

*The Study of Dietetics at Nicholls State University*



**DIDACTIC PROGRAM IN DIETETICS**

**DEPARTMENT OF ALLIED HEALTH SCIENCES**

**COLLEGE OF NURSING AND ALLIED HEALTH**

**NICHOLLS STATE UNIVERSITY**

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Information in this document is subject to change and is supplemental to the information found in the *University Bulletin* or provided by faculty advisors in the Didactic Program in Dietetics.

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## The Field of Dietetics

*Does the connection between fitness and diet intrigue you?*

*Do you marvel at the continuous supply of food on a cafeteria line, by the feeding of hundreds of people in a short time?*

*Are you fascinated by the many new food products in the marketplace?*

*Do you read an article about nutrition or food and think, "I would love to focus on this in my career"?*

*Would you like to help people stay well or regain their health after an illness?*

If you answered "Yes" to any or all of these questions, then a career as a Registered Dietitian (RD) in the broad and dynamic field of dietetics might be for you.

The registered dietitian is the recognized, credentialed food and nutrition expert qualified to provide to the general public information designed to improve diet and prevent diseases with dietary risk factors as well as to provide Medical Nutrition Therapy (MNT) to individuals with diseases/medical conditions having a dietary component as part of treatment

According to the U.S. Department of Labor, Bureau of Labor Statistics, employment of dietitians is expected to grow about as fast as all occupations through 2016 due to increasing emphasis on disease prevention through sound dietary habits. A growing and aging population will require the services of dietitians in school systems, community health agencies, hospitals, extended care facilities, and home health care agencies.

The Bureau of Labor Statistics and the American Dietetic Association describes the variety of positions that dietitians fill. As clinical dietitians they are employed by hospitals and nursing care facilities both private and public. While this role is a traditional one, the expertise needed to interact in the challenging field of medicine requires that registered dietitians be lifelong learners continually honing their clinical skills.

Community dietitians work in public health clinics, home health agencies, and health maintenance organizations. An ability to speak before groups and interact one-on-one with clients contributes to success in this area.

Management dietitians are employed by corporations providing food service to schools, universities, hospitals, and correctional facilities. This is an especially challenging area of dietetics as it involves providing appealing, well prepared food in a timely fashion to large numbers of customers. Expertise in management and marketing, knowledge of food preparation techniques, and the food ways of varied cultural groups are among the skills that enable registered dietitians to work effectively in this venue.

Many dietitians work for several years in clinical and or management and then become self-employed consultants working in a variety of settings such as long term care facilities, wellness centers, and supermarkets.

Increased opportunities have developed for registered dietitians in the food industry—research and development, manufacturing, food safety, advertising, marketing, consulting, and journalism. The pharmaceutical industry relies upon registered dietitians as sales representatives for a variety of products especially those providing specialized nutrition support.

Graduates of Didactic Programs in Dietetics with a bachelor's degree who choose not to pursue registration status or who are unsuccessful in obtaining a dietetic internship initially are qualified to take the registration examination for dietetic technicians. They find employment as dietary managers and food service managers working in long term care facilities and hospitals. Others work in schools, as health educators in government agencies and private corporations, in the hospitality industry, and for food service contractors who supply food services at industrial, commercial, institutional, or governmental sites. Still others focus on food safety obtaining employment as health inspectors/sanitarians with state agencies such as Louisiana's Department of Health & Hospitals.

The appeal of a career in dietetics with all its possibilities has yielded an increased number of DPD graduates in recent years. Unfortunately, the number of internship positions has remained relatively constant leaving growing numbers of qualified students who are unable to complete their education and become Registered Dietitians.

In their role as mentors the dietetics faculty include career counseling in their interaction with students and advisees. They regularly direct the students to positions in the field of dietetics that do not require registration status such as those cited earlier.

# Dietetics at Nicholls State University

## **Mission and Goals**

The mission of the Didactic Program in Dietetics (DPD) at Nicholls State University is to prepare students to function as self-directed, accountable, entry-level practitioners of dietetics, able to successfully complete a dietetic internship or graduate study.

Three broad goals guide the program. They are:

- 1) The program will prepare graduates to be competent entry-level dietitians.
- 2) Through individual attention, motivation and encouragement, program faculty and staff will retain and/or increase the number of students who complete the Didactic Program in Dietetics.
- 3) The program will prepare graduates who are committed to professional involvement, leadership, and service.

