

Part 1

I. Department and Program Mission Statements and Goals

The mission of the Department of Nutrition and Food Sciences at California State University, Chico is to provide students with a broad educational background in the science of food and nutrition and foodservice management. The BS degree offered by the department will prepare students to apply their knowledge and skills to become competent and productive nutrition, food science, and foodservice management professionals.

The mission of the BS program in Nutrition and Food Sciences is to educate students in the areas of food science, nutrition, and foodservice management. The BS degree will prepare students to apply their knowledge and skills for careers that require a Registered Dietitian (RD) credential, other nutrition-related careers, and careers in foodservice administration. Courses in the option in General Dietetics meet the requirements of the American Dietetic Association (ADA) for an accredited Didactic Program in Dietetics (DPD). (<http://www.eatright.org/cade/>).

The goals of the BS program in Nutrition and Food Sciences are to:

- instill personal and professional attitudes and values, the importance of teamwork, and leadership skills relevant to the practices of dietetics and foodservice administration.
- provide pre-professional practice opportunities that benefit students while serving the North State community.
- graduate competent-entry level practitioners who obtain employment in dietetics, foodservice administration or related fields.
- prepare students to serve the cultural diversity in the CSUC service area.
- use program resources effectively and efficiently while maintaining quality.

Program indicators include:

- 90% or more of students who complete the Core and option in General Dietetics and file for graduation will receive a BS degree and are eligible to receive a signed DPD Verification of Completion form.
- 90% or more of students who complete the Core and option in Foodservice administration and file for graduation will receive a BS degree.
- 80% or more of graduates who complete a Supervised Practice Program will indicate that they were highly or very highly prepared for it by the NFSC Program.
- 80% or more of graduates who complete a Supervised Practice Program will receive a passing score on the RD exam the first time they take it.
- 75% or more of the graduates who complete the BS in NFSC will indicate that they were highly or very highly prepared for their first career-related position following college graduation.
- Graduating seniors who complete the Core and option in General Dietetics will indicate on the exit survey that they are confident or highly confident of their educational preparation for a career in NFSC in 80 percent of the items based on the CADE competency standards.
- Graduating seniors who complete the Core and option in Foodservice administration will indicate on the exit survey that they are confident or highly confident of their educational preparation for a career in NFSC in 80 percent of the items on the exit survey.

- 80% or more of the students who apply to dietetic internship programs will receive placement.
- 33% or more of the DPD graduates will apply to a dietetic internship within 5 years.

*Assessment of program indicators**

- 95% of NFSC students who completed the Core and option in General Dietetics filed for graduation and received a BS degree making them eligible to receive a signed DPD Verification of Completion form.
- 95% or NFSC students who completed the Core and option in Foodservice administration and filed for graduation received a BS degree.
- Results of the alum survey revealed that respondents indicated that they were highly or very highly prepared by the program for their dietetic internship or first career-related position on 95% of the survey items.
- Results of the latest 5-year summary (2006) indicated that 86% received passing scores on their first sitting for the RD examination.
- Data from the last 5 years (2006) shows that 90% of students who applied to dietetic internship programs received a placement.
- Data obtained from the Office of Enrollment Management indicates that 31% of students that complete the Core and option in General Dietetics are cultural and/or gender minorities.
- The five-year average (2006) student to faculty ratio for the Department of Nutrition and Food Sciences is 23 to 1, which is just above the university ratio of 21 to 1.

*Data are based on most current 5-year program review (2006)

II. Accreditation Status

The Didactic Program in Dietetics (DPD) at California State University, Chico is accredited by the Commission on Accreditation for Dietetics Education of The American Dietetic Association, 120 South Riverside Plaza, Suite 2000 Chicago, IL 60606-6995, (312) 899-0040 x5500.

III. Organizational Structure

The Department of NFSC is part of the College of Natural Sciences. See Appendix A for a more detailed description of how the Department fits into a CSUC organizational chart.

IV. Costs to Students

A description of fees charged by CSU, Chico is outlined in the 2007-2009 University Catalog, pp. 105-107 (<http://www.csuchico.edu/catalog/cat07/04Admission/04fees.html>). Costs for travel and housing vary. Student housing close to campus is readily available and ranges from \$300 - \$900 per month. Cost for books and supplies vary depending on whether books are purchased new or used. Cost for all new books for a semester may be approximately \$500. Additional charges may be assessed on a class-by-class basis for such items as laboratory and breakage fees (\$25 or less). Courses having special fees are so indicated in the University Schedule of Classes. These classes are: NFSC 120 (\$30); NFSC 320 (\$15); NFSC 370L (\$15); and NFSC 429 (\$40); NFSC 465, 489 (\$20 for liability insurance as needed). Funds collected are used to defray some laboratory expenses. An additional cost is for the purchase of a laboratory coat (\$35). Student memberships in professional organizations are optional though strongly recommended. The cost for student membership in the American Dietetic Association

is \$49/yr. and the annual costs for student membership in the Northern Area Dietetic Association (NADA) is \$15/yr.

V. Required Advising

Advising is required for all majors prior to their registration for classes each semester. Your advisor can help develop a semester-by-semester programmatic schedule that will enable you to take courses in the proper sequence and graduate in the least amount of time. Your advisor will assist you in making the most of your background and academic preparation and your unique skills, needs, and plans.

During advising sessions, your advisor will provide you with information about scholarships, professional organizations, externship opportunities and job availability. In addition, your advisor will assist you in planning for future career endeavors, identifying and marketing strengths, recognizing pre-professional and professional expectations, and nurturing professional growth and development.

VI. NFSC Faculty Advisors

Kathryn Silliman, Ph.D., R.D. Chair of the Department of Nutrition and Food Sciences. Dawn Clifford, Ph.D., R.D. is Didactic Program in Dietetics (DPD) Director. Dr. Kathryn Silliman is the Graduate Coordinator for students pursuing a graduate degree in Nutritional Sciences. Advising is an integral part of the successful completion of the NFSC course of study. Undergraduate students are assigned to faculty advisors according to the first letter of their last names as follows:

<u>Letters</u>	<u>Advisor</u>	<u>Office</u>	<u>*Phone</u>	<u>Email Address</u>
A-C	Dr. Dawn Clifford	Holt 108	x 6164	declifford@csuchico.edu
D-G	Dr. Cindy Wolff	25 Main St. Ste. 201B	x 5288	cwolff@csuchico.edu
H-L	Dr. Keiko Goto	Holt 110	x 6767	kgoto@csuchico.edu
M-P	Dr. Julie Schneider	Holt 133	x 4030	jmschneider@csuchico.edu
Q-S	Stephanie Bianco-Simeral	Holt 106	x 4759	sbianco-simeral@csuchico.edu
T-Z	Dr. Michelle Morris	Holt 102	x 4757	mrmorris@csuchico.edu

*Prefix for all extensions is 898.

