

Sam Houston State University Food Science & Nutrition Program

2022 - 2023 Handbook



Human Sciences
COLLEGE OF HEALTH SCIENCES
SAM HOUSTON STATE UNIVERSITY



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Welcome!

Welcome to the Bachelor of Science program in Food Science and Nutrition (FSN-DP) at SHSU. This handbook provides students in the program with additional guidance and contains important FSN-DP policies.

The FSN-DP is a 120-credit hour baccalaureate science-based program that educates students through traditional coursework and applicable laboratory and experiential learning activities in the areas of foods and nutrition, medical nutrition therapy, community nutrition, nutrition education and food service. Topics include food selection, preparation, and quantity production for individuals at all stages of the lifespan, and management of human resources and food systems. Students learn the science and art of the practice of dietetics by applying the natural and behavioral sciences such as physiology, chemistry, and psychology to the practice of medical nutrition therapy. Students will be able to apply these concepts in communities to study the role that diet plays in the prevention of diseases. Health care delivery methods, professional ethics, and advocacy are also explored. A variety of teaching modalities are utilized to ensure student learning including experiential and interprofessional learning, simulation activities, case studies, team projects and participation in research. Students are guided through the program by experienced faculty with diverse backgrounds and research interests.

Employment Outlook

According to the U.S. Bureau of Labor Statistics, *Occupational Outlook Handbook* (<https://www.bls.gov/oes/current/oes291031.htm> March 6, 2021) the employment of dietitians and nutritionists is projected to grow 7% percent from 2021 to 2031 (<https://www.bls.gov/ooh/healthcare/dietitians-and-nutritionists.htm>) faster than average for all occupations (5%). The role of food in preventing and treating illnesses, such as diabetes, is well known. More dietitians and nutritionists are needed to provide care for patients with various medical conditions and to advise people who want to improve their overall health.

The median income for registered dietitian nutritionist in the United States working full-time in the field is \$70,000.00 per year (<https://dx.doi.org/10.1016/j.jand.2021.08.113>). As with any health care profession, salaries vary by years of experience in the field, region of the country, demand and supply, employment settings and scope of responsibility.



Becoming a Registered Dietitian Nutritionist

The Registered Dietitian Nutritionist (RDN) is recognized as the food and nutrition expert. Many jobs in nutrition require the RDN credential to be considered for employment. RDN's work in a wide variety of settings including hospitals or other health-care facilities, sports nutrition and corporate wellness programs, private practice, community and public health settings, universities, and medical centers, and in research areas. Some RDN's hold additional certifications in specialized areas of practice such as pediatric or renal nutrition, sports dietetics, diabetes education, and nutrition support.

Many students in the FSN-DP pursue the RDN credential. The educational and professional requirements to become a Registered Dietitian Nutritionist include:

1. **Completion of a minimum of a bachelor's degree** at a U.S. regionally accredited university or college and course work accredited by the Accreditation Council for Education in Nutrition and Dietetics (ACEND) of the Academy of Nutrition and Dietetics.
2. **Receipt of a verification statement** from such an accredited program.
3. **Completion of an ACEND-accredited supervised practice program** consisting of a minimum of 1200 hours of supervised practice. Beginning **January 1, 2024**, a graduate degree will be the minimum degree requirement for those seeking to become eligible for the registration examination for dietitians.
4. **Passage of a national examination** administered by the Commission on Dietetic Registration (CDR). For more information regarding the examination, refer to CDR's website at www.cdrnet.org

More information is located at the program webpage:

<https://www.shsu.edu/academics/health-sciences/human-sciences/graduate/msdi/registered-dietitian-nutritionist-rdn.html>

The FSN-DP assists qualified students with completion of the first two steps. Students will earn a verification statement upon successful completion of the B.S. degree in Food Science and Nutrition, earning a minimum overall GPA of 3.0, a FSN-DP GPA of 3.0 or better (Appendix A), and a "C" or better in all FACS courses. As of 2022, students are required to achieve all knowledge requirements (KRDNs) during the DPD to receive verification statement. KRDN learning assignments are linked to SHSU courses and visible on course syllabi. SHSU faculty provide opportunities to achieve KRDNs in learning assignments. Students are encouraged to achieve all KRDNs assigned to each course **during the semester that the course is taken**. If the student fails to achieve the KRDN, he/she must make arrangements with the course instructor



to remediate the KRDN as soon as possible while enrolled in the course. Students must complete upper-level courses within 5 years prior to the FSN-DP completion date. Sam Houston State University does not guarantee dietetic internship placement or selection.

Successful completion of the FSN-DP also prepares students to take the Registration Examination for Dietetic Technicians. Students must have also earned a verification statement as described above to qualify to take this exam.

Beginning January 1, 2024, a graduate degree will be the minimum degree requirement for those seeking to become eligible for the registration examination for dietitians. For more information on becoming a Registered Dietitian Nutritionist (RDN) or Dietetic Technician, Registered (DTR), explore <https://www.eatright.org/become-an-rdn-or-ndtr>.

