley University, but plan to take courses at other institutions, are required to complete a transfer approval form prior to taking the course that is signed by their advisor, FCS chair, and the appropriate dean. This form can be viewed at <http://www.bradley.edu/dotAsset/62a2054b-ec4a-4952-89cc-c01d89a25e9e.pdf>.

Bradley University does not give credit for transfer work unless signed by the advisor and administrators. Examples of transfer work approval can be available on-site.

Students will not receive credit for prior work experience or labs required in FCS 461, 405 and 408.

## **International Students**

First, students should have prior learning assessed from a foreign degree evaluation agency. Next, students should contact the Bradley University Admissions Office to determine courses required by Bradley ([admissions@bradley.edu](mailto:admissions@bradley.edu)). Please also refer to information in the Bradley University Student Handbook: <https://www.bradley.edu/academic/undergradcat/20202021/overview-adminternational.dot>.

Students with a U.S. equivalent degree from a regionally accredited institution will be evaluated for equivalency to our Accreditation Council for Education in Nutrition and Dietetics (ACEND) accredited didactic program in dietetics (DPD). International students seeking a Verification Statement from our DPD program will likely need to take several courses.

Each student will be evaluated on an individual basis. Some students may need to enroll in additional coursework.

After successful completion of requirements, students with a Verification Statement may apply to supervised practice (also called the Dietetic Internship). Please note to practice dietetics in the U.S., one must complete ACEND-accredited supervised practice and pass the national examination. Starting January 1, 2024, all students will need a Master's degree to sit for the national examination. Future Education Model (FEM) graduate programs may also be an option for international students to complete undergraduate prerequisites, supervised practice, and graduate coursework. Upon successful completion of an FEM-graduate program, students will be eligible to take the national registered dietitian examination.

### **Students with degrees in other areas**

Students who already have one or more undergraduate or graduate degrees can either apply for admission to the full Bachelor of Science degree (in which case they will follow regular transfer admission procedures) OR they may choose to study as a student-at-large, only completing the courses to obtain the verification statement. The program director will meet with each student individually to assess suitability for the program and profession, as well as establish required course work.

All external transfer students are required by Bradley University to complete at least 24 of the last 30 hours in residence. In addition, the program director requires that at least 8 hours of MNT and/or foodservice be taken in the DPD curriculum. The program director will evaluate education on a case-by-case basis. This DPD program does not accept prior learning for required courses.

### **DPD Student progress assessment, remediation, and dismissal from the program**

The program director, with the assistance of DPD faculty, follows student progress closely. All students meet for advising with DPD academic advisors once a semester before registration for curriculum review as well as a reminder of academic and professional requirements. DPD faculty advisors will review progress, clarify concerns and questions, and discuss remedial actions, if necessary. Academic advisors follow student progress using the electronic academic record system (AcInquire/U.achieve). The College of Education and Health Science's Datamart stores advising notes and documentation for each student in the program. Students have access to their progress through U.achieve.

Students who struggle to maintain academic or professional program requirements after admission into the program are encouraged to approach their course instructors, academic advisor and/or program director to explore remediation options early. The program director will work closely with the course instructor and student to explore all available avenues to help improve student performance, e.g. the Academic Success Center (ASC), located on the third floor of Cullom-Davis Library or can be reached at <https://www.bradley.edu/offices/student/asc/>. The Academic Success Center includes academic coaching and tutoring. The program director will work with the student to locate and be included in small study groups or, for juniors, to find seniors for mentoring.

**The program director will meet with students who are unable to meet program requirements despite all assistance, to discuss other options, e.g. other FCS degree options or other majors in the university that are more suited to student strengths and interests. Students that do not meet these requirements will not be eligible to receive a Verification Statement from the DPD program.**

- **Students must maintain a minimum of a 3.0 overall GPA**
- **Students must maintain a minimum of a 2.75 science GPA**
- **DPD courses have met minimum requirements**

Please see Bradley's policy for probation and dismissal of students who fail to maintain Bradley's academic requirements, in the Bradley Undergraduate Catalog (<http://www.bradley.edu/academic/undergradcat/20172018/overview-arprobationdismissal.dot>).

