Major in Nutrition/Dietetics, B.S.

NUTRITION/DIETETICS PROGRAM

The mission of the Nutrition/Dietetics Program at the University of New Mexico is to improve overall quality of life of the citizens of New Mexico by improving nutritional status. We prepare competent nutrition professionals who are able to apply nutrition knowledge and provide nutrition education for all age and cultural groups, for individuals and families, and are able to provide food and nutrition services for institutions and in the community. We conduct research that adds to both basic and applied nutrition knowledge, and prepare students to use and/or conduct research, thereby improving dietetics practice. We are committed to providing service to the multi-cultural population of the state through activities within the profession, the university, and the community. The Nutrition/Dietetics Program provides the environment for students to develop professional attitudes, maturity and an ethical understanding of professional practice.
In addition, the mission of the baccalaureate program is to educate individuals for the profession of dietetics by providing a sound background in foundation knowledge and skills needed in areas of dietetics practice: community, clinical and foodservice management. By maintaining accreditation from the Commission on Accreditation for Dietetics Education (CADE), we assure that graduates are eligible to pursue the additional training required for Registered Dietitian status. Graduates are also prepared to apply for graduate study upon completion of the baccalaureate program.

QUALIFICATION AS A REGISTERED DIETITIAN

The Bachelor of Science in Nutrition/Dietetics (Didactic Program in Dietetics) at the University of New Mexico is accredited by the Commission on Accreditation of Dietetics Education (CADE) of the American Dietetic Association (ADA), 120 South Riverside Plaza, Chicago, IL 60606-6995, 312-899-0040 Ext 5400. The curriculum leading to a Bachelor of Science in Nutrition/Dietetics is designed to provide students with the academic course work necessary to meet undergraduate requirements established by the CADE/ADA. Following graduation, students will need additional training via a *dietetic internship* to become eligible for status as a Registered Dietitian. Contact the program office for information on the UNM Dietetic Internship. In order to be competitive for a dietetic internship, it is recommended that undergraduate students maintain a minimum GPA of 3.4 and have work experience in an area related to nutrition/dietetics.

OTHER CAREER OPPORTUNITIES

For students who are not interested in pursuing the R.D. credential, there are other career opportunities available with nutrition major. For students interested in nutrition and exercise, PE-P 277, 289, 470 and 489 are recommended and can lead to eligibility to take the *American College of Sports Medicine (ACSM)Certification Examination for Health/Fitness Instructor*. Students interested in a career in public health or community nutrition should see a nutrition advisor for more information.

ADMISSION TO THE NUTRITION/DIETETICS MAJOR

Students wishing to be accepted as Nutrition/Dietetics majors must complete the application process through the College of Education. Information is available at the College of Education Advisement Center located in Hokona Hall. In addition to the minimum requirements for admission into the College of Education, the prospective nutrition/dietetics major must have a **minimum overall 3.00 GPA (including transfer and UNM credit)** and have completed the following courses **with a grade of B or better: Nutr 244 and Chem 121 and 123.**

ADVISEMENT: Students intending to major in Nutrition/Dietetics should seek advisement for program planning every semester, even before formal admission to the program. Names, telephone numbers and information about office hours of nutrition advisors, can be obtained from the Nutrition/Dietetics Program in Simpson Hall, or call 277-4535.

Rev. 6/2009

PROGRAM COSTS

The following is a list of anticipated average expenses for Nutrition/Dietetics students per year.
Check: **www.unm.edu/~bursar** for up to date costs.

Tuition: (approx.)	$2,550.60 (per semester) New Mexico Resident, 12 credits ($212.55 per credit)
Fees:	$ 60.00 (laboratory fees)
Textbooks:	$ 800.00 (two semesters)
Lab Attire:	$ 25.00

ACADEMIC CALENDAR: www.unm.edu/~unmreg/acadcal.htm

PROGRAM WEBSITE: http://coe.unm.edu/nutrition

GOALS OF THE PROGRAM

The primary goal of the Nutrition/Dietetics Program at UNM is to educate individuals for the profession of dietetics by providing a sound academic background in dietetics and its supporting disciplines. The Program strives to provide a balance between the defined areas of dietetics practice: foodservice, clinical and community.

The Specific goals of the B.S. in Nutrition/Dietetics (also called the Didactic Program in Dietetics) at the University of New Mexico are:

1. **The Program will prepare graduates competent to enter and complete CADE-accredited supervised practice programs.**

   Outcome Measure 1. At least 80% of students will complete all degree requirements within 4 years of being admitted to the Program.
   Outcome Measure 2. Within 12 months of graduation at least 80% of Program graduates who apply will be accepted into CADE-accredited supervised practice programs.
   Outcome Measure 3. At least 80% of Program graduates, upon completion of a DI, will pass the registration examination to earn registered dietitian RD status.

