

Nutritional Sciences: Dietetics
Department of Nutritional Sciences and Toxicology
Rausser College of Natural Resources

Introduction

The Dietetics program prepares students for a career as a Registered Dietitian (RD). RD's translate the science of nutrition into practical applications for individuals and groups in clinical, food service, or community settings. Graduates of this program must also complete a Dietetic Internship and pass a national examination in order to become a RD.

The curriculum for Dietetics provides an excellent foundation in the biological and chemical sciences and a pre-professional focus emphasizing the application of nutrition through dietetic practice. The mission of the Dietetics program, also called the Didactic Program in Dietetics (DPD), is to prepare dietitians for positions of leadership in health care, education, industry, government, and community health, as well as in professional organizations. The program fills a community need for highly trained nutrition professionals, while providing the academic background for graduate study in nutrition or related fields. The program is dedicated to excellence in intellectual development, to development of a professional inquiring attitude, and to equality of opportunity.

Graduates of this program receive a pre-professional verification statement and are eligible to apply to supervised practice programs, in which students will receive practical training in varied aspects of dietetic practice. Such programs are generally nine to twelve months in length. The dietetic program director provides assistance in the application process for supervised practice programs. Upon satisfactory completion of (1) the academic course work and (2) a post-Baccalaureate program of supervised practice, the student is eligible to take the nationally administered Registration Examination. Once this exam is passed, the RD credential is earned.

The Didactic Program in Dietetics at UC Berkeley is currently granted accreditation by the Accreditation Council for Education in Nutrition and Dietetics Education (ACEND) of the Academy of Nutrition and Dietetics, 120 South Riverside Plaza, Suite 2000, Chicago, IL 60606, (312) 899-0040 ext. 5400.

Career Opportunities

A dietitian is a health professional who assists people of any age to attain optimal nutrition status. Dietitians are trained not only in foods and nutrition; but also in the areas of social sciences, education, business and management. This background prepares the dietitian to apply the science and art of human nutrition to individuals and groups from diverse cultures, with varying nutrition concerns and needs. There are many different specialties within the field of dietetics, and dietitians often pursue more than one. Some of the major areas include:

- **Business and Industry.** Dietitians may be employed to work in a variety of settings including sales/promotion, employee fitness programs, marketing, product development, and on the Internet. Supermarkets hire dietitians to work in the areas of consumer education & food safety.
- **Clinical Dietetics.** As a member of a health care team, a Clinical Dietitian assesses nutritional needs, develops individual nutrition plans, and counsels patients. Clinical dietitians may work in hospitals, nursing homes, or outpatient settings.
- **Community Dietetics.** As a member of the community health team, the dietitian assesses nutritional needs of population groups. These dietitians plan and coordinate nutritional aspects of programs aimed at improving health and preventing disease at the community.
- **Education.** Dietitians in this field plan, implement, and evaluate educational experiences for dietetic, medical, dental, nursing or other health students. They are employed by universities or acute care facilities. Advanced preparation in nutrition and education is generally required
- **Food Service Management.** As part of the management team these dietitians plan, organize, direct and evaluate food service systems. They are actively involved in budgeting, employee training, personnel management, establishing and maintaining policies and standards, etc. They may work in schools, senior centers, healthcare facilities, hotels or restaurants.
- **Private Practice/Consultation.** Previous experience in dietetic practice is a necessity. These entrepreneurial dietitians provide advice on services in nutritional care or food service management. These dietitians are generally self-employed.
- **Research.** This requires advanced preparation in research techniques and, often, an advanced degree. Typically a research dietitian would work closely with the other investigators in planning and implementing projects that investigate nutrient needs, functions, interactions, etc. in humans or animals. Research activities may be incorporated in all areas of dietetics.

Dietetics is a rewarding profession with an encouraging future. Salaries range from about \$40,000-\$55,000/yr for a new graduate to more than \$100,000/yr and up for dietitians with advanced degrees and/or extensive work experience. Employment opportunities nationwide are excellent. The current emphasis on nutrition and health in this country enhances 'marketability' of the registered dietitian and identifies the dietitian as the only health professional whose primary expertise is nutrition. For more information, consult the Academy of Nutrition & Dietetics website at www.eatright.org.