### **DPD curricular requirements and academic calendar**

Dietetics majors take a variety of science and professional courses in chemistry, biochemistry, biology, anatomy & physiology, food and nutritional sciences, management, and statistics (see FCSND Required Course List and 4-year plan for incoming freshman).

DPD requirements are listed in this handbook, and can also be found online on Bradley's website:

- a list of required courses for Nutrition and Dietetics majors (<http://www.bradley.edu/academic/undergradcat/>)
- a suggested 4-year plan for incoming freshman and 2-year transfer students from junior colleges (<http://www.bradley.edu/academic/departments/fcs/programs/dietetics>)

The DPD program follows Bradley's academic calendar.

### **Graduation, DPD completion requirements and verification statements**

Bradley's requirements for graduation are listed in the undergraduate catalog <http://www.bradley.edu/academic/undergradcat/>.

Nutrition and Dietetics majors who comply with Bradley's graduation requirements, and have completed all program requirements will be issued with a Verification Statement by the program director to verify that they have completed program requirements and are eligible to apply for supervised practice.

Requirements for verification statements, in addition to Bradley's graduation requirements, are:

- completion of all DPD program requirements
- an overall GPA of at least a 3.0
- a science GPA of at least 2.75
- C's or better in all other FCS required courses

All students who receive verification statements are also eligible to sit for the Diet Technician, Registered exam to become a credentialed Diet Technician, Registered (DTR). See Commission on Dietetic Registration (CDR) at <https://www.cdrnet.org/>.

## PROGRAM COSTS

Costs for obtaining a bachelor's degree at Bradley is listed in the undergraduate catalog (<http://www.bradley.edu/academic/undergradcat/>). Additional DPD costs will vary from year to year, but will include certification for the State of Illinois Food Service Sanitation Manager (currently about \$120), and laboratory fees for food and nutrition courses (currently less than \$100).

Additional costs may be incurred when completing the professional work experience for FCS 461 Practicum in Dietetics. For this experience, students may apply for positions in any part of the United States or internationally. Local hospitals or clinics within 30 miles of Bradley campus include OSF St Francis Medical Center, Unity Point Health Methodist (Proctor, downtown, or Pekin locations), or the HULT Center for Healthy Living. The specific requirements and costs will be determined by the institution where the student will complete their professional experience. Students should explore these costs when selecting the institution for completing their professional work experience.

Additional costs, aside of traveling to the site, lodging or parking fees, may include drug testing, criminal background tests, immunizations, health insurance, and professional liability insurance.

NOTE: students may complete the required work experience either as paid employees or as volunteers. Students who complete their work experience as volunteers, may not be required to replace paid employees.

### Financial aid and scholarships

Information for financial aid at Bradley can be found at (<http://www.bradley.edu/offices/other/sfs/>)

In addition, scholarships in the Family and Consumer Sciences department include:

- The Mildred Arnold and CC Wheeler scholarships *for incoming freshman*, which provide \$4,000, renewable annually for 4 years. Two scholarships are awarded each year.
- Several scholarships for continuing FCS majors, ranging from several hundred to \$3,000, are awarded annually.

The Academy of Nutrition and Dietetics Foundation offers scholarships to student members of the Academy who are enrolled in ACEND accredited programs. Contact the Academy's Accreditation and Education Programs Team (800/877-1600, ext. 5400 or [education@eatright.org](mailto:education@eatright.org)) or visit <https://eatrightfoundation.org/why-it-matters/scholarships/> for Foundation scholarship information.



## **Filing and handling of complaints**

Students who have problems in a course, should first approach the instructor of that course. If they have concerns/problems not related to a specific course, or if the problem with the course is not resolved with the instructor, they should discuss this with their academic advisor and/or the program director. Grievances with faculty or other students should be discussed with the DPD program director. If the issue is unresolved after discussion with the DPD director, or if the student complaint involves the DPD director, the student should discuss the problem with the Family and Consumer Sciences chair, and not with the DPD director.