## **Accreditation**

The Didactic Program in Dietetics at Nicholls is accredited by the Commission on Accreditation for Dietetics Education (CADE) of the American Dietetic Association (ADA), 120 Riverside Plaza, Suite 2000, Chicago, IL 60606-6995; 312-899-5400; <http://www.eatright.org/cade>

## **Admission Requirements and Verification Statement Policy**

Nicholls State University is the only university in southeast Louisiana offering an accredited Didactic Program in Dietetics. The university's admission requirements and information regarding fees, tuition and other expenses can be found in the Nicholls State University *Bulletin* on the university website ([www.nicholls.edu](http://www.nicholls.edu)) or by contacting the Admissions Office (985-448-4507).

Upon successful completion of the general university requirements for the baccalaureate degree and the dietetics curriculum, students earn a B.S. degree in Dietetics. To receive the Verification Statement required for application to a supervised practice program (internship), a student must earn a minimum 3.0 GPA in the DPD courses listed in the student handbook ([www.nicholls.edu/dietetics](http://www.nicholls.edu/dietetics)).

Nicholls' Didactic Program in Dietetics is designed to develop analytical thinking and responsibility for self-education. It emphasizes professional involvement, the importance of ethics, and the standards of dietetics education.

Entering the profession of dietetics as a Registered Dietitian requires completion of three components: (1) Commission on Accreditation for Dietetics Education (CADE)-approved undergraduate academic coursework; (2) a supervised practice experience through a CADE accredited dietetic internship; and (3) passing the national registration examination for dietitians.

Acceptance into a supervised practice program is very competitive. Students should strive to maintain a high grade point average and to gain work and/or volunteer experience in a dietetics-related area if possible. See "Activities".

## **Declaration of the Major**

You should declare dietetics as your major as soon as you decide to pursue this field of study. If you are changing your major it is critical that you meet with a dietetics faculty member for advising so that it can be determined which of the courses you have already completed will apply toward the dietetics major.

As a freshman you will receive academic advising in University College, but it remains critical that you **also** meet with dietetics faculty for advising that is specific to dietetics. (See “Advising”).

You are responsible for setting up a meeting with your advisor to plan the remaining coursework needed according to the current curriculum. It is expected that the student will keep the advisor apprised of changes and/or difficulties with obtaining courses as planned. Courses are sequenced and many have prerequisites so it is imperative that advising by dietetics faculty takes place **each** semester. Students are responsible for contacting advisors prior to registering for courses or as instructed by the advisor.

## **Facilities**

Dietetics faculty offices, classrooms and a computer lab are housed in Betsy Cheramie Ayo Hall (BCAH). The food science laboratory is located in Gouaux Hall. Hospitals, health care facilities, community agencies, and food service operations in the surrounding area serve as sites for field experiences to enhance classroom learning.

## **Faculty**

**Colette G. Leistner, PhD, RD** is an Associate Professor who brings over 30 years of varied experience in food service production and management as well as clinical nutrition to the position of Director of the Didactic Program in Dietetics. Her academic interests focus on food and culture, especially that of southern Louisiana. She is the author of *Cajun and Creole Food Practices, Customs and Holidays*; a monograph published by the American Dietetic Association (ADA) in 1996 and designed to assist dietetic practitioners in their work with diabetics in south Louisiana. A compilation of the monographs in the *Food Practices* series was published in 2010 as *Cultural Food Practices*. Dr. Leistner was the lead author of the Cajun and Creole chapter. She and co-author Simone Camel provided the Cajun and Creole chapter in *Food and Cultural Issues in Culinary, Hospitality, and Nutrition Professions*. From 2002-2007 the Thibodaux newspaper, *The Daily Comet*, featured Dr. Leistner’s writing about the culture of south Louisiana in a bimonthly column, *Food for Thought*. She is also a reviewer for *The Journal of the American Dietetic Association*.

In 1998 Dr. Leistner was the recipient of Nicholls’ Presidential Award for Teaching Excellence. The Louisiana Dietetic Association selected her as the Outstanding Dietetics Educator, 1999. Florida State University’s College of Human Sciences named her a Centennial Laureate in 2005. Recipients of this honor were

recognized for their significant sustained contributions in professional or volunteer work that address the health and development of individuals, families, and communities.

**Simone Camel, MS, RD, LD** is an Assistant Professor who has twenty years experience in clinical dietetics with a specialty practice in nutrition support, renal and liver diseases and has clinical nutrition management experience. She earned an additional 36 graduate credits in public health from the University of Texas, School of Public Health. In 1992 she received the South Texas Dietetic Association's Recognized Young Dietitian of the Year Award, and in 2009 received the Outstanding Educator for Didactic Programs Award from the Louisiana Dietetic Association. In 1994 she authored "Nutritional Management of Renal Transplant Patients" in The ADA's *"A Clinical Guide to Nutrition Care in End-Stage Renal Disease, 2<sup>nd</sup> Ed.* She co-authored the Cajun and Creole Chapter in *Food and Cultural Issues in Culinary, Hospitality, and Nutrition Professions*. Ms. Camel has presented abstracts at national meetings and has participated in several published studies. Since 2001 she has served as a program reviewer/site visitor for the Commission on Accreditation for Dietetics Education of the American Dietetics Association making her an important contributor to the quality of dietetics education nationally and here at Nicholls. She is a board member for the Good Samaritan Food Bank and is a member of the Food Systems Assessment Committee for Second Harvest of New Orleans and Acadiana. Ms. Camel is currently working toward a doctorate in Nutrition and Food Systems and has research interests in Food Security, Policy, and Community Nutrition.

