

# **The Dietetics Program**

in

## **Applied Health Science**



## **The Dietetics Program at Indiana University—Bloomington**

Dietetics, broadly speaking, is the profession of connecting food to health. Lifestyle choices such as eating patterns and exercise can make a dramatic contribution to a person's quality of life. Students in the dietetics program at Indiana University (IU) are trained in understanding and communicating the nutrition and health connection. A dietetics education involves nutrition science (including chemistry, biochemistry, and food science), medical nutrition therapy, food preparation, menu planning, physiology, communication, information technology, management—in other words, a broad, useful course of study aimed at promoting the health of individuals and communities.

*The Indiana University Didactic Program in Dietetics is currently granted initial accreditation status by the Commission on Accreditation for Dietetics Education of The American Dietetic Association, 120 South Riverside Drive, Suite 2000, Chicago, IL 60606, 312-899-0040, ext. 5400..*

**A Registered Dietitian (R.D.)** is the credentialed professional in the field of dietetics. There are four steps to becoming an R.D. (see chart on page 2):

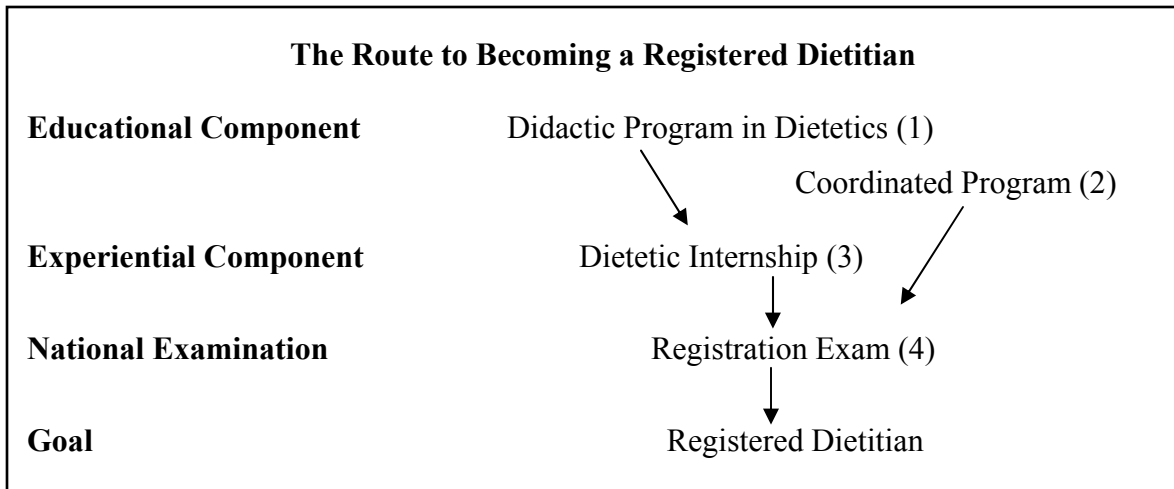
1. Obtain at least a bachelor's degree from an accredited university
2. Meet basic educational competencies established by the American Dietetic Association (ADA)
3. Complete a supervised practice experience (i.e. an internship) at an ADA-accredited institution
4. Take and pass the national R.D. exam

A person who graduates from IU as an undergraduate dietetics major fulfills steps 1 and 2 at the same time. A person who already has a bachelor's degree, in any field, has already fulfilled step #1 and can pursue the R.D. credential by meeting the Foundation Knowledge and Skills (FKS, see Appendix C) established by the ADA (step #2) to be eligible for an internship. At IU, a person with a bachelor's degree can fulfill these FKS while pursuing a second undergraduate degree or while pursuing an advanced degree, such as a Master of Science degree in Nutrition Science. This booklet is geared primarily to the undergraduate dietetics major; anyone interested in an advanced degree should contact the nutrition faculty listed on page 6.

### **Why study dietetics at Indiana University?**

While Indiana University is a large university offering many academic and cultural opportunities, the dietetics program is small, encouraging camaraderie and shared growth among the students. The small number of nutrition faculty (4) also allows students and faculty to interact closely, to everyone's benefit.

Within IU, the dietetics program is located administratively in the Department of Applied Health Science in the School of Health, Physical Education, and Recreation (HPER), providing an extremely supportive environment for the application of nutrition to maintaining a healthy and active lifestyle. The Bloomington area complements the university in providing numerous opportunities for relevant service learning, volunteer experience, and work opportunities in nutrition counseling, community outreach, foodservice, and clinical dietetics at such venues as the Adult Fitness Program, IU Dining Services, Bloomington Hospital, the Hoosier Hills Food Bank, and Meadowood Retirement Community.



