



**DIETETICS INFORMATION**  
**UNIVERSITY OF NORTH TEXAS**  
**COLLEGE OF ARTS & SCIENCE**  
**GENERAL ACADEMIC BUILDING, ROOM 220**

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**Dietetic Technician**

**Occupational/Job Description**

Dietetic technicians assist in shaping the public's food choices--thereby improving people's understanding of the importance of nutrition--and treat persons with illnesses or injuries. Technicians often screen patients to identify nutrition problems, provide patient education and counseling to individuals and groups, develop menus and recipes, supervise food service personnel, purchase food, and monitor inventory and food quality. Dietetic technicians also use computer skills for tasks ranging from imputing inventory and payroll to chart patients' nutritional progress.

**Employment Characteristics**

As an integral part of the nutrition care team, dietetic technicians work together with registered dietitians in a number of different settings, such as hospitals, public health nutrition programs, and long-term care facilities. Technicians also work in child nutrition and school lunch programs, community wellness centers, health clubs, nutrition programs for the elderly, food companies, restaurants, and food service management.

**Education Programs**

**Length** - Two years (associate degree), combining classroom and supervised practical experience, at a regionally accredited college or university. After completing this program, individuals are eligible to take the registration examination for dietetic technicians. Those who pass the exam become Dietetic Technicians, Registered, and can use the initials "DTR" after their names.

**Prerequisites** - Applicants must have a high school diploma or equivalency and meet institutional entrance requirements.

**Curriculum** - Didactic instruction and a minimum of 450 hours of supervised practice experiences make up the curriculum. Food, nutrition, and management courses are emphasized, supported by the sciences, psychology, communications, and business courses are also important.

**A complete list of Dietetic Technician Associate Degree Programs can be found at <http://www.eatright.org/>**

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# Dietitian/Nutritionist

## **Occupational/Job Description**

Dietetics is the science of applying food and nutrition to health. Dietitians and nutritionists integrate and apply the principles derived from the science of food, nutrition, biochemistry, physiology, food management, and behavior to achieve and maintain the health status of the public they serve.

## **Employment Characteristics**

Dietitians and nutritionists work in a variety of settings:

*Clinical dietitians* are a vital part of the medical team in hospitals, nursing homes, health maintenance organizations, and other health care facilities. As a key member of the health care team, the clinical dietitian provides medical nutrition therapy, the use of specific nutrition services to treat chronic conditions, illnesses, or injuries. Opportunities for advancement are available by choosing a particular area of nutrition practices, such as diabetes, heart, or pediatrics.

*Community dietitians* work in public and home health agencies, day care centers, and health and recreation clubs, and in government-funded programs that feed and counsel families, the elderly, pregnant women, children, and individuals with special needs. Where proper nutrition can help improve quality of life, community dietitians reach out to the public to teach, monitor, and advise.

*Educator dietitians* work in colleges, universities, and community or technical schools, teaching future doctors, nurses, dietitians, and dietetic technicians the sophisticated science of food and nutrition.

*Research dietitians* work in government agencies, food and pharmaceutical companies, and in major universities and medical centers. They conduct or direct experiments to answer critical nutrition questions, study alternative foods, and help modify dietary recommendations for the public.

*Consultant dietitians* work full or part time, usually under contract with a health care facility or in their own private practice. Consultant dietitians in private practice perform nutrition screening and assessment of their own clients and those referred to them by physicians. They offer advice on weight loss, cholesterol reduction, and a variety of other diet related concerns. Those under contract with health care facilities often consult with food service managers, providing expertise on sanitation and safety procedure, budgeting, and portion control. Other clients include athletes and nursing home residents.

*Management dietitians* work in health care institutions, schools, cafeterias, and restaurants, playing a key role where food is served. They are responsible for personnel management, menu planning, budgeting, and purchasing.

*Business dietitians* work in food and nutrition related industries. They work in such areas as product development, sales, marketing, advertising, public relations, and purchasing.

## **Educational Programs**

**Length** - The professional component is a minimum of two years at the baccalaureate or master's degree level. Post-baccalaureate supervised practice programs vary from six months to two years, depending on study design and integration in a graduate program. Following completion of academic and supervised practice requirements, individuals are eligible to take a national certification examination for registered

dietitians. Many states also regulate dietitians and nutritionists.

**Prerequisites** - Variable for programs at the baccalaureate and master's levels, depending on the degree offered and institutional requirements. Applicants to post-baccalaureate degree and CAADE approved didactic course work.