**Briggett Scott, MS, RD, LDN** is an assistant professor who has experience in clinical dietetics specializing in telemetry and cardiac care. She also analyzes menus for a local correctional facility. The Bayou District Dietetic Association (BDDA) has benefited from her leadership abilities as she has served as President for 2 years and currently serves on the board of directors for the Louisiana Dietetic Association. She has received the Outstanding Dietetic Educator for Internship Programs from the Louisiana Dietetic Association. She has presented abstracts and been a speaker at state meetings. Ms. Scott is currently working toward a doctorate in Nutrition and Food Systems and has research interests in Women's Reproductive Health and Pediatric Nutrition.

**Alicia Sample, MS, RD, LDN** is an adjunct faculty member specializing in online courses. She has experience as a research project coordinator for Pennington Biomedical Research Center, has taught community nutrition classes, and has presented research at state meetings. Ms. Sample has published in peer-reviewed journals in the area of school nutrition education. She is currently pursuing a doctoral degree with a research interest in Childhood and School Nutrition and is a research assistant at the University of Southern Mississippi.

### **Advising**

Each major is assigned an advisor for mentoring and academic advising. Each semester during the University's regularly scheduled advising period, the faculty advisor

and student review the student's personal academic plan to assess the student's progress through the program. A schedule for the upcoming semester is determined and approved by the advisor.

Incoming freshman receive academic advising through University College but are still required by the Didactic Program in Dietetics to contact the program (985.493.2624) to arrange a meeting with a dietetics advisor. This insures that dietetics majors are progressing through the dietetics curriculum appropriately and receive career mentoring.

The academic plan is designed to allow the student to progress through the curriculum in a timely manner. It is critical that the student complete the prerequisites in an orderly fashion to insure that foundation knowledge and skills are developed enabling the student to succeed in subsequent courses.

Each fall in DIET 120-Orientation to the Dietetics Profession, students will develop an academic plan and present it to their academic advisor for approval. Students who enter the program at other times will confer with their academic advisor for assistance until they enroll in DIET 120. An academic portfolio to track progress will also be initiated in this course.

After the academic plan is prepared, students are expected to make an appointment with the academic advisor during the time set aside for advising each semester. Students are to come prepared to have the advisor review the courses the student plans to schedule for the upcoming semester. Students should not expect the advisor to make out the class schedule but instead to offer career counseling and guidance regarding the college experience.

Advisor assignment is made alphabetically according to the system below.

<u>NAME</u>	<u>ADVISOR</u>
A-E	Brigett Scott, MS, RD, LDN
F-L	Colette Leistner, PhD, RD
M-Z	Simone Camel, MS, RD, LD

### **Program Communication on Blackboard**

The program maintains a site on Blackboard for communication purposes. All majors should be listed in this site. If you are not receiving program announcements/emails, please inform your advisor. On this site you will find listings for job/volunteer opportunities, Student Dietetic Association announcements, program forms and announcements.

## **Academics**

### **Curriculum**

The curriculum is designed to prepare the student for a dynamic career in a rapidly changing world. Among the required courses are nutrition, food science, human anatomy and physiology, chemistry and biochemistry, and microbiology; management, sociology, and technical writing.

Students who are majoring in Dietetics may choose to minor in Business Administration or Culinary Arts. Review the current online university catalog for requirements. The additional coursework prepares students for health care management and culinary operations management employment.

There are times when a student may need to carry a minimum number of hours to qualify for health insurance or financial aid, etc. but cannot schedule a course required in the dietetics curriculum (e.g., none are offered at an appropriate time, the prerequisite hasn't been completed). Taking an elective course is the answer to this situation. What is an elective?

An elective is just what it sounds like...a course you elect or choose to take, not one that you have to take. Opinions vary on how these courses should be selected. Some recommend courses that will supplement the curriculum—perhaps another chemistry or psychology course, or an additional course that would count toward a chosen minor. Another approach is to use the time and funds to take the opportunity to learn more about a subject that will enrich your personal life. Perhaps you've always wanted to learn French or Spanish (fluency in Spanish will be beneficial both personally and professionally) or are curious about the stars or enjoyed Music Appreciation so much that you now want to learn how to play the piano. The choice of an elective course is up to you.