Key to the diagram:

**Educational Component**

**Option (1): A Didactic Program in Dietetics (DPD)** is an academic program in a regionally accredited college or university culminating in at least a bachelor's degree. This program is approved/accredited by The American Dietetic Association (ADA) to meet the minimum academic requirements for registration eligibility and ADA membership. Upon completing DPD requirements, a student is eligible to apply for a dietetic internship.

**Option (2): A Coordinated Program (CP)** is designed to coordinate the educational and experiential components into one program. A student graduating from such a program is eligible to take the registration examination.

**Experiential Component**

The experiential component involves a minimum of 900 clock hours of supervised work experience that meets standards established by the ADA. This supervised work experience covers core competencies plus either a general program of experience or an emphasis in a chosen area such as clinical, community, or foodservice nutrition. This experiential component might be included in a **Coordinated Program** (see above) or be a separate experience, as below.

**(3) A Dietetic Internship (DI)** is a formal post bachelor's degree supervised practice program accredited by the ADA. Dietetic internships might or might not include coursework for an advanced degree. All are competitive. The most desired candidates are well-rounded students who successfully balance scholarship (usually a GPA  $\geq 3.0$ ) with practical experience, either work and/or volunteer, and a sense of civic responsibility. Application to internships is facilitated by the faculty advisor in the student's senior year or final year of an advanced degree.

**National Examination**

**(4)** Upon successful completion of both educational and experiential components, a person is eligible to take the national **registration examination**. Passing the exam, which is administered year-round via computer at designated sites, qualifies the candidate to use the Registered Dietitian (R.D.) credential. R.D. status is maintained by continued professional development, which includes self-assessment and goal setting, according to ADA guidelines.

## The Dietetics Program at Indiana University

**Admission:** To enter the undergraduate dietetics program at IU, a student must have completed at least 26 credit hours with at least a 2.5 GPA.

**Career information:** People selecting dietetics are interested in the application of nutrition concepts to disease prevention and treatment. Dietitians work in such settings as hospitals, extended care facilities, health clubs and wellness centers, private practice, universities, industry, government agencies, foodservice organizations, and school corporations. Many dietitians freelance and work with the media and restaurants, for example, in presenting nutrition information to the public.

The AHS Placement and Career Services Center in 102 Woodlawn House (309 Woodlawn Ave.) maintains notebooks with current job announcements and distributes an electronic jobs list on a regular basis. The *Jobs in Dietetics* newsletter is on reserve in the HPER Library in HPER Building 027.

Harriet Castrataro, the Applied Health Science advisor, maintains a searchable HPER careers website at <[www.hpercareers.com](http://www.hpercareers.com)>. Students looking for jobs are encouraged to check the website regularly for new postings.

We also encourage students to **keep Harriet informed of their current email and surface addresses after graduation**. This enables us to get feedback from alumni as the years go by. Harriet can be contacted at <[hcastrat@indiana.edu](mailto:hcastrat@indiana.edu)>.

**Charting progress in meeting ADA Foundation Knowledge and Skills:** An online chart has been developed to aid students in charting their progress in meeting ADA Foundation Knowledge and Skills. Students should work on this chart throughout their IU career. The system will keep your information according to your username. So you can return to this chart again and again until you graduate. The URL to access the worksheet is <<http://www.indiana.edu/~nutrvmg/checklist/start.html>>.

**Curriculum:** Specific curriculum requirements are given in the appendices. Appendix A is a checklist for the bachelor's degree in dietetics. Appendix B provides a suggested sequence of classes for the dietetics undergraduate. Appendix C lists the knowledge and skill requirements established by the ADA along with the IU courses that enable the students to meet these competencies. Additional courses on the checklist meet Indiana University requirements for graduation, serve as prerequisites, or were included to strengthen and add variety to the curriculum. A minimum of 124 credit hours is required for graduation. Full-time undergraduate students are expected to carry from 12 to 17 credit hours of academic work per semester.

**Costs:** Current tuition fees are published on the IU website: <<http://bursar.indiana.edu>>. Look under Rates and Policies.

In addition to tuition, the following courses charge laboratory fees (subject to change). ANAT A215 Anatomy; PHSL P215 Physiology; and CHEM C117 and C118 Experimental Chemistry I and II.

A white laboratory coat must be purchased for use in N120 Introduction to Foods lab, N321 Quantity Food Purchasing and Production, N325 Food Chemistry Lab, and N433 Medical Nutrition Therapy Application.

Optional membership in the IU Student Dietetics and Nutrition Club is \$5 per semester.

