Human Nutrition and Dietetics (HNAD)

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Assistant Director
17D Home Economics Building
479-575-4985

Program Description: Nutrition and Dietetics is for the student who intends to become a Registered Dietitian (RD), a credential that is required for one to counsel individuals related to any type of diet. Courses required are those necessary as prerequisites to application for a post-baccalaureate dietetic internship. Upon successful completion of the post-baccalaureate dietetic internship, the graduate is eligible to take the Registration Exam, the board examination for the RD credential. Graduates of this program who choose not to apply for a post-baccalaureate dietetic internship are eligible upon completion of the Bachelor’s degree to take the board examination to become a Dietetic Technician, Registered (DTR).

Requirements for B.S.H.E.S. in Human Nutrition and Dietetics

State minimum core and discipline specific general education requirements:

(Course work that meets state minimum core requirements is in bold.)

University Requirements 1

UNIV 1001 University Perspectives

Communications 12

ENGL 1013 Composition I (ACTS Equivalency = ENGL 1013) (unless exempt)
ENGL 1023 Composition II (ACTS Equivalency = ENGL 1023) (unless exempt)
COMM 1313 Public Speaking (ACTS Equivalency = SPCH 1003)

Select one of the following:

ENGL 3053 Technical and Report Writing (ACTS Equivalency = ENGL 2023)

U.S. History and Government 3

Choose from U.S. History and Government Core Course

Mathematics 6

MATH 1203 College Algebra (ACTS Equivalency = MATH 1103) (or higher)
STAT 2303 Principles of Statistics (ACTS Equivalency = MATH 2103)

Sciences 23:27

Select 4-8 hours:

CHEM 1073 Fundamentals of Chemistry (ACTS Equivalency = & CHEM 1071LCHEM 1214 Lecture) and Fundamentals of Chemistry Laboratory (ACTS Equivalency = CHEM 1214 Lab)

Or

CHEM 1103 University Chemistry I (ACTS Equivalency = & CHEM 1101LCHEM 1414 Lecture)
& CHEM 1123 and University Chemistry I Laboratory (ACTS & CHEM 1121L Equivalency = CHEM 1414 Lab)
and University Chemistry II (ACTS Equivalency = CHEM 1424 Lecture)
and University Chemistry II Laboratory (ACTS Equivalency = CHEM 1424 Lab)

Take Additional Science Courses Below:

B IOL 213 & BIOL 211L General Microbiology (ACTS Equivalency = BIOL 204 Lecture)
and General Microbiology Laboratory (ACTS Equivalency = BIOL 204 Lab)

B IOL 2213 & BIOL 2211L Human Physiology (ACTS Equivalency = BIOL 2414 Lecture)
and Human Physiology Laboratory (ACTS Equivalency = BIOL 2414 Lab)

B IOL 2443 Human Anatomy (ACTS Equivalency = BIOL 2404 & BIOL 2411L Lecture)
and Human Anatomy Laboratory (ACTS Equivalency = BIOL 2404 Lab)

CHEM 2613 Organic Physiological Chemistry (ACTS & CHEM 2611LEquivalency = CHEM 1224 Lecture)
and Organic Physiological Chemistry Laboratory (ACTS Equivalency = CHEM 1224 Lab)

CHEM 3813 Elements of Biochemistry

Fine Arts and Humanities 6

Fine Arts and Humanities Core Courses (select 3 hours from each)

Social Sciences 9

PSYC 2003 General Psychology (ACTS Equivalency = PSYC 1103)
HDFS 2413 Family Relations or HDFS 1403 Family Development

Select 3 hours from University Social Science Core List

NUTR Requirements: 47

NUTR 1201 Introduction to the Dietetic Profession
NUTR 1213 Fundamentals of Nutrition
NUTR 2113 Principles of Foods & NUTR 2111L Principles of Foods Laboratory
HOSP 2603 Purchasing and Cost Control
HOSP 2611 Foodservice Sanitation
NUTR 3203 Human Nutrition
NUTR 3003 Nutrition Assessment
NUTR 3213 Nutrition Education and Counseling
NUTR 3603 Quantity Foods
HOSP 3653 Hospitality, Dietetic Management and Human Resources