The SHSU Food Science and Nutrition - Dietetics Program (FSN-DP) Accreditation Status

The FSN-DP is accredited by the Accreditation Council for Education in Nutrition and Dietetics (ACEND) of the Academy of Nutrition and Dietetics; 120 South Riverside Plaza, Suite 2190; Chicago, IL 60606-6995; 1-800-877-1600 x5400.
www.eatrightpro.org/acend.

Mission and Goals

The Food Science and Nutrition-Dietetics Program at Sam Houston State University is an inclusive program whose mission is to provide quality scholarship and community service opportunities to a diverse student body in order to complete the knowledge requirements set by the Accreditation Council for Education in Nutrition and Dietetics (ACEND) so that *each graduate is prepared for supervised practice leading to eligibility for the CDR credentialing exam in order to become a registered dietitian leading to a global marketplace meeting individual and family needs in the food or healthcare industry.*

FSN-DPD Goals and Objectives

The FSN-DP has established two goals with specific measurable objectives that assess the achievements of the program and the students in the program. They are also used to for continuous program improvement planning. Data is collected on an on-going basis. Program outcome data is available upon request.



Program Goal #1

Graduates will be prepared to perform competitively in a dietetic internship or supervised practice program for further education as an entry level dietitian.

Program Objectives for Goal #1

1. Fifty percent (50%) of program graduates will apply for admission to a supervised practice program prior to or within 12 months of graduation.
2. Of program graduates who apply to a supervised practice program, at least 30 percent will be admitted within 12 months of graduation.
3. The program's one-year pass rate (graduates who pass the registration exam within one year of first attempt) on the CDR credentialing exam for dietitian nutritionists is at least 80%.
4. Of graduates completing supervised practice programs at least 70% will apply and be accepted to graduate programs within one year of completing the supervised practice program.

Program Goal #2

Graduates will choose to work in nutrition and food related careers upon completion of internship or supervised practice.

Program Objectives for Goal #2

1. Of program graduates 50% will indicate with a satisfactory response or better that the DPD program prepared them for their supervised practice and career as a Registered Dietitian, other healthcare industry, food science, manufacturing, or food distribution employee.
2. At least 80% of program graduates complete the program/degree requirements within 150% of the program length.
3. Fifty percent (50%) of Supervised Practice Program Directors will indicate on surveys satisfactory or better performance in the workplace, performance in the Dietetic Internship or in community service.



4. All DPD program graduates who have a GPA of at least 3.0 and who choose not to enter a dietetic internship will obtain a Verification Statement at the completion of the DPD coursework.

Admission Requirements

A student may enter the FSN-DP as a freshman, transfer student, or as a change of major (internal transfer) at Sam Houston State University. The current general admission guidelines for incoming freshman and external transfer students are available at <http://www.shsu.edu/admissions/>. Change of major and transfer students must have a GPA of 2.8 or better to declare Food Science and Nutrition as their major.

Transfer and Review of Previous Coursework

When students transfer to Sam Houston State University, they are often met by an advisor at the Sam Center for advisement. They may be directed to the FSN-DP Director with their degree plan for mentoring. Efforts are taken to assure all prior learning has been reviewed and evaluated. The FSN-DP director can determine if any FSN-DP courses or content has been achieved at other universities. It is important that transfer students meet with the program director as soon as possible to make this determination.

Assessment of Prior Learning

All students are required to meet both the University and major degree requirements to graduate regardless of new freshman, transfer, or post baccalaureate status. Students will receive assistance from the Sam Center advisor and the FSN-DP Director to integrate FSN-DP course requirements into their plan of study and after declaring their major. Assessment of prior learning begins with the University's Office of Admissions who initially conducts transcript evaluations for prospective and incoming transfer students.

International Students

International students frequently graduate with a degree in dietetics and return to their native countries after graduation, while others remain to complete their training to become an RDN. If you are interested in obtaining the RDN credential, it is important to start planning early to be able to successfully complete a Dietetic Internship within the time frame allowed by your VISA. You should plan on completing the supervised practice as



soon as possible after graduating from Sam Houston State University. Sam Houston State's Office of International Programs can assist you in making plans to complete your training with an extended Visa. Please visit their website or go by their office for an appointment. Many students find that their RDN credential is an advantage once they return to their native country to seek employment and is recognized by the International Congress of Dietetics.