Dietetics students may become student members of the American Dietetic Association for a \$43 annual fee, subject to change.

**Credit for prior learning:** Students who have specific work experience and/or college course credit have the opportunity to prove competency in knowledge or skills in lieu of taking an IU DPD course that would only repeat these competencies. The decision to grant credit for prior learning rests with the DPD director and the IU Office of Admission and/or the HPER Dean's Office as applicable. Proof of work experience/college credit and competence will be required as determined by the DPD director upon consultation. This opportunity is likely to be more relevant to returning students than to those just beginning their collegiate careers.

**Facilities:** The School of HPER has excellent facilities for students to use in their studies, including computer labs, a foods lab, nutrition research facilities, exercise physiology labs, and recreational facilities.

**Faculty:** The nutrition division of the Department of Applied Health Science currently consists of four full-time faculty members, two of whom are R.D.s and three of whom hold Ph.D. degrees. Inquiries about the dietetics program should be directed to Vicky Getty, the director of the DPD program; inquiries about nutrition science undergraduate or graduate studies should be directed to Drs. Fly, Lindeman, and/or Shier.

*Alyce D. Fly, Ph. D., Associate Professor of Applied Health Science*

Bachelor of Science: Biology, University of Illinois

Doctor of Philosophy: Nutritional Sciences, University of Illinois

Interests: Factors affecting iron utilization, nutrition and physical activity of children, nutrient regulation of gene expression, food chemistry

*Victoria M. Getty, M.Ed., R.D., Director, Didactic Program in Dietetics/*

*Lecturer in Nutrition*

Bachelor of Arts, General Arts and Sciences, The Pennsylvania State University

Master of Education, Nutrition Education, The Pennsylvania State University

Interests: Dietetics education; nutrition education; sustainable food systems

*Alice K. Lindeman, Ph.D., R.D., Associate Professor in Nutrition and Dietetics/  
Assistant Chair, Department of Applied Health Science*  
Bachelor of Science: Medical Dietetics, The Ohio State University  
Master of Science: Agricultural Education, The Ohio State University  
Doctor of Philosophy: Human Nutrition, Syracuse University  
Interests: Nutrition in fitness and sport throughout the lifespan; complementary and  
alternative medicine; surgical treatment of obesity

*Nathan W. Shier, Ph.D., Associate Professor in Nutrition and Dietetics*  
Bachelor of Science: Physiology, Michigan State University  
Master of Science: Biology, Michigan State University  
Doctor of Philosophy: Human Nutrition, Michigan State University  
Interests: Vitamin/mineral metabolism; alternative medicine

**How to contact nutrition faculty:**

The mailing address for all four nutrition division faculty members is:  
HPER Building 116, 1025 E. 7<sup>th</sup> St., Bloomington, IN 47405-7109

For more information on the dietetics program at Indiana University, contact:

Vicky Getty, M.Ed., R.D.  
812-855-1531; [vgetty@indiana.edu](mailto:vgetty@indiana.edu)

For more information about nutrition science, research, and advanced degree opportunities, contact:

Alyce Fly, Ph.D.  
812-855-7975; [afly@indiana.edu](mailto:afly@indiana.edu)

Alice Lindeman, Ph.D., R.D.  
812-855-6437; [lindema@indiana.edu](mailto:lindema@indiana.edu)

Nathan Shier, Ph.D.  
812-855-8461; [shier@indiana.edu](mailto:shier@indiana.edu)

The Applied Health Science webpage is available at <<http://www.indiana.edu/~aphealth>>.

**Internship information:** Since dietetic internships are competitive, students should begin early to prepare themselves by maintaining good grades and by gaining real-world experience in work and volunteer settings. The Dietetics and Nutrition Club and the Bloomington community at large provide many opportunities for beneficial volunteer experiences.

The DPD director and other nutrition faculty members assist students who are nearing the end of their education at IU in applying for dietetic internships. Up-to-date information on internship opportunities is available in the "Dietetics Files" in the Applied Health Sciences (AHS) Placement and Career Services Center in 102 Woodlawn House (309 Woodlawn Ave.) and in the annual *Applicant Guide to Supervised Practice Experience* on reserve in the HPER Library in HPER Building 027.

## **Mission Statement and goals (2005)**

**“The mission of the IU Didactic Program in Dietetics is to prepare future nutrition professionals by equipping our students to be competent in required Foundation Knowledge and Skills and committed to community service and lifelong learning.”**

Three broad goals have been established to accomplish this mission and maintain a quality dietetics program.