<u>Related Programs</u>	<u>Advisors</u>
Option in Foodservice Administration	Stephanie Bianco-Simeral, MS
Minor in Foodservice Administration	Stephanie Bianco-Simeral, MS
Minor in Nutrition	Dr. Michelle Morris
Nutritional Science Graduate Students	Dr. Kathryn Silliman

Information about office hours held by faculty members may be obtained by phoning their office or the NFSC Department office (530-898-6805). A listing of faculty schedules, including office hours, is located outside of their offices, as well as on the bulletin board outside of the Department office (Holt 123).

VII. Declaring the Major

The major in Nutrition and Food Sciences (NFSC) may be declared by the completion of a university-required form that students obtain from the CSUC's Academic Advising Program's web site (<http://em.csuchico.edu/sro/Forms/PlanChangeform/>). This form requires your advisor's signature and the department chair's signature. Advisors are assigned to students by

the first letter of the students' last name. See beginning of this page for names and contact information for advisors.

VIII. Earning a Degree in Nutrition and Food Sciences

To receive a degree in Nutrition and Food Sciences, you must complete all the university's mandated requirements such as General Education, Government, and Ethnic/and Non-Western course requirements. These are listed in detail in the University Catalog, pp.127 – 139 (http://www.csuchico.edu/catalog/req/ge_req.html). In addition, you must complete the Core Requirements for the NFSC Department and one of the two options listed in the Catalog, p. 510 (<http://www.csuchico.edu/catalog/cat07/nfsc/NUFSNONEBS.html>).

The Option in General Dietetics is designed to meet the Didactic (knowledge) Requirements for entry-level dietitians as approved by the Commission on Accreditation for Dietetic Education of the ADA and is known as the "didactic program in dietetics" or the DPD. Graduates who successfully complete the General Dietetics option meet the academic requirements permitting them to apply to ADA accredited Dietetic Internships (DIs). Following successful completion of the practice program/externship, the individual may sit for the Registered Dietitian Examination. Successful completion of the examination enables one to have the credential, Registered Dietitian, or RD.

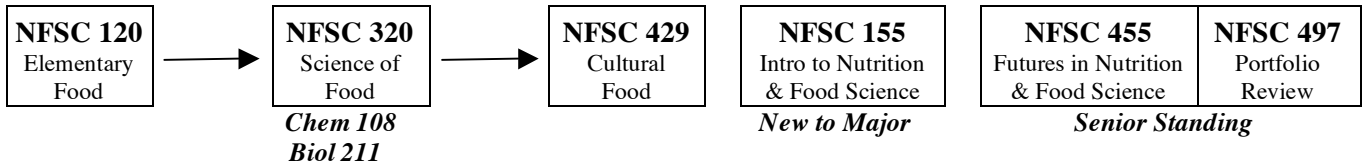
The Option in Foodservice Administration is designed for individuals who wish to specialize in this area of employment and who are not planning to become a registered dietitian. NFSC alumni who have completed this option are successfully employed as foodservice administrators in a wide variety of facilities including hospitals, commercial facilities, and governmental agencies.

IX. Sequence of NFSC Courses

Many NFSC courses have prerequisites. It is important that any prerequisites be completed prior to enrolling in a course. Following is a graphic illustrating the sequence in which courses should be completed for each grouping of courses in the Option in General Dietetics. Biology and chemistry prerequisites are shown below their corresponding NFSC courses. The current schedule of courses is available on line at: <http://www.csuchico.edu/schedule>.

