



CENTRAL WASHINGTON UNIVERSITY

NUTRITION & DIETETICS

Handbook



Nutrition Science Club

eat
right® Academy of Nutrition
and Dietetics

Revised 9/26

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, and sociology. At CWU you will need to major in Nutrition 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 Nutrition Science. Upon completion of the degree, students then must complete a Master's degree in Nutrition, or a closely related area, before they 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

Program's Mission, Goals, and Objectives

The mission of the Didactic Program in Dietetics (DPD) of CWU is to prepare students for supervised practice in order to be eligible to take the CDR credentialing exam to become registered dietitian nutritionists (RDNs). The DPD promotes creating lifelong learners who think critically and are highly trained nutrition scholars.

Goal 1: To provide graduates with a strong curriculum in metabolism, normal, clinical and community nutrition, nutrition education and food service management including skills in critical thinking and problem solving to prepare them for supervised practice leading to eligibility for the CDR credentialing exam to become registered dietitian nutritionists and for graduate study in nutrition or related fields.

Objectives:

- At least 80% of program students complete program/degree requirements within 3 years (150% of the program length).
- 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%.
- 50% of the program graduates apply for admission to a supervised practice program prior to or within 12 months of graduation.
- 40% of program graduates are admitted to a supervised practice program within 12 months of graduation.
- 80% of DI, CP or ISPP directors who respond to the survey rate (on a 5 point scale) the overall performance of dietetic interns from CWU's DPD as not less than 3 where 3 = meets expectations; 5 = greatly exceeds expectations.

Goal 2: Prepare graduates in the field of nutrition and dietetics who demonstrate a life-long learning and have the ability to effectively communicate, analyze, problem-solve, think critically, perform high-quality teamwork and be employed, competent practitioners contributing to the profession of nutrition and dietetics.

Objectives:

- 30% of graduates (verified), who neither entered nor applied for DI, and who respond to the alumni survey indicate they have enrolled in graduate school or earned a graduate degree.
- 75% of DI, CP or ISPP Directors who respond to the survey rate the preparation of program graduates as good to excellent in teamwork, problem solving and effective communication skills.
- 75% of program graduates, responding to a survey, rate their preparation for the field of dietetics as good or excellent on a 4-point scale.
- 75% of program alumni, responding to a survey, are working in fields related to nutrition.

*****Program outcomes data are available upon request.*****

Becoming a Registered Dietitian Nutritionist (RDN)

The pathway to becoming a Registered Dietitian Nutritionist (RDN) in the United States involves completing accredited education, supervised practice, a national credentialing examination, and, in most states, obtaining state licensure or certification. The program's role is to prepare students for these requirements and guide them through the credentialing process.

1. Education Requirements

Beginning January 1, 2024, individuals seeking the RDN credential must earn at least a **graduate degree (master's or higher)** from an accredited institution and complete coursework through an

Accreditation Council for Education in Nutrition and Dietetics (ACEND) accredited program, such as the *Didactic Program in Dietetics (DPD)* followed by a *Dietetic Internship (DI)*.

The academic curriculum provides the foundational knowledge in nutrition science, medical nutrition therapy, foodservice management, community nutrition, and research required for entry-level practice.

2. Supervised Practice Experience

In addition to academic preparation, students must complete an **ACEND-accredited supervised practice program**. Depending on the educational pathway, supervised practice may be:

- Integrated into a Coordinated Program (CP) or Graduate Program (GP), or
- Completed separately through a Dietetic Internship (DI).

Supervised practice provides hands-on experience in clinical nutrition, community nutrition, and foodservice management settings under the supervision of qualified practitioners.

3. Computer Matching Process (When Applicable)

Students applying to traditional Dietetic Internships may participate in the national application and matching process. Applications are typically submitted through the **Dietetics Inclusive Centralized Application Service (DICAS)**. Some internship programs use a computerized matching process designed to fairly match applicants with available internship positions based on applicant and program rankings.

Students should consult individual supervised practice programs for specific admission procedures, deadlines, and participation in matching processes.

4. Commission on Dietetic Registration (CDR) Examination

After completing the required degree and ACEND-accredited supervised practice requirements, graduates become eligible to take the **Registration Examination for Dietitians**, administered by the Commission on Dietetic Registration (CDR).

Successful completion of this national examination earns the **Registered Dietitian (RD)** or **Registered Dietitian Nutritionist (RDN)** credential. The RD and RDN designations represent the same credential.

5. State Licensure and Certification

In addition to obtaining the RDN credential, most states regulate the practice of dietetics and nutrition through licensure, certification, or title protection laws. Requirements vary by state but typically include:

- Holding the RDN credential,
- Submitting an application and fees to the state licensing agency, and

- Meeting continuing education requirements. Students should review state-specific requirements before seeking employment in a particular state.

6. States for Which the Program Meets Licensure/Certification Requirements

Graduates who successfully complete an ACEND-accredited program and obtain the RDN credential generally meet the educational requirements for licensure or certification in states that regulate dietetics practice. However, individual state requirements may change and can include additional applications, fees, background checks, or jurisprudence requirements. Prospective students should consult the appropriate state licensing board for the most current requirements.

