



CENTRAL WASHINGTON UNIVERSITY

NUTRITION & DIETETICS

Handbook



Nutrition and Science Club

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and Dietetics

Revised 4/24

Welcome to Nutrition and Dietetics

Dear Prospective Nutrition and Dietetic Student:

The Nutrition and Dietetic specialization is the starting point on your pathway to becoming a Registered Dietitian. The purpose of this handbook is to provide you with information pertaining to the profession and what is involved in the Didactic Program in Dietetics (DPD) offered at Central Washington University.

Becoming a dietitian requires at least a bachelor's degree in dietetics, foods and nutrition, food service systems management, or a related area. Graduate degrees also are available. College students in these majors take courses in foods, nutrition, institution management, chemistry, biochemistry, biology, microbiology, and physiology. Other suggested courses include business, mathematics, statistics, computer science, psychology, sociology, and economics. At CWU you will need to major in Nutrition and Food Science with a specialization in Dietetics. This program is currently granted Accreditation Council for Education in Nutrition and Dietetics (ACEND) of the Academy of Nutrition & Dietetics (AND).

After the completion of degree requirements, students are graduated with a Bachelor of Science in Food Science and Nutrition. Upon completion of the degree, students are able to apply for ACEND Dietetic Internships accredited throughout the country. Upon successful completion of this experiential phase, graduates are able to write the Registration Examination. After passing the exam, graduates are considered to be a Registered Dietitian (RD) or Registered Dietitian Nutritionist (RDN), these terms are now used interchangeably.

RD's are health professionals trained in nutrition. RD's are important components of health care delivery. RD's may do nutritional assessments in a hospital setting as part of a health care team or they may be responsible for managing the operation of a hospital food service. RD's may be involved in nutrition consulting with physicians in a practice or they may be involved with health care product development and sales with a health care company. Whatever their role, RD's are serving the nutritional needs of society

Employment

Dietitians and nutritionists held about 64,400 jobs in 2010. More than half of all jobs were in hospitals, nursing care facilities, outpatient care centers, or offices of physicians and other health practitioners. State and local government agencies provided additional jobs—mostly in correctional facilities, health departments, and other public-health-related areas. Some dietitians and nutritionists were employed in special food services, an industry made up of firms providing food services on contract to facilities such as colleges and universities, airlines, correctional facilities, and company cafeterias.

Other jobs were in public and private educational services, community care facilities for the elderly (which includes assisted-living facilities), individual and family services, home health care services, and the Federal Government—mostly in the U.S. Department of Veterans Affairs. Some dietitians were self-employed, working as consultants to facilities such as hospitals and nursing care facilities or providing dietary counseling to individuals.

Job Outlook

Employment change. Employment of dietitians and nutritionists is expected to increase 20 percent during the 2010-20 projection decade, faster than the average for all occupations. Job growth will result from an increasing emphasis on disease prevention through improved dietary habits. A growing and aging population will boost demand for nutritional counseling and treatment in hospitals, residential care facilities, schools, prisons, community health programs, and home health care agencies. Public interest in nutrition and increased emphasis on health education and prudent lifestyles also will spur demand, especially in food service management.

Employment growth, however, may be constrained if some employers substitute other workers, such as health educators, food service managers, and dietetic technicians, to do work related to nutrition. Also, demand for nutritional therapy services is related to the ability of patients to pay, either out-of-pocket or through health insurance, and although more insurance plans now cover nutritional therapy services, the extent of such coverage varies among plans. Growth may be curbed by limitations on insurance reimbursement for dietetic services.

Hospitals will continue to employ a large number of dietitians and nutritionists to provide medical nutritional therapy and plan meals. But hospitals also will continue to contract with outside agencies for food service and move medical nutritional therapy to outpatient care facilities, slowing job growth in hospitals relative to food service, outpatient facilities, and other employers.

In recent years, there has been increased interest in the role of food in promoting health and wellness, particularly as a part of preventative healthcare in medical settings. The importance of diet in preventing and treating illnesses such as diabetes and heart disease is now well known. More dietitians and nutritionists will be needed to provide care for people with these conditions. In addition, employment is expected to grow rapidly in contract providers of food services, in outpatient care centers, and in offices of physicians and other health practitioners.

