Dietetics and Nutrition

Fatma Huffman, Professor and Chair
Marianna Baum, Professor
Adriana Campa, Research Assistant Professor
Michele Ciccazzo, Associate Professor and Associate Dean
Katharine R. Curry, Professor Emeritus
Victoria Hammer Castellanos, Associate Professor
Zisca Dixon, Associate Professor
Penelope S. Easton, Professor Emeritus
Evelyn B. Enrione, Associate Professor
Valerie George, Research Associate Professor
Dona Greenwood, Clinical Assistant Professor, Director, Coordinated Program and Director, Didactic Program
Susan P. Himburg, Professor
Amy Jaffe, Clinical Instructor
Marcia Magnus, Associate Professor
Liza Merly, Clinical Instructor
Tania Rivera, Visiting Clinical Assistant Professor
Dian Weddle, Associate Professor
Nancy S. Wellman, Professor

The Program in Dietetics and Nutrition offers a major leading to a baccalaureate degree in dietetics and nutrition, and courses in nutrition for interested students. The program also offers Master of Science and Doctor of Philosophy degrees in dietetics and nutrition. The undergraduate programs are designed to assist the student to gain basic practitioner knowledge and skills.

Bachelor of Science in Dietetics and Nutrition

Degree Program Hours: 132

Coordinated Program

The Coordinated Program (CP) is currently granted continuing accreditation status by The Commission on Accreditation of Dietetics Education of The American Dietetic Association, 120 South Riverside Plaza, Suite 2000, Chicago, Illinois 60606, (312) 899-0040, ext. 5400. The program combines didactic requirements with supervised practicum experience. Graduates from the CP are eligible to sit for the National Registration Examination for Dietitians.

The student must make formal application to the program by March 1 before Fall admission. This special application form can be obtained from the department. Criteria for admission includes grades in prerequisite course work, work experience and letter of application. Students accepted into the CP will undergo a background screening and drug profile. Students must enroll in the summer prior to Fall admission. Practicum courses are sequential and require two years to complete. Practicum experiences are available in several hospitals and other health agencies. Students must satisfactorily complete a written comprehensive exam to graduate from the program.

Costs of the program to students in addition to tuition and fees (including a $50/credit practicum fee) include: providing transportation to practicum sites, lab coats and professional attire, annual laboratory tests at the student health services clinic. Students must receive a grade of “C” or higher in all courses in the department.

Common Prerequisites ¹

Lower Division Preparation

Students desiring to major in general dietetics and nutrition need the following FIU course equivalents in addition to completing the general education requirements:

- MCB 2000 Introductory Microbiology 3
- MCB 2000L Introductory Microbiology Lab 1
- BSC 1010 General Biology 3
- STA 3111 Statistics I 3
- STA 3145 Statistics for the Health Professions 3
- CHM 1045 General Chemistry I 4
- CHM 1045L General Chemistry I Lab 1
- CHM 1046 General Chemistry II 3
- CHM 1046L General Chemistry II Lab 1
- CHM 2210 Organic Chemistry I 4
- CHM 2210L Organic Chemistry I Lab 1
- CHM 2211 Organic Chemistry II 3
- CHM 2211L Organic Chemistry II Lab 1
- CHM 2220 may substitute for CHM 2210 and 2211
- CHM 2220 Survey of Organic Chemistry 3
- CHM 2220L Survey of Organic Chemistry Lab 1
- ECO 2013 Principles of Macroeconomics 3
- HUN 2201 Principles of Nutrition 3
- INP 2002 Introduction to Industrial/Organizational Psychology 3
- PSY 2020 Introduction to Psychology 3
- MAC 1105 College Algebra 3
- ANT 3451 Anthropology of Race and Religion 3
- COM 3461 Intercultural/Interracial Communication 3
- SYP 3000 The Individual in Society 3

¹Prerequisites for the Coordinated Program. Didactic students may complete during program.
FIU undergraduates must have met all lower division requirements including CLAST, completed 60 semester hours, and must be otherwise acceptable into the program. Basic computer literacy is expected.

