

## DEPARTMENT OF Kinesiology and Health (KNH)



Updated 5-7-09

### Dietetics

The Dietetics major leads to a Bachelor of Science in Kinesiology and Health degree. Dietetics is the area of health science that studies people's nutritional needs and care. The Miami Dietetics program is accredited by the Commission on Accreditation for Dietetics Education (CADE) of the American Dietetic Association. The major provides an interdisciplinary curriculum with courses in nutrition, food science, exercise and health with supporting courses in sciences, social science and management. The program fulfills the didactic portion of the requirements to become a registered dietitian and a member of the American Dietetic Association. To become a registered dietitian you must complete an ADA approved clinical experience following graduation.\* Dietitians are professionally prepared to do nutritional assessment and nutritional counseling and education as components of preventive, curative, or restorative health.

### INTERESTS

An aptitude for science with interest in nutrition and food science as well as education and counseling is appropriate for this career path. Concern about people and their nutritional health is a fundamental characteristic of professionals in dietetics careers. Students who choose Dietetics will study nutrients, health and disease, and nutrition as it relates to physical fitness and health across the life cycle. The program includes courses in nutrition, medical nutrition therapy, food science, and food service management built on a strong background in natural science.

### CAREER OPPORTUNITIES

The medical profession, sport industry, business community, and the general public are increasingly aware of the importance and benefit of good nutrition. Dietitians may work in health care facilities, community health programs, government programs, and business and food service operations. They may be food industry representatives or consultants, researchers, or educators. Additionally, several specialty areas have developed in nutritional support, sport nutrition, eating disorders, pediatric and geriatric nutrition. The Dietetics major can also serve as a good background for medical school, physician assistant training, veterinary, or occupational therapy school.

\* Acceptance rate of clinical experience dependent upon student performance

## **ADMISSION REQUIREMENTS FOR DIETETICS**

Students must enroll in the Department of Kinesiology and Health (KNH) to take KNH courses as pre-majors. Students are eligible to apply to become a Dietetics major after fulfilling the following requirements:

- a. Enroll as a Dietetics pre-major
- b. Complete 24 credit hours
- c. Complete 12 credit hours in the Miami Plan (included in the 24 credit hours)
- d. Complete KNH 102, KNH 104 **AND** one of the following: KNH 188 **OR** KNH 242 **OR** ZOO 161 **OR** MBI 111 (total of 3 courses) Note: All are required for graduation.
- e. Achieve a 2.5 GPA or higher in the courses listed in c and d (combined)

Upon completion of the above requirements and after all grades have been posted to your DARS, download the Dietetics Application from the KNH Student link on Blackboard to change your status from pre-major to major. Complete the form, attach your DARS, and submit to the Undergraduate Secretary, 106-D Phillips Hall. Students will be notified of their acceptance via their Miami e-mail address.

**The two major advisors in Dietetics are Dr. C.M. Michael and Dr. D.M. Spillman. Meet with your advisor at least once a semester and bring a current copy of your DARS.**

**YOUR KNH ACADEMIC ADVISOR is listed in your STUDENT TAB in <sup>My</sup>Miami. Meet with your advisor regularly and always bring a current copy of your DARS.**

### **Sources of Additional Information**

Department of Kinesiology and Health  
106 Phillips Hall / 513-529-2700

Check the website:

**KNH Homepage:** <http://www.muohio.edu/knh>

American Dietetic Association: <http://www.eatright.org>

*Occupational Outlook Handbook and Dictionary of Occupational Titles*

For the Pre-Medical tract students should take the same classes but make the following changes: ZOO 113 and 114 for ZOO 161

Two semesters of Organic Chemistry (CHM 241 series and labs and Lab for CHM 231)

Two Semesters of Physics (PHY 171 or 181 series)

Please talk with Dr. Spillman concerning the pre-professional tracks.

**Dietetics Major Requirements - All of these:**

- KNH 104 Introductory Food Science and Meal Management (4)
- KNH 201 Meal Management (3)
- KNH 305 Introduction to Food Systems Management (3)
- KNH 306 Quantity Food Production (3)
- KNH 307 Food Systems Operation (3)
- KNH 403 Professional Practices in Dietetics (3)
- KNH 404 Advanced Food Science (4)
- KNH 405 Advanced Nutrition (3)
- KNH 406 Nutrition Therapy (4)
- KNH 407 Nutrition and Aging (3)
- KNH 408 Perinatal and Child Nutrition (3)
- KNH 420.G Field Experience: Dietetics (2)