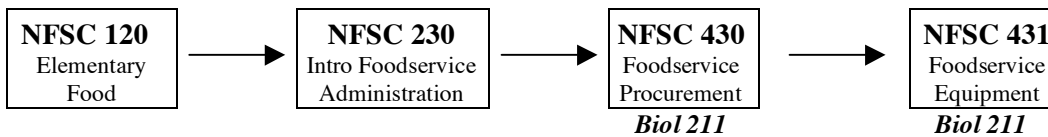
Option in General Dietetics

Food Science Series

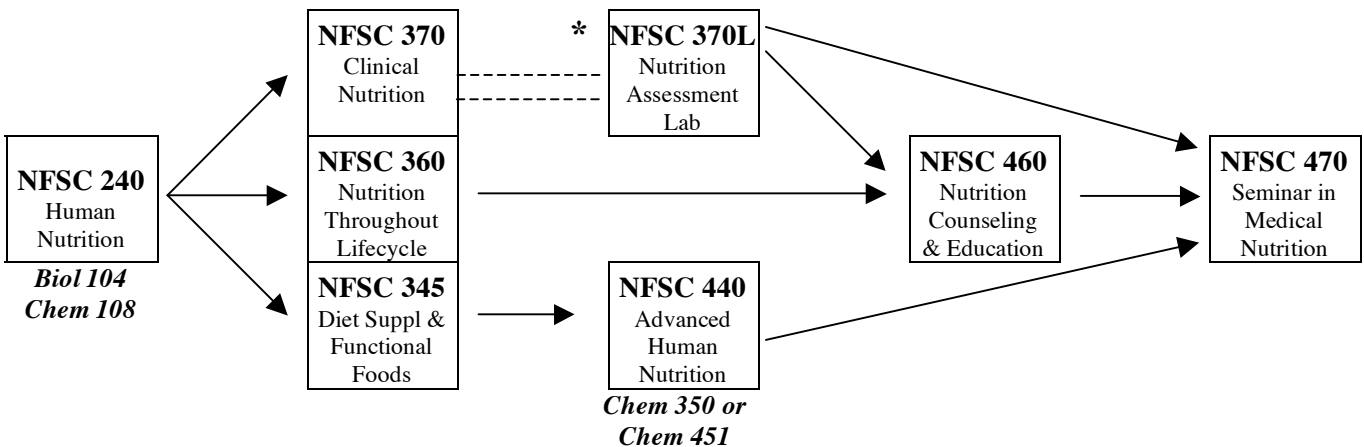


Professional Development Series

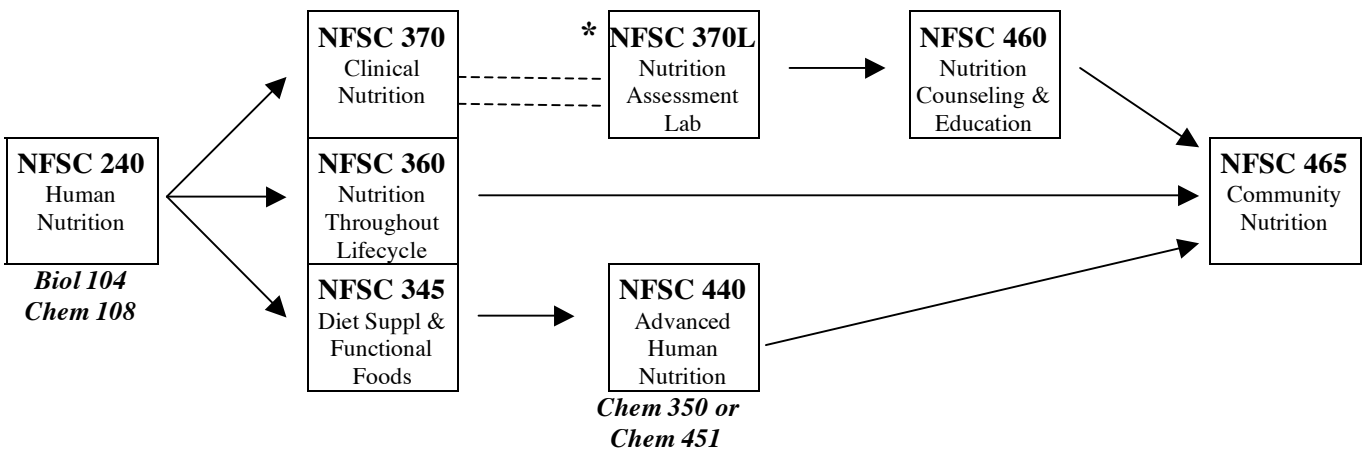
Foodservice Administration Series



Normal / Medical Nutrition Therapy Series



Normal / Community Nutrition Therapy Series



* NFSC 370 and NFSC 370L are to be taken concurrently.

X. Four Year Advising Plans

The following are suggested four-year plans for the options of General Dietetics and Foodservice Administration. These advising plans are meant to provide general guidance. They are not to replace regular meetings with your advisor.

Nutrition and Food Sciences, General Dietetics Option Suggested Four-Year Plan Based on the 2007-2009 University Catalog

<http://em.csuchico.edu/aap/map/FourYearPlan.aspx?AcademicYear=2007-09&Major=NUFSDIETBS>

Major: **Nutrition and Food Sciences: General Dietetics Option**

Number of Units in Major: **69**

First Semester		Second Semester		Comments
BIOL 104 (GE Area B2)	4	CHEM 108	4	[*1] GE Area A must be completed with a C- or better. Consider taking NFSC 100, Basic Nutrition, your first year. NOTE: Consider taking a Course Link in your first semester.
CHEM 107 (GE Area B1)	4	NFSC 120	3	
NFSC 155	1	GE Area A [*1]	3	
GE Area A [*1]	3	GE Area A [*1]	3	
GE Area A [*1]	3	GE Area D [*2]	3	
TOTAL	15	TOTAL	16	
Third Semester		Fourth Semester		Comments
BIOL 211	4	CHEM 350	3	[*2] Consider meeting the Ethnic and Non-Western requirements with GE.
NFSC 230	3	CHEM 350L	1	
PSY 101 (GE Area E)	3	NFSC 240	3	
GE Area C [*2]	3	GE Area C [*2]	3	
GE Area D [*2]	3	POLS 155 or HIST 130	3	
		Elective	3	
TOTAL	16	TOTAL	16	
Fifth Semester		Sixth Semester		Comments
NFSC 320 (FA)	3	NFSC 345	3	NFSC 303 is recommended for Theme B, Contemporary Health Issues. [*3] See page 510 in the 2007-09 University catalog for elective suggestions. Apply to graduate by May 15th.
NFSC 360	3	NFSC 370 (SP)	3	
GE Area D [*2]	3	NFSC 370 L (SP)	1	
GE UD Theme (Consider Theme B)	3	GE Area C [*2]	3	
POLS 155 or HIST 130	3	GE UD Theme	3	
TOTAL	15	TOTAL	13	
Seventh Semester		Eighth Semester		Comments
NFSC 430 (FA)	3	NFSC 429 - WP [*4] (SP)	3	[*3] See page 510 in the 2007-2009 University catalog for elective ideas. NFSC 489 is suggested for 1-6 units of electives NOTE: A maximum of 15 externship / special problems units numbered 399/ 489/ 689 may be applied to your degree. [*4] C- or better is required for the WP course.
NFSC 440 (FA)	3	NFSC 431 (SP)	3	
NFSC 455 (FA)	1	NFSC 465	3	
NFSC 460 (FA)	3	NFSC 470 (SP)	3	
GE UD Theme	3	NFSC 497	1	
Elective [*3]	3			
TOTAL	16	TOTAL	13	120 units required for degree.

Units available for electives, minor, second major, or certificate: 6

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Nutrition and Food Sciences, Foodservice Administration
Suggested Four-Year Plan Based on the 2007-2009 University Catalog

<http://em.csuchico.edu/aap/map/FourYearPlan.aspx?AcademicYear=2007-09&Major=NUFSFDADBS>

Major: **Nutrition and Food Sciences: Foodservice Administration Option** Number of Units in Major: **67**

First Semester		Second Semester		Comments
BIOL 104 (GE Area B2)	4	CHEM 108	4	[*1] GE Area A must be completed with a C- or better. NOTE: Consider taking a Course Link in your first semester.
CHEM 107 (GE Area B1)	4	ECON 103 GE Area D	3	
NFSC155	1	NFSC 120	3	
GE Area A [*1]	3	GE Area A [*1]	3	
GE Area A [*1]	3	GE Area A [*1]	3	
TOTAL	15	TOTAL	16	
Third Semester		Fourth Semester		Comments
ACCT 201	3	ACCT 202	3	[*2] Consider meeting the Ethnic and Non-Western Requirements with GE.
NFSC 230 (FA)	3	BIOL 211	4	
GE Area C [*2]	3	GE Area C [*2]	3	
GE Area E	3	GE Area D 2 or 3 [*2]	3	
HIST 130 or POLS 155	3	POLS 155 or HIST 130	3	
TOTAL	15	TOTAL	16	
Fifth Semester		Sixth Semester		Comments
NFSC 320 (FA)	3	NFSC 431 (SP)	3	[*3] See page 510 in the 2007-2009 University catalog for Foodservice Administration selections.
NFSC 240	3	Option Selection [*3]	3	
NFSC 430 (FA)	3	Option Selection [*3]	3	
Option Selection [*3]	3	GE Area D 2 or 3 [*2]	3	
GE Area C [*2]	3	GE UD Theme	3	
TOTAL	15	TOTAL	15	Apply to graduate by May 15th.
Seventh Semester		Eighth Semester		Comments
NFSC 360	3	NFSC 429 – WP [*5] (SP)	3	[*4] See page 510 in the 2007-2009 University catalog for elective suggestions. <i>NFSC 489</i> is suggested for 1-6 units of electives NOTE: A maximum of 15 externship / special problems units numbered 189/ 289/ 399/ 489/ 689 may be applied to your degree [*5] C- or better is required for the WP course.
NFSC 455 (FA)	1	NFSC 432 (SP)	3	
NFSC 489 [*3]	3	NFSC 497	1	
GE UD Theme	3	GE UD Theme	3	
Elective [*4]	3	Elective [*4]	3	
Elective [*4]	2			
TOTAL	15	TOTAL	13	120 units required for degree

