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 as part of their prerequisites. Students should consult with their advisor to discuss requirements.

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:**

<table>
<thead>
<tr>
<th>Course</th>
<th>Title</th>
<th>Credits</th>
</tr>
</thead>
<tbody>
<tr>
<td>BIOL 211</td>
<td>Human Microbiology</td>
<td>4</td>
</tr>
<tr>
<td>CHEM 160</td>
<td>General Chemistry</td>
<td>4</td>
</tr>
<tr>
<td>CHEM 161</td>
<td>General Chemistry</td>
<td>4</td>
</tr>
<tr>
<td>CHEM 351</td>
<td>Biochemistry</td>
<td>4</td>
</tr>
<tr>
<td>PE 108</td>
<td>Introduction to Nutrition</td>
<td>3</td>
</tr>
<tr>
<td>PE 355</td>
<td>Food Preparation for Optimal Health</td>
<td>3</td>
</tr>
<tr>
<td>PE 385</td>
<td>Advanced Nutrition</td>
<td>3</td>
</tr>
<tr>
<td>PSY 203</td>
<td>General Psychology</td>
<td>3</td>
</tr>
</tbody>
</table>

**Take one of the following:**

<table>
<thead>
<tr>
<th>Course</th>
<th>Title</th>
<th>Credits</th>
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</thead>
<tbody>
<tr>
<td>BIOL 103</td>
<td>General Biology</td>
<td>4</td>
</tr>
<tr>
<td>BIOL 106</td>
<td>Biology II</td>
<td>4</td>
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**Take one of the following:**

<table>
<thead>
<tr>
<th>Course</th>
<th>Title</th>
<th>Credits</th>
</tr>
</thead>
<tbody>
<tr>
<td>BIOL 226</td>
<td>Anatomy and Physiology</td>
<td>4</td>
</tr>
<tr>
<td>BIOL 215</td>
<td>Human Physiology</td>
<td>4</td>
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</table>

**Take one of the following options**

<table>
<thead>
<tr>
<th>Course</th>
<th>Title</th>
<th>Credits</th>
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</thead>
<tbody>
<tr>
<td>CHEM 250</td>
<td>Elementary Organic Chemistry</td>
<td>5</td>
</tr>
<tr>
<td>CHEM 360</td>
<td>Organic Chemistry</td>
<td>5</td>
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</table>

**Suggested Electives:**

**Statistics:**

<table>
<thead>
<tr>
<th>Course</th>
<th>Title</th>
<th>Credits</th>
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</thead>
<tbody>
<tr>
<td>STAT 241</td>
<td>Elementary Statistics</td>
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</table>

**Community Nutrition:**

<table>
<thead>
<tr>
<th>Course</th>
<th>Title</th>
<th>Credits</th>
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</thead>
<tbody>
<tr>
<td>PE 473</td>
<td>Special Topics in Exercise Nutrition</td>
<td>3</td>
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</tbody>
</table>

**Motivational Interviewing:**

<table>
<thead>
<tr>
<th>Course</th>
<th>Title</th>
<th>Credits</th>
</tr>
</thead>
<tbody>
<tr>
<td>CSP 417</td>
<td>Counseling Skills</td>
<td>3</td>
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</tbody>
</table>
PSY 403 Psychology of Motivation 3
**Medical Terminology:**
Biol 325 Medical Terminology 1
**Community Health:**
PE 329 Introduction to Health Promotions 3
PE 468 Public Health Aspects of Physical Activity 3

### Additional Information

<table>
<thead>
<tr>
<th>Undergraduate Credit Required</th>
<th>Bachelor's Degree</th>
</tr>
</thead>
<tbody>
<tr>
<td>Entrance Exam</td>
<td>GRE</td>
</tr>
<tr>
<td>Professional Schooling Required</td>
<td>Future Education Model Graduate Program</td>
</tr>
<tr>
<td>Local Professional Schools</td>
<td>UNMC – MS of Medical Nutrition</td>
</tr>
<tr>
<td></td>
<td>UNL – MS Nutrition and Health Sciences</td>
</tr>
<tr>
<td>Professional Organization Websites</td>
<td>Eatright.org (Academy of Nutrition and Dietetics</td>
</tr>
<tr>
<td>GPA Requirement</td>
<td>3.0 GPA</td>
</tr>
<tr>
<td>Science Course GPA</td>
<td>C or higher</td>
</tr>
<tr>
<td>Nutrition Course GPA</td>
<td>B or Higher</td>
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</table>

### Suggested Sequence of Key Courses

<table>
<thead>
<tr>
<th>Year 1</th>
<th>Fall</th>
<th>Spring</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>CHEM 160</td>
<td>CHEM 161</td>
</tr>
<tr>
<td></td>
<td>PE 108</td>
<td>BIOL 211</td>
</tr>
<tr>
<td></td>
<td>PSY 203</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Year 2</th>
<th>Fall</th>
<th>Spring</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>CHEM 250 or CHEM 360 (see advisor)</td>
<td>CHEM 351 or CHEM 361</td>
</tr>
<tr>
<td></td>
<td>BIOL 225 or BIOL 215 (see advisor)</td>
<td>BIOL 226</td>
</tr>
<tr>
<td></td>
<td>CHEM 351 (if not previously completed)</td>
<td></td>
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<tr>
<td></td>
<td>PE 355</td>
<td></td>
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</tbody>
</table>

<table>
<thead>
<tr>
<th>Year 3</th>
<th>Fall</th>
<th>Spring</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Complete final major courses</td>
<td>PE 385</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Year 4</th>
<th>Fall</th>
<th>Spring</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Complete final major courses</td>
<td>Complete final major courses</td>
</tr>
</tbody>
</table>

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