Verification Statement Policy

To be eligible to receive an *ACEND Verification Statement of FSN-DP Program Completion*, students in the FSN-DP at Sam Houston State University must have a minimum GPA of 3.0 overall, a FSN-DP GPA of 3.0 or better, and a "C" or better in all FACS courses. Upper level courses must have been completed in the previous 5 years. Students are required to achieve all knowledge requirements (KRDNs) during the DPD to receive a verification statement. Opportunities are provided to remediate the KRDN assignments during the semester if necessary. A list of the KRDN's is included in the Appendix. The FSN-DP Director will issue the *Verification Statement* once the FSN degree has been conferred on the student's academic transcript (usually one month after the end of the semester). An official copy of the *Verification Statement* is required to begin a dietetic internship. Receipt of the Verification Statement does not guarantee an ACEND-accredited dietetic internship. Students who do not meet the grade point requirement for a *Verification Statement* but satisfy graduation requirements will graduate with a Bachelor of Science in Food Science and Nutrition. Sam Houston State University does not guarantee dietetic internship placement or selection.

A list of the courses used to determine the FSN-DP GPA can be found in Appendix A.



Advising

The advising process is designed to help students make important decisions related to their academic progress at the University. At SHSU, each student is advised at the Sam Center. They will assist with meeting the University's general education requirements. Students in the Bachelor of Science in Food Science and Nutrition program will also be mentored by the FSN-DP Director, beginning the second semester of their sophomore year.

Below are some guidelines to follow throughout the year.

When to see your advisor:

- To discuss problems that might affect your academic performance
- To select courses for the upcoming semester
- To discuss your academic progress
- To discuss dropping a class
- To discuss volunteer opportunities, work opportunities, scholarship applications, research opportunities and community events that could enhance the dietetic application packet
- To discuss career considerations
- To find out more about a particular major and/or minor option
- To identify your progress in making your application for the dietetic internship a viable application

Student Progression

Formal assessment of student learning and regular reports of performance and progress occurs at specified intervals throughout the program, such as within and at the conclusion of a given course, unit, or segment of a planned learning experience.

- Volunteerism and Advocacy will be reviewed during program meetings, SHSDA meetings, in courses, and during advising sessions.
- Study Groups and Peer Teaching Assignments are encouraged on numerous projects in class assignments.
- Students are expected to adhere to all dress codes and policies related to the student Code of Conduct for SHSU. In addition, syllabi may have additional dress codes related to specific courses. The FSN-DP program also has dress code expectations for students when representing the program outside of campus and when guests are visiting the program.



Retention and Remediation Procedures

Students who fail to maintain an overall GPA of a 3.0 or fail to achieve KRDNs will meet with the FSN-DP Director to discuss guidance regarding plans for immediate improvement, and/or changes in the overall academic plan. This may include planning for other food and nutrition careers or consideration of a change in the degree plan. Considering another degree will be discussed at this time. The path for utilizing the FSN-DP program area for completing the Dietetic Technician Registered credential may be suggested.

FSN Program Surveys (graduation and one-year post-graduation)

A few weeks prior to graduation, all students are required to participate in a program evaluation survey and an exit evaluation. These are vital to assist in program improvement efforts. Survey responses are anonymous and are aggregated with other graduating classes for that academic year. Also, the DPD program contacts students one year after graduation to complete a program survey relative to the student's experience with DPD preparation for supervised practice, graduate school, or work in the nutrition field. Lastly, the DPD program surveys Program Directors in supervised practice, graduate school, and employment for their feedback about SHSU student performance and evaluates data for program improvement.

Student Professionalism

Dress Codes

Students are expected to be dressed and groomed in a manner appropriate to the profession at all times. Students should maintain a neat and professional appearance. Remember, when wearing University and FSN-DP program attire, you are representing the university and our program. When in outside facilities, you are a guest and should abide by those facilities policies. Please seek additional guidance from faculty for specific activities. It is important to note, that many guests of the program and many facilities you may visit are potential employers!

Classroom Etiquette

Students should follow the classroom guidelines delineated by course faculty in their syllabi. FSN-DP majors should be reminded that program faculty will be asked to evaluate your academic professionalism for your internship application.

Basic classroom etiquette includes:

1. Punctuality - if you are late for any reason, do not disturb the activities of the class. Quietly enter and sit in the first available spot close to the door or at



the back of the classroom.

2. Conversations during class when faculty or fellow students are speaking are unacceptable.
3. Be prepared, read instructions carefully and follow them.
4. Communication with faculty should be professional and appropriate salutations should be used, do not use texting slang or abbreviations.

Academic Guidelines and Policies

Grades Matter

An overall GPA of 3.2 is typically necessary to be considered a viable applicant and selected into a DI program. The acceptance of most DI programs is a GPA of 3.3-3.4 on the average. The DPD course list is divided between the DPD nutrition and professional classes and the natural science courses. It is necessary for DPD students to have at least a B average in the DPD courses to confirm understanding of the KRDN's and show a mastering of the knowledge and skills to perform in the CRDN's during the DI program. To see a list of the DPD/Science courses required, please view appendix A of the DPD Handbook. **If the DPD student fails to maintain a GPA of 3.0 or above or if the student repeatedly fails KRDN assessments, the student will be instructed to meet with the DPD Director and/or advisor to receive additional guidance regarding improvement of performance and review long-term plans, retaking courses, and other specific activities to improve scholastically and enhance the DI application packet. Retention policies of SHSU are located at the following link:**