Finally, with increased public awareness of obesity and diabetes, Medicare coverage may be expanded to include medical nutrition therapy for renal and diabetic patients, creating job growth for dietitians and nutritionists specializing in those diseases.

Job prospects. In addition to employment growth, job openings will result from the need to replace experienced workers who retire or leave the occupation for other reasons. Overall, job opportunities will be good for dietitians and nutritionists, particularly for licensed and registered dietitians. Job opportunities should be particularly good in outpatient care facilities, offices of physicians, and food service management.

Dietitians with specialized training, an advanced degree, or certifications beyond the particular State's minimum requirement will experience the best job opportunities. Those specializing in renal and diabetic nutrition or gerontological nutrition will benefit from the growing number of diabetics and the aging of the population.

Earnings

Earnings are presented from two different sources, the US Bureau of Labor Statistics and a recent survey published in the Journal of Academy of Nutrition and Dietetics. Earnings may vary by geographical location, terminal degree and years of experience.

According to the 2013 AND Compensation & Benefits Survey, the median annual earnings of RD's were \$60,000 or, \$28.85/hour. Compared to statistics from the Bureau of Labor Statistics at \$26.56/hour, or \$55,000 annual earning.

Most dietitians and nutritionists work full time, although about 20% work part time. Self-employed, consultant dietitians have more flexibility in setting their schedules. AND has separated average annual wages for dietitians based on their area of practice.

Business and consultation	\$60,008
Acute clinical nutrition	\$48,984
Long term clinical nutrition	\$53,997
Ambulatory clinical nutrition	\$52,000
Mgmt nutrition and food	\$64,002
Community nutrition education	\$48,006
Nutrition education and research	\$66,061

Salaries also vary by years in practice, education level, and geographic region.

Median salary in Seattle for a registered dietitian is \$57,726.

POLICIES AND PROCEDURES
DIDACTIC PROGRAM in DIETETICS

Policy # 1

Filing and handling complaints from students that includes recourse to an administrator other than the DPD director and prevents retaliation

The University's process for handling complaints is found in the Academic Affairs Policy Manual and complies with state and federal laws. The student shall first attempt to resolve the matter with the instructor. If resolution is not achieved between the student and the instructor the student shall ask the department chair to resolve the grievance. If resolution is still not achieved; the chair shall forward a written summary to the dean of the school or college in a further effort to achieve resolution. If resolution is not achieved at this point, the student may petition for a hearing before the Board of Academic Appeals. If the student has DPD program concerns, they may also contact ACEND directly (acend@eatright.org).

Policy # 2

Assessment of prior learning and credit toward program requirements (coursework and/or experiential)

Students have access to an online list of course equivalencies from other institutions in the state of Washington. <http://www.cwu.edu/registrar/transfer-equivalencies-policies> If the student feels that a course is an equivalent to one required for the DPD but is not listed; the Director of the DPD will evaluate the course syllabi and make a determination based on learner outcomes. In addition, students may petition to challenge any NUTR course as described in the University Catalog. Such students work with a faculty member who teaches the course to arrange for a suitable examination or other documentation that demonstrates acceptable achievement of learner outcomes. Additionally, all students will receive ACEND orientation upon admission to the program.

Policy #3

Formal assessment of student learning and regular reports of performance and progress at specified intervals throughout the DPD, such as within and at the conclusion of any given course, unit or segment

Students must earn a C grade or better to meet the criteria set by the DPD program. Student Learning Outcomes are evaluated at the conclusion of each required course in the DPD. Periodically, students at CWU may not register for classes without first meeting with their advisor. This allows the student and the advisor to assess the student's progress and should occur annually.

Policy # 4

DPD retention and remediation procedures when student performance does not meet criteria for progressing in the program

Students failing to meet the criteria for grades within DPD courses are encouraged to retake the class if appropriate. If obstacles are identified that could prevent success in the retake, a student may be advised to seek help in removing those obstacles before continuing. Students who do not

meet the Dietetics requirements will be advised to move into the Food and Nutrition specialization

Policy # 5 Disciplinary/termination procedures

The DPD conforms to the University guidelines for disciplinary/termination procedures as provided in the Student Rights and Responsibilities web site, <http://www.cwu.edu/~saem/index.php?page=student-conduct-code>. This is in accordance with the Washington Administrative Code (WAC).