If students still feel that their issues have not been resolved, their next steps are to pursue ombudsman and/or grievance as outlined in Bradley's undergraduate catalog. <https://www.bradley.edu/offices/student/sas/grievance/>

Issues that are related to the DPD program accreditation standards and cannot be resolved through these channels may be submitted to the Accreditation Council for Education in Nutrition and Dietetics (ACEND; <http://www.eatrightacend.org/ACEND/>)

## **FCS Department Diversity Statement**

The mission of the FCS Department is grounded in social equity, or the commitment to fairness, justice, and equality for all. As a department, we believe it is our responsibility to create and maintain an environment based on these principles, where people feel that they can express their opinions and be themselves without fear of judgement, scorn, or disrespect. All individuals are welcome in the FCS Department regardless of race, color, sex, religion, national origin, age, disability, body shape or size, genetics, veteran status, sexual orientation, gender identity, gender expression, or any other aspect.

Students, staff, or faculty who engage in behavior that is discriminatory, harassing, or disrespectful will be subject to disciplinary actions outlined by university policies and the Student Code of Conduct.

## **Privacy**

The Bradley University DPD program protects student privacy in accordance with the Bradley University Policies which include policies for students accessing their own files. These policies can be found here: <https://www.bradley.edu/campuslife/studenthandbook/policies/policies/ferpa/>

## **Health Services**

Health services offered at Bradley University to all students are described here in the Bradley University Student Handbook: <https://www.bradley.edu/campuslife/studenthandbook/services/health/>. Additionally, the Health Services website can be accessed here: <https://www.bradley.edu/campuslife/healthservices/>

## **Exit interviews**

Upon completion of all program requirements, seniors are requested to complete an online, anonymous, exit interview to evaluate the overall program experience. Complied

data are used for program evaluation and will be shared with internal and external constituencies.

### **Contact information**

Jessica K. Nigg, MS RD LDN  
Director, Didactic Program in Dietetics  
Bradley University  
Dept. of Family & Consumer Sciences  
1501 W Bradley Ave, 1 Bradley Hall  
Peoria, IL 61625  
E | [jnigg@fsmail.bradley.edu](mailto:jnigg@fsmail.bradley.edu)  
P | 309.677.3737

Accreditation Council for Education in  
Nutrition and Dietetics  
Academy of Nutrition and Dietetics  
Accreditation and Education Programs  
Team  
120 South Riverside Plaza, Suite 2190  
Chicago, Illinois 60606-6995  
800-877-1600 ext. 5400  
E-mail: [acend@eatright.org](mailto:acend@eatright.org)  
Web: [www.eatright.org/acend](http://www.eatright.org/acend)

## Building competitive portfolios

Acceptance rate for seniors into accredited dietetic internships is extremely competitive, with currently less than 62% of students who applied, receiving internship placements nationwide. At Bradley, students graduating from our DPD program have consistently achieved around 90% placement rates. To help you be more competitive in this market, here are some suggestions (note: as you accumulate experiences, make sure you record your supervisor, dates, hours, job descriptions, etc. – you often forget the detail and it is required in your application):

- Work hard to maintain a good GPA; this is one of the strongest criteria for internship selection; a minimum of 3.0 GPA is usually required for consideration, but higher GPAs are more competitive
- Gain as much work experience as possible within the field of dietetics without sacrificing your grades; most internships consider 200 hours a starting point. A well-rounded portfolio will include clinical, community and food service, e.g. at places like hospitals, clinics, nursing homes. If you can't get a paid job, be prepared to clock unpaid hours.
- Volunteer at nursing homes, community agencies or hospitals. This shows character, commitment and generosity.
- Demonstrate professionalism by (don't try and do this in your last semester, it won't impress anyone, so start early):
  - Joining and seeking activities within clubs, e.g. DSA, KONu; apply for leadership position; run for president, secretary, etc. to show leadership skills
  - Attending area professional meetings, e.g. CIAND, OSF Internship Luncheon presentation, Peoria Area FCS, Bradley's EXPO, webinars, etc.
  - Become a student member of AND, the Society of Nutrition Education and Behavior, American Society for Nutrition
  - Demonstrating professional conduct (AND Code of Ethics), showing commitment to your major, building relationships with peers and faculty, being on-time or classes and labs, practicing courtesy, developing a positive attitude, dress appropriately
- Volunteering in Bodyworks to gain real-life experiences; run for leadership positions in management
- Participating in nutrition education opportunities, talks to local schools, health fairs, campus presentations, or community school gardens
- Do a collaborative research project (either individually or in a group), with a professor; take it to BU Expo (each spring semester) or other professional meeting; publish in a peer-reviewed journal
- Starting early to familiarize yourself with the many dietetic internships using the Applicant Guide in Sakai or the AND website ([eatright.org](http://eatright.org)) identifying programs you are interested in, contacting program directors, visiting open houses

