

School of Health and Rehabilitation Sciences

CLINICAL DIETETICS AND NUTRITION
DIDACTIC PROGRAM IN DIETETICS

www.shrs.pitt.edu/CMS/Departments/SMN.asp

If you have an interest in how food and diet affect the health and well-being of people, the didactic program in dietetics (DPD) in the Department of Sports Medicine and Nutrition is the perfect starting point for a career that provides many opportunities. The DPD is an undergraduate curriculum that focuses on course work in each of the three major areas of dietetics practice: clinical dietetics, food systems management, and community dietetics, with an emphasis on clinical dietetics. Students learn about the metabolism of nutrients in health and disease, nutrition assessment, food science, nutrition education, food quality and safety, research, and food service management. The DPD at the University of Pittsburgh is approved by the Commission of Accreditation for Dietetics Education (CADE). A total of 122 credits is required for this degree, 60 credits in the School of Arts and Sciences and 62 credits in the DPD program.

This program prepares graduates to enter either a CADE-accredited coordinated master's degree program in dietetics (for more information visit www.shrs.pitt.edu/CMS/Departments/SMN.asp) or a dietetic internship. Both options allow students to apply theories learned as undergraduates through placement in healthcare settings with supervision by health professionals. Subsequently, graduates are eligible to sit for the National Registration Examination for Dietitians. Students electing to study nutrition without the acquisition of registered dietitian status also may apply to the DPD undergraduate program. This dietetics specialization prepares students for careers in the food and food supplement industries; community agencies such as Women, Infants, and Children (WIC); and technical positions in nutrition research. Additionally, this major is an excellent choice for students who are preparing for graduate education in nutrition research, public health, biochemistry, exercise physiology, physician assistant programs, and medical, dental, and veterinary schools. For information on the profession of dietetics, please go to the American Dietetic Association's Web site at www.eatright.org.

Preparatory classes in the School of Arts and Sciences include:

Biology with lab (4 credits)	Economics (3 credits)
Biology 2 (3-4 credits)+	Introduction to Psychology (3 credits)
General Chemistry with lab (8 credits)	Introduction to Sociology (3 credits)
Organic Chemistry* (3-6 credits)	Public Speaking (3 credits)
Algebra (2-4 credits)	Computer Science (3 credits)
Statistics (3-4 credits)	Introduction to Human Nutrition (3 credits)
English Composition (6 credits)+	Introduction to Dietetics** (1 credit)

- * CHEM 0350 (3 cr.) offered each spring term will satisfy the organic chemistry requirement. Students who do not take CHEM 0350 must take Organic Chemistry 1 & 2
- ** Provisions will be made for transfer students to take these courses during the fall term of the junior year, after admission to the program.
- + Requirements for 20/2 admission

The Pitt Freshman Guarantee: Qualified freshman applicants will be offered guaranteed admission to the coordinated master's program in dietetics. Detailed information about requirements is available at www.oafa.pitt.edu.

Pre-Professional Preparation in the School of Arts and Sciences

Students are admitted into the didactic program in dietetics after successfully completing a minimum of 60 college credits, including the prerequisite courses. A minimum cumulative GPA of 2.5 (based on 4.0) is required for admission with a minimum grade of C- on prerequisite courses, or if admitted to the freshman guarantee program, the requirements specified in the admissions letter



Job Market

According to the U.S. Bureau of Labor Statistics, employment of dietitians is expected to grow about as fast as the average for all occupations through the year 2010 because of increased emphasis on disease prevention, a growing and aging population, and public interest in nutrition. Most of the job opportunities for entry-level practitioners are in hospitals, nursing homes or residential care facilities, and ambulatory clinics. Job opportunities in HMOs, public health departments, food manufacturers, pharmaceutical companies, community agencies, and school systems also are increasing. In addition, registered dietitians with experience have moved into the area of private practice, working as consultants for individual clients.

Didactic Program Curriculum:

Junior Year, Fall Term

HRS 1000 Introduction to Research (3 credits)
HRS 1023 Human Physiology (4 credits)
CDN 1601 Introduction to Medical Terminology (1 credit)
CDN 1602 Nutrition Assessment 1 (3 credits)
CDN 1609 Clinical Biochemistry (3 credits)
CDN 1620 Macronutrient Metabolism (3 credits)

Junior Year, Spring Term

HRS 1025 Introduction to Microbiology (3 credits)
CDN 1610 Food Science 1 (3 credits)
CDN 1613 Food Science 1 Laboratory (1 credit)
CDN 1621 Micronutrient Metabolism (3 credits)
CDN 1612 Social & Cultural Determinants of Food Behavior (3 credits)
Elective (3 credits)

Senior Year, Fall Term

CDN 1603 Nutrition Assessment 2 with Lab (3 credits)
CDN 1605 Principles of Nutrition Education and Counseling (3 credits)
CDN 1607 Nutrition Research Seminar (1 credit)
CDN 1611 Food Science 2 with Lab (3 credits)
CDN 1630 Nutrition Therapy 1 (3 credits)
HRS 1009 Organizational Theory and Concepts in Healthcare Facilities

Senior Year, Spring Term

CDN 1604 Food Service Management with Lab (3 credits)
CDN 1608 Professional Trends and Issues (2 credits)
CDN 1622 Nutrition in the Life Cycle (3 credits)
CDN 1632 Nutrition Therapy 2 (3 credits)
Elective (2 credits)

Course Descriptions

HRS 1000: Introduction to Research (3 credits)

The study of the nature of research and the applications of the scientific approach in the research procedures. The course focuses on concepts, design techniques, and interpretations, as well as limiting factors and ethical considerations.

