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Human Nutrition and Dietetics

Nutrition is an exciting and expanding field. In fact, according to the US Bureau of Labor Statistics, this field is expected to grow at a faster rate compared to other careers. The study of Human Nutrition exemplifies the intricate relationships between diet, health, and disease. The Human Nutrition & Dietetics (HND) major is part of the School of Human Sciences and offers two specializations: Didactic Program in Dietetics (DPD); and Nutrition for Wellness (NW). Admission to the HND major follows general undergraduate admission requirements outlined in this catalog.

Bachelor of Science Degree in Human Nutrition and Dietetics Requirements

Degree Requirements	Credit Hours
University Core Curriculum Requirements	39
Requirements for Major in Human Nutrition and Dietetics	32
PSYC 102, MATH 108, UNIV 101I ¹	7
PLB 115/ZOOL 115	(3)
CHEM 140A, CHEM 140B ²	(3)+5
PHIL 104	(3)
MICR 201	4
QUAN 402, MATH 282, ABE 318, or PSYC 211	3-4
PHSL 201 and PHSL 208	4
HND 100, HND 101, HND 320, HND 356, HND 425, HND 475, HND 485	(2)+16
Additional Requirements for Didactic Program in Dietetics	49
AH 105	2
HND 321, HND 400, HND 410, HND 470, HND 472, HND 480	16
HTA 156, 206, HTA 360, HTA 373	11

Degree Requirements	Credit Hours
MKTG 304	3
PSYC 323	3
Electives	11
Additional Requirements for Dietetics/Pre-Nursing (DPN)	8
ZOOL 118 ³	(3)+1
PHSL 301	4
CMST 262	3
Electives	5
Additional Requirements for Nutrition for Wellness (NW)	49
AH 105	2
KIN 201	3
HTA 206	(1)
HED 311, HED 312	6
HND 321, HND 410, HND 445, HND 495	12
Approved Electives	25
Total	120

¹ The numbers in parentheses are counted as part of the 39-hour University Core Curriculum. MATH 109, MATH 111 or MATH 150 may be substituted.

² CHEM 200/CHEM 201 or CHEM 210/CHEM 211 may be substituted.

³ Replaces ZOOL 115/PLB 115.

Didactic Program in Dietetics Specialization (DPD)

The DPD specialization is designed specifically for those wanting to become registered dietitians (RD). The first step to become a registered dietitian (RD) and/or licensed dietitian/nutritionist (LDN) requires successful completion of an ACEND-accredited DPD program. To become a RD or LDN the following qualifications apply:

1. Baccalaureate degree or post-baccalaureate degree in human nutrition, food and nutrition, dietetics, food systems management, nutrition education, or equivalent from an accredited University.
2. 1200 hours of supervised practice in an ACEND-accredited Dietetic Internship to obtain RD status, and 900 hours of supervised practice to obtain LDN status.
3. Successful completion of a professional examination.
4. Continuing education.

Please note: Effective January 1, 2024, the Commission on Dietetic Registration (CDR) will require a minimum of a master's degree to be eligible to take the credentialing exam to become a registered dietitian nutritionist (RDN).

The SIU DPD program is fully accredited by the Accreditation Council for Education in Nutrition and Dietetics (ACEND), 120 South Riverside Plaza, Suite 2190, Chicago, Illinois 60606-6995, Phone 312-899-5400. As a DPD student it is of utmost importance that significant dietetic work experience (paid or volunteer), exceptional academic performance (overall GPA>2.85), and involvement in extracurricular activities are acquired.

All DPD students are required to maintain at least a 2.85 (on a 4.0 scale) cumulative GPA and a 3.0 in HND courses to remain in the DPD program. If a student's GPA drops below minimum requirements, they will be placed on departmental probation and have one semester to reestablish the minimum requirements (2.85 cumulative GPA and a 3.0 in HND courses). If a student is unable to reach the requirements within this time-frame, he/she will be transferred to the Nutrition for Wellness Specialization (NW). Once the desired GPA is obtained, readmission to the DPD program will be granted.

