



**SCHOOL OF HEALTH, PHYSICAL
EDUCATION, AND RECREATION**
INDIANA UNIVERSITY

Dietetics (AHS DTBS)

B.S. in Applied Health Science degree (124 minimum credits)
2.8 GPA and a minimum C grade in CHEM-C 117 required for admission.
2.0 GPA req. for graduation. No Pass/Fail except for free electives.
Effective for students matriculating summer 2010.
Department of Applied Health Science – HPER 116 – (812) 855-3627

Students must complete all General Education requirements and all Major requirements. Any acceptable General Education course which is also required in the major may apply to (double-count in) both required areas. Courses common to the areas of World Cultures, Arts and Humanities, and Social and Historical Studies may also double count. However, credit for such courses counts only once toward the total required credits for a degree. See School of HPER Bulletin online at <http://www.indiana.edu/~bulletin/iub/hper/2010-2012/index.shtml> for links to GenEd course listings.

General Education (20 – 39 credits)

English Composition (0 to 3 credits, C- minimum required)

Complete one of the following options:

- ___ 3 ENG W131 Elementary Composition
- ___ 3 ENG W170 Projects in Reading and Writing
- ___ 0 ENG W131 EX Elementary Composition Exemption

Mathematical Modeling (3 to 4 credits)

Complete one of the following options:

- ___ 3 MATH-A 118 Finite Mathematics for the Soc and Behavior Sci
- ___ 4 MATH-D 116 **AND** MATH-D 117 Intro to Finite Mathematics I-II
- ___ 3 MATH-J 113 Introduction to Calculus with Applications
- ___ 3 MATH-M 118 Finite Mathematics
- ___ 3 MATH-M 119 Brief Survey of Calculus I
- ___ 4 MATH-M 211 Calculus I
- ___ 4 MATH-M 213 Accelerated Calculus
- ___ 3 MATH-S 118 Honors Finite Mathematics

Natural and Mathematical Sciences (5 to 6 credits)

Complete 6 credits or one 5 credit course with a substantial laboratory component. Choices are on the approved list in the School of HPER Bulletin.

Arts and Humanities (6 credits)

Complete 6 credits on the approved list in the School of HPER Bulletin.

Social and Historical Studies (6 credits)

Complete 6 credits on the approved list in the School of HPER Bulletin.

World Languages and Cultures (0 to 14 credits)

Choose one of the following three options:

Complete 6 credits of world culture courses.

OR

Achieve competency in a single foreign language equal to successful completion of the four semester sequence in a world language.

OR

Complete a 6-credit International experience in an approved study abroad. A list of approved course choices may be found in the School of HPER Bulletin.

See the School of HPER online bulletin for requirement details and approved courses.

Major (94 credits)

Professional Core (47 credits, C- min req each course)

- ___ 3 HPER-N 120 Introduction to Foods *
- ___ 3 HPER-N 231 Human Nutrition (P: CHEM-C 101 or equiv & biol) **N&M**
- ___ 3 HPER-N 320 Food Chemistry (P: HPER-N 120; CHEM-C 117 R: R 340/C 341)**
- ___ 4 HPER-N 321 Qty Food Purch & Prod (P: HPER-N 120, Diet Sr)*
- ___ 3 HPER-N 322 Foodservice Systems Mgmt ** (P: N 321, Diet major)
- ___ 3 HPER-N 325 Food Chem Lab (R: Concur w/ HPER-N 320) **
- ___ 3 HPER-N 331 Life Cycle Nutrition (R: HPER-N 220 or N 231) **
- ___ 3 HPER-N 336 Community Nutrition (P: HPER-N 231) *
- ___ 1 HPER-N 401 Issues in Dietetics *
- ___ 3 HPER-N 416 Intro to Nutr Counseling & Educ (P: HPER-N 431)**
- ___ 3 HPER-N 430 Adv Hum Nutr I (P: N 231; CHEM-C 341/R 340)*
- ___ 3 HPER-N 431 Med Nutr Ther (P: N231; ANAT-A215; PHSL-P215)**
- ___ 3 HPER-N 432 Advanced Nutrition II (P: HPER-N 430) **
- ___ 3 HPER-N 433 Medical Nutrition Therapy Application (P: co-requisite HPER-N 431) (Junior) **
- ___ 3 HPER-H 350 Complement and Altern App to Health *
- ___ 3 HPER-H 494 Research & Eval Methods in Health & Safety (Jr/Sr) (R: Stats prior to or concurrently w/H 494)

Additional Required Courses (44 credits, C-min req each course except CHEM C117 which has C min req)

