

NUTRITION/DIETETICS PROGRAM STUDENT HANDBOOK

The Didactic Program in Nutrition and Dietetics

Department of Family and Consumer Sciences



North Carolina A&T State University
Greensboro, North Carolina

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INTRODUCTION

The Department of Family and Consumer Sciences (FCS) at North Carolina A&T State University is the only FCS unit located on the campus of a land grant university within North Carolina. Since its inception, this Department has always been a part of the School of Agriculture.

The Nutrition and Dietetics Program is one of six undergraduate programs offered through the Department of Family and Consumer Sciences. The Program is dedicated to providing strong academic preparation for students to pursue professional careers that relate to FCS — home, family, the work place and global communities. The program is also dedicated to meeting the challenges of the 21st century. To enhance the professional development of graduates from the Nutrition and Dietetics Program, all students enrolled in the program are required to be student members of the American Dietetic Association (ADA) and are encouraged to participate in activities of the Association. The ADA student membership fee is \$43.00 per year as of the summer 2006.

The Nutrition and Dietetics program is currently granted Developmental Accreditation from the Commission on Accreditation for Dietetics Education (CADE) of the ADA. CADE is recognized by the United States Department of Education (USDE) and the Council for Higher Education Accreditation (CHEA).

CADE contact information is:

120 South Riverside Plaza, Suite 2000

Chicago, IL 60606

Tel: 312-899-0040 ext. 5400.

CADE@eatright.org

PHILOSOPHY OF THE PROGRAM

Philosophically, the Didactic Program in Nutrition and Dietetics supports the mission of North Carolina A&T State University and the Department of Family and Consumer Sciences. The mission for the Nutrition/Dietetics program is to academically prepare and train students to become qualified nutritionists/dieticians, food service managers, and health care professionals who can provide high quality nutritional health care to diverse populations. Such professionals should have high ethical and professional standards and they should be equipped with technical knowledge and skills, which permit them to provide the best possible health care to their clientele. The professionals should keep current with the latest training and information in their profession.

The program offers a combination of didactic and laboratory experiences which provide students with a sound educational base. Academically, this is achieved by emphasis on the physical, biological and behavioral sciences with complementing

coursework that focus on program topics in food, nutrition and foodservice management. Opportunities for students to develop critical thinking skills for problem solving and decision-making are integrated into the learning process. See Appendix I (Nutrition/Dietetics Course Guide).

PROGRAM GOALS AND OBJECTIVES

The Didactic Program in Nutrition and Dietetics is designed to provide students with academic preparation for the Bachelor of Science degree in Nutrition and Dietetics. A guiding priority for the Nutrition and Dietetics Program is to prepare students for careers, graduate studies and admission into an internship experience accredited by the Commission on Accreditation for Dietetics Education that leads to dietetic registration eligibility.

A. Goals and Outcome measures of the Nutrition /Dietetics Program

Program Goal #1

To prepare students with foundation, knowledge, and skills that meet the academic requirements of the Commission on Accreditation for Dietetics Education of the American Dietetic Association for undergraduate education and for entry into an accredited dietetic internship or graduate school.

Outcomes

1. At least 80 percent of enrolled juniors who have declared a DPD Nutrition/Dietetics major will graduate.
2. Dietetic internship (DI) directors will rate the intern education quality at a mean level of 3 or above on a 5-point scale at least 75 percent of the time.
3. Graduates will have a mean overall GPA of 2.7 in each five-year period.
4. At least 80 percent of all graduates will be placed in an internship, enrolled in graduate school, or be employed in a food and nutrition area within six months following graduation.

Program Goal #2

To prepare students for entry-level positions in nutrition/dietetics and foodservice.

Outcomes

1. At least 80% of all first time takers will pass the registration examination for dietitians (RD exam) in each 5-year period.

2. Seventy-five percent of DPD Nutrition/Dietetics program graduates will report having “some knowledge” or more of areas required in entry level dietetics.