Upper Division Program

Required Courses (72)

Junior Year

Summer Semester: (14)
- DIE 3005 Orientation to Dietetics 1
- DIE 3434 Nutrition Education 2
- DIE 3434L Nutrition Education Lab 1
- FOS 3021 Fundamentals of Food 3
- FOS 3021L Fundamentals of Food Lab 1
- HUN 4240 Nutrition and Biochemistry 3
- BCH 3033 General Biochemistry 4
- PCB 3702 Intermediate Physiology 3
- HSC 3549 Clinical Physiology for Health Professionals 3

Fall Semester: (15)
- DIE 3244 Medical Nutrition Therapy 3
- DIE 3244L Medical Nutrition Therapy Lab 1
- DIE 3317 Dietetics in Community Health 3
- DIE 3355 Dietetics in Community Health 3
Bachelor of Science in Dietetics and Nutrition

Degree Program Hour: 120

Didactic Program

The Didactic Program in Dietetics is currently granted developmental approval status by The Commission on Accreditation of Dietetics Education of The American Dietetic Association, 120 South Riverside Plaza, Suite 2000, Chicago, Illinois, 60606, (312) 899-0040, ext. 5400. Upon completion of this program, all students are eligible to receive a Didactic Program Verification Statement and may apply to an accredited dietetic internship program to obtain the supervised practice experience required to become eligible to sit for the National Registration Examination for Dietitians.

To be admitted into the program, undergraduates must have met all the lower division requirements including CLAST, completed 60 semester hours, and must be otherwise acceptable into the program.

Students must receive a grade of “C” or higher in all courses in the department.

General Emphasis

Upper Division Program

Required Courses (60)

<table>
<thead>
<tr>
<th>Course</th>
<th>Title</th>
<th>Hours</th>
</tr>
</thead>
<tbody>
<tr>
<td>BCH 3033</td>
<td>General Biochemistry</td>
<td>4</td>
</tr>
<tr>
<td>HUN 4240</td>
<td>Nutrition and Biochemistry</td>
<td>3</td>
</tr>
<tr>
<td>DIE 3005</td>
<td>Orientation to Dietetics</td>
<td>1</td>
</tr>
<tr>
<td>DIE 3125</td>
<td>Management of Dietary Systems</td>
<td>3</td>
</tr>
</tbody>
</table>

Spring Semester: (15)

<table>
<thead>
<tr>
<th>Course</th>
<th>Title</th>
<th>Hours</th>
</tr>
</thead>
<tbody>
<tr>
<td>DIE 4246</td>
<td>Clinical Nutrition</td>
<td>3</td>
</tr>
<tr>
<td>DIE 4277</td>
<td>Clinical Nutrition Practicum¹</td>
<td>4</td>
</tr>
<tr>
<td>DIE 4435</td>
<td>Nutrition Counseling</td>
<td>3</td>
</tr>
<tr>
<td>DIE 4435L</td>
<td>Nutrition Counseling Lab</td>
<td>1</td>
</tr>
<tr>
<td>FOS 4041</td>
<td>Food Science</td>
<td>3</td>
</tr>
<tr>
<td>FOS 4041L</td>
<td>Food Science Lab</td>
<td>1</td>
</tr>
</tbody>
</table>

Summer Semester: (6)

<table>
<thead>
<tr>
<th>Course</th>
<th>Title</th>
<th>Hours</th>
</tr>
</thead>
<tbody>
<tr>
<td>DIE 3125</td>
<td>Management of Dietary Systems</td>
<td>3</td>
</tr>
<tr>
<td>FSS 3233C</td>
<td>Institutional Foodservice Production</td>
<td>3</td>
</tr>
</tbody>
</table>

Senior Year

Fall Semester: (10)

<table>
<thead>
<tr>
<th>Course</th>
<th>Title</th>
<th>Hours</th>
</tr>
</thead>
<tbody>
<tr>
<td>DIE 3175</td>
<td>Dietetic Management Practicum¹</td>
<td>4</td>
</tr>
<tr>
<td>DIE 4365</td>
<td>Dietetic Management of Nutrition Programs</td>
<td>3</td>
</tr>
<tr>
<td>DIE 4564</td>
<td>Independent Senior Research in Dietetics</td>
<td>3</td>
</tr>
</tbody>
</table>

Spring Semester: (12)

<table>
<thead>
<tr>
<th>Course</th>
<th>Title</th>
<th>Hours</th>
</tr>
</thead>
<tbody>
<tr>
<td>DIE 4506</td>
<td>Seminar in Dietetics and Nutrition</td>
<td>3</td>
</tr>
<tr>
<td>DIE 4536</td>
<td>Advanced Practicum in Dietetics¹</td>
<td>9</td>
</tr>
<tr>
<td>DIE 4963</td>
<td>Comprehensive Dietetic Examination</td>
<td>0</td>
</tr>
</tbody>
</table>

¹These courses are open only to students in the Coordinated Program, must be taken concurrently with the related didactic courses, and must be taken in the order listed. Clinical experiences are supervised by the course instructors and are located in hospitals, health agencies, and school food service programs.