Nutritional Sciences: Dietetics

The DPD curriculum meets the knowledge requirements of the 2012 ACEND Accreditation Standards.

UNIVERSITY/CAMPUS REQUIREMENTS:

- Minimum of 120 units (take as many electives as necessary to reach 120 units)
- Entry Level Writing
- American History
- American Institutions
- American Cultures

LOWER DIVISION REQUIREMENTS

Humanities and Social Science

- English R1A (or equivalent Reading and Composition course) (4)
- English R1B (or equivalent Reading and Composition course) (4)
- Econ 1, or 2, or 3, Intro to Economics (Macro & Micro) (Econ 2 is not recommended but acceptable) (4)
- Anthro 3, Cultural Anthro; or Psych 1 or 2, Principles of Psych; or Soc 1 (Intro to Soc) or 3AC (Principles of Soc) (3-4)
- 5 additional units of humanities and social science course work (you may apply your American Cultures units here)

Physical Sciences and Math

- Math 16A and Stats 2 (7 units) **OR** Math 1A and Stats 2 (8 units) **OR** Math 10A and Math 10B (8 units)
- Chem 1A, General Chemistry (3) Chem 1AL, General Chemistry Lab (2)
- Chem 3A, Organic Chemistry (3) Chem 3AL, Organic Chemistry Lab (2)
- Chem 3B, Organic Chemistry (3) Chem 3BL, Organic Chemistry Lab (2)

Biological and Natural Resource Science

- NST 10, Intro to Human Nutrition (3) (F,SP)
- MCB 32, Human Physiology (3) (F) MCB 32L, Human Physiology Lab (IB 132/132L is also acceptable) (2)(F)
- Bio 1A, General Biology (3)(F,SP) Bio 1AL, General Biology Lab (2)(F,SP)

UPPER DIVISION REQUIREMENTS

- MCB 102, Biochem. & Molecular Biology (4)(F,SP, SU)
- NST 103, Nutrient Function & Metabolism (3)(F)
- NST 104, Food, Culture, and the Environment (2)(SP) or NST W104AC (3)(SU)
- NST 108A, Intro & App of Food Science (3)(F)
- NST 108B, App of Food Science Lab (1)(F)
- NST 135, Food Systems Org & Management (4)(SP)
- NST 145, Nutrition Education & Counseling (2)(SP)
- NST 160, Metabolic Bases of Human Health and Diseases (4)(SP)
- NST 161A, Medical Nutrition Therapy (4)(F)
- NST 161B, Medical Nutrition Therapy II (4)(SP)
- NST 166, Nutrition in the Community (3)(F)
- NST 192, Junior Seminar in Dietetics (1)(F)
- NST 194, Senior Seminar in Dietetics (2)(SP)
- PH 162A, Public Health Microbiology (4)(F, SU)
- UGBA 105, Leading People (3)(F, SP, SU)

-
- All courses are Didactic Program in Dietetics Courses except for any free electives taken to meet the 120 units required for graduation, the four University/campus requirements stated above, English, Math, and the additional 5 units of humanities and social sciences.
 - All courses must be taken for a letter grade with the exception of free electives or courses that are only offered on a pass/no pass basis. A "C-" or better must be earned in all courses required for the major.
 - The curriculum must be completed within 2 years of declaring the Dietetics specialization unless a petition has been approved.

For more information

Dietetics Program Director

Mikelle McCoin, MPH, RD (510) 642-2790 mikellem@berkeley.edu
Department of Nutritional Science & Toxicology, 223 Morgan Hall #3104, UC Berkeley, Berkeley, CA 94720
For questions related to the professional outlook and preparation, graduate school, the internship process, and RD life after Berkeley.

Nutritional Science and Toxicology Undergraduate Advising

nst.ugrad@berkeley.edu

For questions related to declaring the major, completing degree requirements, and the undergraduate experience. for additional information.