3. Employers will rate the education of the employee at a mean level of 3 (average) or above at least 75 percent of the time.

Program Goal #3

To prepare students for leadership roles in nutrition and dietetics in the communities where they work

Outcomes

1. Eighty percent of the students will engage in activities that demonstrate leadership abilities.

2. Eighty percent of the alumni will occupy leadership positions in their profession and/or community.

B. Instructional Objectives of the Nutrition / Dietetics Program

1. To provide general education curriculum requirements and core curriculum in Family and Consumer Sciences.

2. To assist students in understanding that the physical, biological and behavioral sciences are integrated into Nutrition/ Dietetics and provide a foundation for a course of Study in Nutrition/Dietetics.

3. To assist students in mastering the knowledge requirements through efficient management of their time and utilization of available resources to maximum potential.

a. To improve the quality of life for individuals from diverse populations by understanding how socioeconomic, psychological, cultural, sociological, and physical factors impact their nutritional needs.

b. To apply basic principles of nutrition to various age groups, with emphasis on high-risk populations, for quality health and well being.

c. To apply knowledge of the chemical and physical properties of food in selection, purchasing, preparation, storage and service.

d. To plan and demonstrate the use of dietary modification as an interceptive tool in the therapeutic process.

- e. To integrate the principles of nutrition in developing community resources, through program management, as students become agents for behavioral change.
 - f. To demonstrate efficient managerial skills in food service systems: finance, purchasing, sanitation, equipment, production, quality control, personnel and facilities management.
 - g. To expose students to the health care industry by providing practical field experience for the application of knowledge of nutritional information in institutions, education, business and the communities.
 - h. To create a foundation for graduate studies by providing students opportunities to think critically, identify problems and solutions, and apply the scientific process.
4. To assist students in their personal development through enrichment seminars, tutorial support, academic learning assistance, counseling, mentoring and academic advising.
 5. To assist students in the development of a professional attitude, leadership potential, and value for the dietetics profession.
 6. To assist students in integrating computer technology into the Nutrition/ Dietetics curriculum and the utilization of the information super highway system.

STEPS TO DIETETIC REGISTRATION ELIGIBILITY

To become qualified as a Registered Dietician the following requirements must be met:

1. Enroll in a CADE accredited Didactic Program in Dietetics (DPD)
2. Complete the DPD program and obtain a bachelor's degree in Dietetics with the verification statement
3. Apply to a CADE-accredited Dietetic Internship (DI)
4. Complete the DI program and received the verification statement.
5. Apply for registration Eligibility with the Commission on Dietetic registration (CDR)

6. Receive a passing score on the national registration examination for dietitians administered by CDR
7. Maintain profession RD credentials by completing continuing professional educational requirements.

(Source: The American Dietetic Association. "Educational and Professional Requirements" Commission on Accreditation for Dietetics Education (CADE) of The American Dietetic Association (ADA).

PROGRAM ADMISSION, CONTINUATION AND GRADUATION REQUIREMENTS

Admission to the Nutrition/Dietetics Program is based on the general admission requirements of North Carolina A&T State University, which include a high school diploma or equivalency certification and completion of the Scholastic Aptitude Test. North Carolina A&T State University's general admission requirements also include:

- Four (4) course units in college preparatory English, emphasizing grammar, composition, and literature
- Four (4) course units in mathematics, including geometry, algebra I, algebra II, and an advanced mathematics course.
- Two (2) course units in social studies, including one unit in U.S. History
- Three (3) course units in science, including a biological science, a physical science and a science with a laboratory.
- Two course units of the same foreign language
- Four (4) units of electives

An overall grade point average of 2.0 including a 2.0 average in the major field of study is required for continuation in the program and graduation.

OUTCOME MEASURES FOR NUTRITION/ DIETETICS PROGRAM GRADUATES

The outcome assessment for program graduates is based on placement into employment, supervised practice experience through an accredited Dietetic Internship, graduate school and passing the Registration Examination.