NUTR 4001 Nutrition Seminar
NUTR 4103 Research Methods in Nutrition & NUTR 4101L Research Methods in Nutrition Lab
NUTR 4213 Advanced Nutrition
NUTR 4223 Life Cycle Nutrition
NUTR 4243 Community Nutrition
NUTR 4263 Medical Nutrition Therapy I
NUTR 4273 Medical Nutrition Therapy II

General Electives 9-13
## Human Nutrition and Dietetics B.S.H.E.S. Eight-Semester Degree Program

Students wishing to follow the degree plan in Human Nutrition and Dietetics should see the Eight-Semester Degree Policy (http://catalog.uark.edu/undergraduatecatalog/academicregulations/eightsemesterdegreecompletionpolicy) for university requirements of the program.

### First Year

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<th>Units</th>
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<td>4</td>
<td>CHEM 1103 University Chemistry I (ACTS Equivalency = CHEM 1414 Lecture) &amp; CHEM 1101L University Chemistry I Laboratory (ACTS Equivalency = CHEM 1414 Lab) or CHEM 1073 and CHEM 1071L</td>
<td>3 ENGL 1013 Composition I (ACTS Equivalency = ENGL 1013) MATH 1203 College Algebra (ACTS Equivalency = MATH 1103) (OR Higher Level Math) NUTR 1201 Introduction to the Dietetic Profession NUTR 1213 Fundamentals of Nutrition UNIV 1001 University Perspectives HOSP 2611 Foodservice Sanitation CHEM 1123 University Chemistry II (ACTS Equivalency = CHEM 1424 Lecture) &amp; CHEM 1121L University Chemistry II Laboratory (ACTS Equivalency = CHEM 1424 Lab) Fine Arts Core Elective</td>
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### Second Year

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<td>PSYC 2003 General Psychology (ACTS Equivalency = PSYC 1103) U.S. History or Government Core Elective NUTR 2113 Principles of Foods HOSP 2603 Purchasing and Cost Control</td>
<td>3 Choose 4 Hours from the following: BIOL 2213 Human Physiology (ACTS Equivalency = BIOL 2414 Lecture) &amp; BIOL 2211L Human Physiology Laboratory (ACTS Equivalency = BIOL 2414 Lab) BIOL 2443 Human Anatomy (ACTS Equivalency = BIOL 2404 Lecture) &amp; BIOL 2441L Human Anatomy Laboratory (ACTS Equivalency = BIOL 2404 Lab)</td>
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Course Overview

Prerequisite: NUTR 3203 and junior standing.

NUTR 3203. Human Nutrition. 3 Hours.
Fundamental human nutrition; nutritive value of foods and general functions of nutrients based on concepts derived from inorganic and organic chemistry. Examples relating nutrition to disease used as illustrations to deepen understanding of normal nutrition. Lecture 3 hours per week. Corequisite: CHEM 2613 and CHEM 3603 and CHEM 3601L. Prerequisite: NUTR 1213.

NUTR 3213. Nutrition Education and Counseling. 3 Hours.
Introduction to development of communication skills related to educational theory and techniques, development of educational materials, interpersonal communication skills, group dynamics, public speaking, and interviewing techniques. Includes discussion of counseling theory and methods, and how education and counseling are intertwined for nutrition professionals. Includes development of skills in nutrition counseling. Prerequisite: NUTR 1213, and HNAD or FNAH majors only.

NUTR 3303. Nutrition Assessment. 3 Hours.
Principles of nutritional assessment and methodology including anthropometric, biochemical, clinical, and dietary evaluation. Emphasis placed on Nutrition Focused Physical Assessment, the interpretation of indices for all age groups in health and disease for both individuals and groups, and the application of nutrition assessment data in the nutrition care process. Prerequisite: NUTR 3203 and junior standing.