Units available for electives, minor, second major, or certificate: 8

Approved 03/26/07

XI. Reporting of Student Progress

Formal evaluation and reporting of performance and progress may occur in many ways including assignment of grades; comments on examinations; quizzes, reports, or other evaluative methods; and verbal or written reports directed to the student. These will occur on a regular basis, minimally, at least once by mid-term of the semester and again, by the end of the semester.

It is the joint responsibility of the student and his/her advisor to be aware if the student is at risk of achieving a GPA of less than 2.0 in all coursework (cumulative or in major area courses). In such instances, the advisor and student should develop a plan of action whereby the individual has the opportunity to improve the GPA and, hence, avoid the danger of being put on academic probation and not meeting university graduation requirements.

XII. Service Learning Externship Experience

Students may elect to enroll in NFSC 489, Externship, to gain practical experience in various employment areas of nutrition, food service administration, and food science. Meeting with your advisor is the first step in the process. When you have determined what area you would like to explore, your advisor will direct you to the faculty member with expertise in that area. The NFSC professors have suggestions for appropriate sites for externship experiences. Your interests, past experiences, coursework completed, and plans for the future will be evaluated when considering placement. It is the responsibility of the student to obtain the Externship Packet from the NFSC Department office (Holt 123). A written statement of a goal and objectives for the learning experience and a weekly log of activities facilitate the experience. Students receive Credit/No Credit rather than a letter grade. One unit of credit is granted for each 45 hours of experiential work. Faculty members and their areas of interest are listed below:

<u>Name (e-mail address)</u>	<u>Nutrition Externship Advice</u>
Stephanie Bianco-Simeral, MS, RD (sbianco-simeral@csuchico.edu)	Management
Dr. Keiko Goto (kgoto@csuchico.edu)	Food Science
Dr. Faye Johnson, RD (fjohnson@csuchico.edu)	Food Science
Dr. Michelle Morris, RD (mneyman@csuchico.edu)	Community Nutrition
Dr. Kathryn Silliman, RD (ksilliman@csuchico.edu)	Normal Human/Clinical
Dr. Cindy Wolff, RD (cwolff@csuchico.edu)	Community Nutrition
Dr. Dawn Clifford, RD (declifford@csuchico.edu)	Clinical Nutrition
Dr. Julie Schneider (jmschneider@csuchico.edu)	Normal Nutrition

XIII. Granting of the Degree

Students earn a Bachelor of Science degree in Nutrition and Food Sciences upon successful completion of the following requirements:

1. General education program including government and non-Western courses. (60 units)
2. NFSC Department Core Requirements. (43 units)
3. Option in either General Dietetics or Foodservice Administration. (24 – 26 units)
4. Accumulation of 120 - 128 units, 40 of which must be upper division units. The total number of units is actually 120 because some required courses also meet general education requirements.
5. Grade point average of at least 2.0 in both the major and the overall coursework.

XIV. Applying for a Dietetic Internship

Students usually apply for dietetic internship programs prior to completion of the didactic program. Students may obtain information and assistance in selecting and applying for a dietetic internship from their advisor and the Didactic Program Director. A listing of accredited dietetic internships may be found at the website for the American Dietetic Association at http://www.eatright.org/cps/rde/xchg/ada/hs.xsl/career_401_ENU_HTML.htm.

Students generally apply for dietetic internships in their last semester. The packet will need to include an “Intent to Complete” form, which must be signed by the Didactic Program Director. The Director’s signature on this form verifies that the individual has completed a graduation audit and will graduate.

The Dietetic Internship at CSU, Chico accepts applications for Master’s degree graduates only. Information regarding the CSU, Chico Dietetic Internship Program may be obtained from the Dietetic Internship Director, Dr. Michelle Morris.

XV. Verification of Completion of the Didactic Program in Dietetics (DPD)

Upon completion of the General Dietetics Option (DPD) and university graduation requirements for a Bachelor of Science degree, students can request a DPD Verification of Completion form from the director. The director's signature on this form verifies that the individual has successfully completed the didactic requirements. Therefore, students need to submit to the director an official transcript from CSU, Chico that provides evidence that the university has granted the degree.

XVI. Policies and Procedures

Many policies and procedures have been established to assist and guide you through your academic career at CSU, Chico. Below are some of the university policies of which you should be aware and the page(s) in the University Catalog on which they are discussed.

	<u>Policy</u>	<u>Page(s)</u>
1.	Withdrawal and refund of tuition and fees	145 - 146
2.	Scheduling and program calendar*	4 - 7
3.	Statement of equal opportunity	20; 68 - 69; 621
4.	Protection of privacy of information	623 – 624
5.	Access to personal files	101 - 104
6.	Access to student support services	44 - 50; 62 – 64
7.	Graduation and/or program completion requirements	122 - 124
8.	Grievance procedures	148; 621 - 622
9.	Disciplinary/termination procedures	621; 144 – 145
10.	Vacation, holiday, and academic policies	4 - 7; 144 – 145

*University Schedule of Classes also contains this information.

Other university policies that are not in the catalog are listed below:

Insurance requirements, including those for professional liability:

The University recommends that students have personal insurance to cover cost of care beyond that provided by the Student Health Service. A low-cost accident and health insurance plan that is designed especially for CSU students is available through Student Health Services.

Students enrolled in Externship (489) units, Independent study (399/ 499) units, or Community Nutrition (465) may be required to have professional liability insurance.

The University strongly recommends that you obtain professional liability insurance prior to undertaking any undergraduate laboratory or externship experience. Some health care entities require that you have this coverage, others make it optional. Check with your advisor or with the entity to determine if coverage is required and, if so, at what levels.

The following information is provided solely to assist you in obtaining coverage. California State University, Chico does not endorse any particular insurer and you may wish to seek out an insurer other than one listed here.