EXPECTED OUTCOMES FOR PROGRAM GRADUATES

It is expected that all graduates of the Nutrition and Dietetics Program at North Carolina A&T State University will have achieved the following competencies upon completion of the Program:

1. Interpret the structure, processes, functioning and interrelationship of various systems of the human body.
2. Recognize the interrelationships of the inorganic and organic compounds (including vitamins, enzymes, and hormones) in structures and regulatory functions.
3. Analyze physical and chemical changes occurring in food during, storage preservation and preparation in terms of food composition and quality.
4. Utilize knowledge of food composition in designing dietary plans for meeting the physiological needs of individuals and groups throughout the life cycle.
5. Identify and interpret food standards and the factors affecting food quality; apply this knowledge of quality control.
6. Utilize basic knowledge of microorganisms in the storage, preparation, and preservation, processing and serving of food.
7. Recognize that an individual's socioeconomic, cultural, and the ethnic status are more important determinants of food preferences and eating patterns than are biological; utilize this recognition in nutritional care of individuals and groups.
8. Plan nutritious, attractive food combinations acceptable to various families and groups at different economic levels, and do this by utilizing knowledge of food composition, flavors, colors, texture, temperature, shape and consistency.
9. Recognize that human nutritional needs are defined in terms of physiological makeup and environmental factors, and know the basics of Recommended Dietary Allowances and their limitations.
10. Recognize the postulated nutrient requirements of individuals in various environments and stages of the life cycle, and how these nutrient needs can be met for different ethnic and socio-cultural groups at various economic levels.

11. Apply the knowledge and relationship between nutrient intake and the biochemical and biophysical structure and function of the body at various stages of the life cycle.
12. Recognize that the application of knowledge in the professional sciences requires an understanding of human behavior.
13. Evaluate and interpret research findings in the professional sciences.
14. Integrate knowledge of biological, social and professional sciences.
15. Identify the abnormalities in structure and function of disease tissue and the effect of abnormalities upon total body metabolism.
16. Identify changes in nutrient intake, food and eating patterns necessary for treating a disease and its complications.
17. Recognize that health is multi-natured, that emotional or social well being may take precedence over nutritional needs, and that food as related to physical health may be of relatively little concern to some individuals.
18. Recognize that an individual's food ideology (attitudes and habits) is unique to her/him, is deep seated and resistant to change; realize that an empathetic approach to individuals whose habits need to be changed is vital.
19. Identify the qualitative interrelationships among nutrients in metabolism.
20. Synthesize current nutrition research and formulate working hypotheses.
21. Recognize and identify the characteristics of written research and or technical reports.
22. Recognize nutritionally vulnerable individuals and groups in the population and understand that their nutritional problems are interwoven with other related health, social and economic problems and needs.
23. Compare and contrast the effectiveness of food and nutrition programs and services in the community.
24. Acquire a basic understanding of research methodology (sociological and biological).

25. Apply the managerial processes of planning, organizing, leading, evaluating and controlling and their interrelatedness in the management of human, material and financial resources.
26. Recognize the organizational framework necessary for defining and accomplishing goals of the enterprise.
27. Relate the effectiveness of a specific enterprise to the realization of goals by sub-units or departments.
28. Comprehend management's responsibility for leadership and the importance of leadership in the achievement of the objectives in food service systems.
29. Apply the process of planning, organizing, directing, evaluating and controlling to the management of the functions and operations of food service systems.
30. Recognize the significance of the fact that a food service system is a unified, complex, organization, performing highly dependent specialized functions.
31. Know techniques of interviewing and counseling.
32. Know how to use computer software programs in nutrition and dietetics.
33. Know fundamentals of the political and legislative processes.
34. Use the knowledge acquired in the technical operation (menu planning, purchasing, facilities, and finances) involved in the production, distribution and service of high quality food in food service systems with varying organizational structures and objectives.