<http://catalog.shsu.edu/undergraduate/support-services/academic-support-services/#success-center>
<https://www.shsu.edu/dept/enrollment-management/>

Student Complaints and Grievance Procedures

Student complaints are reviewed on a case-by-case basis. It is an expectation that students have conferred with the faculty member, the program director and the Chair of Family and Consumer Sciences to resolve the grievance. Students also have a grievance committee they can appeal to for unresolved issues. The grievance procedures are provided to students for individual acts of unlawful discrimination, including discriminatory academic evaluation by faculty or administrative personnel in the teacher/student relationship and are not limited to defamatory statements made by faculty members in class or by other employees in the course of their work, which demean or insult individuals because of their race, gender, heritage, national origin, disability or otherwise covered characteristic. Sam Houston State strives to respect and



embrace all ethnic and cultural diversity in the composition of its students.

Submission of Written Complaints to ACEND

After all avenues with SHSU and the FSN-FSN-DP Program have been exhausted and the student does not consider the complaint to be satisfactorily resolved, the student may submit their complaint or grievance in writing to ACEND. ACEND will only review complaints that relate to a program's compliance with ACEND accreditation standards. The Commission is interested in sustained quality and continuous improvement of dietetics education programs, but does not intervene on behalf of individuals, or act as a court of appeal for individuals in matters of admission, appointment, promotion, or dismissal of faculty, staff, or students. More information can be found on the ACEND website: <http://www.eatrightpro.org/acend>.

Disciplinary and Termination Procedure

If any student within the Department of Human Sciences deliberately participates in conduct unbecoming to the department, college, practice setting or the profession and or is unethical or work submitted by the student is dishonest several disciplinary sanctions could be imposed such as a verbal warning, written warning, academic probation, suspension, expulsion and/or restitution. The Academic Integrity Code of Sam Houston State University will be used as a guide. Any willful cheating, plagiarizing, falsification of records, assisting others in the above acts, intimidation actions toward students, professors, instructors, department chairs or the administration could lead to dismissal from the program.

Distance Instruction and Online Testing

SHSU uses Blackboard for delivery of distance education and the Lockdown Browser for online testing. The Lockdown Browser secures the exam environment within certain Blackboard courses. When it is used during an online exam, you are unable to go to other URLs, switch applications, take screenshots, copy questions or print. Some faculty require this on their exams. The Lockdown Browser can only be accessed after logging into your Blackboard account if you are using a traditional computer: for more information, please contact the SHSU Online Support Desk. <https://www.shsu.edu/dept/client-services/service-desk.html>.



Academic Calendar:

Students enrolled in the FSN-DP follow the University academic calendar available at https://www.shsu.edu/dept/registrar/calendars/academic_calendar.html

Withdrawal and Refund of Tuition and Fees

Students choosing to withdraw from a course, or the University may be eligible for a refund of tuition and fees. For more information, visit the Office of the Registrar's website at: www.shsu.edu/dept/registrar/students/registration/drop-resignations-and-refund-policies.html

Insurance Requirement

Student Health Insurance: Students are strongly encouraged to have medical insurance coverage or subscribe to the medical insurance program offered by Sam Houston State University Health Center (<http://shsu.myahpcare.com/>) while in the program.



Experiential Learning

Experiential learning allows for hand-on learning to enhance the educational process. This is planned with on- and off-campus partners, and it includes food service experiences, community nutrition projects, and working in the Nutrition Assessment and Counseling Center.

Liability for safety in travel to and from assigned areas

Students are responsible for providing his/her transportation to and from the experiential learning sites and responsible for payment of any parking fees incurred while at the facility.

Injury or illness while in a facility for experiential learning

Students that are injured or become ill while in a facility during a scheduled experience will follow the protocol for that facility. In the event of a major injury or illness, the FSN-DP Director should be notified. Students are responsible for all healthcare costs associated with any experiential learning experience related injury or illness they sustain while enrolled in the program.

SHSU is not liable for injuries or illness that arise from the student spending time at experiential learning sites or from the student traveling to/from the site.

TB Screening, Drug testing and background checks

Students may be assigned to facilities that require additional testing to participate in experiences in their facility. Students may be assigned to facilities that require drug testing. The student is responsible for arranging and paying for of any drug testing that the supervised practice site may require. Many of the supervised practice facilities require background checks. Students will be responsible for the cost of this check unless the facility assumes the cost.

If the site requires additional testing, the FSN-DP Director or the facility will inform the student of the additional requirements. The student is responsible for arranging and paying for of any additional testing the site may require.



Students will not be used to replace employees

SHSU students completing experiential learning experiences will not be used to replace employees in any facility. The educational training given to the student during these experiences is for the benefit of the student, who works under the supervision of the preceptor and does not replace regular employees.