Recommended Electives

Selected courses in: computer science, education, statistics, social work, health science, adult education, business, anthropology, sociology.

Minor in Nutrition

A twelve-credit nutrition course sequence at the undergraduate level affords students the opportunity to study food and nutrients, their physiological functions, normal nutritional requirements, socioeconomic influences on food choices and other aspects of food technology. The required science foundation courses provide the necessary background of chemistry and biological sciences to understand the physiological and biochemical basis of nutrition, as a multi-disciplinary science with relevance to health. Students minoring in nutrition learn to interpret nutrition research and contemporary claims and theories as a basis for improving food habits. Students interested in entering health professional fields of physical or occupational therapy, schools of medicine, dentistry or veterinary medicine find the nutrition minor relevant to their future careers because of diet and health relationships.

This nutrition minor will not meet licensure requirements for qualifications as a nutritionist in the State of Florida. A license is required to provide nutritional counseling to individuals.

Minor Requirements

<table>
<thead>
<tr>
<th>Course</th>
<th>Title</th>
<th>Hours</th>
</tr>
</thead>
<tbody>
<tr>
<td>HUN 2201</td>
<td>Principles of Nutrition</td>
<td>3</td>
</tr>
<tr>
<td>HUN 4241</td>
<td>Advanced Nutrition¹</td>
<td>3</td>
</tr>
<tr>
<td>HUN 4403</td>
<td>Life Cycle Nutrition</td>
<td>3</td>
</tr>
</tbody>
</table>

¹Prerequisite: Human Physiology, Organic Chemistry; Corequisite: Biochemistry
In addition, one of the following courses:

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Course Title</th>
<th>Credits</th>
</tr>
</thead>
<tbody>
<tr>
<td>HUN 3191</td>
<td>World Nutrition</td>
<td>3</td>
</tr>
<tr>
<td>FOS 3021</td>
<td>Fundamentals of Food</td>
<td>3</td>
</tr>
<tr>
<td>FOS 3021L</td>
<td>Fundamentals of Food Lab</td>
<td>1</td>
</tr>
<tr>
<td>FOS 3004</td>
<td>Food and the Consumer</td>
<td>3</td>
</tr>
<tr>
<td>FOS 4041</td>
<td>Food Science</td>
<td>3</td>
</tr>
<tr>
<td>FOS 4041L</td>
<td>Food Science Lab</td>
<td>1</td>
</tr>
</tbody>
</table>

Prerequisite: FOS 3021, FOS 3021L, and HUN 2201

Define the following science courses are required to fulfill the prerequisites in the nutrition minor:

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Course Title</th>
</tr>
</thead>
<tbody>
<tr>
<td>CHM 1045</td>
<td>General Chemistry I</td>
</tr>
<tr>
<td>CHM 1046</td>
<td>General Chemistry II</td>
</tr>
<tr>
<td>CHM 2210</td>
<td>Organic Chemistry I</td>
</tr>
<tr>
<td>CHM 2211</td>
<td>Organic Chemistry II</td>
</tr>
<tr>
<td>CHM 2200</td>
<td>Survey of Organic Chemistry</td>
</tr>
<tr>
<td>BCH 3033</td>
<td>General Biochemistry</td>
</tr>
<tr>
<td>HUN 4240</td>
<td>Nutrition and Biochemistry</td>
</tr>
<tr>
<td>PCB 3702</td>
<td>Intermediate Physiology</td>
</tr>
<tr>
<td>PCB 3703, 3704</td>
<td>Human Physiology I, II</td>
</tr>
<tr>
<td>HSC 3549</td>
<td>Clinical Physiology for Health Professionals</td>
</tr>
</tbody>
</table>

**Course Descriptions**

**Definition of Prefixes**

DIE-Dietetics; FOS-Food Science; FSS-Food Service Systems; HUN-Human Nutrition

F-Fall semester offering; S-Spring semester offering; SS-Summer semester offering.