CLASS ATTENDANCE POLICY

The class attendance policy of the Nutrition/Dietetics Program is consistent with that of the North Carolina A&T State University. The program is committed to the principle that regular and punctual class attendance is mandatory and essential to the students' optimum scholastic achievement. An absence—excused or unexcused—does not relieve the student of any course requirement. Each student is responsible for all of the work, attending class regularly and is responsible for all of the work, including tests and written assignments, of all class meetings.

POLICY ON MAKEUP OF REQUIRED COURSEWORK

Certain circumstances may cause students to miss classes and required coursework, which may be performed or due on the day of the absence. Required coursework is important for adequate performance evaluation of students. In this regard, students will be allowed to makeup required work whenever permissible circumstances have caused students to be absent from class.

The following definitions will apply with respect to this policy:

1. Required coursework – All work which will be used in the determination of final grades, e.g., examinations, quizzes, required papers and essays, required assignments.
2. Instructor - Person responsible for the course and providing instruction and evaluation.
3. Permissible reasons for requesting makeup of required work – sickness (verification needed), death of relatives (immediate family), participation in approved University – related activities, acting in the capacity of a representative of the University (band, choir, sports-related travel, etc), extraordinary circumstances (court appearances, family emergency, etc) require a signed statement. NOTE: Other reasons for requesting makeup of required coursework are not acceptable. Instructors should schedule makeup work at a time that is convenient to both the instructor and the student.
4. Documentation – Verification of sickness requires signed statement from a physician or a duly authorized staff member of the Health Center.

Verification of death requires a signed statement from the Minister or funeral Director.

Verification of participation in University – related activities requires a signed statement from the Office of the Vice Chancellor for Academic Affairs.

Verification of other reasonable circumstances for example, court appearance, family emergency, etc. requires a signed statement from an appropriate official (e.g. Court official, parent or guardian, etc)

The policy regarding makeup of required coursework is as follows:

- (1) A student may petition an instructor to makeup required coursework whenever the student has a permissible reason for requesting makeup or required coursework.
- (2) Students will be required to present documentation which verifies absence constituting permissible reason.
- (3) Whenever possible, a student should consult with the instructor prior to an absence which will involve the failure to do required coursework. Arrangements for makeup should be discussed and agreed upon at this time.
- (4) A student must petition for makeup of required coursework on the first day he/she returns to class.
- (5) If permission is granted to makeup required coursework, the instructor and the student should agree on an acceptable date for accomplishing the makeup of missed required coursework.
- (6) Failure to comply with item (4) may result in denial to makeup required coursework.

VERIFICATION STATEMENT

The Department of Family and Consumer Sciences will provide the CADE verification statement of a student meeting Didactic Program in Dietetics (DPD) based on the requirements listed in the undergraduate bulletin of the year the student entered the program. This is applicable to enrollment and graduation within six years. If the student cannot finish their studies within the six-year time period, they must comply with the didactic program reflected in the undergraduate bulletin currently in effect. The Department of Family and Consumer Sciences will not accept course work to meet DPD requirements from any university/college system in which a grade below "C" was earned.

In order to receive a verification statement of a student meeting Didactic Program in Dietetics requirements, a minimum of 15 credits from Family and Consumer Sciences 600 level courses must be completed at North Carolina A&T State University. The 15 credit hours must include FCS 656 Nutritional Therapy I, FCS 657 Nutritional Therapy II, and FCS 601 Quantity Foods.

PRIVACY OF STUDENT RECORDS

North Carolina A&T State University insures student access to their official academic records, but prohibits the release of personally identifiable information, other

than “directory information,” from these records without their permission, except as specified by public law 93-380. “Directory information: includes Student’s name, address, telephone number, date and place of birth, school, major, sex, marital status, dates of attendance, degree received, honors received, the institution (s) attended prior to admission to North Carolina A&T State University, past and present participation in officially recognized sports and activities, and physical factors. Public law 93-380 further provides that any student may, upon written request, resist the printing of such personal information relating to himself/herself as is usually included in campus directories. A student who desires to have “directory information” withheld must submit a written request to the Office of the Registrar one week prior to the enrollment of classes for the semester or session in which he/she is enrolled.

