

Nutritional Science: Dietetics
Department of Nutritional Science and Toxicology
College of Natural Resources

Introduction

Dietetics 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 is to prepare dietitians for positions of leadership in health care, education, industry, government, and community health, as well as in professional organizations. This didactic 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 and research, to stimulation of an inquiring attitude, and to equality of opportunity.

Graduates of this program receive a pre-professional verification 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. Passage of this exam results in earning the credential as a RD.

The Didactic program in Dietetics at UC Berkeley is currently granted accreditation by the Commission on Accreditation for Dietetics Education (CADE) of the American Dietetic Association, 120 South Riverside Plaza, Suite 2000, Chicago, IL 60606, (312) 899-0040 ext. 5400. This program meets the academic requirements outlined in CADE's "Standards of Education."

Career Opportunities

A dietitian is a health professional who assists people of any age to attain optimal nutrition. Dietitians are trained not only in foods and nutrition; but also in the areas of social sciences, education, and management. This background prepares the dietitian to apply the science and art of human nutrition to individuals and groups from diverse cultures who have different concerns. 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 dietary 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 \$35,000-\$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 American Dietetic Association website at www.eatright.org.

The Curriculum

Lower Division Course Work (54 units)

Humanities and Social Science (20 units)

θ Reading & Composition (English R1A & R1B or equivalent)

θ Econ 1, or 2, or 3 Intro to Economics (Macro & Micro)

θ Anthro 3 Cultural Anthropology, OR Psych 1 or 2 Principles of Psychology, OR Soc 3 Principles of Sociology

θ 5 additional units of elective course work

Biological and Natural Resource Science (13 units)

θ NST 10 Intro to Human Nutrition θ Bio 1A/1AL General Biology

θ MCB 32 and MCB 32L (IB 132 and IB 132L are also acceptable)

Physical Sciences and Math (21 units)

θ Chem 1A General Chemistry

θ Chem 3A/3AL & 3B/3BL Organic Chemistry

θ Math 16A or 1A Calculus

θ Stat 2 Intro to Statistics

Upper Division Course Work (47 units)

θ MCB 102 Principles of Biochemistry & Molecular Biology

θ NST 166 Nutrition in the Community

θ PH 162A Public Health Microbiology

θ NST 192 Junior Seminar in Dietetics

θ NST 103 Nutrient Function & Metabolism

θ NST 194 Senior Seminar in Dietetics

θ NST 104 Human Food Practices

θ ED 190 Current Issues in Education

θ NST 106 Intro to Food Science

θ UGBA 102A Intro to Financial Accounting

θ NST 107 Food Science Lab

θ UGBA 105 or Psych 180 or IEBOR 171

θ NST 135 Food Systems Org & Management

Organizational Behavior

θ NST 160 Human Nutrition

θ NST 161A Medical Nutrition Therapy

θ NST 161B Applications in Medical Nutrition Therapy

Free Electives (as many units necessary to reach the required 120 overall)

For more information

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