Protection of Privacy of Student Information

All academic files are kept in the office of the FSN-DP Director and Degree Works computer system at Sam Houston State and available upon request by the student. (No one has the right to request academic information unless the student provides permission.)

Non-Discrimination Policy

Title VI and VII of the Civil Rights Act of 1964, Title IX of the Education Amendments of 1972, Section 504 of the Rehabilitation Act of 1973 and the Executive Order 11246, in compliance with Sam Houston State University policies is open to all persons regardless of race, creed, color, religion, gender, national origin, age or disability who are otherwise eligible for admission as students. Sam Houston State does not discriminate based on disability in admission, acceptance, or access to any of its programs. Sam Houston State University is an Equal Opportunity/Affirmative Action Employer and no applicant or employee will be discriminated against because of race, heritage, creed, color, age, religion, gender, national origin, disability or in any personnel action. Sam Houston State University is committed to Equal Employment Opportunity and Affirmative Action in recruitment of its students and employees and does not discriminate on the basis of the race, heritage, color, religious beliefs, gender, age, national origin, veteran status, or mental and or physical disability. United States citizens and aliens lawfully authorized to attend school and work are greeted with the motto of Texas Friendship. A compliance officer in HR is available to discuss any potential office and the affirmative action process at Sam Houston State University.

www.shsu.edu/dept/dean-of-students/guidelines/non-discrimination



Program Costs

Information regarding the cost of attending Sam Houston State University may be found on the Admissions website at www.shsu.edu/dept/financial-aid/cost

Additional costs include:

- student membership in the Academy of Nutrition and Dietetics-\$50 per year
- Sam Houston Student Dietetic Association membership -\$25 per year
- Textbook costs vary based on course requirements and can be purchased using Bearkat bundle:

<https://www.shsu.edu/services/auxiliary/bookstore/bearkatbundle.html>

- Dress requirements for laboratories - \$150
 - Travel to/from experiential learning sites - (\$700 - \$750 per academic year)
 - TB tests, drug screenings, and background checks may be required for experiential learning sites and student workers, but may already be included in university admissions requirements \$55- \$75
 - Individual course requirements can be viewed on online syllabus
- <https://www.shsu.edu/services/course-and-faculty-information>
- For example, ServSafe Manager online exam access code (\$36)



Financial Aid & Scholarships and Support Services

Many students who attend Sam Houston State University receive some financial aid in the form of loans, grants, scholarships, tuition waivers, and employment. In addition, several scholarships are available to FSN-DP students through the Department of Family and Consumer Sciences. For application and eligibility requirements, visit <http://www.shsu.edu/dept/financial-aid/index.html>.

SHSU provides a variety of services to assist students:

- Health Center: <http://www.shsu.edu/dept/student-health-center/>
- Counseling Center: <http://www.shsu.edu/dept/counseling/>
- Testing Center: <http://www.shsu.edu/centers/testing-center/>
- Financial Aid: <http://www.shsu.edu/dept/financial-aid/>
- Writing Center: <http://www.shsu.edu/centers/academic-success-center/support.html>
- Housing: <http://www.shsu.edu/dept/residence-life/>
- Campus Dining: <http://shsu.campusdish.com>
- Newton Gresham Library: <http://library.shsu.edu>
- Recreational Sports: <http://www.shsu.edu/dept/recreational-sports/>

Social Media Policy

The FSN-DP Program supports the use of social media to reach audiences important to the University such as students, prospective students, faculty, and staff. The University presence or participation on social media sites is guided by university policy located at:

www.shsu.edu/intranet/policies/university_advancement/documents/Social_Media_policy.pdf

This policy applies to dietetic students who engage in internet conversations for school-related purposes or school-related activities such as interactions in or about experiential learning and course activities. Distribution of sensitive and confidential information is protected under HIPAA and FERPA whether discussed through traditional communication channels or through social media. All social media associated with the SHSU FSN-DP program should meet professional standards.

It is the responsibility of the student to refrain from any of the following:

1. Using language that is libelous, defamatory, or disparaging.
2. Violating another's copyright or other intellectual property rights.
3. Condoning or promoting illegal activity.
4. Using any obscene or other speech that is not protected by the First Amendment of the U.S. Constitution.



5. Offering unauthorized advice or tips including healthcare advice.
6. Using patients' names (any identifier including initials, hospital name, etc.), medical diagnoses, and personal health information in any way which is a direct violation of the Health Insurance Portability and Accountability Act (HIPPA).
7. Disclosing confidential information about SHSU programs, its employees, or its students.
8. Stating personal opinions as being endorsed by the SHSU Programs.

Leave of Absence Policy

Students who must leave the university for any reason contact the Dean of Students. All material in classes can be resumed upon the return of the student to campus. The faculty of record is advised to provide the grade of IP (in progress) until enough time is provided to complete the work which must be the end of the next semester. No student is penalized for having to leave a program temporarily for any reason.