The DPD specialization is guided by an advisory committee comprised of practicing registered dietitians, food service managers, dietetic internship preceptors, and educators who provide expertise to ensure a curriculum that meets ACEND Standards of Education as well as fully prepares graduates to apply for admission into a DI or ISPP. Employment opportunities for RDs have grown exponentially over the past couple of decades. In addition to traditional careers in dietetics (clinical, management, and community), non-traditional careers such as nutrition coaching, corporate dietetics, wellness, private practice, education, government/politics, book authoring, and health promotion are just a few of the newer opportunities on the horizon. Additional information regarding this specialization can be found at coas.siu.edu/academics/bachelors/human-nutrition/didactic-program.

Nutrition for Wellness Specialization (NW)

Interest in sports nutrition and wellness is rapidly growing. Employment may comprise working with a healthy, active, and highly competitive population, or pursuing to acquire or reestablish a dynamic, healthy lifestyle. Individuals aspiring to become Registered Dietitians must also complete the DPD specialization to qualify to apply for a post-baccalaureate DI or ISPP. Combining the DPD and NW specializations may require additional semesters and more than 120 credit hours. Individuals wishing to provide nutrition counseling or medical nutrition therapy must be a Registered Dietitian and/or licensed in their state of residence.

Human Nutrition and Dietetics Courses

HND100 - Careers in Dietetics 100-1 Careers in Dietetics. Overview of the diverse career options in dietetics from the perspective of guest speakers, readings, and assignments. Required courses and skills that characterize the dietetic professional will be reviewed. Restricted to HND major or consent of instructor.

HND101 - Personal Nutrition 101-2 Personal Nutrition. (University Core Curriculum) This course integrates nutrition and promotion of health through prevention of disease and will answer questions found daily in the media regarding nutrition. Topics emphasized are functions of basic nutrients, impact of culture, gender, ethnicity, social environments and lifestyle on nutrition and health.

HND206 - Food Service Sanitation 206-1 Food Service Sanitation. (Same as HTEM 206) Basic sanitation principles and application in food service. Employee sanitation training, sanitation standards and safety regulations in the food service will be part of the course. Upon completion of the course, students will be eligible for the sanitation certificate national exam. Grade of C or better required.

HND215 - Introduction to Nutrition 215-2 Introduction to Nutrition. (Same as ANS 215) An up-to-date study of basic principles of nutrition including classification of nutrients (physical and chemical properties) and their uses in order to provide the student a working knowledge of nutrition in today's environment.

HND247A - School Lunch Program-Purchase 247A-1 The School Lunch Program-Food Purchasing.

HND247B - School Lunch Program-Qty Fd Pr 247B-1 The School Lunch Program-Quantity Food Production.

HND247C - School Lunch Program-Nutr Prac 247C-1 The School Lunch Program-Nutrition Practices in the School Lunchroom.

HND256 - Science of Food 256-5 Science of Food. Application of scientific principles including preparation, chemistry, functions, and interrelationships in ingredients and their effects on physical, chemical, and sensory characteristics of foods. Three lectures and two three-hour laboratories per week. Prerequisite: CHEM 140A or 200 and 201.

HND300 - Dining in Ancient World 300-3 Wining and Dining in the Ancient World. Since the beginning of time, food and drink have been basic needs for every human being. This course will take you back in time to explore ancient dietary customs and symbolism, including how materials for food and drink were gathered, processed and prepared, and their influence on health. We will explore fermentation as a processing and preservation method and examine evidence of the impact of fermentation on the agricultural revolution and the dawn of civilization.

HND320 - Foundations Human Nutrition 320-3 Foundations of Human Nutrition. Principles of human nutrition in relation to intermediary metabolism and the role of vitamins and minerals. Prerequisite: HND 101, CHEM 140A or CHEM 200 and 201.