- *The program will prepare graduates for entry into further career preparation.*
  - Outcome measures for this goal include rates of program completion, dietetic internship placement, internship completion, and passage of the national RD exam.
- *IU DPD students will demonstrate competence in Foundation Knowledge and Skills and personal strengths in the areas of critical thinking and commitment to community service.*
  - Outcome measures for this goal include GPA at graduation and measures of critical thinking and community service.
- *The program will demonstrate commitment to ongoing assessment and improvement at the macro (program) and micro (course) level.*
  - Outcome measures for this goal include measures of curriculum and course management and faculty continuing education.

Further details about these goals and outcome measures can be obtained from the DPD director.

**Scholarships:** Numerous scholarships are available through IU, the School of HPER, and funds specifically designated for IU dietetics and nutrition students. Also, the Indiana Dietetic Association and American Dietetic Association have scholarships available to dietetics students.

**Student rights and responsibilities:** IU policies and procedures regarding student life are given in the *Indiana University Bulletin*, which is mailed to all registered students each semester. The *Code of Student Rights, Responsibilities, and Conduct* is also available online at <http://dsa.indiana.edu/Code/>.

**Verification Statement:** Students who successfully complete the B.S. in Applied Health Science (Dietetics) or who complete a different bachelor's degree and fulfill the educational competencies established by the ADA are eligible to receive a Verification Statement of completion of the educational component. This Verification Statement is required before beginning a supervised practice experience. To receive a Verification Statement from Indiana University, a student must meet the following criteria in addition to the above:

- Achieve a grade of C- or higher in all professional core and life/physical science courses
- 75% of the HPER "N" (nutrition) courses, including three of the 400-level nutrition courses, must be completed at the IU-Bloomington campus
- At least 30 of the last 60 credit hours of university work must be completed at the Bloomington campus

**Opportunity to file complaints with The American Dietetic Association:** If dietetics students feel that a complaint about the program goes beyond the level of the department or the university, they may choose to file a complaint to the program's accrediting body, as follows:

*The Commission on Accreditation for Dietetics Education (CADE) will review complaints that relate to a program's compliance with the accreditation standards. CADE is interested in the sustained quality and continued improvement of dietetics education programs but does not intervene on behalf of individuals or act as a court of appeal for individuals in matters of admission, appointment, promotion, or dismissal of faculty, staff, or students.*

*A copy of the accreditation standards and/or CADE's policy and procedure for submission of complaints may be obtained by contacting staff at The American Dietetic Association, 120 South Riverside Plaza, Suite 2000, Chicago, IL 60606 or by calling 800/877-1600 ext. 4872.*

January 2007 vmg

## **Redbook Appendices**

**Appendix A: Dietetics Checksheet**

**Appendix B: Suggested Sequence of Classes: Dietetics**

**Appendix C: Knowledge Requirements for Entry-Level Dietitians**

**Appendix D: The American Dietetic Association Code of Ethics**



# Dietetics

B.S. in Applied Health Science degree (124 cr)

2.5 GPA req. for admission, 2.0 GPA req. for graduation

No Pass/Fail except for free electives

Effective for students matriculating August 2006

Department of Applied Health Science – HPER 116 – (812) 855-3627

## Major (62 Credits)

**PROFESSIONAL CORE** (62 credits, C- min req each course)

- \_\_\_ 3 HPER N120 Introduction to Foods \*
- \_\_\_ 3 HPER N231 Human Nutrition (P: CHEM C101 or equiv& biol)
- \_\_\_ 3 HPER N320 Food Chm (P: HPER N120; CHEM C117 R: R340)\*\*
- \_\_\_ 4 HPER N321 Qty Food Purch & Prod (P: HPER N120) \*
- \_\_\_ 2 HPER N322 Foodservice Management \*\*
- \_\_\_ 2 HPER N325 Food Chem Lab (R: Concurrent w/ HPER N320) \*\*
- \_\_\_ 3 HPER N331 Life Cycle Nutrition (R: HPER N220 or N231) \*\*
- \_\_\_ 3 HPER N336 Community Nutrition (P: HPER N231) \*
- \_\_\_ 3 HPER N430 Adv Hum Nutr I (P: HPER N231; CHEM C341) \*
- \_\_\_ 3 HPER N431 Med Nutr Ther (P: N231; AN A215; PHSL P215) \*\*
- \_\_\_ 2 HPER N433 Medical Nutrition Therapy Application (Junior) \*\*
- \_\_\_ 3 HPER N432 Advanced Nutrition II (P: HPER N430) \*\*
- \_\_\_ 1 HPER N401 Issues in Dietetics \*
- \_\_\_ 5 ANAT A215 Basic Human Anatomy
- \_\_\_ 5 PHSL P215 Basic Human Physiology
- \_\_\_ 3 BIOL L330 Biol of the Cell (P: college biol; R: college chem) \*\* OR HPER N480 OR BIOL L312
- \_\_\_ 3 BIOL M200 Microorg in Nature & Disease (R: HS chem & biol) \*
- \_\_\_ 2 CLAS C209 Medical Terms from Greek & Latin
- \_\_\_ 3 SPEA V373 Personnel Management (or V366)
- \_\_\_ 3 HPER H494 Research & Eval Methods in Health & Safety (Jr/Sr) (R: Stats prior to or concurrently w/H494)
- \_\_\_ 3 HPER C416 Intro to Health Counseling (seniors only)

