The Major: Dietetics is the application of knowledge about food and nutrition to help people achieve and maintain health throughout the life span. An important component of health care, dietetics integrates knowledge of food, nutrition, management, basic sciences, and social sciences to improve the dietary intake and health of individuals and communities. The Dietetics Option is accredited by the American Dietetic Association and is required of all students planning to become Registered Dietitians. The option provides students with a background in clinical, community, and administrative dietetics. Following graduation, students qualify for the professional title of Registered Dietitian by completing an accredited dietetic internship program and passing a national exam. Admission to dietetic internship programs is competitive. Students are encouraged to gain paid or volunteer experience in a healthcare facility, community nutrition program, or foodservice institution. Supervised field experiences are also available for juniors and seniors.

Career Options: Dietitians are health professionals who practice in a variety of settings including hospitals, healthcare facilities, wellness programs, schools, businesses, and government and community agencies. Others are in private practice.

Transfer out of UC: Students will be admitted to the Nutrition and Dietetics degree program in CELS from UC after completing a minimum of 30 credits, including CHM 103/105, CHM 124/126, BIO 121, NFS 210, NFS 276, NFS 394 or NFS 375, WRT 104, COM 100, and STA 220. Students must have earned a 3.0 average in these classes with no less than a C in any one class to be admitted to the Dietetics Option. Admission to the Nutrition and Dietetics program is limited to incoming freshmen only; all other students are admitted on a space available basis. Please contact the Department for more information.

The following is an example of the typical course schedule for the first 4 semesters for a student majoring in Nutrition & Dietetics. These are recommended course selections for NFS majors in University College; there will be variation based on course availability and schedule restraints. Some classes are not offered every semester. It is important to plan ahead and consult with your advisor to allow yourself time to enroll in the classes you wish to take.

**Semester I (Fall)**
- URI 101 - Freshman at URI 1
- SOC 100 - Sociology 3
- WRT 104 - Composition 3
- NFS 210 – Applied General Nutrition 4
- CHM 103, 105 General Chemistry, Lab 4

*Total credits: 15*

**Semester II (Spring)**
- COM 100 – Communications 3
- PSY 113 - Psychology 3
- CHM 124, 126 Organic Chemistry, Lab 4
- NFS 110 - Intro. Nutrition/Dietetics 1
- NFS 276 - Food, Nutrition, People 3
- General Education 3

*Total credits: 17*

**Semester III (Fall)**
- BIO 121 - Human Anatomy 4
- STA 220 - Statistics 3
- NFS 375 – Foodservice Management I 3
- General Education 3

*Total credits: 13*

**Semester IV (Spring)**
- BIO 242 - Human Physiology 3
- NFS 376 – Foodservice Management II 4
- Supporting Elective 3
- General Education 3
- Free elective 3

*Total credits: 16*

For more information about the major contact the NFS University College advisor listed above.
**General Education (36 credits):** General Education Mathematical and Quantitative Reasoning (MQ), Natural Sciences (N), Social Science (S), and English Communication (EC) requirements are satisfied by courses taken as part of the major. To complete the General Education requirements, students select 15 credits from Letters (L), Fine Arts and Literature (A), and Foreign Language / Cross-cultural Competence (FC), with no more than 6 credits in any one category.

**Introductory Professional Courses (minimum grade of C required for graduation):**
- NFS 110 - Introduction to Nutrition and Dietetics (1 credit)
- NFS 210 – Applied General Nutrition (4 credits)
- NFS 276 - Food, Nutrition and People (3 credits)

**Basic Sciences (minimum grade of C required for graduation):**
- BIO 121 - Human Anatomy (4 credits)
- BIO 242 - Human Physiology (3 credits)
- CHM 103/105 - General Chemistry, Lab (4 credits)
- CHM 124/126 - Organic Chemistry, Lab (4 credits)
- BCH 211 - Biochemistry (3 credits)
- MIC 201 - Introductory Medical Microbiology (4 credits)

**Concentration (minimum grade of C required for graduation):**
- NFS 336 - Scientific Principles of Food I (4 credits)
- NFS 337 - Scientific Principles of Food II (3 credits)
- NFS 375 - Foodservice Management I (3 credits)
- NFS 376 - Foodservice Management II (4 credits)
- NFS 394 - Nutrition in the Lifecycle I (3 credits)
- NFS 395 - Nutrition in the Lifecycle II (3 credits)
- NFS 410 - Professional Issues in Nutrition and Dietetics (1 credit)
- NFS 440 - Macronutrient Metabolism (3 credits)
- NFS 441 – Micronutrient Nutrition (3 credits)
- NFS 443 - Nutrition Assessment (3 credits)
- NFS 444 - Nutrition and Disease (3 credits)
- NFS 458 - Nutrition Education (3 credits)
- NFS 495 – Practicum (3 credits)

**Supporting Electives:**
Students will select 9 credits in supporting elective courses, including BUS 341, to help them develop their understanding of the field of dietetics.

**Free Electives:**
Students will select 9 credits in elective courses.

**Graduation Requirements:**
Students must maintain a 3.0 average in all required courses (NFS courses, science courses, and the remaining degree courses), with no less than a C in any one class, in order to graduate.

*For more information about the major contact the NFS University College advisor listed above.*