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.

**General Education (20 – 39 credits)**

(General Education Bulletin at: [www.indiana.edu/~bulletin/iub](http://www.indiana.edu/~bulletin/iub))

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

Complete one of the following options:

- 3 CMLT-C 110 Writing the World
- 3 ENG-W 131 Elementary Composition
- 3 ENG-W 170 Projects in Reading and Writing
- 0 ENG-W 131 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
- 3 MATH-V 118 Finite and Consumer Mathematics:
- 3 MATH-V 118 Finite Math for Social and Biological Sciences

**Natural and Mathematical Sciences (5 credits)**

Complete 5 credits from the list of approved N&M courses in the IUB General Education Bulletin. At least one course must be a natural science (as indicated by an asterisk in the GENED bulletin).

**Arts and Humanities (6 credits)**

Complete 6 credits from the list of approved A&H courses in the IUB General Education Bulletin.

**Social and Historical Studies (6 credits)**

Complete 6 credits from the list of approved S&H courses in the IUB General Education Bulletin.

**World Languages and Cultures (0 to 14 credits)**

*Choose one of the following three options:*

Complete 6 credits of world culture courses from the list of approved WC courses in the IUB General Education Bulletin.

**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 IUB General Education Bulletin.

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**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 & bio) 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 Mgmt Systems in Dietetics **(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 Nut 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: N 231; ANAT-A215; PHSV-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 Compl & 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-C 117 which has C min req)**

- 5 ANAT-A 215 Basic Human Anatomy N&M
- 3 BIOL-L 330 Biol of the Cell (P: college bio; 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 A&H (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
  - OR 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.
Visit the AHS website at [www.indiana.edu/~aphealth](http://www.indiana.edu/~aphealth)

### Suggested Course Sequence for Dietetics

(Note: N & M courses covered by course requirements)

<table>
<thead>
<tr>
<th>FRESHMAN YEAR-Fall Semester</th>
<th>FRESHMAN YEAR-Spring Semester</th>
</tr>
</thead>
<tbody>
<tr>
<td>ENG-W 131 “Elementary Composition”</td>
<td>CMCL-C 121 “Public Speaking” (A&amp;H)</td>
</tr>
<tr>
<td>Math Modeling or CHEM-C103 or CHEM-C117</td>
<td>CHEM-C 117 or CHEM-C103</td>
</tr>
<tr>
<td>Arts and Humanities or WLC elective</td>
<td>PSY-P102 “Intro to Psychology 2” (S&amp;H)</td>
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<tr>
<td>PSY-P 101 “Intro to Psychology 1”</td>
<td>Arts and Humanities or WLC elective</td>
</tr>
<tr>
<td>Elective or HPER- N120 “Introduction to Foods”</td>
<td>CLAS-C209 “Medical Terms from Greek and Latin”</td>
</tr>
<tr>
<td>Total Credits: 13-15</td>
<td>Total Credits: 16</td>
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<tr>
<th>SOPHOMORE YEAR-Fall Semester</th>
<th>SOPHOMORE YEAR-Spring Semester</th>
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</thead>
<tbody>
<tr>
<td>HPER-N231 “Human Nutrition”</td>
<td>ANAT-A 215 “Human Anatomy”</td>
</tr>
<tr>
<td>HPER-N120 “Introduction to Foods” or Elective</td>
<td>PSY-P325/PSY-P335 “Psy. of Learning” / “Cognitive Psy.”</td>
</tr>
<tr>
<td>ENG-W231 “Professional Writing”</td>
<td>Arts and Humanities or WLC elective</td>
</tr>
<tr>
<td>Social and Historical elective</td>
<td>Elective</td>
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<tr>
<td>Total Credits: 15</td>
<td>Total Credits: 15-17</td>
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<tr>
<th>JUNIOR YEAR-Fall Semester</th>
<th>JUNIOR YEAR-Spring Semester</th>
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</thead>
<tbody>
<tr>
<td>PHSL-P 215 “Human Physiology”</td>
<td>HPER-N 431 “Medical Nutrition Therapy”</td>
</tr>
<tr>
<td>HPER-H 350 “Complementary/Alt. Approaches to Health”</td>
<td>HPER-N 433 “Medical Nutrition Therapy Application”</td>
</tr>
<tr>
<td>HPER-N336 “Community Nutrition”</td>
<td>HPER-N 320 “Food Chemistry”</td>
</tr>
<tr>
<td>Science Group Course</td>
<td>HPER-N 325 “Food Chemistry Lab”</td>
</tr>
<tr>
<td>Elective</td>
<td>BIOL-M 200 “Microorganisms in Nature and Disease”</td>
</tr>
<tr>
<td>Total Credits: 15-17</td>
<td>Total Credits: 15</td>
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</tbody>
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<tr>
<th>SENIOR YEAR-Fall Semester</th>
<th>SENIOR YEAR-Spring Semester</th>
</tr>
</thead>
<tbody>
<tr>
<td>HPER-N430 “Advanced Nutrition I”</td>
<td>HPER-N 432 “Advanced Nutrition II”</td>
</tr>
<tr>
<td>HPER-N 321 “Qty. Food Purch. and Products”</td>
<td>HPER-N 322 “Management Systems in Dietetics”</td>
</tr>
<tr>
<td>HPER-N 401 “Issues in Dietetics”</td>
<td>HPER-N 416 “Intro to Nutritional Counseling and Education”</td>
</tr>
<tr>
<td>Total Credits: 14</td>
<td>Total Credits: 15</td>
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</table>
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 run IU Student Academy of Nutrition and Dietetics [http://www.indiana.edu/~dietetic/home.html](http://www.indiana.edu/~dietetic/home.html), 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

In 2010, the median salary for a Registered Dietitian was $53,250. Clinical dietitians start at about $35k-$45k and food service dietitians start at about $42k-$50k.