\* = Fall only    \*\* = Spring only

## Free Electives (21 credits; P/F allowed here.)


Recommended as electives, but not required; (NO P/F for HPER courses)

- \_\_\_ 3 Computer Literacy (CSCI A110, BUS K201, HPER P200, R237)
- \_\_\_ 3 HPER H350 Complem. and Altern. App. to Health#
- \_\_\_ 2 BUS-X420 Bus Career Planning/Placement OR COLL Q400: Job Search Strategies for Liberal Arts Students
- \_\_\_ 3 ECON E201 Introduction to Microeconomics
- \_\_\_ 3 HPER C366 Health Problems in the Community \*
- \_\_\_ 3 HPER C403 Techniques of Public Health Education \*\*
- \_\_\_ 1-3 HPER N440 Research in Nutrition/Dietetics

#Recommended as elective if not taken as science group course.

## General Education (41 Credits)

**HUMANITIES** (Required: 9 credits)

- \_\_\_ 3 ENG W131 English Composition 1 (C- or better)  
    **OR** ENG W170 Proj in Reading and Writing (C- or better)
- \_\_\_ 3 ENG W231 Professional Writing Skills  
    **OR** JOUR C327 Writing for Publication
- \_\_\_ 3 CMCL C121 Public Speaking  
    **OR** CMCL C223 Bus & Prof Speaking (C122 may not substitute)

**LIFE AND PHYSICAL SCIENCE** (20 credits, C- min req each course)

- \_\_\_ 5 CHEM C117 Prin of Chem & Biochem I (C103 may be needed)
- \_\_\_ 3 CHEM R340 Survey of Organic Chemistry  
    **OR** CHEM C341 Organic Chemistry Lectures I
- \_\_\_ 3 MATH A118/M118 Finite Math **OR** MATH M119 Brief Survey of Calculus I **OR** MATH D116 + D117 Intro Finite Math I & II (4 cr)
- \_\_\_ 3 MATH/PSY K300 Statistical Techniques

**Science Group:** Must choose 2 of the following (total 6 cr.)

- \_\_\_ 3 HPER H350 Complem. and Altern. App. to Health
- \_\_\_ 3 HPER N480 Mechanisms of Nutrient Action in the Body \*
- \_\_\_ 3 HPER P409 Basic Physiology of Exercise (P: PHSL P215)
- \_\_\_ 3 BIOL L112 Biol Mechanisms (May not sub L100, L104, E112, Q201)
- \_\_\_ 3 BIOL L211 Molecular Biology (P: BIOL L112)
- \_\_\_ 3 BIOL L311 Genetics
- \_\_\_ 3 BIOL L331 Introduction to Human Genetics\*
- \_\_\_ 3 CHEM C342 Organic Chemistry II Lectures (P: C342)
- \_\_\_ 3 CHEM C483 Biological Chem (P: 18 hr. chemistry, incl. C342)
- \_\_\_ 3 PHSL P421 Principles of Human Physiology \*
- \_\_\_ 4 PHSL P431 Human Physiology
- \_\_\_ 3 SPEA E272 Introduction to Environmental Sciences
- \_\_\_ 3 SPEA H316 Environmental Health

**SOCIAL AND BEHAVIORAL SCIENCE** (Required: 12 credits)

- \_\_\_ 3 SOC S100 Introduction to Sociology
- \_\_\_ 3 PSY P101 Introductory Psychology

Plus Option 1:

- \_\_\_ 3 PSY P102 Introductory Psychology II
- \_\_\_ 3 PSY P325 Psych of Learning (or P335)

OR Option 2:

- \_\_\_ 3 EDUC P254 or EDUC P255 Educational Psychology
- \_\_\_ 3 Elective choice (Must be an S & B course)

Students are strongly encouraged to use their elective credits to earn a minor degree. Suggested minors include Biology, Business, Chemistry, Fitness, Gerontology, HDFS, Human Resources, Management, Psychology, Public Health, Public and Environmental Affairs, Spanish, and Environmental Science and Health. For more information, see the HPER advisor.