Accommodations are made on a case-by-case basis.



Sample 4-year Plan of Study

The course requirements are dependent on the year of acceptance into the DPD according to the corresponding course catalog and plan of study.

<http://catalog.shsu.edu/undergraduate/colleges-academic-departments/health-sciences/human-sciences/bs-food-science-nutrition/>

| First Year | | | |
|-------------------------|-----------|------------------|-----------|
| Fall | Hours | Spring | Hours |
| BIOL 2403 | 4 | BIOL 2404 | 4 |
| ENGL 1301 | 3 | CHEM 1411 | 4 |
| HIST 1301 | 3 | ENGL 1302 | 3 |
| KINE 2115 | 1 | HIST 1302 | 3 |
| MATH 1314 | 3 | | |
| | 14 | | 14 |
| Second Year | | | |
| Fall | Hours | Spring | Hours |
| CHEM 1412 | 4 | BIOL 2420 | 4 |
| FACS 1441 | 4 | CHEM 2123 | 1 |
| POLS 2305 | 3 | CHEM 2323 | 3 |
| PSYC 1301 | 3 | MATH 1370 | 3 |
| Component Area IV | 3 | POLS 2306 | 3 |
| | | FACS 2362 | 3 |
| | 17 | | 17 |
| Third Year | | | |
| Fall | Hours | Spring | Hours |
| FACS 3370 | 3 | Component Area V | 3 |
| FACS 3445 | 4 | FACS 3380 | 3 |
| ENGL 3330 | 3 | FACS 3339 | 3 |
| FACS 3329 | 3 | FACS 4371 | 3 |
| Component Area IX | 3 | FACS 3367 | 3 |
| | 16 | | 15 |
| Fourth Year | | | |
| Fall | Hours | Spring | Hours |
| ECON 2300, 2301 or 2302 | 3 | PSYC 4332 | 3 |
| FACS 4360 | 3 | COMS 3385 | 3 |
| FACS 4373 | 3 | FACS 4361 | 3 |
| PSYC 3374 | 3 | FACS 4370 | 3 |
| | | MGMT 3310 | 3 |
| | 12 | | 15 |
| Total Hours: 120 | | | |



Application to Dietetic Internship Programs

Students pursuing the RDN credential will participate in computer matching for all dietetic internship appointments, except when the program enrolls only students of the sponsoring institution. Information on computer matching is found at:

<https://www.eatrightpro.org/acend/students-and-advancing-education/application-process-for-students/computer-matching-applicant-responsibilities>

<https://dicas.liaisoncas.com/applicant-ux>

In the senior year, students interested in applying for a dietetic internship will work with the FSN-DP Director to discuss the necessary components of the DICAS application and D&D Digital submission. Please note that dietetic internships may participate in Fall and/or Spring computer matches.

How important are my grades, volunteer work or employment for my Dietetic Internship application?

The overall picture of your record (grades, work experience, volunteer activities, GRE score and recommendation letters) are important. In today's employment environment, anything you can do to enhance your resume is important. Many dietetic intern applicants who have been employed during at least one summer in a dietetic related job (foodservice, wellness camps, healthcare, foods/nutrition research, and international work) and active in all the student organizations for service and honor societies stand out among many applicants. Only about half of all dietetic intern applicants are actually accepted and placed into dietetic internships.

Opportunities to volunteer and food and nutrition related organizations is encouraged. Opportunities will be announced via email and at meetings as they become available. Students should discuss plans for volunteerism when being advised. To keep track of your activities, a volunteer log can be found in Appendix B.



Appendix A

SHSU – Food Science and Nutrition Program

| | |
|--|---|
| DPD Program Institution Name: | Sam Houston State University |
| DPD Director Name: | Linda Fergus, PhD RD LDN; lgf011@shsu.edu |
| Catalog Year: | 2022-2023 |
| Website for Course Catalog: | http://catalog.shsu.edu/undergraduate/colleges-academic-departments/health-sciences/human-sciences/bs-food-science-nutrition/ |
| Date Completed by DPD Director: | 1/19/2023 |

| DPD Professional Courses | DPD Science Courses |
|---|--|
| FACS 1441 Food Preparation and Selection | CHEM 1411 General Chemistry I |
| FACS 2362 Nutrition | CHEM 1412 General Chemistry II |
| FACS 3445 Quantity Food Pur, Prep and Serv. | CHEM 2323 Organic Chemistry I: Lecture |
| FACS 3367 Food Science | CHEM 2123 Organic Chemistry I: Lab. |
| FACS 3329 Nutrition through the Lifespan | BIOL 2401 Human Anatomy |
| FACS 3339 Community Nutrition | BIOL 2404 Human Physiology |
| FACS 3370 Nutritional Pathways | BIOL 2420 Intro. Applied Microbiology |
| FACS 3380 Advanced Nutrition | |
| PSYC 3374 Developmental Psych | |
| FACS 4360 Clinical Dietetics I | |
| FACS 4361 Clinical Dietetics II | |
| FACS 4395 Special Topics By Request | |
| FACS 4370 Adv. Food Sys Org & Mgmt. | |
| FACS 4371 Nutrition Assessment | |
| FACS 4373 Cultural Food Practices | |
| MATH 1369 Elementary Statistics | |
| PSYC 1301 Introduction to Psychology | |
| PSYC 4332 Learning | |
| COMS 3385 Communication | |
| MGMT 3310 Principles of Management | |
| ENGL 3330 Introduction to Technical Writing | |