ESTIMATED COSTS AND FINANCIAL ASSISTANCE

As a state assisted university, the costs of attending North Carolina A&T State University for qualified students are comparable to other state colleges of the same enrollment.

Since fees are subject to change, current and prospective students are encouraged to contact the University Cashier, (336) 334-7721 or www.ncat.edu/ admissions office for current information on tuition and fees.

In addition to a number of financial aid programs the University also sponsors a cooperative education program in which students may earn a major portion of their education expenses through a work-study arrangement with an outside employer. For further information contact:

Department of Family and Consumer Sciences
102 Benbow Hall
North Carolina Agricultural and Technical State University
Greensboro, North Carolina 27411
Phone: (336) 334-7850
Fax: (336) 334-7265

LIABILITY AND ACCIDENT INSURANCE

All students enrolled in a course with a field-based experience component will be required to purchase liability insurance (\$20) and accident insurance (\$5.41; for non-campus housing) from NC A&T (Spring 2006). Students are expected to be insured prior to starting the field-based experience. No exceptions!! The purchase of liability and accident insurance is for the protection of students in the event of harm, danger or accidental situation while completing the field-based experience. Additional information regarding the purchase of liability and accident insurance will be provided in class.

STUDENT GRIEVANCE AND DISCIPLINARY ACTIONS

Grievance procedures and disciplinary actions can be found in the University Judicial Procedures in the Student Handbook.

THE DEPARTMENT FACULTY

The teaching and research faculty in the Department of Family and Consumer Sciences represents a broad spectrum of professional interests. The department takes pride in the high level of interdepartmental cooperation it receives and the extent to which this allows its students to select enrichment activities in supporting disciplines. Faculty members in Food Science, Human Nutrition, and Housing are full time researchers, under auspices of the agricultural Research Program, conducting scientific studies funded by the United States Department of Agriculture. These research studies also offer valuable opportunities for students to gain firsthand experience in laboratory and survey research.

INFORMATION AND RESOURCES

Student information. All students are encouraged to check the University Bulletin and the University Student Handbook for information on areas such as student services and university policies that pertain to students enrolled at the university, student conduct regulations, and academic information and regulations.

Bulletin Boards. Bulletin boards are located in Benbow Hall. Students are urged to regularly check bulletin boards for general information, meeting notices, special programs, events employment opportunities etc.

Bluford Library. This library offers special services to students via instructional programs, computerized literature searches and interdisciplinary loans. The library remains open for 92 hours per week during the academic year. All scheduled changes are posted at the library's front entrance.

Benbow Hall Computer Laboratory. This computer lab has capabilities that tie into the campus mainframe, library and interlibrary loan and other information superhighway online systems. The hours are 8:00am until 6:00pm Monday through Friday.

STUDENT ORGANIZATIONS IN THE DEPARTMENT OF FAMILY AND CONSUMER SCIENCES

- American Association of Family and Consumer Sciences
--Is open to any student with an interest in Family and Consumer Sciences

- Food Science Club
--Is open to any student with an interest in Food Sciences
- Nutrition / Dietetics Club
--Is open to any student with an interest in Nutrition and Dietetics
- Gamma Sigma Delta Honor Society
--Faculty members nominate juniors and seniors in Agriculture, Family and Consumer Sciences, Veterinary Medicine, Forestry and areas of study related to these fields based on the following academic criteria:
 - Juniors: must be in the upper 5% of their class
 - Seniors: must be in the upper 15% of their class
- Kappa Omicron Nu Honor Society: Kappa Delta Mu Chapter

--The Collegiate category of membership includes undergraduate and graduate students enrolled at NCA&TSU.