## DIETETICS MAJOR: 4-year Plan for Incoming Freshman

<b>Fall 2020</b>		<b>Spring 2021</b>	
FCS 103 Food Resource Management	3	FCS 171 Sanitation Health and Safety	1
BIO 111 Intro to Cell Biology	3	FCS 102 Profession of Dietetics	1
CHM 100 Fundamentals of General Chem	3	FCS 100 Family Dynamics	3
CHM 101 Fund of Gen Chem lab	1	CHM 162 Fund. Organic and Biochem	4
COM 103 Oral Communication Process	3	PSY 101 Principles of Psychology	3
ELECTIVE (FA/GP/HU/MI/WI)	3	ENG 101 English Composition	3
	16		15
<b>Fall 2021</b>		<b>Spring 2022</b>	
FCS 202 Introduction to Nutrition	3	BIO 232 Human Anatomy and Phys II	3
FCS 271 Food and World Cultures	3	BIO233 Human Anatomy Phys II Lab	1
BIO 230 Human Anatomy Physiology I	3	FCS 220 Cnsumer Issues Healthcare	3
BIO 231 Human Anatomy Phys I Lab	1	FCS 204 Programs Across the Lifespan	3
MTH 111 Elementary Statistics	3	CHM 302 OR NSG 391 Medical Terminology	1
M L 350 Interpersonal Effectiveness OR PSY 321 Organizational Psychology	3	BIO 202 Microbiology/Immunology	4
	16		15
<b>Fall 2022</b>		<b>Spring 2023</b>	
ENS 305 Sustainability and Food OR BIO 300 Popltn, Rsrces, Envrnmnt	3	FCS 305 Experimental Foods	1
FCS 310 Community Program Planning	3	FCS 311 Eval/Research Methods	3
FCS 341 Human Development Lifespan	3	FCS 410 Advanced Nutrition	3
ENG 300 Advanced Writing	3	ELECTIVE (FA/GP/HU/MI/WI)	3
ELECTIVE (FA/GP/HU/MI/WI)	3	ELECTIVE (FA/GP/HU/MI/WI)	3
	15	ELECTIVE (FA/GP/HU/MI/WI)	3
			16
<b>Fall 2023</b>		<b>Spring 2024</b>	
FCS 411 Medical Nutrition Therapy I	3	FCS 412 Medical Nutrition Therapy II	3
FCS 405 Food Service Systems	4	FCS 408 Management in Food Service	4
FCS 461 Practicum in Dietetics	3	FCS 442 Foundations in FCS	3
ELECTIVE – Consider FCS 507 Nutrition Assessment and Counseling	3	ELECTIVE (FA/GP/HU/MI/WI)	3
ELECTIVE – BCC/Minor/other	3	ELECTIVE (FA/GP/HU/MI/WI)	3
	16		16

**DIETETICS MAJOR: 2-year Plan for Transfer Students**

FALL SEMESTER		SPRING SEMESTER	
FCS 100 Family Dynamics	3	FCS 171 Sanitation, Health, Safety	1
FCS 103 Food Resource Mngmnt	3	FCS 220 Cnsmer Issues in Hlthcare	3
FCS 202 Food and Nutrition	3	FCS 204 Family Programs Lifespan	3
FCS 341 Human Dvlpmnt Lifespan	3	FCS 410 Advanced Nutrition	3
M L 350 Interpersonal Effectiveness	3	FCS 102 Profession of Dietetics	1
OR PSY 321 Organizational Psych		ENS 305 Sustainability and Food	3
		OR BIO 300 Population, Rsrces, Envmt	
TOTAL	14-15	TOTAL	14
FCS 405 Food Service Systems	4	FCS 271 Food and World Cultures	3
FCS 411 Medical Nutr Therapy I	3	FCS 442 Foundations in FCS	3
FCS 461 Practicum in Dietetics	3	FCS 412 Medical Nutr Therapy II	3
FCS 310 Community Prgm Planning	3	FCS 408 Mgmt in Food Service	4
FCS 305 Experimental Foods	1	FCS 311 Evaluation & Rsrch Mthds	3
REC: FCS 507 Nutrition Assessment & Counseling	(3)		
TOTAL	14-17	TOTAL	16