**Curriculum** -

*The Coordinated Program in Dietetics (CP)-Accredited:*

- \* an academic program in a regionally accredited college or university culminating in a minimum of a baccalaureate degree;
- \* provides didactic instruction and a minimum of 900 hours of supervised practice experiences, which may be planned concurrently with or following the didactic component;
- \* enables graduates to establish eligibility to sit for the registration examination for dietitians.

*The Didactic Program in Dietetics (DPD)-Approved:*

- \* an academic program in a regionally accredited college or university culminating in a minimum of a baccalaureate degree;
- \* enables graduates to apply for a supervised practice program leading to eligibility to sit for the registration examination for dietitians.

*Dietetic Internship (DI)-Accredited/Preprofessional Practice Programs (AP4)-Approved:*

- \* a supervised practice program sponsored by a health care facility, college or university, federal or state, business, or corporation;
- \* provides a minimum of 900 hours of supervised practice experiences;
- \* follows completion of CAADE-approved Didactic Program in Dietetics and a baccalaureate degree;
- \* may be full-time or part-time completed within a two year period;
- \* enables graduates to establish eligibility to sit for the registration examination for dietitians.

Bachelor degree programs in the Dallas/Fort Worth area:

**University of Texas Southwestern Medical Center  
Southwestern Allied Health Sciences School**

Department of Clinical Nutrition - Coordinated Program  
5323 Harry Hines Boulevard  
Dallas, Texas 75235-8877  
(214) 648-1514

[www.swmed.edu/home\\_pages/publish/ahs\\_catalog/clinnut.html](http://www.swmed.edu/home_pages/publish/ahs_catalog/clinnut.html)

**Texas Woman's University**

Department of Nutrition and Food Sciences - Didactic Program  
P.O. Box 425888  
Denton, Texas 76204  
(940) 898-2636

[www.twu.edu/hs/nfs.htm](http://www.twu.edu/hs/nfs.htm)

**Texas Christian University**

Department of Nutrition and Dietetics - Coordinated and Didactic Programs  
TCU Box 298600  
Annie Richardson Bass Building, Room 106  
Fort Worth, Texas 76129  
(817) 257-5849

[www.tcu.edu](http://www.tcu.edu)

**A complete list of available Dietitian/Nutritionist Programs can be found at <http://www.eatright.org>. All schools will have varied requirements and are subject to change. The following is an example of one coordinated program's required courses for admission.**

# **THE UNIVERSITY OF TEXAS SOUTHWESTERN MEDICAL CENTER AT DALLAS BACHELOR DEGREE PROGRAM\***

Application deadline	February 15
Admitting semesters	Primarily Summer
Program length	5 semesters full-time
Minimum GPA (overall & science)	2.5

## **English: 6 semester hours**

(Choose one course)

ENGL 1310 College Writing I (3 hours) **OR**

ENGL 1313 Computer Assisted College Writing I (3 hours) **OR**

ENGL 1311 Honors Composition I (3 hours)

(Choose one course)

ENGL 1320 College Writing II (3 hours) **OR**

ENGL 1323 Computer Assisted College Writing II (3 hours) **OR**

ENGL 1321 Honors Composition II (3 hours) **OR**

ENGL 2700 Technical Writing (3 hours)

## **American History: 6 semester hours**

HIST 2610 US History to 1865 (3 hours) **OR**

HIST 2675 Honors US History to 1865 (3 hours)

**AND**

HIST 2620 US History from 1865 (3 hours) **OR**

HIST 2685 Honors US History Since 1865 (3 hours)

## **Political Science: 6 semester hours**

PSCI 1040 American Government (3 hours) **OR**

PSCI 1041 Honors American Government (3 hours)

**AND**

PSCI 1050 American Government (3 hours) **OR**

PSCI 1051 Honors American Government (3 hours)

## **Humanities and Social Science: 9 semester hours**

PSYC (3 hours) Ex. PSYC 1630 General Psychology I

SOCI (3 hours) Ex. SOCI 1510 Individuals in Society

Humanities (3 hours) Ex. PHIL 1400 Introduction to Contemporary Moral Issues

## **Math: 3 semester hours**

MATH 1100 College Algebra (3 hours) or higher

## **Biology: 16 semester hours**

\*BIOL 1710 Principles of Biology I (3 hours)

\*BIOL 1730 Principles of Biology I Lab (1 hour)

(Prerequisite for Biol 2040)

\*BIOL 2401 Applied Human Anatomy (4 hours)

\*BIOL 2402 Applied Human Physiology (4 hours)

\*BIOL 2040 Biology of Microorganisms (4 hours)

