



Dietetics

0112 Skinner Building

(301) 405-2139

<http://www.nfsc.umd.edu/undergraduate/undergraduate-admissions/dietetics>

Key Features of a Dietetics Major

- Gain “a strong academic foundation, emphasizing natural sciences, nutrition, foods, and food service administration”
- Take the first steps in becoming a Registered Dietician (RD)
- Benefit from numerous opportunities to gain work and volunteer experience, both on and off campus

Career Options and Salaries with a Dietetics Major

Dietitians plan food and nutrition programs, supervise meal preparation, and oversee the serving of meals. They prevent and treat illnesses by promoting healthy eating habits and recommending dietary modifications. For example, dietitians might teach a patient with high blood pressure how to use less salt when preparing meals, or create a diet reduced in fat and sugar for an overweight patient.

Dietitians manage food service systems for institutions such as hospitals and schools, promote sound eating habits through education, and conduct research. Many dietitians specialize, becoming a clinical dietitian, community dietitian, management dietitian, or consultant.

The median annual salary for dietitians was \$57,910 in May 2016.

Career and salary information taken from Occupational Outlook Handbook, 2016-2017 ed. (<http://stats.bls.gov/ooh>).

Advising

If you are interested in learning more about the Dietetics major, you can easily make an appointment with an advisor. The advisor you will see depends upon the first letter of your last name:

- A – F:
Dr. David Lei
dlei@umd.edu
0121 Skinner Building
(301) 405-2143
- G – Le:
Dr. Hee-Jung Song
hjsong@umd.edu
3301 Marie Mount Hall
(301) 405-8898
- Lf-R:
Dr. Margarte Udahogora
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0125 Skinner Building
(301) 405-1018
- S – Z:
Dr. Nadine Sahyoun
nsahyoun@umd.edu
0102C Skinner Building
(301) 405-8774

Declaring the Dietetics Major

Dietetics is not a Limited Enrollment Program (LEP). If you have decided that you want to major in this field, you can declare immediately!

Declaring your major in Dietetics is fairly simple:

- 1) Fill out a Change of Major form, found on the AGNR website <http://agnr.umd.edu/students/change-your-major>
- 2) Register for a Change of Major Workshop in Symons Hall. All dates and times are listed online.

If you have questions regarding the major or careers in Dietetics, please contact the Program Director at nfscinfo@umd.edu.

Four Year Plan (Gen-Ed)

Year 1	Fall	Spring
	Credit Grade	Credit Grade
Benchmark Requirements Complete by 2 semesters CHEM231/232 BSCI170/171 NFSC100	* MATH140 or 220 (MA) ¹ 3 * NFSC100 (NS) ¹ 3 * CHEM131/132 (NL) ¹ 4 * ENGL101 (AW) 3 COMM200 (OC) or INAG110 3 TOTAL 16	* CHEM231/232 ¹ 4 * BSCI170/171 ¹ 4 * PSYC100 3 Humanities (HU) ² 3 TOTAL 14
Year 2		
Benchmark Requirements Complete by 4 semesters CHEM271/272 BSCI223 NFSC315	* NFSC112 (FALL ONLY) 3 * CHEM241/242 ¹ 4 * BSCI223 ¹ 4 Scholarship in Practice(SP) 3 TOTAL 14	* NFSC315 ¹ (SPRING ONLY) 3 * CHEM271/272 ¹ 4 * SOCY100 (HS) ² 3 History/Soc Sci (HS) ² 3 Humanities (HU) ² 3 TOTAL 16
Year 3		
BCHM462 BSCI440	* NFSC380 ¹ (FALL ONLY) 3 * BCHM461 ¹ 3 * BSCI330 ¹ 4 * ENGL391 or 393 (PW) 3 TOTAL 13	* NFSC470 (SPRING ONLY) 3 * BCHM462 ¹ 3 * BSCI440 ¹ (SPRING ONLY) 4 * BMGT364 ¹ 3 Restricted Elective 3 TOTAL 16
Year 4		
Major Requirements	* NFSC440 ¹ (FALL ONLY) 4 * NFSC350 ¹ (FALL ONLY) 5 * NFSC421 (FALL ONLY) 3 * EDMS451 or BIOM301 (AR) 3 TOTAL 15	* NFSC460 (SPRING ONLY) 4 * NFSC491 (SPRING ONLY) 3 * NFSC430 (SPRING ONLY) 3 Elective 3 Scholarship in Practice (SP) 3 TOTAL 16

* Course required for Dietetic registration

1. These courses are required early and/or are prerequisites for courses in the major.
2. All students must complete two Distributive Studies courses that are approved for I-Series courses.
Courses for Understanding Plural Societies and Cultural Competence may also fulfill Distributive Studies.