2. **The Program will prepare students to work effectively with multicultural populations.**

   Outcome Measure 1. At least 80% of Program graduates will indicate they feel prepared to work with a multicultural population.
   Outcome Measure 2. Within 12 months of graduation, at least 80% of employers or supervisors who respond will indicate that graduating students are able to work effectively with multicultural populations.

3. **The Program will prepare graduates able to interpret and apply current research findings.**

   Outcome Measure 1. In the Program Exit Interview at least 80% of Program graduates will indicate they feel prepared to interpret current research findings to enhance nutrition practice.
   Outcome Measure 2. Within 12 months of graduation at least 80% of Program graduates will indicate they are able to effectively interpret and apply current research findings to enhance nutrition practice.
   Outcome Measure 3. At least 80% of employers or supervisors who respond will indicate that program graduates are able to interpret and apply research effectively.

4. **The Program will encourage and prepare graduates for involvement in community service.**

   Outcome Measure 1. In the Program Exit Interview at least 80% of Program graduates will indicate they feel prepared and recognize the importance of nutrition service and/or health/related service in the community.
   Outcome Measure 2. Within 12 months of graduation at least 60% of Program graduates will indicate they are involved in at least one nutrition and/or health-related community service activity.

Rev. 6/2009

Curriculum for Major in Nutrition/Dietetics, B.S.

Requirements for Didactic Program in Dietetics

For students admitted to the Nutrition major after June 30, 2009

First Year (32 hrs.)

Semester 1				Semester 2			
Math	121	College Algebra	3	Chem	121,123L	Gen Chemistry/Lab	4
C & J	130	Public Speaking	3	Eng	102	Comp II: Anlys & Arg	3
Eng	101	Comp I: Exposition	3	Stat	145	Intro to Prob & Stat	3
Psych	105	Gen Psychology	3	*Fine Arts Elective			3
Biol 123, 124L		Biol for Health Rel Sci/Lab	4	*Social & Behavioral Sciences Elective			3

Second Year (33hrs.)

Semester 1				Semester 2			
Nutr	244	Human Nutrition	3	Biol	238	Human Anat/Physiology I	3
Chem	122/124L	Gen Chemistry II/Lab	4	Biol	248L	Human Anat/Phys Lab II	1
Biol	237	Human Anat/Physiology I	3	Eng	219	Technical Writing	3
Biol	247L	Human Anat/Phys Lab I	1	Chem	301	Organic Chemistry	3
*Humanities			3	*Foreign Language			3
Elective			3	Elective			3

Third Year (32 hrs.)

Semester 1				Semester 2			
Nutr	320	Methods in Nutr Ed	3	Nutr	322	Management in Dietetics II	3
Nutr	321	Manangement in Dietetics I	3	Nutr	345	Vit & Min in Human Nutr	3
Nutr	344	Energy Nutr in Human Nutr	3	Nutr	330L	Prin of Food Science	4
Biol	239L	Microbiol/Health Sci	4	**Restricted Communication Elective			3
Chem	302	Organic Chemistry	3	C&J	314	Intercultural Comm	3

Fourth Year (31 hrs.)

Semester 1				Semester 2			
Nutr	424	Nutrition Life Cycle	3	Bioc	446L	Intensive Biochem II	4
Nutr	427	Med Nutr Therapy I	3	Nutr	406	Community Nutrition	3
PE-P	326L	Fund of Exercise Physiology	3	Nutr	428	Med Nutr Therapy II	3
*Humanities			3	Nutr	445	App Nutrition & Exercise	3
Elective			3	***Restricted Multicul. Elective			3

***Chosen from Nutrition/Dietetics Core Curriculum Elective List (See Attached)**

****Chosen from Restricted Communication Elective List (See Attached)**

*****Restricted Multicultural Elective:** An upper division course related to culture and approved by Nutrition faculty. *Discuss with advisor prior to selection.*

Rev. 6/2009

MSC05 3040 • 1 University of New Mexico • Albuquerque, NM 87131-0001
Simpson Hall • Phone: 505-277-4335 • Fax: 505-277-8361

NUTRITION/DIETETICS
CORE CURRICULUM/ELECTIVE LIST

	Title	Course Number
Social and Behavioral Sciences	American Studies	182, 185
	Anthropology	101, 130
	Comm & Reg Plg	181
	Economics	105,106
	Geography	102
	Linguistics	101
	Political Science	110, 200
	Sociology	101
Humanities	American Studies	186
	Classics	107, 204, 205
	Comparative Literature and Cultural Studies	223,224
	English	150, 292, 293
	For. Lang. (M Lang)	101
	History	101L, 102L, 161L, 162
	Philosophy	101, 201, 202
	Religious Studies	107, 263, 264
	Univ Honors-Legacy Sem	100- & 200- Level

Foreign Language

One course chosen from any of the lower division non-English language offerings of the Department of Linguistics (including sign language), Spanish and Portuguese, Foreign Languages and Literatures and foreign languages in other departments and programs. Students with knowledge of a second language equivalent to four semesters of study are deemed to have satisfied these requirements. CLEP and AP credit can be used for placement, but unless the student has demonstrated knowledge equivalent to four semesters of study, an additional semester of a second language must be taken.