HND321 - Nutrition Care Process 321-3 Nutrition Care Process in Practice. Application of the nutrition care process to assess nutrition status, formulate nutrition diagnosis, create intervention strategies such as meal plans, foster counseling skills, and monitor health outcomes. Prerequisite: HND 320 or equivalent. Restricted to HND major.

HND356 - Experimental Foods 356-3 Experimental Foods. Experimental approach to the study of food science including factors influencing the interrelationships of ingredients and their effects on physical, chemical, and sensory characteristics of food. Prerequisites: HND/HTEM 206 or sanitation certification, HND/HTEM 360. Lab fee: \$30.

HND360 - Quantity Food Production 360-4 Quantity Food Production. (Same as HTEM 360) Basic principles of foodservice management and its application to volume food production, menu development, food safety, procurement, kitchen equipment, customer service, marketing and finance will be covered during the semester. A basic cooking lab will provide hands-on experience in food preparation. A grade of C or better required. Prerequisite: HTEM 202, HTEM 206 or HND 206 or concurrent enrollment. Restricted to sophomore standing. Lab fee: \$30.

HND371 - Field Experience 371-2 Field Experience. Opportunity for supervised learning experiences in the student's major. Restricted to food and nutrition majors only, sophomore status. Special approval needed from internship coordinator.

HND373 - Food & Labor Cost Control 373-3 Food and Labor Cost Control. (Same as HTEM 373) Examination of the managerial responsibilities of the food and beverage manager in the hospitality operation. Management methods in budgeting, forecasting, cost control, and establishing operational policies and systems. A grade of C or better required. Prerequisites: HTEM 206 or HND 206 or concurrent enrollment. Restricted to sophomore standing. Lab fee: \$30.

HND390 - Special Studies in HND 390-1 to 4 Special Studies in Human Nutrition and Dietetics. Enables students to pursue personal research interests in the human nutrition and dietetics area. Restricted to juniors and seniors only. Special approval needed from the department.

HND400 - Career Development 400-1 Career Development. Review of the post-baccalaureate accredited Internship Program application process. Not for graduate credit. Prerequisite: HND 100. Restricted to senior status.

HND410 - Nutrition & Wellness Ed 410-3 Nutrition and Wellness Education. This course explores research, theories and practices that influence human health behavior. Educational principles associated with behavior change including health literacy, assessing populations at risk, and designing effective

health communication strategies are examined. Theories to explain human behavior, such as the Health Belief Model, Social Cognitive Theory, Transtheoretical Model, and Social Ecological Model will be studied, particularly as they relate to health education programming and how individual behavior is influenced. Prerequisite: HND 321.

HND420 - Recent Developments Nutrition 420-3 Recent Developments in Nutrition. Critical study of current scientific literature in nutrition. Prerequisite: HND 320.

HND425 - Nutrition Biochemistry 425-3 Biochemical Aspects in Nutrition. (Same as ANS 425) The interrelationship of cell physiology, metabolism and nutrition as related to energy and nutrient utilization, including host needs and biochemical disorders and diseases requiring specific nutritional considerations. Prerequisite: ANS 215 or HND 320, CHEM 140B, PHSL 201 and 208.

HND445 - Nutr for Sport & Exercise 445-3 Nutrition for Sport and Exercise. This course presents the metabolic and physiologic basis for macronutrient and micronutrient requirements during training, competition/performance, and recovery. The course begins with a brief overview of nutrition and exercise metabolism, followed by examination of nutritional requirements for sport and exercise, and concluding with a discussion of the practical aspects of nutrition related to athletes and exercise enthusiasts. Restricted to Junior, Senior, or Graduate Standing or permission of instructor.

HND461 - Service Organization & Mgmt 461-3 Service Organization and Management. (Same as HTEM 461) Managerial aspects of the hospitality industry as related to provision of quality service. Organizational structures, management techniques, decision-making abilities, ethics, leadership, and human resource issues are examined. A grade of C or better required. Prerequisite: HTEM 202, HTEM 380 with a grade of C or better. Restricted to junior standing or consent.