7. How the Program Fits into the RDN Pathway

This program serves as the educational component of the pathway toward becoming an RDN by:

1. Providing ACEND-accredited dietetics coursework.
2. Preparing students for supervised practice experiences.
3. Supporting students through internship or integrated supervised practice placement processes.
4. Preparing graduates for eligibility to take the CDR Registration Examination.
5. Providing the academic foundation required for state licensure or certification after earning the RDN credential.

Estimated cost to students, including tuition and fees, necessary books and supplies, transportation, typical charges for room and board or housing, and any other program-specific costs. (<https://www.cwu.edu/admissions-aid/cost-aid-value.php>)

2026-2027 Tuition, Fees, Housing, and Food

The following table contains tuition and fee rates for resident undergraduates, Destination Central Scholarship recipients, and non-resident undergraduates.

Costs	In-State/Border Counties	Destination Central	Out-of-State
Tuition	\$7,459	\$12,042	\$27,042
Fees	\$2,250	\$2,250	\$2,250
Food/Housing	\$16,814	\$16,814	\$16,814

Students wanting to be admitted to the Dietetics specialization (after being admitted to the major), 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.

Academic Schedules

Please refer to this link for current:

<https://www.cwu.edu/about/offices/registrar/academic-information/index.php>

Graduation and Program Completion Requirements

Students must successfully complete all coursework required for the Bachelor of Science in Nutrition Science with a Dietetics Specialization and meet all Central Washington University graduation requirements. Upon completion, graduates receive a DPD Verification Statement documenting completion of the ACEND-accredited Didactic Program in Dietetics (DPD). Graduates are then eligible to apply to ACEND-accredited supervised practice programs as part of the pathway to becoming a Registered Dietitian Nutritionist (RDN).

Financial Aid and Scholarship Information

Current information can be found here:

<https://www.cwu.edu/admissions-aid/financial-aid-scholarships/index.php>

Criteria, Policies, and Procedures for Awarding Credit for Prior Learning

Central Washington University (CWU) evaluates transfer coursework and prior learning in accordance with university transfer credit and Academic Credit for Prior Learning (ACPL) policies. Credit may be awarded for prior college coursework, standardized examinations, military education, industry certifications, and other documented learning experiences when they meet university standards and are determined to be equivalent to college-level learning.

CWU may award credit for:

- Coursework completed at regionally accredited colleges and universities.
- Advanced Placement (AP), College Level Examination Program (CLEP), International Baccalaureate (IB), Cambridge International, and approved military education and training programs.
- Prior learning demonstrated through approved examination, portfolio assessment, military training, professional certifications, and other Academic Credit for Prior Learning (ACPL) processes. Official transcripts, test scores, military records, certification documentation, or other approved evidence must be submitted for evaluation.

Evaluation Procedures

Transfer and prior learning credits are evaluated by the Office of the Registrar and, when necessary, by the appropriate academic department to determine course equivalency and applicability toward degree requirements. Students may petition for course substitutions when transfer coursework does not automatically align with CWU course equivalents.

For the Dietetics Specialization, transfer coursework must be equivalent to required nutrition, food science, biological science, chemistry, and related program courses in order to satisfy Didactic

Program in Dietetics (DPD) requirements. Final determination is made by CWU and the Department of Health Sciences.

Credit That Will Not Be Accepted

CWU does not accept:

- Credits earned from institutions that are not appropriately accredited by a recognized regional accrediting agency.
- Coursework that does not meet university-level academic standards or is not equivalent to CWU curriculum requirements.
- Prior learning experiences that cannot be documented and validated through approved university evaluation procedures. Dietetics Program Considerations

Awarding transfer or prior learning credit does not automatically result in fulfillment of ACEND competencies or eligibility for a DPD Verification Statement. Students must complete all required DPD coursework and meet program requirements established by the Nutrition Science - Dietetics Specialization and ACEND accreditation standards to receive a Verification Statement.

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. Current employment of dietitians and nutritionists is approximately 90,900 jobs through hospitals, self-employment, and government roles; this is expected to increase by ~7 percent by 2033. 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.

Top Employment Sectors

- Hospitals (State, Local, Private): 26%
- Self-Employed: 12%
- Government (Excluding Hospitals): 11%
- Nursing and Residential Care: 9%
- Outpatient Care Centers: 7%

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 2024 AND Compensation & Benefits Survey, the median annual earnings of RD's were \$79,000. 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 \$87,580 or \$42.11 per hour.

