



Dietitians and nutritionists are experts in the use of food and nutrition to promote health and manage disease. They advise people on what to eat in order to lead a healthy lifestyle or achieve a specific health-related goal. Dietitians and nutritionists typically do the following:

- Assess patients' and clients' nutritional and health needs
- Counsel patients on nutrition issues and healthy eating habits
- Develop meal and nutrition plans, taking both clients' preferences and budgets into account
- Evaluate the effects of meal plans and change the plans as needed
- Promote better health by speaking to groups about diet, nutrition, and the relationship between good eating habits and preventing or managing specific diseases
- Create educational materials about healthy food choices
- Keep up with or contribute to the latest food and nutritional science research
- Document patients' progress

A student interested in pursuing a master's degree to become a registered dietitian must have successfully completed a bachelor's degree and the following required courses. Students should check with the dietetics program(s) to which they intend to apply to ensure that other requirements are fulfilled. Some dietetics programs require a course in Medical Nutrition Therapy (MNT) as part of their prerequisites. Students should consult with their advisor to discuss requirements. UNL requires 2 MNT courses and UNMC requires 1 MNT course.

Students pursuing a pre-dietetics curriculum are expected to choose a major so that they can be working towards a bachelor's degree concurrently with the pre-dietetic program. This requires a major/minor combination or a comprehensive major as well as completion of the UNK general studies requirements and other degree requirements set forth in the college catalog.

Take all of the following:

BIOL 106	Biology II	4
BIOL 211	Human Microbiology	4
CHEM 160	General Chemistry	4
CHEM 161	General Chemistry	4
CHEM 351	Biochemistry	4
NUTR 108	Introduction to Nutrition	3
NUTR 355	Food Preparation for Optimal Health	3
NUTR 385	Advanced Nutrition	3
PSY 203	General Psychology	3

Take one of the following:

BIOL 226	Anatomy and Physiology	4
BIOL 215	Human Physiology	4
KSS 310	Intro to Human Physiology of Exercise	3

Take one of the following options:

CHEM 250	Elementary Organic Chemistry	5
CHEM 360	Organic Chemistry	5

The following UNMC courses can be taken during undergraduate program at UNK

MNED 477	Nutrition in the Management of Chronic Diseases (MNT)	3
MNED	Medical Nutrition Therapy II	3

Suggested Electives:

Statistics:

STAT 241	Elementary Statistics	3
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Community Nutrition:

NUTR 345	Nutrition through the Lifecycle	3
KSS 372	Special Topics in Exercise Nutrition	3

Motivational Interviewing:

CSP 417	Counseling Skills	3
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Medical Terminology:

BIOL 325	Medical Terminology	1
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Community Health:

KSS 329	Introduction to Health Promotions	3
KSS 468	Public Health Aspects of Physical Activity	3
KSS 469	Sports Nutrition	3

Additional Information

Undergraduate Credit Required	Bachelor's Degree
Professional Schooling Required	Future Education Model Graduate Program
Local Professional Schools	UNMC – MS of Medical Nutrition UNL – MS Nutrition and Health Sciences
Professional Organization Websites	Eatright.org (Academy of Nutrition and Dietetics)
GPA Requirement	3.0 GPA

Suggested Sequence of Key Courses

	Fall	Spring
Year 1	CHEM 160 BIOL 106 NUTR 108 (section 01 for Nutrition Minors) PSY 203	CHEM 161 BIOL 211
Year 2	CHEM 250 or CHEM 360 (see advisor) BIOL 225 or BIOL 215 (see advisor)	CHEM 351 or CHEM 361 BIOL 226
Year 3	CHEM 351 (if not previously completed) NUTR 355	
Year 4	NUTR 385 MNT I Complete final major courses	MNT II Complete final major courses

- A MATH ACT score of 22 or prior completion of College Algebra (MATH 102) is a pre-requisite for CHEM 160.
- Sophomore standing is a pre-requisite for BIOL 225.