

# FOOD AND NUTRITION, BS

Food and nutrition students typically have an aptitude for science, a concern for people, the ability to plan and direct programs, and a strong interest in food, nutrition, and health.

Office: 403 Russell Hall

The curriculum of the food and nutrition major is designed to prepare students for careers in health care facilities, community-health-nutrition programs, food-service management, and business. The major offers two routes to registration as a dietitian: a didactic program in dietetics (DPD) and a coordinated program in dietetics (CPD), both of which are accredited by the Accreditation Council for Education in Nutrition and Dietetics. The DPD prepares students to apply for dietetic internships in order to be eligible to take the registration examination for dietitians. Students may be eligible to apply to the CPD their junior year to combine both didactic and supervised practice experiences to be eligible to sit for the Registered Dietitian Nutritionist exam upon completion of the CPD requirements and a master's degree. A third option, the nutrition sciences concentration, is designed for students who plan to attend medical school or other advanced health professions program.

Students who have completed 90 hours of undergraduate work with a 3.7 institutional GPA overall are eligible to apply to the Accelerated Master's Program (AMP). If accepted, then up to 12 graduate credit hours of the 30 hour Master's program could be taken as cross-listed courses or would substitute for required undergraduate coursework while finishing the undergraduate degree. Any coursework taken in this manner would apply toward both the undergraduate degree and a master's degree at The University of Alabama.

Effective January 1, 2024, the Commission on Dietetic Registration (CDR) requires a minimum of a master's degree to be eligible to take the credentialing exam to become a registered dietitian nutritionist (RDN). For more information about this requirement visit CDR's website: <https://www.cdrnet.org/graduatedegree>.

In most states, graduates also must obtain licensure or certification to practice. For more information about state licensure requirements click here.

For more information about educational pathways to become a RDN click here.

Below is a list of required courses.

Code and Title	Hours
<b>Required Courses</b>	
BER 345 Educational Statistics	3
BSC 215 Human Anatomy & Physiology I	4
BSC 216 Human Anatomy & Physiology II	4
BSC 242 or Microbiology And Man	4
BSC 108 or Intro Biology Non Maj I	
BSC 109 or Intro Biology Non Maj II	
BSC 114 Principles Of Biology I & BSC 115 and Laboratory Biology I	
or	
BSC 116 Principles Biology II & BSC 117 and Laboratory Biology II	
CH 104 Introductory Chemistry	4
CH 105 Introductory Org Chem	4
HES 100 or Freshman Compass Human Env Sci <sup>1</sup>	3

HES 103	Distance Compass HES	
NHM 101 or NHM 102	Intro Human Nutrition	3
NHM 195	Honors Intro to Nutrition	
NHM 195	Intro Dietetics Nutrition	1
NHM 201	Nutrition In Life Cycle	3
NHM 253	Food Science	3
NHM 295	Intro Research Food Nutr	1
NHM 340	Community Nutrition	3
NHM 345	Nutrition Counseling	3
NHM 346	Nutrition Ed Theories and Prac	3
NHM 361	Nutritional Biochemistry	3
NHM 362	Nutrition At Cell Level	3
NHM 363	Applied Nutrition	3
NHM 365	Med Nutr Therapy I	3
NHM 372	Intro Food Service Mgt	3
NHM 373	Purchsg Design Risk Mgt Food S	3
NHM 374	Quant Food Prod & Servc	3
NHM 454	Experimental & Functional Food	3
NHM 465	Medical Nutrition Therapy II	3
NHM 475	Mgt Food Service Systems	3
NHM 491	Directed Professional Study	3
PY 101	Intro To Psychology	3

**Total Hours** 82

## Footnotes

- <sup>1</sup> HES 103 Distance Compass HES is for Distance Learning Students Only. It is not required for transfer students.

## Focused Areas of Study

### Didactic Program in Dietetics

The Didactic Program in Dietetics (DPD) provides students with the required knowledge to apply for a dietetic internship. Upon successful completion of the DPD, students receive a verification statement indicating that they are eligible to enter a dietetic internship. Students in the DPD take the courses required of all food and nutrition majors plus NHM 492 Prepare Dietetic Internship (offered on campus only).

To enter the Didactic Program in Dietetics (DPD) a student must:

- Have completed a minimum of 60 semester hours including:

Code and Title	Hours
NHM 101 Intro Human Nutrition	3
NHM 195 Intro Dietetics Nutrition	1
NHM 201 Nutrition In Life Cycle	3
NHM 253 Food Science	3
CH 104 Introductory Chemistry	4
CH 105 Introductory Org Chem	4
BSC 215 Human Anatomy & Physiology I	4
BSC 216 Human Anatomy & Physiology II	4

**Total Hours** 26

- Earn a minimum of C - in the following courses: BSC 215 Human Anatomy & Physiology I, BSC 216 Human Anatomy & Physiology

II and BSC 242 Microbiology And Man; CH 104 Introductory Chemistry and CH 105 Introductory Org ChemPY 101 Intro To Psychology.