NUTR 4103. Research Methods in Nutrition. 3 Hours.
Introduction to applications of experimental methods for investigations in nutrition research and cookery. Pre- or corequisite: STAT 2303 and Human Nutrition and Dietetics or Food, Nutrition and Health majors with senior standing only. Corequisite: NUTR 4103. Prerequisite: NUTR 2113 and NUTR 2111L.

NUTR 4103. Research Methods in Nutrition. 3 Hours.
This course will cover applications of experimental methods for investigations in nutrition research and cookery. Pre- or Corequisite: STAT 2303. Prerequisite: NUTR 2113, NUTR 2111L and Human Nutrition and Dietetics or Food, Nutrition and Health majors with senior standing only. Corequisite: STAT 2303. Prerequisite: CHEM 3813 and NUTR 3203.

NUTR 4213. Advanced Nutrition. 3 Hours.
Normal nutrition with emphasis on utilization of nutrients. Lecture and reports on current literature 3 hours per week. Prerequisite: CHEM 3813 and NUTR 3203.

NUTR 4223. Life Cycle Nutrition. 3 Hours.
Study of normal nutrition emphasizing quantitative needs for nutrients as functions of biologic processes that vary during stages of the life cycle. Attention is given to preconception, pregnancy, childhood and older adults. Prerequisite: NUTR 1213 and BIOL 2213 and BIOL 2211L.

NUTR 4243. Community Nutrition. 3 Hours.
Identifying, assessing, and developing solutions for nutritional problems encountered at the local, state, federal, and international levels. Lecture 3 hours per week. Prerequisite: NUTR 1213.

NUTR 4213L. Advanced Nutrition Lab. 1 Hour.
Laboratory exercises and practice applicable of Principles of Foods Laboratory. Lab 3 hours.

NUTR 4213L. Advanced Nutrition Laboratory. 1 Hour.
The integration of concepts from nutrition and exercise physiology into an applied multidisciplinary study of how food, beverages and dietary supplements influence physical performance. Prerequisite: NUTR 1213.

NUTR 4223. Sports Nutrition. 3 Hours.
The integration of concepts from nutrition and exercise physiology into an applied multidisciplinary study of how food, beverages and dietary supplements influence physical performance. Prerequisite: NUTR 1213.

NUTR 4243. Community Nutrition. 3 Hours.
Identifying, assessing, and developing solutions for nutritional problems encountered at the local, state, federal, and international levels. Lecture 3 hours per week. Prerequisite: NUTR 1213.
NUTR 4263. Medical Nutrition Therapy I. 3 Hours.
Principles of medical nutrition therapy with emphasis on the Nutrition Care Process, and the pathophysiology and current standards of practice for diseases and disorders. Pre- or corequisite: NUTR 3213 and NUTR 4213. Prerequisite: BIOL 2213, BIOL 2211L and CHEM 3813.

NUTR 4273. Medical Nutrition Therapy II. 3 Hours.
Principles of medical nutrition therapy with emphasis on the Nutrition Care Process, and the pathophysiology and current standards of practice for diseases and disorders. Lecture 3 hours per week. Prerequisite: NUTR 4263.

NUTR 4303. Culinary Perspectives on Foods. 3 Hours.
Cultural competence is growing in importance as our population becomes more culturally diverse. This course covers cuisine and culture of various regions for the purpose of promoting respect and understanding for cultural diversity. Students will learn the history of foods, ingredients, flavor profiles, religious based food practices, etiquette, and customs. Corequisite: Junior or senior standing, and Human Nutrition and Dietetics, Food Nutrition and Health, or Hospitality Management majors only.

NUTR 4403. Recipe Modification. 3 Hours.
Students will use existing research to identify foods with preventative and functional properties and apply that information to develop recipes for improved nutritional quality and disease management. They will gather data to modify and refine the product and create an educational tool to promote their product. Prerequisite: NUTR 3103 and NUTR 3101L.