When discussing the reasons for needing more hours during a semester, the term "prerequisite" was mentioned. What is a prerequisite?

A prerequisite is a course that provides basic information that must be mastered before taking a subsequent course that builds on the foundation laid in the earlier course. Confusing? Just remember that crawling precedes walking. When planning your schedule for an upcoming semester remember that some courses are taught only in Fall or Spring; this can make the scheduling of prerequisites rather tricky at times. Never fear, your advisor can be a great help with this. Remember, you will feel more comfortable and confident if you take the courses in the recommended sequence.

A sample of a traditional 4 year curriculum is provided at the end of this handbook.

### **Expenses**

Have you noticed that few things go down in price? This applies to college expenses as well as the items needed in daily life. There will be days when you can't imagine how you will pay for tuition or books for the upcoming semester. You will have to remind yourself that once you earn a degree and go on to the next stage in your

career, the professional's salary you will earn will make the sacrifices necessary to pay for college worthwhile.

The college years provide an opportunity to practice the “needs” vs. “wants” concept. What does this mean? You need transportation to and from classes, your job, and a movie. You want an SUV to take you to all these places. Ask yourself, “Can I get to class and my job in a second-hand car or by taking the bus from Houma?” Obviously, you can. Which is more affordable? Once again, the second-hand car or public transportation. During your college years, you may have to sacrifice style by using the less glamorous vehicle or by scheduling the time required for a bus ride. Make decisions with consideration to the time needed to successfully complete courses. Time management will be key to your success.

**Each semester you can expect to have at least the following expenses:**

- Tuition and related laboratory fees
- Room and board/rent and groceries
- Books and supplies
- Membership dues for professional associations

**Various upper level courses will also require:**

- Dietetics uniform shirt and slacks
- Laboratory Coat for clinical and laboratory experiences
- Travel expenses to field experiences
- Immunizations required by the university and clinical sites
- Background check fees if required by experience sites
- Liability insurance for DIET 495 Practicum in Dietetics

It is recommended that students become active members of professional organizations. Networking with dietetics professionals in these organizations often leads to paid employment or volunteer experience throughout the college years. Students also form bonds with the classmates who will be their professional peers in just a few years. The approximate membership fees for recommended organizations are:

- Nicholls' Student Dietetic Association -- \$10/year or \$7/semester
- Bayou District Dietetic Association – approximately \$10
- American Dietetic Association -- \$50 per year (June 1 through May 31)

Students are encouraged to attend the Louisiana Dietetic Association's annual Food & Nutrition Expo (members of ADA are automatically members of LDA but students are not required to be members of ADA to attend LDA's annual meeting.) The estimated cost for registration is \$75. Several meals are typically included in this fee, but additional expenses will be incurred if students plan to stay overnight at the Expo or travel daily from Thibodaux for the 2 day meeting.

Field trips are planned in some courses and the Student Dietetic Association arranges various activities that may require some expenditure on the part of students. It is estimated that these activities may cost the student \$15-20 each.

## **Scholarships**

Students are encouraged to apply for local, state and national scholarships offered by professional organizations. There are also websites specializing in “matching” students to scholarships based on past participation in clubs, hobbies, religious affiliations, parental employers, or study interests. Other scholarships may be identified through Nicholls’ Financial Aid Office.

## **Tutoring**

As mentioned earlier in “General Information,” acceptance into a post-baccalaureate dietetic internship is very competitive. The higher the DPD-related course GPA the better chance a student will have getting into a program. Students must also realize that they **cannot** graduate with a “D” in **any** course in the dietetics curriculum. For these reasons and for the sake of having a rewarding college experience students are encouraged to take advantage of the services provided by Nicholls’ Tutorial and Academic Enhancement Center ([www.Nicholls.edu/academic\\_enhancement](http://www.Nicholls.edu/academic_enhancement)) located in 158 Shaver Hall.

According to their website the Center provides small group sessions, individual consultations, and walk-in services. Students should stop by the center to determine tutorial offerings available each semester.

When queried about how a student is doing in a class advisors are sometimes told, “I’ll wait and see how I do on the first test. If I don’t do well, then I’ll get tutoring.”

**DON’T WAIT!** This is college! If you don’t grasp concepts early in a course, it may be difficult to catch up. If your grade suffers as a result, down goes the GPA!

If tutoring isn’t available for a course you want help with, ask at the Tutoring Center about whether the course could be added. Ask the course’s professor about an upper level student who might be able to help. Don’t hesitate to talk to your instructors, professors and advisor. They want you to succeed and will be able to offer guidance.