**DIE 3005 Orientation to Dietetics (1).** Survey of role and responsibilities of the dietitian. Legal and ethical considerations necessary for the student dietitian in clinical experiences. Educational and personal qualifications for specialization in dietetics. Prerequisite: HUN 2201. (SS)

**DIE 3125 Management of Dietary Systems (3).** Survey of various types of institutional food service systems; management concepts in planning, implementing, and evaluating food service systems. Prerequisite or Corequisite: FSS 3233C. (SS)

**DIE 3175 Dietetic Management Practicum (4).** Developing skills for DIE 3125 and DIE 4365. Clinical assignments in several food service institutions in this area. Clinical component: open only to students in the Coordinated Program. Prerequisites: DIE 3355 and DIE 4277. (F)

**DIE 3244 Medical Nutrition Therapy (3).** Techniques of assessing nutritional status and adjusting nutrient/energy intake to accommodate medical treatment. Corequisite: DIE 3244L. Prerequisites: Organic Chemistry (CHM 2200 or equivalent), Physiology (HSC 3549 or equivalent). Pre or Corequisite: HUN 4403. (F)

**DIE 3244L Medical Nutrition Therapy Lab (1).** Application of nutritional assessment and dietary prescriptions to accommodate medical treatment. Corequisite: DIE 3244. (F)

**DIE 3317 Dietetics in Community Health (3).** Study of community agencies providing nutrition guidance for differing age groups. Emphasis on influencing nutrition and health care policy. Prerequisites: HUN 2201, DIE 3005. Prerequisite or Corequisite: HUN 4403. (F)

**DIE 3355 Dietetics in Community Health Practicum (2),** Observation and participation in activities of community agencies. Nutrition education and counseling experiences. Clinical component: Open only to students in the Coordinated Program. Corequisite: DIE 3317. (F)

**DIE 3434 Nutrition Education (2).** Planning for groups/individual basic nutrition and clinical nutrition education, and working with the instructional media. Prerequisite or Corequisite: FOS 3021. Prerequisite: HUN 4403. Corequisite: Nutrition Education Lab. (SS)

**DIE 3434L Nutrition Education Laboratory (1).** Students plan and practice various forms of nutrition education individual, groups and instructional media. (SS)

**DIE 4195 Special Problems in Dietetic Administration (1-3).** In-depth study of a problem in dietetic administration chosen to coincide with a student's interest and career goals. Student will develop objectives stated in behavioral terms and demonstrate skills in information gathering, analysis, and technical writing. Prerequisite: Permission of the instructor.

**DIE 4246 Clinical Nutrition (3).** Study of the complex dietetic problems accompanying metabolic disorders. Determination of nutrient requirements based on pathophysiological conditions. Prerequisite: DIE 3244. (S)

**DIE 4246L Clinical Nutrition Laboratory (2).** Application of nutrient requirements for the treatment of complex pathophysiological conditions. Prerequisites: DIE 3244 and DIE 3244L. Corequisite: DIE 4246. (S)

**DIE 4277 Clinical Nutrition Practicum (4).** Participation in activities in clinical affiliations focusing on nutritional assessment, planning, treatment and follow-up of patients. Clinical component: open only to students in the Coordinated Program. Corequisite: DIE 4246. Prerequisite: DIE 3355. (S)

**DIE 4296 Special Problems in General Dietetics (1-3).** In-depth study of a problem chosen to coincide with student's interest and career goals. Students develop behavioral objectives and demonstrates skills in information gathering, analysis and technical writing. Prerequisite: Permission of the instructor. (F,S,SS)

**DIE 4365 Dietetic Management of Nutrition Programs (3).** Advanced concepts of managerial functions as an institutional consultant, a member of a community nutrition program, a private therapeutic consultant, full time institutional food service administrator. Advanced standing required. Prerequisites: DIE 3125 or permission of the instructor, basic competency in management principles. (F)

**DIE 4377 Applied Dietetic Management of Nutrition Programs (2).** Observation and participation in community agencies, institutions, and simulated setting the development of entry level competencies in the management of nutrition and food service programs. Corequisite: DIE 4365. (F)
DIE 4435 Nutrition Counseling and Communication Skills (3). Nutrition counseling methods and communication skills for development of entry level competencies. Advanced standing in dietetics required. Prerequisites: DIE 3244, DIE 3434, or DIE 4277. Corequisites: DIE 4246, DIE 4435L.