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. https://tes.collegesource.com/publicview/TES_publicview01.aspx?rid=%7B747074CC-9C4D-477D-980B-529C4D6F9712%7D&aid=%7B1DE28702-DD7E-46F7-820F-7E0F873F2507%7D 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, <https://www.cwu.edu/student-life/student-support/student-rights/conduct-process/index.php>. 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 Nutrition Science. 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: Health Sciences Building

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

- ◇ Instagram group page –Nutrition Science Club

Peer Nutrition Education Practicum - NUTR 406

Peer Nutrition Education Practicum provides students with supervised experience as a nutrition educator. 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

Application Process

Students must meet with a faculty advisor prior to declaring a Nutrition 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 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 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:

Academy of Nutrition and Dietetics
120 South Riverside Plaza, Suite 2190
Chicago, Illinois 60606-6995
Phone: 800-877-1600
Phone: 312-899-0040

<https://www.eatrightpro.org/>

CENTRAL WASHINGTON UNIVERSITY
Credit Analysis-Bachelor of Science in Nutrition Science 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	_____	_____	_____
HESC 360	Statistics in Health Science	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	_____	_____	_____
IHP 350/L	Gross Anatomy	6	_____	_____	_____
IHP 351/L	Physiology	5	_____	_____	_____
PSY 101	General Psychology	5	_____	_____	_____
TOTAL PRE-SPECIALIZATION		63			

DIETETIC SPECIALIZATION REQUIREMENTS

BIOL 182	General Biology II	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		111			

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
HESC 360	Statistics in Health Sciences	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
IHP 351	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.

Nutrition Science 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		
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 182 General Biology II (5)		XXX	XXX	PPP
BIOL 322 Intro to Microbiology (5)		XXX		PPP
or BIOL 323 Microbiology (5)	XXX		XXX	
IHP 350/L Gross Anatomy (6)	XXX	XXX	XXX	
IHP 351/L Physiology (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
HESC 360 Statistics in Health Sciences (5)	XXX		XXX	
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 182	General Biology II		BIOL 181	CHEM 112 or 182		
BIOL 322	Microbiology		BIOL 182			
BIOL 323	Microbiology		BIOL 182	CHEM 113 or 182		
IHP 350/L	Gross Anatomy					
IHP 351/L	Physiology		IHP 350/L			
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	HESC 360	
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			

**Example Schedule
BS IN NUTRITION SCIENCE DIETETICS
SPECIALIZATION
2026-2027**

	Fall	Winter	Spring
Freshman & Sophomore years	*CHEM 111/L (FW)(5) NUTR 101 (FWSpSu) (5)	*CHEM 112/L (WSp)(5) PSY 101 (FWSpSu)(5)	*CHEM 113/L (Sp, Su) (5)
Junior (required courses, highly recommended to be taken early in the program)	*NUTR 240/L (FW) (4) *NUTR 343 (F) (1)		
Junior * pre-specialization requirements	*NUTR 345 (F)(5). *NUTR 350 (W) (3) *NUTR 447 (F). IHP 350/L (FWSp)(6) *HESC 360 (WSp) (5) *IHP 351/L (FWSp) (5) *NUTR 344 (F) (3)		
Senior (required sequence courses or offered once a year)	NUTR 433 (F) (3) NUTR 440/L (F) (3) BIOL 182 (WSp) (5)	NUTR 434 (W) (3) BIOL 322 (W) (5) NUTR 445/L (W) (2) NUTR 443 (W) (2)	NUTR 444 (Sp) (3) NUTR 442 (Sp) (2) NUTR 434 (Sp) (3)
Senior Additional required courses	NUTR 340/L (Sp) (3) NUTR 342/L (Sp) (5) NUTR 446 (WSp)(3)	NUTR 347 (W) (3) NUTR 448 (W) (4)	

- The *courses listed in the junior year allow you to apply for the Dietetic Specialization at the end of your junior year. You need a GPA in the pre-specialization courses of 3.0 or better to be admitted.
- It is strongly recommended that student schedule NUTR 490 Cooperative Field Experience, 5+ credits in the summer following the junior or senior year. If the student seeks a clinical experience, it is strongly encouraged that the student completes NUTR 344 Medical Nutrition Therapy before initiating the experience.
- To graduate, a student needs to complete at least 180 total credits with 60 credits at the 300 or 400 level in addition to completing the major requirements above. There are 73 credits in the major at the 300 or 400 level unless courses are substituted from another institution at a lower level.
- Note that NUTR 440/445 – Experimental Foods/Research has a large number of prerequisites that are needed in order for one to produce a successful food research project. Those pre-requisites are NUTR 240, NUTR 340, CHEM 112, and PSY 362 (or other statistics class). Please plan your schedule to take these classes before taking NUTR 440.
- Note that NUTR 444 – Medical Nutrition Therapy has a large number of prerequisites. Those prerequisites are NUTR 443, and CHEM 113. Please plan your schedule to take these classes before taking NUTR 444.
- Prerequisites for full admission to the major are NUTR 101, NUTR 240/L, and CHEM 111/L (or CHEM 181/L series). However, these courses are prerequisites for many other courses in the program and should be taken as early in your studies as possible. Also, as a pre-major, CAPS will not do a program requirement assessment.
- Community college transfer students: if you have not had all of the courses listed in the freshman & sophomore years (except for CHEM 113/L), it is extremely difficult to complete this program in two years. These students should plan on either attending one summer session or expect to stay beyond two years (six quarters).

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: <https://www.cwu.edu/about/offices/registrar/academic-information/index.php>
- Information related to protection of student information, including information used for identifying students in distance learning can be found at:
<https://www.cwu.edu/about/offices/registrar/staff-faculty-resources/financial-legal-information/index.php>
- 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.