## **Expectations**

You will become familiar with professional behavior and expectations as you refer to the syllabi and information provided for field trips or hosting guest speakers. These guidelines are intended to ease your transition from an academic setting to the professional world. Try to envision how these expectations would be viewed in a work setting. Review criteria for scholarships and see if you can relate these expectations to demonstration of potential success in your chosen field. Below are a few that you will regularly find in your course syllabi and are expectations of the program.

- ✚ Attendance—“Class attendance is regarded as an obligation as well as a privilege . . . ” Academic Procedures” section of the current *University Bulletin* [http://www.nicholls.edu/catalog/2010-2011/html.academic\\_procedures/](http://www.nicholls.edu/catalog/2010-2011/html.academic_procedures/) an expectation of the university, it seems reasonable that if you are intrigued by the field of dietetics you would be anxious to attend every lecture in every class to

learn as much as you can about every aspect of the field. Besides, don't you want your money's worth?

- ✚ Punctuality—" all students are expected to be punctual . . . " ("Academic Procedures" section of the *University Bulletin*
- ✚ [http://www.nicholls.edu/catalog/2010-2011/html.academic\\_procedures/](http://www.nicholls.edu/catalog/2010-2011/html.academic_procedures/). While this too is an expectation of the university, it can have a direct affect on your grade for the semester. In dietetics courses assignments are due at the beginning of class. Work turned in after this time will be graded but will receive a deduction of 10% for each class meeting (including being turned in immediately after class) it is not submitted. If a student is habitually tardy failing to turn in assignments when due, the course grade will certainly be affected in a negative way.

Because work is expected to be completed as assigned no extra credit assignments are made in dietetics courses.
- ✚ Communication Policy—Each student must have a computer account to access BlackBoard. Course communication in dietetics courses is conducted via BlackBoard. It is the student's responsibility to check BlackBoard frequently (twice per week) for course announcements from the instructor. The instructor will also utilize the student's Nicholls email account for communication. The student should check this email address at least twice a week. Blackboard will be used to post grades. They cannot be given out in class, by phone, or by email. Grades are not final until they appear in BANNER at the end of a semester.
- ✚ Activities—Participating in the activities of the Student Dietetic Association and Bayou District Dietetic Association as well as organizations in the community and university provide opportunities for networking with dietetics professionals, developing soft skills such as time and organizational management, teamwork; The *Career Portfolio: Development Workbook for Dietitians* begun in DIET 120 Orientation to the Dietetics Profession provides examples of hard and soft skills.
- ✚ Professionalism—professionals are like Girl Scouts—they are always prepared. At this stage in your career you are expected to be prepared for class by having completed assigned readings before class. Projects are expected when they are due. You are expected to be prepared to participate in class discussions. Professionals are respectful of individuals. Students can contribute to an atmosphere of mutual respect in the classroom if these guidelines are followed:
  - 1) Do not hold conversations with a classmate when the professor or another classmate is speaking.
  - 2) Raise your hand and ask the professor to repeat anything that you did not hear or understand rather than asking a neighbor to repeat what was said.
  - 3) If, through necessity, you arrive after class has begun, enter the classroom through the rear of the room and be seated there.
  - 4) When leaving the classroom after an exam or for any other reason, don't let the door slam on your way out!
  - 5) If you leave the classroom for any reason during lecture, exit through the rear of the classroom.

- 6) Turn off all electronic devices **BEFORE** class begins. If your cell phone rings during class you are expected to leave quietly (see #5) causing as little disruption to the class as possible.

Professionals are respectful of the property of others. This is especially important in the laboratory setting.

- 1) Equipment should be treated as if it cannot be replaced. Abusive treatment and failure to maintain all equipment in the condition it is in when first used (or to improve the condition if possible) is not acceptable and will be reflected in a student's lab grade.
- 2) Classrooms and or labs are to be left in the condition in which they were found. Remember that you are not the only student using the laboratory space and equipment nor is your class the only one scheduled to use the space.

Professionals work on teams. This can be challenging but it is an expectation in the world today. In an effort to help students hone skills needed to work successfully on teams, team projects are frequently assigned in courses. You can demonstrate respect for classmates by listening to the opinions and ideas of team members, and by completing assigned tasks according to the schedule the team has planned.

Professionals represent their chosen profession. Dietetics students should remember that they represent their university, department, program, and profession whether in non-dietetics courses, on field trips, at professional meetings, or at work.

Make-up Exam Policy-- If, due to illness, the student is unable to complete the take-home midterm exam during the specified time; arrangements will be made with the professor for it to be completed within a week of the student's return to class.