For information about the dietetics major and career options, visit: [www.indiana.edu/~udiv/majors/diet.html](http://www.indiana.edu/~udiv/majors/diet.html)

Dietetics Internship and graduate program information is on reserve in the HPER Library and in the AHS Career Center.

Membership in the Nutrition and Dietetics Club is strongly encouraged.

### Suggested Course Sequence for Dietetics

#### FRESHMAN YEAR

Fall Semester		Spring Semester	
Elective	(3)	CMCL C121 or elective	(3)
CHEM C117/103	(5)	HPER N231	(3)
ENG W131	(3)	SOC S100	(3)
PSY P101	(3)	MATH M118 or M119	(3)
Elective	(1)	PSY P102	(3)
		CHEM C117 (if not taken in fall)	(5)

#### SOPHOMORE YEAR

Fall Semester		Spring Semester	
CHEM R340	(3)	ANAT A215	(5)
Elective	(3)	SPEA V373	(3)
CLAS C209	(2)	HPER N331	(3)
Elective	(3)	ENG W231	(3)
HPER N120	(3)	Elective	(3)

#### JUNIOR YEAR

Fall Semester		Spring Semester	
HPER N336	(3)	HPER N431	(3)
PHSL P215	(5)	HPER N433	(2)
PSY P325 or		HPER N320	(3)
EDUC P254/255	(3)	HPER N325	(2)
MATH/PSY K300	(3)	Science group	(3)
Elective	(3)	Elective	(3)

#### SENIOR YEAR

Fall Semester		Spring Semester	
HPER N430	(3)	HPER N432	(3)
HPER N401	(1)	HPER H494	(3)
HPER N321	(4)	HPER C416	(3)
Science group	(3)	BIOL L330	(3)
BIOL M200	(3)	HPER N322	(2)
Elective	(1)	Elective	(1)

### III. Knowledge, Skills, and Competencies for Entry-Level Dietitian Education Programs

## Foundation Knowledge and Skills for Didactic Component

The entry-level dietitian is knowledgeable in the eight areas listed below. The foundation knowledge and skills precede achievement of the core and emphasis area(s) competencies, which identify the performance level expected upon completion of the supervised practice program.

Foundation learning has two parts: (1) knowledge of a topic as it applies to the profession of dietetics and (2) ability to demonstrate the skill at a level that can be developed further. To successfully achieve the foundation knowledge and skills, graduates must have demonstrated the ability to communicate and collaborate, solve problems, and apply critical thinking skills.

#### 1. COMMUNICATIONS

Graduates will have *knowledge of*:

- Negotiation techniques
- Lay and technical writing
- Media presentations
- Interpersonal communication skills
- Counseling theory and methods
- Interviewing techniques
- Educational theory and techniques
- Concepts of human and group dynamics
- Public speaking
- Educational materials development

Graduates will have *demonstrated the ability to*:

- Use oral and written communications in presenting an educational session for a group
- Counsel individuals on nutrition
- Document appropriately a variety of activities
- Explain a public policy position regarding dietetics
- Use current information technologies
- Work effectively as a team member

#### 2. PHYSICAL AND BIOLOGICAL SCIENCES

Graduates will have *knowledge of*:

- Exercise physiology
- Genetics
- General health assessment, e.g., blood pressure and vital signs
- Organic chemistry
- Biochemistry
- Physiology
- Microbiology
- Nutrient metabolism
- Pathophysiology related to nutrition care
- Fluid and electrolyte requirements
- Pharmacology: nutrient-nutrient and drug-nutrient interaction

Graduates will have *demonstrated the ability to*:

- Interpret medical terminology
- Interpret laboratory parameters relating to nutrition
- Apply microbiological and chemical considerations to process controls

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### **3. SOCIAL SCIENCES**

**Graduates will have *knowledge of*:**

- Public policy development
- Psychology
- Health behaviors and educational needs of diverse populations
- Economics and nutrition

### **4. RESEARCH**

**Graduates will have *knowledge of*:**

- Research methodologies
- Needs assessments
- Outcomes-based research
- Scientific method
- Quality improvement methods

**Graduates will have *demonstrated the ability to*:**

- Interpret current research
- Interpret basic statistics

### **5. FOOD**

**Graduates will have *knowledge of*:**

- Food technology
- Biotechnology
- Culinary techniques
- Sociocultural and ethnic food consumption issues and trends
- Food safety and sanitation
- Food delivery systems
- Food and nonfood procurement
- Availability of food and nutrition programs in the community
- Local, state, and national food security policy
- Food production systems
- Environmental issues related to food
- Role of food in promotion of a healthy lifestyle
- Promotion of pleasurable eating
- Food and nutrition laws/regulations/policies
- Food availability and access for the individual, family, and community
- Applied sensory evaluation of food