Fine Arts	Architecture	101
	Art History	101,201, 202
	Dance	105
	Fine Arts	284
	Media Arts	210
	Music	139, 140
	Theater	122

A three-credit studio or performance course offered by the Department of Art and Art History, Music, Theater and Dance or Media Arts will also fulfill this requirement.

Restricted Communication Elective List

Interpersonal Communication	C & J 221
Small Group Communication	C & J 225
Nonverbal Communication	C & J 323
Persuasive Communication	C & J 327
Interviewing	C & J 344

Rev. 6/2009

COURSE DESCRIPTIONS
NUTRITION/DIETETICS PROGRAM

Note: semesters listed (Fall, Spring, or Summer) are when the course is usually offered. Check with a Nutrition advisor for most up to date information on timing of course offering.

120 Nutrition for Health (3) General concepts of nutrition applied to food choices that support health. Cultural, psychological and economic implications of food choices. Not required for Nutrition/Dietetics majors.

244 Human Nutrition (3) This course provides an overview of all the nutrients including function in the body and food sources. Dietary guidelines intended to promote long term health are stressed. Prerequisites: Biol 123 or 201 or Chem 111L or Chem121L. *Fall, Spring*

320 Methods in Nutrition Education (3) Principles of education basic to effective learning by individuals or groups. Selection and effective use of nutrition teaching materials and resources to promote the learning process. Prerequisite or co requisite: 344. *Fall*

321 Management in Dietetic I (3) Principles of organization and management applied to dietetics practice including food service, medical nutrition therapy, and community nutrition. Prerequisite: 244. Admitted nutrition majors only. *Fall*

322 Management in Dietetics II (3) Continuation of Management in Dietetics I. Prerequisite: 321. *Spring*

330L Principles of Food Science (4) Chemical and physical properties of foods, scientific principles of food preparation, objective and sensory evaluation of food modifications. Students design and conduct an independent research project based on food science principles. Prerequisites: 321L, Chem 212 or 301. Pre- or co requisite Biol 239L. Admitted nutrition majors only. *Spring*

344 Energy Nutrients in Human Nutrition (3) Carbohydrate, fat and protein in human nutrition. Emphasis includes digestion, absorption, metabolism, food sources and dietary recommendations. Implications for health promotion and disease prevention. Prerequisites: 244, Chem (212 or 301). *Fall*

345 Vitamins and Minerals in Human Nutrition (3) Water and fat-soluble vitamins, macrominerals and trace minerals in human nutrition. Emphasis includes absorption, metabolism, food sources, dietary recommendations, deficiencies and nutrient interactions. Implications for health promotion and disease prevention are explored. Prerequisite: 344. *Spring*

406 Community Nutrition (3) Application of community health principles to nutrition programs for individuals and groups. Experiences will include work with community nutrition programs. Prerequisites: 344. Prerequisite or co requisite 345. Admitted nutrition majors only. *Spring*

***424 Nutrition in the Life Cycle (3)** Nutritional assessment, physical growth and development, and the physiological basis for nutrient needs in pregnancy, lactation, infancy, childhood, adolescence and old age. Application to food selection patterns and the influence of social and cultural factors. Prerequisites: 244, and Biol 237. Restriction: Junior standing or higher. **(Graduate credit for those eligible). Fall*

427 Medical Nutrition Therapy I (3) The application of diets in the treatment of impaired digestive and metabolic conditions using the case study approach. Prerequisite: 345. Admitted Nutrition majors only. *Fall*

428 Medical Nutrition Therapy II (3) Continuation of Medical Nutrition Therapy I. Prerequisite: Nutr 427. Admitted Nutrition Majors only. *Spring*

445 Applied Nutrition and Exercise (3) Interrelationship between nutrition and exercise with application to energy balance, weight control, physical fitness, competitive and recreational sports and prevention of chronic disease. Prerequisites: 345, and PE-P 326L. *Spring*

Rev. 6/2009

MSC05 3040 • 1 University of New Mexico • Albuquerque, NM 87131-0001
Simpson Hall • Phone: 505-277-4335 • Fax: 505-277-8361