Extra Credit Policy—Because work is expected to be completed as assigned no extra credit assignments are made in dietetics courses.

### **Letters of Recommendation**

It is to be expected that students will need letters of recommendation from faculty and or advisors to accompany applications for scholarships and or employment while at Nicholls and following graduation. To assist in obtaining these in a timely manner and to insure that all pertinent information is included in the letters, the following information should/must accompany the request. Please attempt to give faculty 2 weeks to complete letters.

- Name, title, and address to whom the letter is to be addressed.
- Name of the scholarship, award, or position to which you are applying.
- *Current* resume or listing of work and volunteer experience and the personal attributes that make you qualified. (Co-Curricular Form available from [www.Nicholls.edu/osa](http://www.Nicholls.edu/osa) may be helpful.) The portfolio workbook begun in DIET 120 Orientation to The Dietetics Profession and updated each semester is intended to facilitate the application process.

From your first day at Nicholls you should be documenting in the portfolio academic and volunteer work that your faculty advisor, professor, employer, supervisor will be able to consider as they write letters of recommendation.

Dietetics students are fortunate because the dietetics program is relatively small and course design is such that faculty have considerable interaction with students during their career at Nicholls. Letters of recommendation therefore can be more meaningful if the student has in fact met course and program expectations.

### **Ellender Memorial Library**

For assistance with many class assignments in dietetics courses as well as others in the curriculum a visit to Ellender Memorial Library either in person or via the website [www.nicholls.edu/library/](http://www.nicholls.edu/library/) will be required.

Familiarize yourself with this website and find the information related to dietetics. Check “Subject Guides” under “Research Assistance” and “Library Links” on the Library’s homepage. The “Nursing and Allied Health,” “Special Topics: Dietetics and Nutrition” will lead you to pertinent databases, websites, reference books, and enable you to search the catalog for related materials.

The library staff is eager to assist you in person, by phone, or via the web. Don’t hesitate to take advantage of their expertise.

### **Computer Lab**

In addition to the computer labs available campus-wide, the College of Nursing and Allied Health has computers available for student use. The lab is located on the first floor of Betsy Cheramie Ayo Hall. Printing is available; however, students must supply their own paper. Dietetics majors are also encouraged to utilize the computers located in BCAH 200, the dedicated dietetics classroom. A scanner and printer are also available. You must supply your own paper for printing.

### **Transfers and Course Currency**

Frequently students at Nicholls or other universities will contact the Director of the Didactic Program in Dietetics inquiring about changing their major to dietetics. At other times graduates of Dietetic Technician programs such as that at Delgado Community College want to continue their education and become registered dietitians. Students enrolled in Tulane University’s graduate program in nutrition/public health have also inquired about the requirements to become registered dietitians. College graduates working in varied professions may want to change the direction of their life and decide that it’s never too late to pursue a career in dietetics.

In each of these scenarios the Director reviews the transcripts of **all** post-secondary course work from **each** college and/or university attended to determine which, if any, of the completed courses meet the undergraduate knowledge requirements needed to earn the Verification Statement necessary to apply to a CADE-

approved supervised practice experience, i.e., dietetic internship. The currency of applicable courses is also vital. In a field as dynamic as dietetics where knowledge is continually evolving it is necessary that students have been instructed and evaluated on up-to-date course content. As a general rule courses completed more than five (5) years prior must be repeated.

Copy of the transcripts should be sent to  
Colette Leistner, PhD, RD  
Director, Didactic Program in Dietetics  
Dept. of Allied Health Sciences  
Thibodaux, LA 70310  
OR faxed to Dr. Leistner's attention at 985.493.2614

University information regarding admission, registration, campus information, etc. can be found at [www.nicholls.edu/transfer](http://www.nicholls.edu/transfer). **But remember, your transcript must be reviewed by the DPD director and you must be advised by Dietetics faculty.**

### **Dress Code**

During planned field trips and meeting with guest speakers, students are expected to dress in proper attire. Students will be meeting and interacting with professional dietitians from around the state. Professional attire is recommended to create a positive first impression as these professionals may become future employers and/or internship directors.

General requirements will include: slacks or skirts, no jeans; closed toed shoes, no flip-flops, crocs, or clogs; no bare shoulders, backs, or midribs, minimal jewelry.

As we will be guests in facilities, it is important that we adhere to each facility's dress codes and behavioral expectations. The faculty will assist with determining the dress code for specific activities.

The Dietetics Program does have an established uniform that is required in lab and community nutrition courses. The specific requirements will be described in the individual class syllabi. Some field trips and community activities require your wearing the Program Uniform. The current uniform is a monogrammed blue  $\frac{3}{4}$  length sleeve shirt worn with khaki, navy or black slacks. Faculty can provide you with purchasing information.