Sam Houston State University

Food Science and Nutrition Program
Volunteer Service Log

Appendix B

| Date | Organization | Details of Your Activities | Required Yes/No | Total # of Hours | Site Supervisor Signature |
|------|--------------|----------------------------|-----------------|------------------|---------------------------|
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Student: _____

Appendix C

Standard 3: Curriculum and Learning Activities

The Core Knowledge must be on the basis on which the program curriculum and learning activities are built within the context of the mission and goals of the program.

<https://www.eatrightpro.org/media/files/eatrightpro/acend/accreditation-standards-fees-and-policies/2022-standards-and-templates/2022-accreditation-standards-for-nutrition-and-dietetics-didactic-programs.pdf>

REQUIRED ELEMENTS:

3.1 The program's curriculum must be designed to ensure the breadth and depth of requisite knowledge needed for entry to supervised practice to become a registered dietitian nutritionist.

a. The program's curriculum must include the following required components, including prerequisites:

1. Research methodology, interpretation of research literature and integration of research principles into evidence-based practice
2. Communication and documentation skills sufficient for entry into professional practice
3. Principles and techniques of effective education, counseling and behavior change theories and techniques
4. Governance of nutrition and dietetics practice, such as the Scope of Practice for the Registered Dietitian Nutritionist and the Code of Ethics for the Profession of Nutrition and Dietetics; and interprofessional relationships in various practice settings
5. Principles of medical nutrition therapy, the Nutrition Care Process and clinical workflow elements
6. Role of environment, food, nutrition and lifestyle choices in health promotion and disease prevention
7. Management theories and business principles required to deliver programs and services
8. Continuous quality management of food and nutrition and dietetics
9. Fundamentals of public policy, including the legislative and regulatory basis of nutrition and dietetics practice
10. Licensure and certification in the practice of nutrition and dietetics
11. Individual National Provider Identifier (NPI)
12. Health care delivery systems (such as accountable care organization, managed care, medical homes, local health care agencies)
13. Coding and billing of nutrition and dietetics services to obtain reimbursement for services from public or private payers, fee-for-service and value-based payment systems
14. Food science and food systems, food safety and sanitation, environmental sustainability, global nutrition, principles and techniques of food preparation, and development, modification and evaluation of recipes, menus and food products acceptable to diverse populations
15. Organic chemistry, biochemistry, anatomy, physiology, genetics, microbiology, pharmacology, statistics, logic, nutrient metabolism, integrative and functional nutrition and nutrition across the lifespan
16. Cultural humility, self-reflection, and diversity, equity and inclusion



17. Human behavior, psychology, sociology or anthropology

b. The program's curriculum must prepare students with the following core knowledge:

Domain 1: Scientific and Evidence Base of Practice: Integration of scientific information and translation of research into practice.

Knowledge

Upon completion of the program, graduates are able to:

KRDN 1.1 Demonstrate how to locate, interpret, evaluate and use professional literature to make ethical, evidence-based practice decisions.

KRDN 1.2 Select and use appropriate current information technologies to locate and apply evidence-based guideline and protocols.

KRDN 1.3 Apply critical thinking skills.

Domain 2: Professional Practice Expectations: Beliefs, values, attitudes and behaviors for the nutrition and dietetics practitioner level of practice.

Knowledge

Upon completion of the program, graduates are able to:

KRDN 2.1 Demonstrate effective and professional oral and written communication and documentation.

KRDN 2.2 Describe the governance of nutrition and dietetics practice, such as the Scope of Practice for the Registered Dietitian Nutritionist and the Code of Ethics for the Profession of Nutrition and Dietetics.

KRDN 2.3 Assess the impact of a public policy position on the nutrition and dietetics profession.

KRDN 2.4 Discuss the impact of health care policy and different health care delivery systems on food and nutrition services.

KRDN 2.5 Identify and describe the work of interprofessional teams and the roles of others with whom the registered dietitian nutritionist collaborates.

KRDN 2.6 Demonstrate cultural humility, awareness of personal biases and an understanding of cultural differences as they contribute to diversity, equity and inclusion.

KRDN 2.7 Describe contributing factors to health inequity in nutrition and dietetics including structural bias, social inequities, health disparities and discrimination.

KRDN 2.8 Participate in a nutrition and dietetics professional organization and explain the significant role of the organization.

