

Human Nutrition and Dietetics (HNAD)

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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) or AGED 31 Communicating Agriculture to the Public	
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 1071L CHEM 1214 Lecture) and Fundamentals of Chemistry Laboratory (ACTS Equivalency = CHEM 1214 Lab)	
Or	

CHEM 1103 University Chemistry I (ACTS Equivalency = & CHEM 1101L CHEM 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:

BIOL 2013 General Microbiology (ACTS Equivalency = BIOL & BIOL 2011L 2004 Lecture)
and General Microbiology Laboratory (ACTS Equivalency = BIOL 2004 Lab)

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

BIOL 2443 Human Anatomy (ACTS Equivalency = BIOL 2404 & BIOL 2441L Lecture)
and Human Anatomy Laboratory (ACTS Equivalency = BIOL 2404 Lab)

CHEM 2613 Organic Physiological Chemistry (ACTS & CHEM 2611L Equivalency = 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 Life Span 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 and 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 and 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

Total Hours 120

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	Units	
	Fall	Spring
CHEM 1103 University Chemistry I (ACTS Equivalency = CHEM 1414 Lecture) & CHEM 1101L University Chemistry I Laboratory (ACTS Equivalency = CHEM 1414 Lab) or CHEM 1073 and CHEM 1071L	4	
ENGL 1013 Composition I (ACTS Equivalency = ENGL 1013)	3	
MATH 1203 College Algebra (ACTS Equivalency = MATH 1103) (OR Higher Level Math)	3	
NUTR 1201 Introduction to the Dietetic Profession	1	
NUTR 1213 Fundamentals of Nutrition	3	
UNIV 1001 University Perspectives	1	
HOSP 2611 Foodservice Sanitation	1	
CHEM 1123 University Chemistry II (ACTS Equivalency = CHEM 1424 Lecture) & CHEM 1121L University Chemistry II Laboratory (ACTS Equivalency = CHEM 1424 Lab)		4
Fine Arts Core Elective		3
ENGL 1023 Composition II (ACTS Equivalency = ENGL 1023) (unless exempt)		3
COMM 1313 Public Speaking (ACTS Equivalency = SPCH 1003)		3
Humanities Core Elective		3
Year Total:	16	16

Second Year	Units	
	Fall	Spring
PSYC 2003 General Psychology (ACTS Equivalency = PSYC 1103)	3	
U.S. History or Government Core Elective	3	
NUTR 2113 Principles of Foods & NUTR 2111L Principles of Foods Laboratory	4	
HOSP 2603 Purchasing and Cost Control	3	
Choose 4 Hours from the following:	4	
BIOL 2213 Human Physiology (ACTS Equivalency = BIOL 2414 Lecture) & BIOL 2211L Human Physiology Laboratory (ACTS Equivalency = BIOL 2414 Lab)		
BIOL 2443 Human Anatomy (ACTS Equivalency = BIOL 2404 Lecture) & BIOL 2441L Human Anatomy Laboratory (ACTS Equivalency = BIOL 2404 Lab)		

ENGL 3053 Technical and Report Writing (ACTS Equivalency = ENGL 2023) or AGED 3143 Communicating Agriculture to the Public		3
CHEM 2613 Organic Physiological Chemistry (ACTS Equivalency = CHEM 1224 Lecture) & CHEM 2611L Organic Physiological Chemistry Laboratory (ACTS Equivalency = CHEM 1224 Lab)		4
HDFS 2413 Family Relations or HDFS 1403 Life Span Development		3
NUTR 3203 Human Nutrition		3
Choose 4 Hours from the following:		4
BIOL 2213 Human Physiology (ACTS Equivalency = BIOL 2414 Lecture) & BIOL 2211L Human Physiology Laboratory (ACTS Equivalency = BIOL 2414 Lab)		
BIOL 2443 Human Anatomy (ACTS Equivalency = BIOL 2404 Lecture) & BIOL 2441L Human Anatomy Laboratory (ACTS Equivalency = BIOL 2404 Lab)		
Year Total:	17	17

Third Year	Units	
	Fall	Spring
General Electives	3	
NUTR 3213 Nutrition Education and Counseling	3	
HOSP 3653 Hospitality, Dietetic Management and Human Resources	3	
Social Science Core	3	
CHEM 3813 Elements of Biochemistry	3	
BIOL 2013 General Microbiology (ACTS Equivalency = BIOL 2004 Lecture) & BIOL 2011L General Microbiology Laboratory (ACTS Equivalency = BIOL 2004 Lab)		4
STAT 2303 Principles of Statistics (ACTS Equivalency = MATH 2103)		3
NUTR 3603 Quantity Foods		3
NUTR 3003 Nutrition Assessment		3
Year Total:	15	13