CDN 1006: Introduction to Human Nutrition (3 credits)

A survey of principles of nutrition and their application to the food and nutrition needs of individuals throughout the life cycle. Emphasis is placed on meeting normal nutritional needs of adults for health promotion.

HRS 1009: Organizational Theory and Behavior (3 credits)

The primary purpose of the course is to facilitate students in attaining a better, i.e., more comprehensive, well-integrated and more useful, understanding of the organizations in which they will be spending considerable time and energy for their career. The emphasis will be on formal organizations both in health care and other sectors of the economy. Models and concepts developed within the closely related disciplines of organization theory and organization behavior will be addressed.

HRS 1023: Human Physiology (4 credits)

The fundamentals of cell properties and functions are studied. The focus is on relating cellular function to the function of the corresponding physiologic system—for example, muscle cells to the musculoskeletal system, nerve cells to the nervous system. Normal physiology provides the basis for understanding the mechanisms of disease.

HRS 1025: Introduction to Microbiology (3 credits)

An overview of medical microbiology introduces the student to medically important bacteria, fungi, viruses, and parasites and to immunity.

CDN 1600: Introduction to Dietetics (1 credit)

Introduction to the profession of dietetics. The profession is reviewed within the framework of the nature of professions and their role in society; the course presents an overview of dietetics practice and roles.

CDN 1601: Introduction to Medical Terminology (1 credit)

A self-instructional course through which students learn to recognize, understand, and use (in oral and written communication) the terminology of the medical profession.

CDN 1602: Nutrition Assessment 1 (3 credits)

Application of nutrient and food intake standards in nutritional care planning for health promotion and disease prevention.

CDN 1603: Nutrition Assessment 2 with Lab (3 credits)

Introduction to professional practice methods and skills. Learning experiences will include formal class presentations, class discussions, and skill development laboratory sessions.

CDN 1604: Food Service Systems Management with Lab (3 credits)

Managerial processes of planning, organizing, directing, and controlling resources and technical operations involved in meeting the organization objective and goals of a medical food service operation. Includes the theory, principles, and concepts of management. Learning experiences include lectures, discussions, and field trips.

CND 1605: Principles of Nutrition Education and Counseling

Introduction to nutrition education and counseling theories. It provides an overview of the concepts and components of communication skills and the teaching-learning process and their application in dietetics practice. Learning experiences include planning and implementing education and counseling with target audiences of various demographic groups. This course lays the knowledge foundation for skills development in subsequent courses and supervised practice applications.

CDN 1607: Nutrition Research Seminar (1 credit)

Basic review of the research domain and methodologies pertinent to clinical dietetics. Experience in searching, reading, evaluating, and discussing research reports is provided.

CDN 1608: Professional Trends and Issues (2 credits)

Identification and discussion of critical issues pertaining to the profession of dietetics.

CDN 1609: Clinical Biochemistry

This course will introduce you to the basic principles of biochemistry. Biochemistry is the study of the molecular basis of life. This course will discuss the structure and function of the major biomolecules, carbohydrates, proteins, lipids, and nucleic acids, and their importance in processes that are essential to life.

CDN 1610: Food Science 1 (3 credits)

Introductory course emphasizing the chemical and physical properties of food in relation to use, quality, and preparation.

CDN 1611: Food Science 2 with Lab (3 credits)

Study of the scientific principles and regulatory standards involved in food processing, preservation, and sanitation. Experience in the construction and modification of recipes to meet various dietary needs will be provided in laboratory sessions.

CDN 1612: Social and Cultural Determinants of Food Habits (3 credits)

Introduction to ethnic influence on the diversity of American food patterns. Social, cultural, economic, geographic, and religious factors are considered.

CDN 1613: Food Science 1 Laboratory (1 credit)

Study of the chemical and physical changes that occur in food as a result of various food preparation methods and their effect on nutrient quality.

CDN 1620: Macronutrient Metabolism (3 credits)

The first of a two-course sequence in advanced nutrition and metabolism presenting the principles of normal nutrition and their application in providing nutritional care and guidance. Emphasis is placed on the macronutrients and energy balance.

CDN 1621: Micronutrient Metabolism (3 credits)

Second of a two-course sequence in advanced nutrition and metabolism. Emphasis is placed on the essential micronutrients.

CDN 1622: Nutrition in the Life Cycle (3 credits)

Study of the physiological, biochemical, sociological, and developmental factors that affect nutrient requirements and recommendations at various stages in the life cycle.

CDN 1630: Nutrition Therapy 1 (3 credits)

The first of a two-course sequence in clinical dietetics, which advances knowledge of the principles of nutrition in disease and focuses on the integration and interpretation of nutritional assessment data for nutritional care planning, implementation, and evaluation.

CDN 1632: Nutrition Therapy 2 (3 credits)

The second of a two-course sequence in clinical dietetics, which advances knowledge of the principles of nutrition in disease and focuses on the integration and interpretation of nutritional assessment data for nutritional care planning, implementation, and evaluation.

For further information concerning the clinical dietetics and nutrition program, contact:

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For further information concerning undergraduate admissions and financial aid, contact:

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