

Nutritional Science – Dietetics

Undergraduate Student Learning Goals

Brief Overview of the Intent of the Major Program

The Dietetics Program provides the academic requirements for students desiring to become Registered Dietitians (RDs). The program is accredited by the Commission on Dietetics Accreditation and Education as a didactic program in dietetics (DPD). After successfully completing the Dietetics Program individuals are eligible to apply for dietetic internships. Complete information regarding “the path” to become an RD is available at American Dietetic Association. The Dietetics Undergraduate Majors link provides information on the dietetics career preparation process.

Specific Learning Goals

The Dietetics Program endeavors to prepare students for positions of leadership in health care, education, industry, government, and community health, as well as in professional organizations. Goals include:

- Develop knowledge depth and breadth in the principles of nutrition, food science, medical nutrition therapy, food service management, nutritional needs of groups or individuals of various ages, and nutrition education.
- Provide a strong background in the physical and biological sciences to enable graduates to work effectively with other health professionals and to provide the academic basis for graduate study.
- Foster intellectual development, problem solving skills, and a discerning thoughtful approach to analysis, interpretation, and application of pertinent current and new information.
- Develop communication skills, self-confidence and a personal commitment to a high standard of professional behavior and ethics.
- Provide a pool of qualified dietitians who can meet the need for nutrition professionals in California.

How the Goals Connect to Learning in the Curriculum

Curriculum Area	Learning Objectives	Courses
Lower Division Requirements	<p>Build a foundation in basic physical and biological sciences.</p> <p>Provide a basic introduction to nutrition.</p> <p>Begin the process of helping students integrate basic physical, biological, and social sciences for upper division dietetics focus.</p>	<p>Chem 1A Chem 3A, 3AL Chem 3B,3BL NST 10 Bio 1A, 1AL MCB 32, 32L Econ 2 Stats 2 Math 16A Social Science breadth</p>
Upper Division Biochemical Nutrition Core	<p>Discuss the fundamentals of biological chemistry and nutrient metabolism pathways.</p> <p>Describe nutrient digestion, absorption, metabolism, and function.</p> <p>Develop an understanding of mechanisms of metabolic regulation and the relationship of metabolic regulation to health and disease.</p> <p>Identify and discuss pertinent recent research results.</p>	<p>MCB 102 NST 103 NST 160</p>
Upper Division Dietetics Core	<p>Explain the relevance of cultural diversity as it relates to foods, healthcare, and communication.</p> <p>Describe community and public health programs, and perform an aspect of a community needs assessment.</p> <p>Integrate pathophysiology, medical treatment, and medical nutrition therapy (MNT) in the treatment of diseases.</p> <p>Describe the composition of foods and their functional characteristics.</p> <p>Develop an understanding of the procedures and chemistry of food preparation.</p> <p>Assess and problem-solve unexpected outcomes.</p> <p>Develop a working understanding of</p>	<p>NST 104 ED 190 NST 161A, 161B NST 108A, 108B NST 135 PH 162A UGBA 102 UGBA 105</p>

	<p>food service management systems via classroom experiences, field trips, and practical application.</p> <p>Become certified by a recognized Food Safety organization.</p> <p>Discuss the management of a program or business including identification of resources, personnel relations, organizational behavior, and financial services.</p>	
Dietetics Capstone Experiences Employing the Nutrition Care Process (NCP)	<p>Manage a hypothetical or reality-based professional situation by applying the Nutrition Care Process to specific situations in medical nutrition therapy, food systems management, nutrition education, and/or community assessment.</p>	<p>NST194 NST 161 A/B NST 135 NST 166</p>
Professional Development	<p>Use evidence analysis and research critique methods to evaluate research study quality and applicability.</p> <p>Develop effective communication skills (oral, written, and presentation) appropriate for a variety of practice and professional settings.</p> <p>Analyze change in nutrition-related health care policy.</p> <p>Explore important current issues in food and nutrition policy, and those issues critical to the profession of dietetics.</p>	<p>NST192 NST 194</p>