Eligibility:

Undergraduate students shall:

- Have declared a major in Family and Consumer Sciences or one of the specializations;
- Have completed 45 semester hours or equivalent;
- Have a minimum GPA of 3.0 on a 4.0 scale; and
- Rank in the top 25% of their class in the unit

Graduate students shall:

- Be enrolled in a graduate program in Family and Consumer Sciences or one of the specializations;
- Have completed 12 semester hours of graduate work or equivalent; and
- Have a minimum GPA of 3.5 on a 4.0 scale

Department of Family and Consumer Sciences
FOOD AND NUTRITIONAL SCIENCES
(Nutrition/Dietetics)

FRESHMAN YEAR

Fall Semester	Credit	Spring Semester	Credit
FCS 101 Introduction to FCS ¹	1	UNST 120 The Contemporary World ¹	3
UNST 110 Critical Writing ¹	3	UNST 140 African American Experience ¹	3
BIOL 100 Biological Science	4	MATH 112 Calculus for Non-Math Majors	4
UNST 130 Analytical Reasoning ¹	3	FCS 130 Food Prep/Meal Management	3
MATH 111 College Alg and Trig I	<u>4</u>	SPCH 250 Speech Fundamentals	<u>3</u>
	15		16

SOPHOMORE YEAR

Fall Semester	Credit	Spring Semester	Credit
CHEM 106 General Chemistry VI	3	CHEM 107 General Chemistry VII	3
CHEM 116 General Chemistry VI Lab	1	CHEM 117 General Chemistry VII Lab	1
UNST Cluster Theme Elective ²	3	FCS 337 Introduction to Human Nutrition	3
UNST Cluster Theme Elective ²	3	FCS 246 Purchasing in Food Service	3
FCS 236 Introduction to Food Science	3	PSYC 320 General Psychology	3
MATH 224 Introduction to Probability and Statistics		BIOL 361 Human Anatomy and Physiology	<u>4</u>
or			17
SOCI 203 Social Statistics I	3		
HPED elective	<u>1</u>		
	17		

JUNIOR YEAR

Fall Semester	Credit	Spring Semester	Credit
CHEM 221 Organic Chemistry I	3	<i>FCS 398 Food and Nutri Biochemistry</i>	3
CHEM 223 Organic Chemistry I Lab	2	<i>FCS 656 Nutritional Therapy I</i>	4
BIOL 220 Basic Microbiology	4	FCS 601 Quantity Foods	4
FCS 310 Introduction to Human Development	3	AGEC 446 Financial Management of Agribusiness Firms	3
FCS 344 Organizational Management In Food Service	3	UNST Cluster Theme Elective ²	<u>3</u>
FCS 630 Advanced Nutrition	<u>3</u>		17
	18		

SENIOR YEAR

Fall Semester	Credit	Spring Semester	Credit
FCS 657 Nutritional Therapy II	4	FCS 648 Community Nutrition	3
FCS 632 Maternal & Lifespan Nutr	3	FCS 544 Internships ⁵	3
FCS 679 Nutrition Education	3	<i>FCS 612 App Research Sem³(capstone)</i>	3
ENGL 331 Writing for Science or Technology		FCS 514 An Integrated Approach to Family and Consumer Sciences ⁴	<u>3</u>
or			
BUED 360 Business Communications	3		12
UNST Cluster Theme Elective ²	<u>3</u>		
	16		

Total Credit Hours: 128

¹UNST Foundation Courses: Each student is required to complete 13 credits of freshman competency.

²UNST Cluster Theme Elective: Each student is required to choose a cluster and take 12 hours within that cluster.