Policy # 6

Graduation and/or DPD completion requirements for all options including maximum amount of time allowed to complete DPD requirements in place at the time student enrolls

All students applying for a major in Nutrition and Food Science with a specialization in Nutrition and Dietetics must meet with an advisor prior to acceptance into the program. At this time a schedule is written to ensure that the DPD requirements are met within 2 years and no more than 3 years time. Students must earn a C grade or better in order to graduate with a B.S. in Foods and Nutrition. Students must maintain an overall GPA of 3.0 or better to meet the requirements for the Dietetics Specialization.

Policy # 7

Verification statement procedures ensuring that all students completing requirements as established by the DPD, not just those applying to Dietetic Internships, receive verification statements in a timely manner

In addition to verification statements being sent to those graduates who need them for Dietetic Internships, all other students meeting DPD requirements also receive a statement. The Director of DPD runs an on-line 'query' as students graduate. The information provided from the Enrollment Management Department includes the addresses of students graduating with a specialization in Nutrition and Dietetics. If the transcript also includes those classes required for the DPD, the Director sends a verification statement to the graduate and places a copy in their permanent file. Students who need a verification statement prior to the formalized 'query' may request a statement from the director.

**Join the Nutrition Science Club
Aka - NSC**

When: TBA

Where: Michaelson Room 129

Why: Networking, volunteer opportunities, resources, field trips, internship help, meet professionals and learn about jobs in the field.

How: Just stop by any meeting!

PS: Check out our

- ◇ Nutrition Board in Michaelson across from Room 129
- ◇ Facebook group page –Nutrition Science Club
- ◇ www.cwu.edu/~nutritionclub

Peer Nutrition Education Practicum - NUTR 406

Peer Nutrition Education Practicum provides students with supervised experience as a nutrition educator at the Student Health Center and/or CWU Center for Sports Nutrition. Prerequisites for this class include NUTR 101, NUTR 348, NUTR 446 or by permission. See below for a description of the services provided and the web site where you can learn more about this opportunity.

What Is Peer Nutrition?

- A free, confidential service provided by CWU nutrition students
- Nutrition education personalized for your needs
- A supervised program sponsored by the nutrition department of Nutrition, Exercise & Health Sciences and the Student Medical and Counseling Clinic

Who We Are

- Nutrition students who have successfully completed required coursework
- Friendly and approachable
- Helpful and knowledgeable

Services Provided

- General nutrition information
- Personalized diet analysis
- Information concerning:
 - Weight management
 - Food intolerance and allergies
 - Vegetarian options
 - Eating on the go and on a budget
 - Dining hall and supermarket tours

<http://www.cwu.edu/peer-nutrition>

Application Process

Students must meet with a faculty advisor prior to declaring a Nutrition and Food Science major with a specialization in Nutrition and Dietetics. The advisor will assist the student in planning the course work and filling out the application form.

Nutrition and Food Science Advisors are assigned by last name as follows:

A-K See Professor Nicole Stendell-Hollis, HESC
302K, 963-3360

L-O See Professor Kelly Pritchett, HESC 302I,
963-2786

P-Z See Professor Tafere Belay, HESC 302A,
963-2541

Admission and Graduation Requirements

Students wishing to attain full admission to the major must meet the following requirements: Successful completion of NUTR 101, Basic Nutrition, NUTR 240, Introduction to Foods and NUTR 240Lab, Introduction to Foods Laboratory with a grade of B (3.0) or better and CHEM 111, Introduction to Chemistry, CHEM 111Lab, Chemistry lab with a C (2.0) or better. In addition, students must successfully complete MATH 100C, Intermediate Algebra, or equivalent before being admitted to the major. Students must receive a grade of C (2.0) or better in all of the other major courses to meet graduation requirements. Before being admitted to the Dietetics specialization, students must have an overall GPA of 3.0 in the Pre-specialization courses. Students must consult with a major advisor for approval of the program specialization.