**Chemistry: 8 semester hours**

- \*CHEM 1410 General Chemistry I (3 hours)
- \*CHEM 1430 Laboratory Sequence for General Chemistry I (1 hour)
  
- \*CHEM 1420 General Chemistry II (3 hours)
- \*CHEM 1440 Laboratory Sequence for General Chemistry II (1 hour)  
(Prerequisite for Chem 2370)
  
- \*CHEM 2370 Organic Chemistry I (3 hours)
- \*CHEM 3210 Organic Chemistry Laboratory I (1 hour)
  
- CHEM 2380 Organic Chemistry II (3 hours)
- CHEM 3220 Organic Chemistry Laboratory II (1 hour)  
**(Highly encouraged, not required)**

**Wellness/Nutrition: 3 semester hours**

- \*SMHM 1450 Principles of Nutrition (3 hours)

**Computer Skills: 3 semester hours**

- CSCI 1100 Introduction to Computer Science (3 hours) **OR**
- BCIS 2610 Introduction to Computers in Business (3 hours) **OR**
- CECS 1100 Computer Applications (3 hours)

**Plus elective hours to total 60 semester hours.**

\*A grade of C or better must be achieved in these prerequisite courses.

*Shown above is a composite list of requirements for the nutrition program at UT Southwestern Allied Health School. Please be aware that program requirements may change without notice and can vary with each school.*

**Prerequisites for Texas Woman's University's  
B.S. in Nutrition**

**English: 9 hours**

Choose one course:

- ENGL 1310 College Writing I (3 hours) OR
- ENGL 1313 Computer Assisted College Writing I (3 hours) or
- ENGL 1311 Honors Composition I (3 hours)

Choose one course:

- ENGL 1320 College Writing II (3 hours) OR
- ENGL 1323 Computer Assisted College Writing II (3 hours) or
- ENGL 1321 Honors Composition I (3 hours)

Choose one course:

- Literature, Philosophy or Language (3 hours)

**American History: 6 semester hours**

HIST 2610 US History to 1865 (3 hours) **OR** HIST 2675 Honors US History to 1865 (3 hours)  
**AND**  
HIST 2620 US History from 1865 (3 hours) **OR** HIST 2685 Honors US History Since 1865 (3 hours)

**Political Science: 6 semester hours**

PSCI 1040 American Government (3 hours) **OR** PSCI 1041 Honors American Government  
**AND**  
PSCI 1050 American Government (3 hours) **OR** PSCI 1051 Honors American Government

**Chemistry: 8 semester hours**

\*CHEM 1410 General Chemistry I (3 hours)  
\*CHEM 1430 Laboratory Sequence for General Chemistry I (1 hour)  
  
\*CHEM 1420 General Chemistry II (3 hours)  
\*CHEM 1440 Laboratory Sequence for General Chemistry II (1 hour)  
(Prerequisite for CHEM 2370)  
  
CHEM 2380 Organic Chemistry II (3 hours)  
CHEM 3220 Organic Chemistry Laboratory II (1 hour)

**Biology: 16 semester hours**

\*BIOL 2401 Applied Human Anatomy (4 hours)  
\*BIOL 2402 Applied Human Physiology (4 hours)

**Physics: 4 hours**

PHYS 1410/1430 General Physics (4 hours)

**Nutrition**

SMHM 1450 Principles of Nutrition (3 hours) and  
**Food Prep Principles and Lab (not offered at UNT) (3 hours). At TWU: NFS 1302/1301**

**Mathematics: (3 hours)**

**No direct equivalent at UNT. At TWU, course is MATH 1313 or higher.**

**Social and Behavioral Science (3 hours)**

**Woman's Studies (3 hours)**

**Multicultural, Diversity (3 hours)**

**Visual & Performing Arts (3 hours)**

**Electives: (1 hour)**

**Prerequisites for Texas Woman's University's  
B.S. in Food & Nutrition in Business and Industry**

**English: 9 hours**

Choose one course:  
ENGL 1310 College Writing I (3 hours) OR  
ENGL 1313 Computer Assisted College Writing I (3 hours) or  
ENGL 1311 Honors Composition I (3 hours)

Choose one course:

ENGL 1320 College Writing II (3 hours) OR  
ENGL 1323 Computer Assisted College Writing II (3 hours) or  
ENGL 1321 Honors Composition I (3 hours)

Choose one course: Literature, Philosophy or Language (3 hours)

**American History: 6 semester hours**

HIST 2610 US History to 1865 (3 hours) **OR**  
HIST 2675 Honors US History to 1865 (3 hours)