HND470 - Medical Nutrition Therapy I 470-3 Medical Nutrition Therapy I. This is the first in a 2-course sequence of the study of pathophysiology and principles of medical nutrition therapy for various disease states. Application of Nutrition Care Process, nutrition screening and assessment, and medical record documentation. Prerequisite: HND 320, HND 321, AH 105, CHEM 140B, PHSL 201 and 208. Restricted to HND students.

HND472 - Medical Nutrition Therapy II 472-3 Medical Nutrition Therapy II. The continued study of pathophysiology and principles of medical nutrition therapy for various disease states. Application of Nutrition Care Process, nutrition screening and assessment, and medical record documentation. Prerequisite: HND 470. Restricted to HND majors.

HND475 - Nutrition Through Life Cycle 475-3 Nutrition Through the Life Cycle. This course will review nutrition during major phases of the life cycle. It will include units on: women's health during the preconception period pregnancy and lactation; infancy; childhood; adolescence; and older adults (65+). Students will complete life cycle projects and case studies for each phase of life throughout the course. Prerequisite: HND 320. Restricted to HND major.

HND480 - Community Nutrition 480-3 Community Nutrition. This course will provide a general foundation of Community Nutrition and how the Registered Dietitian/Community Nutritionist works in a community setting. This course will cover areas such as determining needs for nutrition education/intervention, public policy, supplemental nutrition programs, funding and grant writing. Prerequisite: HND 475. Restricted to HND major.

HND485 - Advanced Nutrition 485-3 Advanced Nutrition. This course applies advanced principles of biochemistry and physiology to expand on basic nutrition information and explains the role of nutrients from cellular and mechanistic aspects. Prerequisite: HND 320, 425.

HND490 - Practicum Sport Nutr & Welnes 490-3 Practicum in Sport Nutrition and Wellness. This is an opportunity to gain field experience in wellness and sports nutrition and collaborate with peers to share experiences and work through a variety of problems. It is a "capstone" course: one that brings together the theory, knowledge, and skills that you've gained through completion of the Nutrition curriculum that you may apply in a live setting. The goal of this course is to expose students to a variety of situations they may encounter in a wellness and/or sports nutrition profession. Restricted to senior standing or instructor approval.

HND495 - Nutrition and Obesity 495-3 Nutrition and Obesity. This course will examine the multifactorial etiology of obesity, its corresponding health consequences, and the role of diet in prevention and treatment of obesity and its related comorbidities. At the end of this course, students will be able to (i) understand basic physiological and metabolic concepts underlying the development of obesity; (ii) discuss the health consequences of obesity across the lifespan; and (iii) describe the nutrition-related approaches for prevention and treatment of obesity. Prerequisite: HND 425 or concurrent enrollment.

Human Nutrition and Dietetics Faculty

Ashraf, Hea-Ran L., Professor, Emerita, Ph.D., Iowa State University, 1979.

Banz, William J., Professor, Ph.D., University of Tennessee, 1995.

Endres, Jeannette M., Professor, Emerita, Ph.D., St. Louis University, 1972.

Gill, Lynn, Instructor, M.S., Southern Illinois University Carbondale, 1996.

Green, Brenda Harsha, Instructor, M.S., Southern Illinois University, 2000.

Hasin, Afroza, Instructor, Ph.D., Southern Illinois University, 2015.

Null, Dawn Bloyd, Assistant Professor, Ph.D. Southern Illinois University, 2012.

Roth, Sara Long, Professor, Emerita, Ph.D., Southern Illinois University Carbondale, 1991.

Welch, Patricia, Professor, Emerita, Ph.D., Southern Illinois University, 1982.

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Catalog Year Statement:

Students starting their collegiate training during the period of time covered by this catalog (see bottom of this page) are subject to the curricular requirements as specified herein. The requirements herein will extend for a seven calendar-year period from the date of entry for baccalaureate programs and three years for associate programs. Should the University change the course requirements contained herein subsequently, students are assured that necessary adjustments will be made so that no additional time is required of them.