Four-Year Plan (CORE Curriculum)

Freshman

Fall Semester	
*3	MATH 220/140 Elementary Calculus I (CORE FM/MS) <i>*Must be eligible for MATH220/140 or higher to register for CHEM131/132 and BSCI170/171</i>
#*3	NFSC 100 Elements of Nutrition (CORE LS)
#*4	CHEM 131/132 General Chemistry I (CORE PL)
*3	ENGL 101 Introduction to Writing (CORE WRITING)
3	CORE Social or Political History (SH)
Spring Semester	
#*4	CHEM 231/232 Organic Chemistry I
*4	BSCI 170/71 Principles of Biology I (CORE LL)
*3	PSYC 100 Introduction to Psychology (CORE SB)
3	CORE History or Theory of Art (HA)

Junior

Fall Semester	
*3	NFSC 380 Nutritional Assessment (FALL ONLY)
#*3	BCHM 461 Biochemistry I
#*4	BSCI 330 Cell Biology and Physiology
*3	ENGL 391 Adv. Composition or ENGL 393 Technical Writing (CORE PROF WRITING)
Spring Semester	
*3	NFSC 470 Community Nutrition (SPRING ONLY)
#*3	BCHM 462 Biochemistry II
#*4	BSCI 440 Mammalian Physiology
*3	BMGT 364 Management and Organization Theory
3	Elective

Sophomore

Fall Semester	
*3	NFSC112 Food: Science and Technology (FALL ONLY)
#*4	CHEM 241/242 Organic Chemistry II
*4	BSCI 223 General Microbiology (CORE LL)
3	CORE Literature (HL)
Spring Semester	
#*3	NFSC 315 Nutrition and the Lifecycle (SPRING ONLY)
#*4	CHEM 271/272 General Chemistry and Energetics (CHEM272 must be taken at UMCP)
*3	SOCY100 Introduction to Sociology (CORE SB)
3	CORE Diversity (D)
3	CORE HL/HA or HO (COMM200 is strongly recommended, also fulfills Restricted Elective requirement)

Senior

Fall Semester	
#*4	NFSC 440 Advanced Human Nutrition (FALL ONLY)
*5	NFSC 350 Foodservice Operations (FALL ONLY)
*3	NFSC 421 Food Chemistry (FALL ONLY)
*3	EDMS 451 Introduction to Educational Statistics or BIOM 301 Biometrics
Spring Semester	
*4	NFSC 460 Medical Nutrition Therapy (SPRING ONLY)
*3	NFSC 491 Issues and Problems in Dietetics (CORE Capstone) (SPRING ONLY)
*3	NFSC 430 Food Microbiology
3	Core Advanced Studies (AS)
3	Restricted Elective**

See next page for Notes.

****Restricted Electives:** NFSC 410, NFSC 450, NFSC 425, EDCP310, BSCI220, BSCI 422, COMM220, KNES360, BMGT360, BMGT220, ENST333, AREC250, AREC365, or alternate course by approval of advisor

*Courses required for Dietetics registration

Course is a prerequisite for admission to the Master's program in Nutrition at the University of Maryland

Q & A

After I get my Bachelor's degree, what do I have to do to become a Registered Dietician (RD)?

Once you have completed your Bachelor's program, you will be issued a "Verification Statement" by your Program Director. You must then be accepted into and complete a Dietetic Internship program. Internships are available at the University of Maryland (*see below*). Following completion of the internship, you must pass the Registration Examination for Dietitians in order to be credentialed as a Registered Dietitian. Information regarding the examination may be found at <http://www.cdrnet.org/>.

Does the University of Maryland offer an accredited dietetic internship?

The University of Maryland Dietetic Internship is a general focus dietetic internship with an emphasis on information technology and the communication of nutrition information to the public. The internship program is currently granted initial accreditation by the Commission on Accreditation for Dietetics Education (CADE), the credentialing body of the American Dietetic Association, as a Dietetic Internship (DI). For more information, please see <https://www.nfsc.umd.edu/dietetic-internship>.

Where can I get work or volunteer experience in the field of dietetics?

Students in the University of Maryland Dietetics Program work and volunteer at hospitals, campus dining, the campus health center, government agencies, and many other locations. Many of these job opportunities are sent to the Program Director and distributed via our undergraduate dietetics listserv. In addition, many students have sought out work and volunteer experiences on their own. There are many food- and nutrition-related organizations in the Washington, DC area where students can volunteer.

**For further information regarding the Dietetics program, please see the department's extensive FAQ at <http://nfsc.umd.edu/undergraduate/undergraduate-admissions/dietetics-faqs>*