Healthcare Providers Service Organization Web: <http://www.hpso.com>
E-mail: service@hpso.com Phone: 800-982-9491

American Professional Agency, Inc. Web:
<http://www.americanprofessional.com/student>
Phone: 800-421-6694

Marsh Affinity Group Services Web: <http://www.proliability.com> Phone: 800-503-9230

Liability for safety in travel to or from assigned areas and injury or illness while in the facility for supervised practice:

The University Student Travel Accident insurance may provide coverage in excess of your own insurance if you are involved in an accident while traveling to or from a University-sponsored activity that is part of a course requirement.

Injury or illness while in the facility for supervised practice:

Workers' Compensation coverage is provided by, either the employer or the University. This depends on the terms of the contract for placement of students with the employer.

XVII. Nutrition and Food Sciences Association (NFSA)

This organization of NFSC majors meets biweekly during the academic year. Participation in NFSA enables students to meet fellow classmates who have similar interests, develop friendships, and learn about the field. Many interesting topics related to food, nutrition and dietetics are presented at the meetings by a variety of area professionals to introduce students to the many career opportunities available. Events in which the organization participates include National Nutrition Month activities, community health fairs, and a variety of other nutrition assessment and education events. Meetings are announced in NFSC classes and fliers are located on faculty bulletin boards as well as the NFSA display case on the first floor of Tehama Hall. The organization offers students the opportunity to develop leadership skills by being elected to an office in the club and/or volunteering for various responsibilities. Post baccalaureate supervised experience programs and employers place high value on profession-related leadership skills. An annual scholarship is awarded for outstanding service to the club. Contact Dawn Clifford, PhD RD (declifford@csuchico.edu or 898-6164) advisor to the group, for more information.

XVIII. Professional Organizations

The NFSC faculty strongly supports and encourages student participation in professionally related activities. The **American Dietetic Association** (ADA) (www.eatright.org/) is the

national professional organization of 70,000 members headquartered in Chicago, IL. The mission of ADA is to promote optimal nutrition and well being for all people. It is the vision of ADA that members are the leading source of providers of food and nutrition services.

The **California Dietetic Association (CDA)** (<http://www.dietitian.org/>) is the professional organization for ADA members in the state and provides for the coordination of statewide matters. ADA members living in California are automatically enrolled in CDA when they pay their ADA dues. By becoming a CDA student member, you can improve your professional marketability and networking. Consult your advisor for more information.

The **Northern Area Dietetics Association (NADA)**, http://www.dietitian.org/nada_home.htm promotes exchange of information among food and nutrition professionals working in close proximity to one another. These associations provide opportunities for employment advancement via continuing education events and networking as well as promote the advancement of the profession of dietetics. NFSC students are welcome at CDA, NADA events. Membership in ADA and CDA is required for membership in the local districts and associations.

XIX. Code of Ethics of the American Dietetic Association

Commitment to upholding the ADA's Code of Ethics is an important concept in the NFSC Department and is discussed in various classes. The American Dietetic Association and its Commission on Dietetic Registration are in the vanguard of professional associations and credentialing bodies that have adopted a voluntary enforceable code of ethics. This code, entitled the "Code of Ethics for the Profession of Dietetics" challenges all members to uphold ethical principles. This Code of Ethics is located on page 22 of this handbook in the Appendices see Appendix B.

Part 2

Frequently Asked Questions (FAQ's)

1. What types of careers are available to individuals with a degree in NFSC?

The opportunities available to a student graduating with a B.S. degree in Nutrition and Food Sciences are endless. Some careers may require the Registered Dietitian (RD) credential or additional education; others may not. The number of professional opportunities available to graduates is limited only by the individual's courage and imagination. Think big, think wild, and make it happen!

Examples of opportunities that may be open to you with a NFSC degree which include:

- Management positions in hotel, restaurants, school foodservice, hospitals and assisted living facilities.
- Sales.
- Technical services in business such as product development, quality control, and computer program development.
- Community education with California Women, Infant and Children Programs (WIC), Child Care Food Programs, Indian Health Services, University of California Cooperative Extension Service, and California Department of Health Services.

Some examples of positions that require that you hold the RD credential include:

- Clinical Dietitian
- Management Dietitian
- Consultant Dietitian
- Diabetes Educator
- Renal Dietitian
- Public Health Nutritionist / Community Dietitian
- Pediatric Dietitian

Some examples of emerging positions (by the year 2017) identified by the House of Delegates of the American Dietetic Association are:

- Integral Wellness – a RD lifestyle coach for individuals, families, or worksite teams
- Nutrition Informatics – a RD using food and nutrition knowledge with computer science and information technology
- Obesity Management – a RD who develops and implements weight management programs
- Corporate Nutritionist – a RD who provides nutrition counseling to employees of corporations

Many professionals find satisfying careers in areas where they have created their own niche. New opportunities are opening everywhere. Talk to your advisor about your career dreams.

2. Are there web sites that can provide me with additional information about the NFSC field and job opportunities?

Yes, below is a list that will be of value to you:

- American Dietetic Association <http://www.eatright.org/>
- California Dietetic Association <http://www.dietitian.org/>
- Institute of Food Technologists <http://www.ift.org/>
- National Restaurant Association <http://www.restaurant.org/>
- Food and Drug Administration <http://www.fda.gov/>
- International Food Information Council Foundation <http://ific.org/>
- Women, Children and Infants <http://www.wicworks.ca.gov/>

3. What is a Registered Dietitian?

The Registered Dietitian (RD) credential is the primary nationally recognized credential in the NFSC area. The RD is considered to be the nutrition expert and the credential is required for most employment opportunities in the health care industry and preferred for many other employment opportunities in NFSC. The credential is particularly important when nutrition counseling/advice is a component of the employment. Due to the effective marketing of the RD credential, you can expect to see it required more often in the future as necessary for employment in food and nutrition related positions.

4. What is the difference between a nutritionist and a Registered Dietitian?

There is no national standard and/or credential associated with the nutritionist title such as there is with the term Registered Dietitian. Therefore, individuals can legitimately call themselves a nutritionist without any educational preparation in the field. Many fallacies about food and nutrition come from nutritionists who do not have the educational background to understand and apply the basic sciences. The term may be used appropriately by an individual who has completed a baccalaureate degree in a food and nutrition field but who has not completed the requirements to become a RD. It is important that one verifies the educational background of an individual using the title of nutritionist.

