General Education (20 – 39 credits)

General Education Bulletin at: 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:

- 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.

Major (94 credits)

Dietetics (AHDTBS)

B.S. in Applied Health Science degree (120 minimum credits)

3.0 GPA and a minimum C grade in CHEM-C 117 & C 127 required for admission.

2.0 GPA req. for graduation. No Pass/Fail except for free electives.

Effective for students matriculating summer 2018.

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.

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

- 3 SPH-N 120 Introduction to Foods *
- 3 SPH-N 231 Human Nutrition (P: CHEM-C 101 or equiv & bio) 
- 3 SPH-N 320 Food Chemistry (P: SPH-N 120; CHEM-C 117 
  R: R 340/C 341)**
- 4 SPH-N 321 Qty Food Purch & Prod *
- 3 SPH-N 322 Mgmt Systems in Dietetics (P: N 321, Diet major) **
- 3 SPH-N 325 Food Chem Lab (C: SPH-N 320) **
- 3 SPH-N 331 Life Cycle Nutrition (R: SPH-N 220 or N 231)**
- 3 SPH-N 336 Public Health Nutrition (P: SPH-N 231) *
- 1 SPH-N 401 Issues in Dietetics (Dietetics Senior) *
- 3 SPH-N 416 Nutrition Counseling & Educ **
- 3 SPH-N 430 Advanced Nutrition I (P: N 231; CHEM-C 341/R 340)**
- 3 SPH-N 431 Med Nutr Ther (P: N231; ANAT-A215; PHSL-P215, junior, P or C: CLAS-C209)
- 3 SPH-N 432 Advanced Nutrition II (P: SPH-N 430) **
- 3 SPH-N 433 Medical Nutrition Therapy Application (P or C: SPH-N 431)**
- 3 SPH-H 351 Compl & Altern App to Health *
- 3 SPH-H 494 Research & Eval Methods in Health & Safety  
  (Jr/Sr) (R: Stats prior to or concurrently w/H 494)

Additional Required Courses (47 credits, C-min req each course, except CHEM-C117 and C127 which require a C min)

- 5 ANAT-A 215 Basic Human Anatomy N&M
- 3 BIOL-L 330 Biol of the Cell (P: college bio; R: college chem) **
  OR SPH-N 480 OR BIOL-L 312
- 3 BIOL-M 200 Microorg in Nature & Disease (R: HS chem & bio) **
- 3 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)**
- 2 CHEM-C 127 Chem & Biochem Laboratory I N&M (C103 may be needed) (A minimum full grade of C is required in CHEM-C 127)**
- 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 COLL-P 155 Public Oral Communication
- 3 ENG-W 231 Professional Writing Skills
- 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 Mngm (or SPEA-V 366 or SPEA-V 336)
- 3 SPH-B150 Introduction to Public Health S&H
- 3 SPH-Q381 Intro to Biostatistics
  OR MATH/PSY-K 300 Statistical Techniques

* = Fall only  ** = Spring only

20-38

MAJOR

94

COMPLETE A MINIMUM OF 120 CREDITS FOR THIS DEGREE.
### Suggested Electives

- **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)**
- **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**
- **3 SPH-K 409 Basic Physiology of Exercise (P: PHSL-P 215)**
- **3 SPH-N 480 Mechanisms of Nutrient Action in the Body**

### 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><strong>ENG-W 131</strong> “Elementary Composition”</td>
<td>(3)</td>
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<tr>
<td><strong>PSY-P 101</strong> “Intro to Psychology I”</td>
<td>(3)</td>
</tr>
<tr>
<td>Arts and Humanities or WLC elective</td>
<td>(3)</td>
</tr>
<tr>
<td>Math Modeling or CHEM-C103 or CHEM-C117/127</td>
<td>(3-5)</td>
</tr>
<tr>
<td>Elective or SPH-N120 “Introduction to Foods”</td>
<td>(1-3)</td>
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<tr>
<td><strong>Total Credits:</strong></td>
<td>13-15</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><strong>COLL-P155 “Public Oral Communication</strong></td>
<td>(3)</td>
</tr>
<tr>
<td><strong>SPH-N120 “Introduction to Foods” or Elective</strong></td>
<td>(3)</td>
</tr>
<tr>
<td><strong>SPH-N231 “Human Nutrition”</strong></td>
<td>(3)</td>
</tr>
<tr>
<td><strong>Social and Historical elective</strong></td>
<td>(3)</td>
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<tr>
<td><strong>Total Credits:</strong></td>
<td>15</td>
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<thead>
<tr>
<th>JUNIOR YEAR-Fall Semester</th>
<th>JUNIOR YEAR-Spring Semester</th>
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</thead>
<tbody>
<tr>
<td><strong>PHSL-P 215 “Human Physiology”</strong></td>
<td>(5)</td>
</tr>
<tr>
<td><strong>SPH-H 351 “Complementary/Alt. Approaches to Health”</strong></td>
<td>(3)</td>
</tr>
<tr>
<td><strong>SPH-N 336 “Public Health Nutrition”</strong></td>
<td>(3)</td>
</tr>
<tr>
<td><strong>ENG-W231 “Professional Writing”</strong></td>
<td>(3)</td>
</tr>
<tr>
<td><strong>SPH-N433 “Medical Nutrition Therapy Application”</strong></td>
<td>(3)</td>
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<tr>
<td><strong>Total Credits:</strong></td>
<td>14</td>
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</table>

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<thead>
<tr>
<th>SENIOR YEAR-Fall Semester</th>
<th>SENIOR YEAR-Spring Semester</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>SPH-Q381 “Intro to Biostatistics”</strong></td>
<td>(3)</td>
</tr>
<tr>
<td>or <strong>PSY-K 300/MATH-K310 “Statistical Techniques”</strong></td>
<td>(3)</td>
</tr>
<tr>
<td><strong>SPEA-V373/SPEA-V366 “Human Resource Management”</strong></td>
<td>(3)</td>
</tr>
<tr>
<td><strong>SPH-N 321 “Quantity. Food Purchasing and Production”</strong></td>
<td>(4)</td>
</tr>
<tr>
<td><strong>SPH-N 401 “Issues in Dietetics”</strong></td>
<td>(1)</td>
</tr>
<tr>
<td><strong>SPH-N 430 “Advanced Nutrition I”</strong></td>
<td>(3)</td>
</tr>
<tr>
<td><strong>Total Credits:</strong></td>
<td>14</td>
</tr>
</tbody>
</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 https://myinvolvement.indiana.edu/sissastd-prd/p/organization.do?methodToCall=orgSelect&org_id=533&cid=IUBLA, 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.