**AND**

HIST 2620 US History from 1865 (3 hours) **OR**  
HIST 2685 Honors US History Since 1865 (3 hours)

**Political Science: 6 semester hours**

PSCI 1040 American Government (3 hours) **OR**  
PSCI 1041 Honors American Government (3 hours)

**AND**

PSCI 1050 American Government (3 hours) **OR**  
PSCI 1051 Honors American Government (3 hours)

**Chemistry: 8 semester hours**

\*CHEM 1410 General Chemistry I (3 hours)  
\*CHEM 1430 Laboratory Sequence for General Chemistry I (1 hour)

\*CHEM 1420 General Chemistry II (3 hours)  
\*CHEM 1440 Laboratory Sequence for General Chemistry II (1 hour)  
(Prerequisite for CHEM 2370)

\*CHEM 2370 Organic Chemistry I (3 hours)  
\*CHEM 3210 Organic Chemistry Laboratory I (1 hour)

**Biology: 16 semester hours**

\*BIOL 1710 Principles of Biology I (3 hours)

\*BIOL 2040 Biology of Microorganisms (4 hours) (Prerequisite: BIOL 1710 Principles of Biology I and CHEM 1410/1430)

**Nutrition**

SMHM 1450 Principles of Nutrition (3 hours)

**Food Prep Principles and Lab (not offered at UNT) (3 hours). At TWU: NFS 1302/1301**

**Mathematics: (3 hours)**

**MATH 1100. College Algebra (3 hours) or higher**

**Social and Behavioral Science (3 hours)**

**Woman's Studies (3 hours)**

**Multicultural, Diversity (3 hours)**

**Visual & Performing Arts (3 hours)**

**Computer course: 3 hours**

**CSCI 1100 Introduction to Computer Science (3 hours)**

**Communication: (3 hours)**

**No direct equivalent at UNT. At TWU: SPCH 1013, Oral Communication (3 hours)**

**Course for minor (3 hours)**

**Prerequisites for Texas Woman's University's  
B.S. in Dietetics & Institutional Administration**

**English: 9 hours**

Choose one course:

ENGL 1310 College Writing I (3 hours) OR  
ENGL 1313 Computer Assisted College Writing I (3 hours) or  
ENGL 1311 Honors Composition I (3 hours)

Choose one course:

ENGL 1320 College Writing II (3 hours) OR  
ENGL 1323 Computer Assisted College Writing II (3 hours) or  
ENGL 1321 Honors Composition I (3 hours)

Choose one course:

Literature, Philosophy or Language (3 hours)

**American History: 6 semester hours**

HIST 2610 US History to 1865 (3 hours) **OR**  
HIST 2675 Honors US History to 1865 (3 hours)

**AND**

HIST 2620 US History from 1865 (3 hours) **OR**  
HIST 2685 Honors US History Since 1865 (3 hours)

**Political Science: 6 semester hours**

PSCI 1040 American Government (3 hours) **OR**  
PSCI 1041 Honors American Government (3 hours)

**AND**

PSCI 1050 American Government (3 hours) **OR**  
PSCI 1051 Honors American Government (3 hours)

**Chemistry: 8 semester hours**

\*CHEM 1410 General Chemistry I (3 hours)  
\*CHEM 1430 Laboratory Sequence for General Chemistry I (1 hour)

\*CHEM 1420 General Chemistry II (3 hours)  
\*CHEM 1440 Laboratory Sequence for General Chemistry II (1 hour)  
(Prerequisite for CHEM 2370)

\*CHEM 2370 Organic Chemistry I (3 hours)  
\*CHEM 3210 Organic Chemistry Laboratory I (1 hour)

**Biology: 16 semester hours**

\*BIOL 1710 Principles of Biology I (3 hours)

\*BIOL 2040 Biology of Microorganisms (4 hours) (Prerequisite: BIOL 1710 Principles of Biology I)

and CHEM 1410/1430)

**Nutrition**

SMHM 1450 Principles of Nutrition (3 hours) *and*

**Food Prep Principles and Lab (not offered at UNT) (3 hours). At TWU: NFS 1302/1301**

**Mathematics: (3 hours):**

**MATH 1100. College Algebra (3 hours) or higher**

**Social and Behavioral Science (3 hours): Psyc 1630 General Psychology I**

**Woman's Studies (3 hours)**

**Multicultural, Diversity (3 hours)**

**Visual & Performing Arts (3 hours)**

**Computer course: 3 hours**

**CSCI 1100 Introduction to Computer Science (3 hours)**

**Additional course in nutrition not taught at UNT: NFS 1902, 1901 Health and Fitness (at TWU)**