- Earn a minimum of **B-** in all “*NHM* designated” courses including BER 345 Educational Statistics or equivalent.
- Have an overall GPA of 3.0 or higher.
- Submit official transcripts of all work taken at another institution to the DPD Director.
- Submit a completed “*DPD Admission Petition Form*”:
  - for **On-campus students** to the DPD Director (at 424 Russell Hall)
  - for **Distance students** to the student’s Academic Advisor, mail to: P.O. Box 870311, Tuscaloosa, AL 35487-0311)

To **complete** and meet all DPD requirements and **receive** a Verification Statement, a student:

- must maintain a *Food and Nutrition* GPA of 3.0 or higher.
- must earn a minimum of **C -** in the following DPD Science courses: BSC 215 Human Anatomy & Physiology I, BSC 216 Human Anatomy & Physiology II and BSC 242 Microbiology And Man; CH 104 Introductory Chemistry and CH 105 Introductory Org ChemPY 101 Intro To Psychology;
- must earn a minimum of **B-** or higher in all DPD Professional courses (NHM designated and BER 345 Educational Statistics or equivalent).
- must complete the courses required for the DPD, and/or complete a bachelor’s degree
- must complete 24 credit hours of DPD courses including the DPD Capstone courses (NHM 340, NHM 465, and NHM 475) from The University of Alabama

## Additional Courses Typically Required for Premedical Education

Please consult with the Health Professions Advising Office in the College of Arts and Sciences for program-specific coursework required.

Code and Title	Hours
BSC 114 Principles Of Biology I & BSC 115 and Laboratory Biology I	4
BSC 116 Principles Biology II & BSC 117 and Laboratory Biology II	4
CH 231 Elem Organic Chemistry I	3
CH 232 Elem Organic Chem II	3
CH 237 Elem Organic Chem Lab	2
MATH 115 Precalc Algebra & Trig	3
MATH 125 Calculus I	4
PH 101 General Physics I	4
PH 102 General Physics II	4
<b>Total Hours</b>	<b>31</b>

## Nutrition Sciences Concentration for Food and Nutrition Majors

The nutrition sciences concentration is designed for students planning to attend medical school or other advanced health professions programs and who wish to have a strong foundation in food and nutrition sciences. This concentration does not meet the requirements to become a registered dietitian. Students who choose to meet both the requirements for medical school/an advanced health professions program and for registration as a dietitian should work with an adviser to add the

necessary courses to this curriculum. Applications to medical school or advanced health professional programs should be completed approximately one year prior to the expected date of enrollment. Students should coordinate those applications through the Health Professions Advising Office in the College of Arts and Sciences.

Code and Title	Hours
BSC 215 Human Anatomy & Physiology I	4
BSC 216 Human Anatomy & Physiology II	4
CH 101 or CH 104 General Chemistry Introductory Chemistry	4
CH 102 or CH 105 General Chemistry Introductory Org Chem	4
NHM 101 Intro Human Nutrition	3
NHM 195 Intro Dietetics Nutrition	1
NHM 201 Nutrition In Life Cycle	3
NHM 295 Intro Research Food Nutr	1
NHM 340 Community Nutrition	3
NHM 345 Nutrition Counseling	3
NHM 346 Nutrition Ed Theories and Prac	3
NHM 361 Nutritional Biochemistry	3
NHM 362 Nutrition At Cell Level	3
NHM 363 Applied Nutrition	3
NHM 365 Med Nutr Therapy I	3
NHM 454 Experimental & Functional Food	3
NHM 465 Medical Nutrition Therapy II	3
NHM 491 Directed Professional Study	3
PY 101 Intro To Psychology	3
<b>Total Hours</b>	<b>57</b>

## The BS in Food and Nutrition sets our students up for success in a wide variety of careers, including:

- Media - Nutrition writer for health newsletters, magazines, Internet sources, or other media; book/cookbook author; food critic.
- Clinical - Diet technician; dietary aide; pediatric formula/milk technician.
- Outpatient/counseling - Nutrition educator; WIC specialist; health coach.
- Community - Cooperative extension; grant-funded nutrition programs; public health specialist; corporate wellness; Head Start and Early Head Start.
- Food service management – Restaurants; hospitals; long-term care/assisted living; school districts.
- Food service-related - Health inspector; USDA Inspector; restaurant consultant (labeling or menu development); supermarket consultant.
- Education - High school health education teacher (may need additional credentials).
- Research - Nutrition assistant; research assistant.
- Sales – Representative for companies such as: food distribution companies (ex: Sysco, Wood Fruitticher); Pepsi Co; Frito Lay; medical Supplies and devices; pharmaceutical supplies; food service equipment.

- Industry - Food science and technology; marketing specialist (development and introduction of new foods to consumers); taste tester; food stylist; food product analyst.
- International - Peace Corps.
- Non-profits – Working with agencies such as: the American Cancer Society; the American Heart Association; the American Diabetes Association; the Cystic Fibrosis Foundation; Camp Smile a Mile.

## **Additional Career Examples for Those Who Go On to Earn the Registered Dietitian Nutritionist (RD/N) Credential:**

- Clinical nutrition - Hospital and long-term care settings.
- Outpatient clinical – Eating disorder treatment; dialysis centers; obesity clinics; diabetes care centers; board certified specialist in sports dietetics (CSSD).
- Corporate wellness - Private consulting for businesses and industries.
- Government initiatives - The Child Nutrition Program (elementary through high school); Department of Public Health.

## **Jobs of Experienced Alumni**

Our alumni have gone on to serve in positions such as a Food Editor at myRecipes.com, Founder of Computrition and focusGreen, Regional Manager for Frito-Lay Corporation, and Account Manager at Nestle Corporation.

Learn more about opportunities in this field at the Career Center