Fourth Year	Units	
	Fall	Spring
NUTR 4223 Life Cycle Nutrition	3	
NUTR 4263 Medical Nutrition Therapy I	3	
NUTR 4213 Advanced Nutrition	3	
General Electives	3	
NUTR 4103 Research Methods in Nutrition & NUTR 4101L Research Methods in Nutrition Lab		4
NUTR 4243 Community Nutrition		3
NUTR 4273 Medical Nutrition Therapy II		3
General Electives		3
NUTR 4001 Nutrition Seminar		1
Year Total:	12	14

Total Units in Sequence:	120
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Minor in Human Nutrition (NUTR-M)

Required Courses	13
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NUTR 1213	Fundamentals of Nutrition
NUTR 3203	Human Nutrition
NUTR 2113	Principles of Foods & NUTR 2111L and Principles of Foods Laboratory
NUTR 4213	Advanced Nutrition
Select 6 hours from the following:	6
NUTR 2203	Sports Nutrition
NUTR 4223	Life Cycle Nutrition
NUTR 4243	Community Nutrition

Total Hours	19
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Courses

NUTR 1201. Introduction to the Dietetic Profession. 1 Hour.

Introduction to profession of dietetics and nutrition including history, scope and future of professionals with emphasis on academic preparation, internships, acquisition of professional credentials, career laddering and career opportunities. Guest speakers will supplement lectures and assignments. Prerequisite: HESCBS or HNHIBS majors only or by department consent.

NUTR 1213. Fundamentals of Nutrition. 3 Hours.

The functions of food, body processes, optimum diets in relation to health and physical fitness.

NUTR 1213H. Honors Fundamentals of Nutrition. 3 Hours.

The functions of food, body processes, optimum diets in relation to health and physical fitness.

This course is equivalent to NUTR 1213.

NUTR 2111L. Principles of Foods Laboratory. 1 Hour.

Laboratory exercises and practice applicable of Principles of Foods. Lab 3 hours. Corequisite: NUTR 2112.

NUTR 2113. Principles of Foods. 3 Hours.

Physical and chemical characteristics of foods, organized by food science and nutrition, protein foods, phytochemicals, complex and refined carbohydrates, and fats. Emphasis on food preparation and storage methods and effect on foods. Investigation and practice of food preparation basics, cooking and baking techniques, knife skills, food safety, and sensory evaluation of food. Corequisite: NUTR 2111L. Prerequisite: NUTR 1213, HOSP 2611 and (CHEM 1073, or CHEM 1103, or CHEM 1203), and one of the following programs, minors or concentrations: (HNADBS, FNAHBS, HESCBS, GFNU-M, or CATEBS-FCSE).

NUTR 2203. 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 3003. 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 3101L. Culinary Nutrition Lab. 1 Hour.

Students will explore ways to apply evidence based nutrition research to culinary application. It addresses the fundamental culinary skills and knowledge required to prepare meals that impact the nutritional and sensory appeal of food. Corequisite: NUTR 3103. Prerequisite: NUTR 2113 and NUTR 2111L.

NUTR 3103. Culinary Nutrition. 3 Hours.

This course is grounded in a food first approach to health and wellness with an emphasis on disease prevention. Students will study the physical and chemical characteristics of foods that increase nutritional value and will include exploration of the culinary nutrition modification process and application of these concepts to planning nutritionally balanced meals. Corequisite: NUTR 3101L. Prerequisite: NUTR 2113 and NUTR 2111L.

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 2611L or 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 3603. Quantity Foods. 3 Hours.

This course focuses on menu planning for a variety of food service organizations, with consideration of age, special needs, diet type, cultural and ethical parameters. Students will design flavorful and appealing menus that meet current nutrition recommendations, guidelines and budgetary constraints. They will learn recipe standardization, quantity production, and overall quality control. Prerequisite: NUTR 1213 and HNAD or FNAH majors only.

NUTR 4001. Nutrition Seminar. 1 Hour.

Presentation and discussion of selected nutrition topics of current interest. Prerequisite: NUTR 4213. May be repeated for up to 2 hours of degree credit.

NUTR 4101L. Research Methods in Nutrition Lab. 1 Hour.

Application of experimental methods for investigations in nutrition research. 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.

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 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.