**Graduates will have *demonstrated the ability to*:**

- Calculate and interpret nutrient composition of foods
- Determine recipe/formula proportions and modifications for volume food production
- Apply food science knowledge to functions of ingredients in food
- Demonstrate basic food preparation and presentation skills
- Modify recipe/formula for individual or group dietary needs

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## 6. NUTRITION

### *Graduates will have knowledge of:*

- Evolving methods of assessing health status
- Influence of age, growth, and normal development on nutritional requirements
- Nutrition and metabolism
- Assessment and treatment of nutritional health risks
- Medical nutrition therapy
- Strategies to assess need for adaptive feeding techniques and equipment
- Health promotion and disease prevention theories and guidelines
- Influence of socioeconomic, cultural, and psychological factors on food and nutrition behavior
- Complementary and alternative nutrition and herbal therapies
- Dietary supplements

### *Graduates will have demonstrated the ability to:*

- Calculate and/or define diets for health conditions addressed by health promotion/disease prevention activities or uncomplicated instances of chronic diseases of the general population, e.g., hypertension, obesity, diabetes, and diverticular disease
- Screen individuals for nutritional risk
- Collect pertinent information for comprehensive nutrition assessments
- Determine nutrient requirements across the lifespan
- Translate nutrition needs into food choices and menus for people of diverse cultures and religions
- Measure, calculate, and interpret body composition data
- Calculate enteral and parenteral nutrition formulations

## 7. MANAGEMENT

### *Graduates will have knowledge of:*

- Program planning, monitoring, and evaluation
- Strategic management
- Facility management
- Organizational change theory
- Risk management
- Management theories
- Human resource management, including labor relations
- Materials management
- Financial management, including accounting principles
- Quality improvement
- Information management
- Systems theory
- Marketing theory and techniques
- Diversity issues

### *Graduates will have demonstrated the ability to:*

- Determine costs of services/operation
- Prepare a budget
- Interpret financial data
- Apply marketing principles
- Develop a personal portfolio

## 8. HEALTH CARE SYSTEMS

### *Graduates will have knowledge of:*

- Health care policy and administration
- Health care delivery systems
- Current reimbursement issues, policies, and regulations

**Code of Ethics**  
**for the Profession of Dietetics**  
**As published in the January 1999**  
*Journal of The American Dietetic Association*

The American Dietetic Association and its Commission on Dietetic Registration have adopted a voluntary, enforceable code of ethics. This code, entitled the Code of Ethics for the Profession of Dietetics, challenges all members, registered dietitians, and dietetic technicians, registered, to uphold ethical principles. The enforcement process for the Code of Ethics establishes a fair system to deal with complaints about members and credentialed practitioners from peers or the public.

The first code of ethics was adopted by the House of Delegates in October 1982; enforcement began in 1985. The code applied to members of The American Dietetic Association only. A second code was adopted by the House of Delegates in October 1987 and applied to all members and Commission on Dietetic Registration credentialed practitioners. A third revision of the code was adopted by the House of Delegates on October 18, 1998, and enforced as of June 1, 1999, for all members and Commission on Dietetic Registration credentialed practitioners.

The Ethics Committee is responsible for reviewing, promoting, and enforcing the Code. The Committee also educates members, credentialed practitioners, students, and the public about the ethical principles contained in the Code. Support of the Code of Ethics by members and credentialed practitioners is vital to guiding the profession's actions and to strengthening its credibility.

**PREAMBLE**

The American Dietetic Association and its credentialing agency, the Commission on Dietetic Registration, believe it is in the best interest of the profession and the public it serves to have a Code of Ethics in place that provides guidance to dietetics practitioners in their professional practice and conduct. Dietetics practitioners have voluntarily adopted a Code of Ethics to reflect the values and ethical principles guiding the dietetics profession and to outline commitments and obligations of the dietetics practitioner to client, society, self, and the profession.

The Ethics Code applies in its entirety to members of The American Dietetic Association who are Registered Dietitians (RDs) or Dietetic Technicians, Registered (DTRs). Except for sections solely dealing with the credential, the Code applies to all members of The American Dietetic Association who are not RDs or DTRs. Except for aspects solely dealing with membership, the Code applies to all RDs and DTRs who are not members of The American Dietetic Association. All of the aforementioned are referred to in the Code as "dietetics practitioners." By accepting membership in The American Dietetic Association and/or accepting and maintaining Commission on Dietetic Registration credentials, members of The American Dietetic Association and Commission on Dietetic Registration credentialed dietetics practitioners agree to abide by the Code.