5. What is the employment outlook for dietitians?

The job demand for individuals with an NFSC degree is particularly good and expected to rise. Statistics from the U. S. Bureau of Labor reports the employment for dietitians is expected to increase 18 – 26% for all occupations through 2014 because of public and private emphasis on disease prevention through good eating habits. A growing and aging population will boost the demand for meals and nutritional counseling in hospitals, nursing care facilities, schools, prisons, community health programs, and home healthcare agencies. Public interest in nutrition and increased emphasis on health education and prudent lifestyles will also spur demand, especially in management. In addition to employment growth, job openings will result from the need to replace experienced workers who leave the occupation.

Many professionals find employment in various traditional health care facilities such as hospitals or clinics educating patients about nutrition and administering medical nutrition therapy as a part of the health care system. Employment for professionals also occurs in foodservice operations of various facilities including hospitals, school districts, day care centers, corporate dining rooms, and correctional facilities. In these positions, trained professionals oversee the entire foodservice process from purchasing through the service of food to the managing of staff.

Sports nutrition and corporate wellness programs also offer opportunities for employment. Professionals in these facilities work in educating clients about the relationship among food, fitness, and health.

The various governmental agencies hire many professionals to work as consumer liaisons, in public relations, marketing, or product development. Teaching health care and diabetes control to persons with diabetes, including gestational diabetes is another career path.

The Career Planning and Placement Center on campus lists many positions available and will assist students in locating employment. Students at CSU, Chico are among the most heavily recruited on the West Coast.

6. What kind of salary can I expect to receive?

Median annual earning of dietitians and nutritionists was \$49,500 in 2006. According to the American Dietetic Association, median annual income for registered dietitians in 2006 varied by practice area as follows: \$53,700 in consultation and business; \$60,000 in food and nutrition management; \$60,200 in education and research; \$48,800 in clinical nutrition/ambulatory care; \$50,000 in clinical nutrition/long-term care; \$43,000 in community nutrition; and \$45,000 in clinical nutrition/acute care. As with any profession, salaries and fees vary by region of the country, years of practice, employment settings, scope of responsibility, and supply of RD's.

7. What, exactly, are the steps required to becoming a Registered Dietitian?

- Earning a Bachelor's degree and completing the didactic program requirements for entry-level dietitians from an ADA accredited program
- Successfully completing an ADA accredited Supervised Practice Program called a Dietetic Internship (consisting of a minimum of 900 hours)
- Earning a passing score on the RD examination

8. What is a Dietetic Internship?

A Dietetic Internship provides a minimum of 900 hours of supervised learning experiences primarily in hospitals and other care facilities. Length of the program, date the program begins, tuition or fees charged, stipends, graduate credits, housing, and availability of financial aid vary among programs and may be important determinants in the selection of practice programs. Some programs are part-time with the supervised component at a minimum of 20 hours per week, and may be completed over a two-year period. Other programs require a 6 - 12 month time span to complete the program, while still others integrate coursework leading to a Master's degree into the experience. Consider your personal characteristics. If you need time to assimilate information, select longer programs. Shorter programs are fast-paced, require many hours of intensive work each week and have little discretionary time built into them. Costs vary widely; some Dietetic Internships will pay a stipend while others require students to pay tuition. Your advisor and the DPD director will assist in making choices that will suit your individual needs.

9. How important are grades in this curriculum, particularly with respect to being accepted into a Dietetic Internship?

The importance of good grades must not be minimized. A minimum grade point average of 3.0 is recommended for application to many Dietetic Internships and C grades in NFSC courses is generally not acceptable for many programs. It is difficult to turn a low GPA earned as a freshman or sophomore into an acceptable GPA by the senior year.

10. Are there some suggestions, besides grades, to improve the likelihood that I will be accepted into a Dietetic Internship?

Yes, although there are no guarantees of receiving a supervised experience appointment, there are several areas that one can work on throughout the undergraduate years to be more competitive for appointment. Nationwide, approximately 50 - 60 percent of applicants receive an appointment. The rate at CSU, Chico is higher (5-year average 2002 – 2006 is 90%).

The number of appointments to Dietetic Internships is limited and the programs are competitive nationally. Faculty members will guide students through the application process; however, they have no control in the placement decisions, these are made by the professionals at each dietetic externship. Students who fully comprehend the competitive nature of the experience and who

shape their undergraduate course work and experiences to enhance their application are generally rewarded for their efforts.

Hospital dietary services work such as that of a diet assistant or aid is highly valued. Foodservice is an important component of the program; therefore, work experience in areas such as college foodservice, assisted living facilities or camps is valuable. Work experience, especially in positions that show a growth in responsibility over time and those having a management component are favorable by selection committees.

11. Has ADA made comments about the characteristics of successful applicants for Dietetic Internships?

Yes, ADA published results of a survey conducted to identify the major characteristics of students who were successful in receiving a Dietetic Internship/Dietetic Internship appointment. These critical factors included:

Good grade point average:

79 % had a GPA over 3.0 for all courses

89 % had a GPA over 3.0 for food, nutrition and management courses

56 % had a GPA over 3.0 for biological and physical science courses

Relevant work experience:

85 % had more than one year of paid work experience

54 % had dietetics-related volunteer experience

53 % had worked with a registered dietitian

Other characteristics that supervised practice professional's value:

87 % use volunteer experience as a criterion

96 % require letters of recommendation

12. How valuable is taking additional elective coursework or obtaining a minor to my future?

Completing elective coursework or a minor in an area related to your area of interest within the broad field of NFSC can be very helpful in obtaining a Dietetic Internship appointment and/or a professional position. Select elective courses and/or minor areas carefully; that is, select coursework that will enhance your competencies and skills and your value for employment or for acceptance into a Dietetic Internship. Some suggestions include obtaining a minor in Spanish, psychology, exercise science, business administration, or chemistry.

13. What kind of work experience would be of greatest value to me?

Dietetic Internship Directors and employers look favorably on career-related work experience, especially if it has been for 1 –2 years. Experiences that show a progression of responsibility and authority are especially valued, whether career-related or not.

14. What are some other suggestions to improve the likelihood that I will be selected for a Dietetic Internship or a professional position?

- Be an active member of the CSUC Nutrition and Food Sciences Association (NFSA). Volunteer quickly and eagerly for tasks and hold an office. Carry out your responsibilities with enthusiasm and efficiency. Dietetic Internship Directors and employers value demonstrated leadership in applicants.
- Become an affiliate member of ADA.

- Take additional course work or participate in activities that demonstrate the development of leadership and interpersonal skills.
- Apply to more than one supervised experience program. Be willing to relocate, out of state, if necessary.
- Participate in extra-curricular activities.
- CSU, Chico provides numerous opportunities for students to learn and develop leadership skills through the CAVE program, student government, and sports and athletic programs.
- Seek externship experiences (NFSC 489) in a variety of areas: community, clinical and management.