KRDN 2.9 Defend a position on issues impacting the nutrition and dietetics profession.



Domain 3: Clinical and Client Services: Development and delivery of information, products and services to individuals, groups and populations:

Knowledge

Upon completion of the program, graduates are able to:

KRDN 3.1 Use the Nutrition Care Process and clinical workflow elements to assess nutritional parameters, diagnose nutrition related problems, determine appropriate nutrition interventions and develop plans to monitor the effectiveness of these interventions.

KRDN 3.2 Develop an educational session or program/educational strategy for a target population.

KRDN 3.3 Demonstrate counseling and education methods to facilitate behavior change and enhance wellness for diverse individuals and groups.

KRDN 3.4 Practice routine health screening assessments, including measuring blood pressure and conducting waived point-of-care laboratory testing (such as blood glucose or cholesterol).

KRDN 3.5 Describe concepts of nutritional genomics and how they relate to medical nutrition therapy, health and disease.

KRDN 3.6 Develop nutritionally sound meals, menus and meal plans that promote health and disease management and meet client's/patient's needs.

Domain 4: Practice Management and Use of Resources: Strategic application of principles of management and systems in the provision of services to individuals and organizations.

Knowledge

Upon completion of the program, graduates are able to:

KRDN 4.1 Apply management theories to the development of programs or services.

KRDN 4.2 Evaluate a budget/financial management plan and interpret financial data.

KRDN 4.3 Demonstrate an understanding of the regulation system related to billing and coding, what services are reimbursable by third party payers, and how reimbursement may be obtained.

KRDN 4.4 Apply the principles of human resource management to different situations.

KRDN 4.5 Apply safety and sanitation principles related to food, personnel and consumers.

KRDN 4.6 Explain the processes involved in delivering quality food and nutrition services.

KRDN 4.7 Evaluate data to be used in decision-making for continuous quality improvement.

Domain 5. Leadership and Career Management: Skills, strengths, knowledge and experience relevant to leadership potential and professional growth for the nutrition and dietetics practitioner.



Knowledge

Upon completion of the program, graduates are able to:

KRDN 5.1 Perform self-assessment that includes awareness in terms of learning and leadership styles and cultural orientation and develop goals for self-improvement.

KRDN 5.2 Identify and articulate one's skills, strengths, knowledge and experiences relevant to the position desired and career goals.

KRDN 5.3 Practice how to self-advocate for opportunities in a variety of settings (such as asking for needed support, presenting an elevator pitch).

KRDN 5.4 Practice resolving differences or dealing with conflict.

KRDN 5.5 Promote team involvement and recognize the skills of each member.

KRDN 5.6 Demonstrate an understanding of the importance and expectations of a professional in mentoring and precepting others.

3.2 A curriculum map must be developed that:

- a. Identifies didactic courses which occur in various settings or practice areas that students will complete to meet the required curriculum components and core knowledge.
- b. Sequentially and logically organizes the progression of didactic courses from introductory to more advanced learning activities and builds on previous knowledge or experience to achieve the expected depth and breadth of knowledge by completion of the program.

3.3 The program's curriculum must provide learning activities to attain the breadth and depth of the required curriculum component and core knowledge. Syllabi for courses taught with the academic unit must include the KRDNs that will be assessed in the course or rotation and the learning activities that facilitate achievement of the KRDNs.

- a. Learning activities must prepare students for professional practice with patients/clients with various condition, including, but not limited to overweight and obesity; endocrine disorders, cancer, malnutrition and cardiovascular, gastrointestinal and renal diseases.
- b. Learning activities must prepare students to implement the Nutrition Care Process with various populations and diverse cultures.
- c. Learning activities must address and build competency in diversity, equity and inclusion. The program must ensure that students have the skills to recognize biases in self and others and embrace the diversity of the human experience.
- d. Learning activities must incorporate a variety of educational approaches necessary for delivery of curriculum content to meet learner needs and to facilitate learning objectives.

1. If any portion of the program is offered through distance education, the program assures regular and substantive interaction between students and faculty.



Appendix D

Statement of Student Accountability

Didactic Program in Dietetics

Sam Houston State University

I acknowledge that I am responsible for understanding and abiding by the policies and procedures described in the 2022-2023 Student Handbook for the Didactic Program in Dietetics and the Sam Houston State University Undergraduate Catalog for my declared major in Food Science and Nutrition, I agree to comply with these policies and procedures and accept the consequences that could result in the dismissal at any time from the Didactic Program in Dietetics. The handbooks available for download on the program website. This form will be placed in the student file maintained by the FSN-DP Director. Any question regarding the content of the handbook should be discussed with the FSN-DP Director.

All students must access and sign this form using this link. It requires your SHSU account sign-in. We look forward to working with you in the SHSU Food Science and Nutrition - Didactic Program in Dietetics.

<https://forms.office.com/r/0mkNajySJZ>

Student Signature _____