- ___ 5 ANAT-A 215 Basic Human Anatomy **N&M**
- ___ 3 BIOL-L 330 Biol of the Cell (P: college biol; R: college chem) **
- ___ **OR** HPER-N 480 **OR** BIOL-L 312
- ___ 3 BIOL-M 200 Microorg in Nature & Disease (R: HS chem & bio) **
- ___ 5 CHEM-C 117 Prin of Chem & Biochem I **N&M** (C103 may be needed) (A minimum full grade of C is required in CHEM-C 117)
- ___ 3 CHEM-R 340 Survey of Organic Chemistry *
- ___ **OR** CHEM-C 341 Organic Chemistry Lectures I
- ___ 2 CLAS-C 209 Medical Terms from Greek & Latin
- ___ 3 CMCL-C 121 Public Speaking (C 122 may not sub)
- ___ 3 ENG-W 231 Professional Writing Skills
- ___ 3 MATH/PSY-K 300 Statistical Techniques
- ___ 5 PHSL-P 215 Basic Human Physiology **N&M**
- ___ 3 PSY-P 101 Introductory Psychology **N&M**
- ___ 3 PSY-P 325 Psych of Learning or P335 Cognitive Psych (both have P: PSY-P 102 **S&H**) or EDUC-P 254 Educ Psych
- ___ 3 SPEA-V 373 Personnel Management (or SPEA-V 366)

Science Elective (3 credits)

Complete 1 of the following (C- min):

- ___ 3 HPER-N 480 Mechanisms of Nutrient Action in the Body *
- ___ 3 HPER-P 409 Basic Physiology of Exercise (P: PHSL-P 215)
- ___ 3 BIOL-L 112 Biological Mechanisms **N&M** (May not sub L100, L104, E112, Q201)
- ___ 3 BIOL-L 211 Molecular Biology (P: BIOL-L 112)

Requirements continued on next page.

- _____ 3 BIOL-L 311 Genetics (P: BIOL-L 211)
 - _____ 3 BIOL-L 331 Introduction to Human Genetics*
 - _____ 3 CHEM-C 342 Organic Chemistry II Lectures (P: C 341)
 - _____ 3 CHEM-C 483 Biological Chem (P:18 hrs. chem, incl. C 342)
 - _____ 3 PHSL-P 421 Principles of Human Physiology *
 - _____ 3 SPEA-E 272 Introduction to Environmental Sciences **N&M**
 - _____ 3 SPEA-H 316 Environmental Health
- * = Fall only ** = Spring only

GENERAL EDUCATION 20-39

MAJOR 94

COMPLETE A MINIMUM OF 124 CREDITS FOR THIS DEGREE.

Visit the AHS website at www.indiana.edu/~aphealth

SUGGESTED COURSE SEQUENCE FOR DIETETICS
(NOTE: N & M COURSES COVERED BY COURSE REQUIREMENTS)

FRESHMAN YEAR

Fall Semester

- ENG-W 131 (3)
- Math Mod or Chem (3-5)
- A&H/WLC elec (3)
- PSY-P 101 (3)
- Elec or N120 (1-3)

Spring Semester

- CMCL-C 121 (3)
- CHEM-C 117/103 (5)
- PSY-P102 (**S&H**) (3)
- A&H/WLC elec (3)
- CLAS-C 209 (2)

SOPHOMORE YEAR

Fall Semester

- HPER N231 (3)
- CHEM-R340 or C341 (3)
- N120 or elec (3)
- ENG-W 231 (3)
- S&H elec (3)

Spring Semester

- ANAT-A 215 (5)
- A&H/WLC elec (3)
- HPER-N 331 (3)
- SPEA-V 373 (3)
- Elec (1)

JUNIOR YEAR

Fall Semester

- PHSL-P 215 (5)
- HPER-H 350 (3)
- HPER-N336 (3)
- PSY-K 300 (3)
- Sci Gr Course (3)

Spring Semester

- HPER-N 431 (3)
- HPER-N 433 (3)
- HPER-N 320 (3)
- HPER-N 325 (3)
- BIOL-M 200 (3)

SENIOR YEAR

Fall Semester

- HPER-N430 (3)
- HPER-N 321 (4)
- HPER-N 401 (1)
- A&H/WLC elec (3)
- PSY-P325/335 (3)

Spring Semester

- HPER-N 432 (3)
- HPER-N 322 (3)
- HPER-N 416 (3)
- HPER-H494 (3)
- BIOL-L 330 (3)

Dietetics

About the Major: A Vital Growing Profession

Dietetics is about the science and art of applying the principles of nutrition and food preparation to health. Dietitians work in medical and food service settings with

- infants and young children
- school aged children
- athletes
- adults
- senior citizens

Job growth is expected to increase in the next decade because of an increased emphasis on disease prevention and healthy lifestyles.

Opportunities in the Program

Dietetics majors can minor in psychology or fitness. They can join our student-run Dietetics Club, which features numerous volunteering opportunities. The Dietetics program has a nutrition lab and a foods lab. Classroom activities include community projects, planning and preparing a special event meal for students in the halls of residence, designing a research project, and learning in-depth about special issues in nutrition.

What You Can Do

Dietitians promote healthy eating habits so that people can prevent or treat illnesses. IU dietetics graduates go on to complete a supervised practice experience (internship) and are then eligible to take a national exam to become a Registered Dietitian (RD). RDs are the recognized nutrition health care professionals. They

- counsel patients
- do research and develop food products
- oversee large-scale meal planning and preparation
- work in nutrition communication or marketing
- develop nutrition programs

Where You Can Go

RDs work in

- clinical settings such as hospitals
- extended care facilities
- government agencies
- private practice
- corporate wellness programs
- food service operations

What You Will Earn

Clinical dietitians start at about \$35k-\$45k. Food service dietitians start at about \$42k-\$50k.