Hats (including baseball caps) are to be removed in classrooms and labs and on field trips. This requirement is for men and women.

Professional behavior is expected when representing the Nicholls' Dietetics Program in all settings and at all times. Behave respectfully to guest speakers by paying attention during their presentation. Refrain from talking while guests or hosts are speaking and DO NOT chew gum. Regardless of the reason for yawning, COVER YOUR MOUTH. All food safety and health department standards will be followed when visiting a variety of facilities.

## **Activities**

### **Professional Organizations**

Dietetics majors learn through participation in departmental, university, and community activities. As active members of Nicholls' Student Dietetic Association (SDA), Bayou District Dietetic Association (BDDA), and the American Dietetic Association (ADA) students have the opportunity to network with professionals and collaborate with future colleagues. Through these experiences they gain an appreciation for the many possibilities in the dynamic field of dietetics.

Student membership in Bayou District Dietetic Association fosters networking with registered dietitians in this geographical area. Frequently the dietitians are involved with projects and would welcome the volunteer assistance of students. At times they have hired students to work in their facilities. In several cases paid employment resulted from a student's performance as a volunteer. Participation as a volunteer or employee lets students learn more about dietetics practice and see if they would or would not like to work in similar positions in the future.

### **Student Dietetic Association**

Membership in the SDA allows one to meet other students in the major, which fosters the development of camaraderie as these peers will become your colleagues in the future. Students can support each other through study groups and projects, learning valuable skills such as teamwork and leadership. Guest speakers are invited to the meetings based on student interest increasing your exposure to the job market. Recent activities of the SDA included participation in the homecoming parade, health fairs, Family Day, Welcome Back Day, and National Nutrition Month activities.

### **Volunteerism and Employment in the Field**

Nicholls' dietetics students volunteer in the Food and Nutrition departments of long term care facilities and hospitals, as well as local food banks. They have worked at the Lafourche Child Nutrition Department's main office and as dietary supervisors and aides in area hospitals and long term care facilities.

Dietetic Internship selection committees see these efforts as a sign that an individual is mature, responsible and dedicated. It shows curiosity on the part of the student and enthusiasm for the field of dietetics. It's definitely a plus!

In order to document your volunteer experiences, the program has developed a reporting form for your use. It can be found at the back of the handbook and on the Program's Blackboard Site. It may be duplicated as needed.

*Revised 11/10*

Department of Allied Health Sciences  
 Bachelor of Science Degree in Dietetics (DIET)  
 (2010-11 Catalog)

**FRESHMAN YEAR (29 Hours)**

**Dietetics courses require a “C” or better for all prerequisites.**

<b>Fall Semester (14 hrs)</b>	<b>Prerequisite Information</b>	<b>Hrs</b>	<b>Grade</b>	<b>Course Sub</b>
BIOL 114 Anatomy & Physiology I	<i>Eligible-English 101</i>	3		
BIOL 115 Anatomy & Physiology Lab I	<i>Biology 114</i>	1		
ENG 101 Composition I	<i>“C” in English 003 or “S” on placement test</i>	3		
Math 101 College Algebra	<i>“C” in Math 003 or “S” on placement test</i>	3		
PSYC Elective	<i>See catalog.</i>	3		
UNIV 101	<i>Non-developmental placement</i>	1		
<b>Spring Semester (15 hrs)</b>				
BIOL 116 Anatomy & Physiology II	<i>Biology 114 &amp; 115</i>	3		
BIOL 117 Anatomy & Physiology Lab II	<i>Biology 116</i>	1		
CMPS 101 Computer Literacy	<i>MATH 101</i>	3		
ENGL 102 Composition II	<i>C or better in ENGL 101</i>	3		
HPED Elective (Activity Course)	<i>n/a</i>	2		
SOCI 151 Introductory Sociology	<i>n/a</i>	3		

**SOPHOMORE YEAR (32 Hours)**

<b>Fall Semester (17 hrs)</b>	<b>Prerequisite Information</b>	<b>Hrs</b>	<b>Grade</b>	<b>Course Sub</b>
CHEM 101 General Chemistry I	<i>Non-developmental math placement</i>	3		
DIET 111 Food and Nutrition	<i>Eligibility for Engl &amp; Math 101 or higher</i>	3		
DIET 120 Introduction to Dietetics	<i>15 hrs non-remedial; Engl &amp; Math 101 or higher</i>	1		
DIET 200 Applied Nutrition	<i>Completion of 30 hours non-remedial to include C or better in Engl &amp; Math 101 or higher</i>	3		
DIET 201 Applied Nutrition Lab	<i>Concurrent/completion of 200; Majors only</i>	1		
HIST Elective (GER)	<i>See catalog.</i>	3		
MATH 214 Statistics	<i>“C” or better in Math 101 or 117</i>	3		
<b>Spring Semester (15 hrs)</b>				
BIOL 203 Gen Microbiology	<i>Biology 114-116</i>	3		
CHEM 208 Biochemistry	<i>Chemistry 101</i>	3		
DIET 215 Meal Management	<i>C or better in Diet 111 or concurrent</i>	3		
ENGL Literature Elective (GER)	<i>C or better in Engl 102</i>	3		
HIST Elective (GER)	<i>See catalog.</i>	3		