**Students transferring to the DPD program should have basic science prerequisites completed (see below) AND meet requirements of the Bradley Core Curriculum or Illinois Articulation Initiative.**

**Science courses recommended to be completed prior to transferring to Bradley to complete DPD in two years (refer to Bradley University transfer guides):**

- CHM 100 Fundamentals of General Chemistry (3 hours)
- CHM 101 Fundamentals of General Chemistry Lab (1 hour)
- CHM 162 Fundamentals of Organic and Biochemistry (4 hours)
- CHM 302 or NSG 391 Medical Terminology (1 hour)
- BIO 111 Introduction to Cell Biology (3 hours)
- BIO 202 Microbiology (4 hours)
- BIO 230 Human Anatomy and Physiology I (3 hours)
- BIO 231 Human Anatomy and Physiology I Lab (1 hour)
- BIO 232 Human Anatomy and Physiology II (3 hours)
- BIO 233 Human Anatomy and Physiology II (1 hour)
- MTH 111 Elementary Statistics (3 hours)

**Nutrition and Dietetics Major FCS Required Courses:**  
**Descriptions & Prerequisites**

**FCS 100 - Family Dynamics (3 hours)**

Examine relationships within family systems across the life span, and their reciprocal relationship with cultural and societal dynamics. Strengthen skills necessary for healthy relationships, including problem solving, communication, conflict resolution, decision-making, time and stress management. Explore and integrate research and theories in family studies.

**FCS 102 – Profession of Dietetics (1 hour)**

An introduction to the profession of dietetics including history of the profession, career opportunities, role in a healthcare team, scope of practice, code of ethics, and professional associations.  
Prerequisite: Nutrition and Dietetics major or consent of instructor.

**FCS 103 – Food Resource Management (3 hours)**

Application of concepts related to decision-making, planning and budgeting, and preparation of food.

**FCS 171 – Sanitation, Health, and Safety (1 hour)**

Sanitation and safety principles and regulations as related to the hospitality industry including Hazard Analysis Critical Control Point (HACCP) principle and procedures, safety and security issues and procedures, and associated health issues related to sanitation and safety in the hospitality industry. Students must take an ANSI-CFP accredited food safety sanitation certification examination to receive credit.

**FCS 202 – Food and Nutrition (3 hours)**

An overview of the science of nutrition including macronutrients and micronutrients. Primarily focuses on the relationship between dietary intake and health. Examines current issues in human nutrition.

**FCS 204 – Family Programs across the Lifespan (3 hours)**

Exploration of local, state, and national level programs, services, and policies for families from a life span perspective. Prerequisites: FCS majors or consent of instructor.

**FCS 220 - Consumer Issues in Health Care (3 hours)**

Possible care obtained, level of health care, and how to access care for persons from birth to death. Cross listed as HS 220. Prerequisite: HS 110 or consent of a cross-listed Department Chair (PT, FCS).

**FCS 271 – Food & World Cultures (3 hours)**

This course is an exploration of a variety of foods and cultures that demonstrate the influences of demography, geography, history, social traditions, religious beliefs, and other environmental considerations on food, its preparation, service, and symbolism/meaning.

**FCS 305 – Experimental Foods (1 credit)**

Scientific principles of food composition, preparation, and preservation. Prerequisites: FCS 103 or 104, FCS 171 or ANSI-CFP accredited Food Protection Manager Certification, and FCS 202.

**FCS 310 - Community Program Planning (3 hours)**

Assessing and prioritizing community health needs, principles of program planning including use of comprehensive planning models, development of goals and objectives, incorporating health behavior theory, and gaining community support. Prerequisite: FCS 201 or consent of instructor.