15. Many programs ask for letters of recommendation. Whom should I ask to write these letters?

Usually, three letters of recommendation are required by the Dietetic Internship that you apply. Some application procedures will allow you to select all three while others will require that one be your advisor, clinical nutrition professor, food management professor, DPD director, or employment supervisor. You should decide as early as possible who it is that you want to recommend you so that you can meet with them regularly and discuss your career plans. Remember, someone who knows you well will write a more relevant letter than someone who knows you only slightly.

Your performance in and outside of the classroom forms the basis for faculty members' letters of recommendation. Faculty members are asked to rate many characteristics that they have observed in their contacts with you. These include but are not limited to: punctuality; attitude; cooperation; leadership skills including delegating duties when an officer; attention to detail; acceptance of criticism in a professional and mature manner; taking responsibility for one's own performance and behaviors; initiative; reaction to stress; adaptability; motivation; and organizational and time management skills.

16. What are some behaviors that are found to be most favorable by many faculty members and are likely to be reflected in the letters of recommendation?

- Develop a professional vocabulary. The courses in the curriculum are designed to teach specific knowledge and skills, not to be easy. Information in NFSC courses is meant to build in the development of concepts and maturity in the understanding of the subject matter. It is important that you can recall the information from earlier courses when taking more advanced courses. Emphasize learning in such a way as to build the foundation for the knowledge and skills you will need as a professional. Nearly every course will require you to commit some facts to memory; some of these include biochemical pathway intermediates, amounts and sources of various nutrients, and dietary guidelines. These facts become a part of the vocabulary of a NFSC student.
- Demonstrate an active interest in the subject matter. This can be shown by coming to class prepared; that is, having read the assignment and having written work completed. Also, demonstrate interest by asking questions or relating relevant information to the material.
- Develop a professional work ethic. All work to be graded must be written using a word processor unless specified by the professor that hand written work is acceptable. Multiple pages must be stapled together securely prior to coming to class. Professors generally do not carry staples, scissors, paper clips or extra notebook paper to the classroom.

- Be punctual. Arrive before the commencement of the class and leave after the class has been dismissed. Interrupting class by your comings and goings is disruptive and disrespectful to the students and the professor. Additionally, professors will realize that you have difficulty with setting priorities, time management, handling multiple tasks, and consideration for others.
- Be respectful. Indicate respect for your professor and fellow students by not talking during lectures or classroom presentations. It is rude to carry on side conversations, including asking another student for clarification. You cannot hear what the professor is saying, nor can those around you. The rudeness may well be remembered and may show on your letter of recommendation. Employers and program directors do not want to deal with rude individuals.
- Exhibit courtesy. Always thank professors and fellow students when they have assisted you in a way separate from the usual. Exceptional assistance requires a brief but sincere note. Small acts of courtesy are impressive and are remembered. They denote that you have learned the etiquette of a professional as well as the academic knowledge and skills.
- **STUDY, STUDY!!** It is expected that you will devote 2 -3 hours of out of class study per unit of class per week. It is important that the study time be distributed throughout the semester and not clustered around test dates. Cramming for an exam may result in short-term, but not long- term learning.

17. What are some printed resources that can help prepare me for application to Dietetic Internships?

The Directory of Dietetic Programs is released each year by the ADA and includes updated information on Dietetic Internships accredited by ADA. Each listing provides the name and address of the program director enabling interested individuals to make contact to obtain more information. Many include email or web site addresses, as well. Additional information includes the number of appointment vacancies, whether a stipend is paid and a brief description of related expenses.

(http://www.eatright.org/cps/rde/xchg/ada/hs.xsl/career_401_ENU_HTML.htm).

18. How much does participation in the Dietetic Internship cost?

Costs for programs vary widely. All accredited experience programs that are associated with regionally accredited university graduate programs qualify for government-sponsored loan programs. Check the Directory of Dietetic Programs:

(http://www.eatright.org/cps/rde/xchg/ada/hs.xsl/career_401_ENU_HTML.htm). to ascertain whether financial aid is available at the site of particular interest.

Please do not rule out applying to Dietetic Internships because of the cost. Often the higher salary received by a RD justifies the financial sacrifice needed to get this experience. Also, experience sites that offer stipends or are lower in cost, often have a larger applicant pool than those programs that do not pay stipends or have a higher cost.

19. What about scholarships and financial aid?

The American Dietetic Association offers a variety of scholarships. For further information on ADA Scholarships and applications please visit:

(http://www.eatright.org/cps/rde/xchg/ada/hs.xsl/career_401_ENU_HTML.htm).

20. How can I get assistance with the Dietetic Internship application process?

NFSC 455 Futures in Nutrition and Food Science is a one-unit class and is offered the Fall semester of each year. During this class, students have the opportunity to self-reflect on their personal characteristics and the career options available to them. Students learn to do career and job searches, write resumes and cover letters and participate in interviews. The final project for the class is the completion of an application packet for a dietetic internship.

21. What is the Computer Matching Process?

ADA has contracted with D & D Digital to facilitate the computer matching process. The student/applicant obtains a computer-matching booklet from the DPD director and completes it by indicating the sites to which he/she applied, in order of preference, and encloses the required fee. Simultaneously, Dietetic Internships send a form to D & D Digital listing in order of preference, the applicants they selected for participation in their program. Computer matching does not change the applicant's nor the program's selection order. Applicants cannot be matched to a program to which they did not apply.

Before the matching begins, the applicant's priority list is "cleaned." That is, if a program to which an applicant applied does not rank an applicant, the program is removed from the applicant's list. If an applicant does not rank a program, the applicant is removed from the program's list. The matching occurs using the applicants' prioritized list of programs to which her or she applied, and the programs' prioritized lists of applicants until all possible matches are complete. Students will receive only one match; the one that was highest on his/her program priority list. In approximately 50 percent of the cases, no match is made. D & D Digital sends a certified letter to each applicant stating the results of the matching. The letter is guaranteed to arrive by a pre-determined date, generally in the middle of April. The process is explained in the "Instructions to Applicants" booklet provided by D & D Digital and available from the DPD director.

22. What do I do if I don't receive an appointment to a Dietetic Internship?

Each year, some very qualified students do not receive appointments to Dietetic Internships. Students must realize that the selection process is competitive and is based on the total pool of applicants for each practice program site. One's self worth is not determined by whether one receives an appointment. Unsuccessful candidates should re-evaluate their credentials, the resume and cover letter, indications of work experience, and commitment to the profession. The advisor and the DPD director may provide valuable insight and make suggestions for ways to highlight the individual's strengths and to improve areas that need strengthening.