This program is a program accredited by the Accreditation Council Education in Nutrition and Dietetics (ACEND) of the Academy of Nutrition & Dietetics (AND). For further information regarding ACEND contact:

ACEND
120 South Riverside Plaza
Suite 2190
Chicago, IL 60606-6995
(312) 899-0040 ext 5400 (800) 877-1600

CENTRAL WASHINGTON UNIVERSITY
Credit Analysis-Bachelor of Science in Food Science & Nutrition
Dietetics Option

The BS in Food Science and Nutrition with the Dietetics satisfies the AND/ACEND accredited Didactic Program in Dietetics requirements and qualifies the student to apply for admission into an AND/ACEND accredited Dietetic Internship. Admission into a Dietetic Internship is a highly competitive process and generally requires a GPA of 3.0 or better. Consequently, admission into our Dietetics Specialization requires the completion of the pre-specialization requirements listed below with a GPA in those courses of 3.0 or better and an overall college GPA at the time of application into this specialization of 3.0 or better. See worksheet next page.

COURSES		CR	CREDITS COMPLETE	CREDITS TO BE TAKEN	COMPLETED
<u>PRE-SPECIALIZATION REQUIREMENTS</u>					
NUTR 101	Intro Human Nutrition	5	_____	_____	_____
NUTR 240	Intro to Foods	2	_____	_____	_____
NUTR 240L	Intro to Foods Lab	2	_____	_____	_____
NUTR 343	Nutr Professionalism	1	_____	_____	_____
NUTR 344	MNT 1	3	_____	_____	_____
NUTR 345	Nutr & the Lifecycle	5	_____	_____	_____
NUTR 350	Weight Management	3	_____	_____	_____
NUTR 446	Sports Nutr	3	_____	_____	_____
NUTR 447	Community Nutrition	3	_____	_____	_____
EDCS 312	Educational Statistics OR				
PSY 362	Introduction to Statistics	4 or 5	_____	_____	_____
CHEM 111	Introduction to Chemistry	4	_____	_____	_____
CHEM 111LAB	Chemistry Lab	1	_____	_____	_____
CHEM 112	Intro to Organic Chem	4	_____	_____	_____
CHEM 112LAB	Chemistry Lab	1	_____	_____	_____
CHEM 113	Intro to Biochemistry	4	_____	_____	_____
CHEM 113LAB	Chemistry Lab	1	_____	_____	_____
BIOL 355	Human Anatomy & Physiology I	5	_____	_____	_____
BIOL 356	Human Anatomy & Physiology II	5	_____	_____	_____
PSY 101	General Psychology	5	_____	_____	_____
<u>TOTAL PRE-SPECIALIZATION</u>		61-62			
<u>DIETETIC SPECIALIZATION REQUIREMENTS</u>					
BIOL 220	Introductory Cell Biology	5	_____	_____	_____
BIOL 322	Intro. to Microbiology OR				
BIOL 323	Microbiology	5	_____	_____	_____
NUTR 340	Management of Fd Res	2	_____	_____	_____
NUTR 340LAB	MFR Lab	1	_____	_____	_____
NUTR 342	Quantity Food Production	4	_____	_____	_____
NUTR 342LAB	QFP Lab	1	_____	_____	_____
NUTR 347	Nutrition Education	4	_____	_____	_____
NUTR 440	Experimental Foods	2	_____	_____	_____
NUTR 440LAB	Exp. Foods Lab	1	_____	_____	_____
NUTR 433	Macronutrients	3	_____	_____	_____
NUTR 434	Micronutrients	3	_____	_____	_____
NUTR 436	Theory & Tx Eating Dis.	3	_____	_____	_____
NUTR 442	Nutrition Assessment Lab	2	_____	_____	_____
NUTR 443	Metabolism	3	_____	_____	_____
NUTR 444	MNT 2	3	_____	_____	_____
NUTR 445	Exp Foods Research	1	_____	_____	_____
NUTR 445LAB	Exp Foods Research Lab	1	_____	_____	_____
NUTR 448	Food Service Sys Mgt	4	_____	_____	_____
TOTAL CREDITS		109-110			

Students are highly encouraged to complete at least five credits of NUTR 490, Cooperative Education

NUTR 490 is currently offered only during the summer.