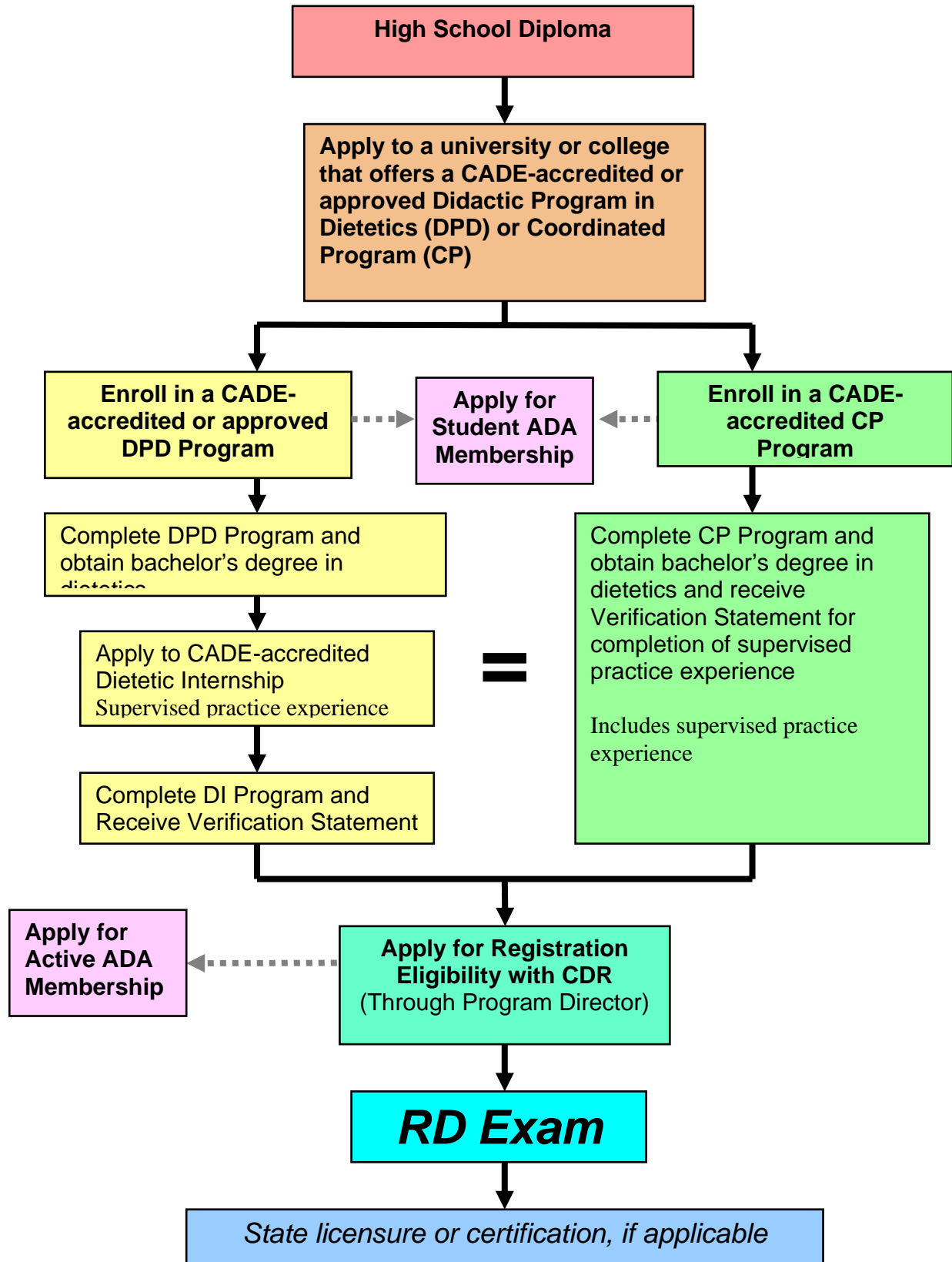
³Capstone Course(FCS 612): Each student is required to take a senior level course focused on interdisciplinary perspectives.

⁴Family and Consumer Sciences 514: Requires 50 volunteer hours.

⁵Field Base Experience: Each student is required to complete a field-based experience.

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High School – Pathway to RD



Career Changer (2nd degree) Pathway to RD