DIE 4435L Nutrition Counseling and Communication Skills Lab (1). Small group video recorded practice in instruction counseling communication skills. Prerequisite: Advanced standing in dietetics. Corequisite: DIE 4435. (S)

DIE 4506 Seminar in Dietetics and Nutrition (3). Professional skills development for career effectiveness in today’s job world; emphasis on speaking and writing related to contemporary nutrition issues. Majors only, senior standing. (F,S,SS)

DIE 4536 Advanced Practicum in Dietetics (9). In-depth study combining theoretical concepts and clinical experience. Learning experience planned cooperatively by the student, campus instructor, and clinical instructor to meet student needs and goals. Prerequisites: DIE 4246, DIE 4277, and permission of Director of the Coordinated Program. Clinical component: Open only to students in the Coordinated Program. (S)

DIE 4537 Specialized Dietetic Practicum (3). Practice in a specialized area such as Pediatrics, Diabetes, etc. Prerequisites: Nutrition II, and Clinical Nutrition. (SS)

DIE 4564 Independent Senior Research in Dietetics (3). Research methodology for planning, conducting and analyzing a study in applied dietetics. Students will design a protocol, collect data, analyze and present results/conclusions. (F)

DIE 4963 Comprehensive Dietetic Examination (0). A comprehensive examination of the dietetics and nutrition curriculum. Prerequisite: Senior standing. (F,S,SS)

FOS 3004 Food and the Consumer (3). Study of purchasing, storage, and preparation of food. Consideration of life style influences on food choices. Designed to develop skills in purchasing and preparing foods to meet personal, social, and physical needs. Demonstration laboratory included.

FOS 3021 Fundamentals of Food (3). Study of selection, processing, and preparation of food with attention to quality and nutrient retention. Corequisite: FOS 3021L. (F,SS)

FOS 3021L Fundamentals of Food Laboratory (1). Techniques of food preparation to maintain nutrients and food quality. Corequisite: FOS 3021. (F,SS)

FOS 4041 Food Science (3). Physical and chemical changes in food occurring as a result of various methods of processing, preparation, and storage. Prerequisites: Organic Chemistry, HUN 3122 or HUN 2201, FOS 3021, or equivalents. Corequisite: FOS 4041L. (S)

FOS 4041L Food Science Laboratory (1). Experimental laboratory in the physical and chemical characteristics of food. Corequisite: FOS 4041. (S)

FSS 3316 Food Science For Institutions (3). Proper food handling in institutional settings with use of sound management principles closely coordinated with food science advances and government regulations. Laboratory and field trips to strengthen theoretical concepts. Prerequisite: FOS 3021.


HUN 2000L Foundations of Nutrition Science Laboratory (1). To apply the scientific method to nutrition science as it relates to human physiology, physiological chemistry, food chemistry and biotechnology. Corequisite: Foundations of Nutrition Science.

HUN 2201 Principles of Nutrition (3). Nutrients and their interrelationships, requirements of individuals, and food sources. Investigates current controversies, fads/fallacies, and health related issues. Recommended for non-majors. (F,S,SS)


HUN 3122 Applied Nutrition (3). Study of the scientific principles of nutrition and impact of culture on nutrition and health. Recommended for Junior-Senior non-majors. (F,SS)

HUN 3191 World Nutrition (3). Exploration of food production, distribution, and consumption patterns of selected nations. Analysis of variables affecting nutritional intake and change, and hunger. (F,SS)

HUN 3294 Women’s Nutrition Issues (3). Focus is on women, health and nutrition. Covers nutrition throughout women’s life cycle, principles of absorption, digestion, metabolism, food composition, local to international issues. New labeling laws, current nutrition research. (F)

HUN 3414 Nutrition for the Athlete (3). Exploration of nutrition in the enhancement of health and athletic performance. Nutrition claims targeted to the exercising population will be evaluated. Prerequisite: HUN 2201.

HUN 4240 Nutrition and Biochemistry (3). Study of the relationship of nutrition and biochemistry with emphasis on digestion, absorption, metabolism of nutrients, and determination of norms. Prerequisites: Organic Chemistry concurrent or prerequisite and Junior standing. (F,SS)

HUN 4241 Advanced Nutrition (3). Roles of nutrients in metabolic processes. Effects of excesses and deficiencies. Prerequisites: Organic Chemistry, Physiology, Biochemistry, and HUN 2201 or equivalent. (F)

HUN 4403 Life Cycle Nutrition (3). Nutrient requirements, dietary adequacy, food habits, special nutritional concerns during pregnancy, infancy, childhood, adolescence, and adulthood including aging. Prerequisites: HUN 2201 or HUN 3122. (F,S)