

Department of Health and Human Performance
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Why Choose Nutrition and Dietetics?

The curriculum in Nutrition and Dietetics is interdisciplinary in nature and includes courses that provide a broad background to prepare students for employment in a variety of settings. Radford University's program is accredited by the Accreditation Council for Education in Nutrition and Dietetics (ACEND). Upon completion of the B.S. degree, students are eligible to apply to an accredited dietetic internship and subsequently sit for the national registration exam, the final step in credentialing process to become a Registered Dietitian Nutritionist (RDN).

Career opportunities include working in hospitals, schools, senior living communities, government and public health agencies, as well as food and nutrition-related businesses. RDNs may also find employment in areas such as teaching, private practice, the food industry, culinary, media, or public policy.

Transferring to RU from Germanna?

- Completing a Pre-BSN Associates degree is recommended
- The following courses are required before beginning upper division NUTR courses:*
 - MATH 137 (**MTH 167, 168, 261, 262, 263 or 264** – 3 credit hours)
 - CHEM 111 and 122 (CHM 101 and **102** – 8 credit hours total)
 - PSYC 121 (**PSY 200** – 3 credit hours)
 - STAT 200 (MTH 245 – 3 credit hours)
 - NUTR 214 (HLT 138 or 230 – 3 credit hours)
 - BIOL 105 (BIO 101 – 4 credit hours)
 - BIOL 310 & 311 (BIO 141 & 142 or 231 & 232 or NAS 171 & 172 – 8 cr. hours total)
 - BIOL 334 (BIO 150 or 205 – 4 credit hours)

*courses in red are in addition to the required Pre-BSN courses

Program Outcomes

- Students will apply to upper-division courses after completing prerequisites (prior to junior year)
- Students are required to maintain a 3.00 or higher GPA (overall and in-major) to be accepted and to complete and graduate this program
- Admissions to Dietetic Internships after graduation are competitive; students are more likely to be successful if they can document 100 hours or more of volunteer or work experience in a nutrition related setting
- 5 year average placement rate into ACEND accredited Internship Programs in Nutrition and Dietetics is 85% which exceeds the national rate of 50%

Employment Outlook

- According to the U.S. Department of Labor, employment of dietitians is expected to grow 21% through 2022, faster than average for all occupations, as a result of increasing emphasis on disease prevention and longevity through improved dietary habits.
- The science and art of applying the principles of food and nutrition to health is a vital, growing profession.
- The field provides many growth opportunities and an advanced-practice career ladder.

Extracurricular Activities

- Student Academy of Nutrition and Dietetics at Radford University (SAND)
- A variety of leadership, community service, and professional development opportunities are available.

Nutrition and Dietetics Sample 4 Year Plan

Courses in Bold are required in Core Curriculum.

*Must be taken in designated semester.

| Fall Semester | | Spring Semester | |
|--|--------------|--|--------------|
| Freshman Year | Cr. | Freshman Year | Cr. |
| University Core A: Core 101 | 3 | University Core A: Core 102 | 3 |
| University Core B: CHEM 111 General Chemistry | 4 | BIOL 105: Biology for Health Sciences | 4 |
| College Core A: Global Perspectives | 3 | University Core B: MATH 137 College Algebra | 3 |
| University Core B: Humanities | 3 | College Core A: US Perspectives | 3 |
| University Core B: PSYC 121 | 3 | University Core B: Visual/Performing Arts | 3 |
| | Total | | Total |
| | 16 | | 16 |
| | | | |
| Sophomore Year | Cr. | Sophomore Year | Cr. |
| University Core A: Core 201 | 3 | University Core A: Core 202 | 3 |
| BIOL 310: Human Structure & Function | 4 | BIOL 311: Human Structure & Function | 4 |
| College Core B: NUTR 214 Introduction to Nutrition | 3 | College Core B: Humanities/VPA/FORL | 3 |
| BIOL 334 Microbiology | 4 | College Core B: STAT 200 | 3 |
| *NUTR 301 Introduction to Professions in NUTR | 2 | CHEM 122: Gen/Org/Bio Chem. For Life Sci. | 4 |
| | Total | | Total |
| | 16 | | 17 |
| | | | |
| Junior Year | Cr. | Junior Year | Cr. |
| *NUTR 300 Medical Terminology | 1 | *NUTR 303 Nutrition Assessment | 3 |
| *NUTR 310 Food Service I: Introduction to Food Service Systems | 3 | *NUTR 315 Food Service Studies II: Operations Management | 4 |
| *NUTR 316 Nutrition through the Life Cycle I: Maternal and Child | 3 | *NUTR 317 Nutrition through the Life Cycle II: Adult and Elderly | 3 |
| *NUTR 414 Advanced Nutrition and Biochemistry | 4 | *NUTR 415 Advanced Nutrition and Biochemistry II | 4 |
| *NUTR 320 Food Science and Preparation | 4 | | |
| | Total | | Total |
| | 15 | | 14 |
| | | Summer: ESHE/NUTR 364 (Recommended) | 2 |
| | | | |
| Senior Year | Cr. | Senior Year | Cr. |
| *NUTR 405 Community and Cultural Nutrition | 3 | *NUTR 420 Diet Planning and Preparation | 4 |
| *NUTR 425 Medical Nutrition Therapy I | 4 | *NUTR 304 Research Methods in Nutrition and Dietetics | 3 |
| *NUTR 435 Nutrition Counseling and Education I | 3 | *NUTR 426 Medical Nutrition Therapy II | 4 |
| Elective | 2 | *NUTR 436 Nutrition Counseling and Education II | 3 |
| | Total | | Total |
| | 12 | | 14 |