### JUNIOR YEAR (34 Hours)

<b>Fall Semester (18 hrs)</b>	<b>Prerequisite Information</b>	<b>Hrs</b>	<b>Grade</b>	<b>Course Sub</b>
DIET 264 Food Science	<i>Diet 111 or 200</i>	3		
DIET 305 Life Cycle Nutrition	<i>C or better in Diet 200</i>	3		
DIET 390 Community Nutrition	<i>DIET 200; Diet 305 complete / concurrent</i>	3		
Fine Arts Elective (GER)	<i>See catalog.</i>	3		
MKTG 300 Marketing	<i>60 hrs non-remedial</i>	3		
MNGT 301 Mgt of Organizations & Behavioral Processes	<i>60 hrs non-remedial, Engl 102</i>	3		
<b>Spring Semester (16 hrs)</b>				
DIET 301 Institutional Planning & Purchasing	<i>Mngt 301 &amp; Mrkt 300</i>	3		
DIET 316 Organization & Management	<i>Co-requisite Diet 301</i>	3		
DIET 410 Advanced Nutrition	<i>Diet majors only; Diet 305 credit /concurrent Chem 208</i>	3		
ECON 255 Survey of Economic Principles (GER)	<i>Eng 101; eligibility for Math 101</i>	3		
FACS 262 or SPCH 101(OCR)	<i>See catalog.</i>	3		
NURS 311 Medical Terminology	<i>Sophomore Standing</i>	1		

### SENIOR YEAR (29 Hours)

<b>Fall Semester (15 hrs)</b>	<b>Prerequisite Information</b>	<b>Hrs</b>	<b>Grade</b>	<b>Course Sub</b>
AHSC 221 Pharmacology	<i>Biology 116-117</i>	3		
DIET 404 Quantity Food Production	<i>Diet 301 &amp; 316</i>	3		
DIET 416 Medical Nutrition Therapy I	<i>Diet majors only; C or better in Diet 410</i>	3		
DIET 450 Special Topics	<i>Senior standing in dietetics; Program Director's permission</i>	1		
DIET 459 Senior Seminar	<i>Diet majors only; senior standing</i>	2		
ENGL 468 Technical Writing for the Sciences	<i>"C" or better in English 102 and junior standing</i>	3		
<b>Spring Semester (14 hrs)</b>				
DIET 330 Health Beliefs & Practices	<i>Junior Standing</i>	3		
DIET 418 Medical Nutrition Therapy II	<i>Diet majors only; Diet 410</i>	3		
DIET 419 MNT II Laboratory	<i>Credit or registration in Diet 418</i>	1		
DIET 451 Special Topics	<i>Senior standing in dietetics; Program Director's permission</i>	2		
DIET 495 Practicum in Dietetics	<i>Permission of Program Director</i>	2		
GEOG 401 Medical Geography	<i>Junior standing</i>	3		



Allied Health Sciences 221

Biology 114, 115, 116, 117, 203

Chemistry 101, 208

Marketing 300

Management 301

Economics 255

Sociology 151

Psychology 101

Math 214

FCED 262 or Speech 101

Dietetics 111, 120, 200, 201, 215, 264, 301, 305, 316, 330, 390, 404, 410, 416, 418,  
419, 436, 450, 451, 459, 495

English 468

Nursing 311

Medical Geography 401



**NICHOLLS STATE UNIVERSITY**

**DIDACTIC PROGRAM IN DIETETICS**

**Verification of Receipt of Program Handbook**

I, \_\_\_\_\_ have received a copy of the (year) Nicholls State University, Didactic Program in Dietetics Handbook and understand that it contains important information regarding the Dietetic Program's policies. I understand that as a dietetics major, it is my obligation to be aware of and abide by the policies contained in this handbook.

I understand that the policies contained in this handbook may occasionally require clarification and that I should discuss any questions that arise with my faculty advisor or the Director of the Dietetics Program.

I also understand that updates and additional information regarding the program may be made available in the Dietetics section of the University website.

Student Signature \_\_\_\_\_

Date \_\_\_\_\_

Upon completion, please submit to your faculty advisor.