



Pre-Nutrition/Dietetics Information

University of North Texas

College of Arts & Science

General Academic Building, Room 220

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 inputting 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 (DPI)-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 Dietetics/Nutrition

Coordinated Programs in Dietetics

Texas Christian University
<http://www.tcu.edu/>

UT at Austin
<http://www.he.utexas.edu/ntr/cpd.php>

UT Pan American
<http://www.panam.edu>

Didactic Programs in Texas near DFW

Stephen F. Austin University
<http://www.sfasu.edu/hms>

Abilene Christian University
<http://www.acu.edu/exercisescience>

Baylor University
www.baylor.edu

Texas Tech University
<http://www.hs.ttu.edu>

 **Texas Women's University**
<http://www.twu.edu/hs/nfs/>

If you would like to apply to TWU's nutrition/ dietetic program it is strongly encouraged that you transfer as early as possible. For courses that will transfer contact TWU at 940.898.2636

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.

TEXAS CHRISTIAN UNIVERISTY BACHELOR OF SCIENCE IN NUTRITIONAL SCIENCE

English Composition: 6 semester hours

ENGL 1310 English Composition I (3 hours)
ENGL 1320 English Composition II (3 hours)

Nutrition: 3 semester hours

SMHM 1450 Principle of Nutrition (3 hours)

Psychology: 3 semester hours

PSYC 1630 general psychology I (3 hours)

Microeconomics: 3 semester hours

ECON 1100 Principles of Microeconomics (3 hours)

Communications: 3 semester hours

COMM 1010 Intro to Communication (3 hours)

Biology: 12 semester hours

BIOL 2041/2042 Microbiology (4 hours)
(prerequisite is BIOL 1710/1730 & CHEM 1410/1430)
BIOL 2301/2311 Anatomy & Physiology I (4 hours)
BIOL 2302/2312 Anatomy & Physiology II (4 hours)

Fine Arts: 3 semester hours

See university core for list of options (3 hours)

Food Preparation: 3 semester hours

UNT doesn't offer this course; TCCNS HECO 1315

Management Leadership: 3 semester hours

UNT doesn't offer this course; TCCNS BGMT 1303

Sociology: 3 semester hours

SOCI 1510 individuals in society (3 hours)

Math: 3 semester hours

MATH 1680 Statistics (3 hours)

Chemistry: 12 semester hours

CHEM 1410/1430 General Chemistry I (4 hours)
CHEM 1420/1440 General Chemistry II (4 hours)
CHEM 2370/3210 Organic Chemistry I (4 hours)

Refer to www.TCU.edu for the TCU core curriculum requirements.

Shown above is a composite list of requirements for the nutritional science program at Texas Christian University. Please be aware that program requirements may change without notice and can vary with each school. Contact TCU for updates.