**FCS 311 - Community Program Evaluation (3 hours)**

Methods of monitoring, evaluating, and assessing impact of health education programs, emphasis on selecting valid and reliable measures, use of statistics, and communicating outcomes to stakeholders. Prerequisite: FCS 310 and MTH 111; or consent of instructor.

**FCS 341 - Human Development Through the Lifespan (3 hours)**

Physical, cognitive, emotional and social growth and development throughout the human lifespan. Not open to students with credit in PSY 303.

**FCS 405 - Food Service Systems (4 hours)**

Exploration of food service systems concepts, organization of food service operations, menu planning, food production and procurement, quantitative evaluations of food service operations, and laboratory experiences. Prerequisite: FCS 103 or 104; ANSI-CFP accredited Food Protection Manager Certification or FCS 171.

**FCS 408 - Management in Food Service (4 hours)**

Application of theories, principles, and functions of management to a food service system operation. Emphasis on qualitative and quantitative evaluation of operational, financial, sales, inventory, and procurement data. Prerequisite: FCS 405.

**FCS 410 - Advanced Nutrition (3 hours)**

Impact of food, nutrition, and lifestyle choices on performances, disease prevention, and health; biochemistry of energy and nutrient utilization in relation to human biological functions; interpretation of literature; current information technologies. Prerequisites: BIO 232; CHM 116 or 162; Grade of B or better in FCS 202 or FCS 303.

**FCS 411 - Medical Nutrition Therapy I (3 hours)**

Biochemical and physiological principles underlying dietary modification in the prevention and treatment of various conditions; diet design; nutrigenomics; pharmaceuticals; complementary and integrative therapies; emphasis on applications and case studies to foster critical thinking and problem-solving. Prerequisite: Grade of C or better in FCS 410.

**FCS 412 - Medical Nutrition Therapy II (3 hours)**

Biochemical and pathophysiological rationale, therapeutic dietary modifications for various disease conditions; nutrition support in malnutrition and hypermetabolic conditions; emphasis on evidence-based practice applications and case studies to foster critical thinking and problem-solving. Prerequisite: Grade of C or better in FCS 411.

**FCS 442 - Foundations of FCS (3 hours)**

Review of theoretical, philosophical, ethical, and historical foundations of FCS; includes analysis, critique, and discussion of FCS literature. Emphasizes the integrative and applied nature of the discipline. Prerequisite: FCS major and junior standing; or consent of instructor

**FCS 461 - Practicum in Dietetics (3 hours)**

Exploration of the dietetics profession, legislative aspects, and impact of public policy on dietetics practice; current reimbursement issues; portfolios, with selected practicum experience within a food, nutrition, and/or dietetics-related workplace. Prerequisite: Senior standing; dietetics major

**Other courses Nutrition and Dietetics Majors might take as electives:****FCS 304 – Sports and Exercise Nutrition; (3 credits)**

Design of approximate diets for exercise and sports to enhance utilization and maximize performance. An integrative, case study approach. Prerequisite: FCS 202, FCS 301 or FCS 303; junior standing.

**FCS 507 – Nutrition Assessment and Counseling; (3 credits)**

This course is designed to equip students to be effective professional nutritional counselors as agents of nutritional behavior change, focusing on motivational interviewing techniques. Nutritional assessment will be centered around the nutrition care process including the assessment of nutritional status by anthropometric, biochemical, clinical, and dietary methods with an emphasis on nutrition focused physical examinations.

.....  
**Documentation that students have received the handbook and understand its contents**  
.....

I, \_\_\_\_\_, have read and understand  
the Bradley University Didactic Program in Nutrition & Dietetics Student Handbook of Policies  
and Procedures. I have been given the opportunity to ask questions and voice any concerns.

**I agree to comply with all policies and procedures and understand that I may be  
counseled out of the program if I do not continue to meet the requirements. This  
includes maintaining a minimum of 3.0 overall GPA and 2.75 science GPA.**

Nutrition & Dietetic major signature \_\_\_\_\_

Date: \_\_\_\_\_

Please turn in the original, signed form to the program director to maintain in your file.