Application for Admission to the Dietetic Specialization Worksheet

BS Food Science and Nutrition

Course	Title	Credits	Grade*	Grade Points
NUTR 101	Basic Nutrition	5		0
NUTR 240	Intro. To Foods	2		0
NUTR 240LAB	Intro. To Foods Lab	2		0
NUTR 343	Fd. Nutr. Prof.	1		0
NUTR 344	Med. Nutr. Ther. I	3		0
NUTR 345	Nutr & the Lifecycle	5		0
NUTR 350	Weight Management	3		0
NUTR 446	Sp. Nutr	3		0
NUTR 447	Community Nutrition	3		0
PSY 362/EDCS 312	Statistics	5		0
CHEM 111	Intro. To Chem	4		0
CHEM 111LAB	Intro. To Chem lab	1		0
CHEM 112	Intro. To Org. Chem.	4		0
CHEM 112LAB	Intro. To Org. Chem. Lab	1		0
CHEM 113	Intro. To Biochem	4		0
CHEM 113LAB	Intro. To Biochem. Lab	1		0
BIOL 356	Physiology	5		0
	TOTAL	48		0.00

Grade*: insert numerical grade on a 4.0 scale with A- = 3.7, B+ = 3.3

Overall CWU GPA = _____

For admission into the Dietetic Specialization, students must have a pre-specialization course GPA of ≥ 3.0 and a overall CWU GPA of ≥ 3.0

Cooperative Field Experience in Dietetics **NUTR 490**

The Cooperative Field Experience in Dietetics within the Central Washington University Nutrition Department allows students the opportunity to gain work experience within the field of dietetics. This experience allows students to combine career, social, and personal growth with the educational process. This unique experience places students in clinical, community or industry field experiences for credit during the summer quarter. Students have been placed in clinical positions in hospitals and nursing homes; in community public health or non-profit organization such as the Supplemental Nutrition Program for Women, Infants and Children, and Head Start. Furthermore, students are encouraged to choose an internship site within their area of interest. Students obtain on-site training that relates classroom instruction to site application of knowledge.

A cooperative field experience can be an invaluable experience for dietetic students. Currently, acceptance into a Dietetic Internship is becoming more and more competitive. A field experience allows students to set themselves apart from other students during the application process, and allows them to have hands on experience under the supervision of professional, credentialed supervisors within the field. During the field experience, students are required to maintain an active working relationship with their preceptor/employer. This relationship can often lead to future employment within the field.

Additionally, students have to maintain Student Liability Insurance. A link to the form can be found here: <http://www.cwu.edu/career/cooperative-education-and-internships>.

2023-2024 Food Science and Nutrition Anticipated Schedule Matrix

*Subject to change

Nutrition Courses	Fall	Winter	Spring	Summer
NUTR 101 Introduction to Human Nutrition (5)	XXX	XXX	XXX	OOO
NUTR 240 Introduction to Foods (2)	XXX	XXX		
NUTR 240LAB Introduction to Foods Lab (2)	XXX	XXX		
NUTR 340 Management Food Resources (2)			XXX	
NUTR 340LAB Mgmt Food Resources Lab (1)			XXX	
NUTR 342 Quantity Food Production & Service (4)			XXX	
NUTR 342 Quantity Food Production Lab (1)			XXX	
NUTR 343 Food and Nutrition Professionalism (1)	XXX			
NUTR 344 Medical Nutrition Therapy 1 (3)	XXX			
NUTR 345 Nutrition and the Life Cycle (5)	XXX			
NUTR 347 Intro to Nutr Ed & Counseling (3)		XXX		
NUTR 350 Weight Management (3)		XXX	XXX	
NUTR 433 Macronutrients (3)	XXX			
NUTR 434 Micronutrients (3)			XXX	
NUTR 436 Theory & Treatment of Eating Disorders (3)			XXX	
NUTR 440 Experimental Foods (2)	XXX			
NUTR 440LAB Experimental Foods Lab (1)	XXX			
NUTR 445 Experimental Foods Research (1)		XXX		
NUTR 445LAB Exp. Fds. Research Lab (1)		XXX		
NUTR 442 Nutrition Assessment Lab (2)			XXX	
NUTR 443 Metabolism (3)		XXX		
NUTR 444 Medical Nutrition Therapy 2 (3)			XXX	
NUTR 446 Sports Nutrition (3)		XXX	XXX	
NUTR 447 Community Nutrition (3)	XXX			
NUTR 448 Food Service Systems Management (4)			XXX	
BIOL 220 Intro to Cell Biology (5)	XXX			PPP
BIOL 322 Intro to Micro Biology (5)		XXX		PPP
or BIOL 323 Microbiology (5)	XXX		XXX	
BIOL 355 Human Anatomy and Physiology I (5)	XXX			XXX
BIOL 356 Human Anatomy and Physiology II (5)		XXX		XXX
CHEM 111 & CHEM 111L Intro to Chemistry (5)	XXX	XXX		
CHEM 112 & CHEM 112L Intro to Org Chem (5)		XXX	XXX	
CHEM 113 & CHEM 113L Intro to Biochem (5)			XXX	PPP
EDCS 312 Ed Stats (4)		XXX		
or PSY 362 Intro to Stats (5)	XXX	XXX	XXX	PPP
PSY 101 General Psychology (5)	XXX	XXX	XXX	XXX