There are several options open to students who are not accepted by a Dietetic Internship. D & D Digital sends a list of unmatched applicants who have agreed to have their name released to each program following the matching. Programs may contact unmatched applicants or return to their applicant pool to fill positions AFTER the appointment date has passed. Also, the DPD director receives a listing of all the practice programs that did not fill their selection quota. The director may assist students in making applications to these programs.

Students may decide to reapply for Dietetic Internships that begin in January of the following year (September application deadline) or to reapply to sites that begin in the middle of the following year (February application deadline). In this instance, it is imperative that the student work on his or her application packet to enhance the likelihood of being selected. Some activities that will be viewed favorably by selection committees include: graduate or additional coursework in the NFSC area or a related area such as psychology, education, biochemistry;

development of fluency in a relevant foreign language; active participation in professional organizations; and relevant job experience. Do not give up. There is life after the supervised experience process and there are alternatives. Persistent qualified applicants nearly always find a placement and are able to achieve their goal of becoming a Registered Dietitian.

Appendices

Appendix A **CSUC Organizational Chart for Academic Programs**

Appendix B **Code of Ethics for the Profession of Dietetics**

Appendix A

California State University, Chico
Abbreviated Administrative Organizational Chart
For Academic Programs

Board of Trustees

Chancellor's Office
CSU System
Dr. Charles B. Reed

President
CSU, Chico
Dr. Paul J. Zingg

Provost and Vice President
for Academic Affairs
Dr. Sandra Flake

Dean
College of Natural Sciences
Dr. James L. Houpis

Associate Dean
College of Natural Sciences
Dr. Margaret Owens

Director
Center for Nutritional Activity Promotion (CNAP)
Dr. Cindy Wolff

Chair
Department of Nutrition and Food Sciences (NFSC)
Dr. Kathryn Silliman

Undergraduate Program

Didactic Program in Dietetics
Director
Dr. Dawn Clifford, DPD

Graduate Program

Master of Science
Coordinator
Dr. Kathryn Silliman

Dietetic Internship

Director
Dr. Michelle Morris

Food Service Administration
Advisor
Stephanie Bianco-Simeral

Appendix B

Code of Ethics for the Profession of Dietetics

Below is the Code of Ethics as published in the January 1999 *Journal of The American Dietetic Association* and as appears on the ADA web page:

http://www.eatright.org/cps/rde/xchg/ada/hs.xsl/home_347_ENU_HTML.htm.

PRINCIPLES

1. The dietetics practitioner conducts himself/herself with honesty, integrity, and fairness.
2. The dietetics practitioner practices dietetics based on scientific principles and current information.
3. The dietetics practitioner presents substantiated information and interprets controversial information without personal bias, recognizing that legitimate differences of opinion exist.
4. The dietetics practitioner assumes responsibility and accountability for personal competence in practice, continually striving to increase professional knowledge and skills and to apply them in practice.
5. The dietetics practitioner recognizes and exercises professional judgment within the limits of his/her qualifications and collaborates with others, seeks counsel, or makes referrals as appropriate.
6. The dietetics practitioner provides sufficient information to enable clients and others to make their own informed decisions.
7. The dietetics practitioner protects confidential information and makes full disclosure about any limitations on his/her ability to guarantee full confidentiality.
8. The dietetics practitioner provides professional services with objectivity and with respect for the unique needs and values of individuals.
9. The dietetics practitioner provides professional services in a manner that is sensitive to cultural differences and does not discriminate against others on the basis of race, ethnicity, creed, religion, disability, sex, age, sexual orientation, or national origin.
10. The dietetics practitioner does not engage in sexual harassment in connection with professional practice.
11. The dietetics practitioner provides objective evaluations of performance for employees and coworkers, candidates for employment, students, professional association memberships, awards, or scholarships. The dietetics practitioner makes all reasonable effort to avoid bias in any kind of professional evaluation of others.

12. The dietetics practitioner is alert to situations that might cause a conflict of interest or have the appearance of a conflict. The dietetics practitioner provides full disclosure when a real or potential conflict of interest arises.
13. The dietetics practitioner who wishes to inform the public and colleagues of his/her services does so by using factual information. The dietetics practitioner does not advertise in a false or misleading manner.
14. The dietetics practitioner promotes or endorses products in a manner that is neither false nor misleading.
15. The dietetics practitioner permits the use of his/her name for the purpose of certifying that dietetics services have been rendered only if he/she has provided or supervised the provision of those services.
16. The dietetics practitioner accurately presents professional qualifications and credentials.
 1. The dietetics practitioner uses Commission on Dietetic Registration awarded credentials ("RD" or "Registered Dietitian"; "DTR" or "Dietetic Technician, Registered"; "CSP" or "Certified Specialist in Pediatric Nutrition"; "CSR" or "Certified Specialist in Renal Nutrition"; and "FADA" or "Fellow of The American Dietetic Association") only when the credential is current and authorized by the Commission on Dietetic Registration. The dietetics practitioner provides accurate information and complies with all requirements of the Commission on Dietetic Registration program in which he/she is seeking initial or continued credentials from the Commission on Dietetic Registration.
 2. The dietetics practitioner is subject to disciplinary action for aiding another person in violating any Commission on Dietetic Registration requirements or aiding another person in representing himself/herself as Commission on Dietetic Registration credentialed when he/she is not.
17. The dietetics practitioner withdraws from professional practice under the following circumstances:
 1. The dietetics practitioner has engaged in any substance abuse that could affect his/her practice.
 2. The dietetics practitioner who has been adjudged by a court to be mentally incompetent;
 3. The dietetics practitioner has an emotional or mental disability that affects his/her practice in a manner that could harm the client or others.
18. The dietetics practitioner complies with all applicable laws and regulations concerning the profession and is subject to disciplinary action under the following circumstances:
 1. The dietetics practitioner has been convicted of a crime under the laws of the United States that is a felony or a misdemeanor, an essential element of which is dishonesty, and which is related to the practice of the profession.

2. The dietetics practitioner has been disciplined by a state, and at least one of the grounds for the discipline is the same or substantially equivalent to these principles.
 3. The dietetics practitioner has committed an act of misfeasance or malfeasance that is directly related to the practice of the profession as determined by a court of competent jurisdiction, a licensing board, or an agency of a governmental body.
19. The dietetics practitioner supports and promotes high standards of professional practice. The dietetics practitioner accepts the obligation to protect clients, the public, and the profession by upholding the Code of Ethics for the Profession of Dietetics and by reporting alleged violations of the Code through the defined review process of The American Dietetic Association and its credentialing agency, the Commission on Dietetic Registration. Violations of the Code through the defined review process of The American Dietetic Association and its credentialing agency, the Commission on Dietetic Registration.