## PRINCIPLES

1. The dietetics practitioner conducts himself/herself with honesty, integrity, and fairness.
2. The dietetics practitioner practices dietetics based on scientific principles and current information.
3. The dietetics practitioner presents substantiated information and interprets controversial information without personal bias, recognizing that legitimate differences of opinion exist.
4. The dietetics practitioner assumes responsibility and accountability for personal competence in practice, continually striving to increase professional knowledge and skills and to apply them in practice.
5. The dietetics practitioner recognizes and exercises professional judgment within the limits of his/her qualifications and collaborates with others, seeks counsel, or makes referrals as appropriate.
6. The dietetics practitioner provides sufficient information to enable clients and others to make their own informed decisions.
7. The dietetics practitioner protects confidential information and makes full disclosure about any limitations on his/her ability to guarantee full confidentiality.
8. The dietetics practitioner provides professional services with objectivity and with respect for the unique needs and values of individuals.
9. The dietetics practitioner provides professional services in a manner that is sensitive to cultural differences and does not discriminate against others on the basis of race, ethnicity, creed, religion, disability, sex, age, sexual orientation, or national origin.
10. The dietetics practitioner does not engage in sexual harassment in connection with professional practice.
11. The dietetics practitioner provides objective evaluations of performance for employees and coworkers, candidates for employment, students, professional association memberships, awards, or scholarships. The dietetics practitioner makes all reasonable effort to avoid bias in any kind of professional evaluation of others.
12. The dietetics practitioner is alert to situations that might cause a conflict of interest or have the appearance of a conflict. The dietetics practitioner provides full disclosure when a real or potential conflict of interest arises.
13. The dietetics practitioner who wishes to inform the public and colleagues of his/her services does so by using factual information. The dietetics practitioner does not advertise in a false or misleading manner.
14. The dietetics practitioner promotes or endorses products in a manner that is neither false nor misleading.
15. The dietetics practitioner permits the use of his/her name for the purpose of certifying that dietetics services have been rendered only if he/she has provided or supervised the provision of those services.
16. The dietetics practitioner accurately presents professional qualifications and credentials.
  - a. The dietetics practitioner uses Commission on Dietetic Registration awarded credentials ("RD" or "Registered Dietitian"; "DTR" or "Dietetic Technician, Registered"; "CSP" or "Certified Specialist in Pediatric

- Nutrition"; "CSR" or "Certified Specialist in Renal Nutrition"; and "FADA" or "Fellow of The American Dietetic Association") only when the credential is current and authorized by the Commission on Dietetic Registration. The dietetics practitioner provides accurate information and complies with all requirements of the Commission on Dietetic Registration program in which he/she is seeking initial or continued credentials from the Commission on Dietetic Registration.
- b. The dietetics practitioner is subject to disciplinary action for aiding another person in violating any Commission on Dietetic Registration requirements or aiding another person in representing himself/herself as Commission on Dietetic Registration credentialed when he/she is not.
17. The dietetics practitioner withdraws from professional practice under the following circumstances:
- a. The dietetics practitioner has engaged in any substance abuse that could affect his/her practice;
  - b. The dietetics practitioner has been adjudged by a court to be mentally incompetent;
  - c. The dietetics practitioner has an emotional or mental disability that affects his/her practice in a manner that could harm the client or others.
18. The dietetics practitioner complies with all applicable laws and regulations concerning the profession and is subject to disciplinary action under the following circumstances:
- a. The dietetics practitioner has been convicted of a crime under the laws of the United States which is a felony or a misdemeanor, an essential element of which is dishonesty, and which is related to the practice of the profession.
  - b. The dietetics practitioner has been disciplined by a state, and at least one of the grounds for the discipline is the same or substantially equivalent to these principles.
  - c. The dietetics practitioner has committed an act of misfeasance or malfeasance which is directly related to the practice of the profession as determined by a court of competent jurisdiction, a licensing board, or an agency of a governmental body.
19. The dietetics practitioner supports and promotes high standards of professional practice. The dietetics practitioner accepts the obligation to protect clients, the public, and the profession by upholding the Code of Ethics for the Profession of Dietetics and by reporting alleged violations of the Code through the defined review process of The American Dietetic Association and its credentialing agency, the Commission on Dietetic Registration.

The official ADA document goes on to give the Review Process for Alleged Violations.  
Source: <http://www.eatright.org/adacode.html>