XXX = course to be offered: traditional format

OOO= course to be offered: online format

PPP= course likely to be offered (based on past history)

Prerequisites

Course	Description	Prerequisite	Prerequisite	Prerequisite	Prerequisite
BIOL 220	Intro to Cell Biology	BIOL 110	CHEM 113 or 183		
BIOL 322	Microbiology	BIOL 220			
BIOL 323	Microbiology	BIOL 220	CHEM 113 or 182		
BIOL 355	Hum Anatomy & Physiology I	BIOL 183			
BIOL 356	Hum Anatomy & Physiology II	BIOL 355			
NUTR 101	Intro Human Nutrition	None			
NUTR 240	Intro to Foods	None			
NUTR 340	Mgmt Fd Res	NUTR 101	NUTR 240		
NUTR 342	Quant Fd Prod	NUTR 240			
NUTR 343	Professionalism	Jr. standing			
NUTR 344	MNT I	NUTR 101	CHEM 111	BIOL 201	
NUTR 345	Nutrition & the Lifecycle	NUTR 101 or 433			
NUTR 346	Eat Disorders	NUTR 101			
NUTR 347	Nutr Ed & Interv	NUTR 101			
NUTR 440 & lab	Exp Foods	NUTR 240 & 340	CHEM 112	PSYCH 362	ENG 310
NUTR 445& lab	Exp Foods Research	NUTR 440 & lab			
NUTR 433	Macronutrients	CHEM 112 or 363			
NUTR 434	Micronutrients	NUTR 443	CHEM 113		
NUTR 436	Theory & Tx of Eating Disorders	NUTR 101			
NUTR 442	Nutr Assess Lab	NUTR 443			
NUTR 443	Metabolism & Micronutrients	NUTR 433	CHEM 113 or 432	BIOL 201 or 356 or Permission	
NUTR 444	MNT II	NUTR 344	NUTR 443	CHEM 113 or 432	
NUTR 446	Sports Nutrition	NUTR 101 or permission			
NUTR 447	Community Nutr	NUTR 101 or 433			
NUTR 448	Fd Serv Syst Mgmt	NUTR 240	NUTR 342	MGT 380	
PSY 101	Gen Psych	None			

ADDITIONAL INFORMATION FOR STUDENTS

- The university has a non-discrimination policy in both recruitment and admission and must comply with state and federal laws and regulations. Additional information about this policy can be found at:
<http://catalog.acalog.cwu.edu/content.php?catoid=41&navoid=1926>
- Information related to withdrawal from classes and refund of tuition and fees, if applicable can be found at: <http://cwu.edu/summer/withdrawal-and-refund-policies>
- Program schedule, vacations, holidays, and leave of absence information can be found at: <http://cwu.edu/hr/leave-holidays>
- Information related to protection of student information, including information used for identifying students in distance learning can be found at:
<http://cwu.edu/career/family-educational-rights-and-privacy-act-ferpa>
- All students should be informed be advised that their student file is in the front office and that it is accessible to them.
- Access to student support services, including health services, counseling and testing and financial aid resources is all provided on the Central Washington University web site.