**KNH Department Requirements:**

- KNH 102 Fundamentals of Nutrition (3)
- KNH 184 Motor Skill Learning and Performance (3)
- KNH 184.L Motor Skill Learning and Performance Lab (1)
- KNH 274 Critical Perspectives on the Body (3) **or**
- KNH 276 The Meaning of Leisure (3) (MPF IIC) (H)
- KNH 188 Exercise and Health (3) (MPF II C) **or**
- KNH 242 Personal Health (3) (MPF II C)

**Business Requirement Courses:**

- MGT 291 Organizational Behavior and Theory (3)
- MGT 303 Human Resource Management (3)

**Science - All of these:**

- CHM 141, 144 College Chemistry (3) and College Chemistry Lab (2) (MPF IVB)
- CHM 142, 145 College Chemistry (3) and College Chemistry Lab (2) (*MPT CHM 2*)\*
- CHM 231 Fundamentals of Organic Chemistry (4) (*MPT CHM 2*)\*
- CHM 332 Outlines of Biochemistry (4) (*MPT CHM 2*)\*
- MBI 111 Microorganism and Human Disease (3) (MPF IVA)
- ZOO 161 Human Physiology (4) (MPF IVA)

***\*Thematic Sequence*****Other Required Courses:**

- EDP 101 Critical Issues in Psychology of the Learner (3) (MPF IIC) **or**
- PSY 111 Introduction to Psychology (4) (MPF IIC)
- ENG 313 Introduction to Technical Writing (3)
- STA 261 Statistics (4) (MPF V)

**Electives (16 hours) Consult with an advisor****Miami Plan for Liberal Education (Dietetics)**

Foundation	Course #	Hours	Course Title
IA	ENG 111	3	College Composition
IB	ENG 112	3	Composition & Literature
IIA	Fine Arts	3	Choice
IIB	Humanities	3	Choice
IIC	EDP 101 or PSY 111	3	Choose one
II A, B, or C	KNH 276, KNH 242 or KNH 188	3	Select from courses in your major program marked II A, B, or C below
IIIA	U.S. Cultures	3	Choice
IIIB	World Culture	3	Choice
IV A	MBI 111	3	Microorganisms and Human Disease
IV B	CHM 141, 142	5	College Chemistry and Laboratory
IV A OR B	ZOO 161	4	Principles of Human Physiology
V	STA 261	3	Statistics
Thematic Sequence	Choice	9	Choice
Senior Capstone	KNH 402 (Recommended)	3	Critical Reflection on Practices in Health and Physical Culture

Note: Remember historical (H) perspective requirements of the Miami Plan.

# Four Year Outline for Major in Dietetics

<b>FIRST YEAR</b>			
<u>First Semester</u>		<u>Second Semester</u>	
ENG 111 College Comp. & Lit. (MPFI)	3	ENG 112 College Comp. & Lit. (MPFI)	3
KNH 104 Intro to Food Science & Meal Mgmt	4	KNH 102 Fundamentals of Nutrition or 101	3
<b>OR</b> KNH 102 Fundamentals of Nutrition	3	KNH 184 Motor Skill Learn. & Perf.	3
KNH 188 Exercise and Health (MPFIIC)	3	KNH 184.L Motor Skill Lab	1
<b>OR</b> KNH 242 Personal Health (MPFIIC)	3	ZOO 161 (MPFIVA)	4
EDP 101 Psychology of Learner (MPFIIC)	3	*Miami Plan options	<u>3</u>
<b>OR</b> PSY 111 Intro. To Psychology (MPFIIC)	4		<b>17</b>
MBI 111 Microorganisms & H.D. (MPFIVA)	<u>3</u>		
	<b>15-17</b>		
<b>SOPHOMORE</b>			
<u>First Semester</u>		<u>Second Semester</u>	
<b>KNH 201 Meal Management</b>	3	KNH 274 Critical Perspectives on Body	3
CHM 141 College Chemistry (MPFIVB)	3	<b>OR</b> KNH 276 Meaning of Leisure (MPFIIC)	3
CHM 144 College Chemistry Lab (MPFIVB)	2	<b>KNH 305 Intro. Food Systems Mgmt.</b>	3
*Miami Plan options or elective	<u>7-8</u>	CHM 142 College Chemistry (MPT)	3
	<b>15-16</b>	CHM 145 College Chemistry Lab (MPT)	2
		*Miami Plan options or elective	<u>5</u>
			<b>16</b>
<b>JUNIOR</b>			
<u>First Semester</u>		<u>Second Semester</u>	
<b>KNH 306 Quantity Food Production</b>	3	<b>KNH 307 Food Systems Operation</b>	3
ENG 313 Technical Writing	3	<b>KNH 407 Nutrition &amp; Aging</b>	3
<b>KNH 408 Perinatal &amp; Child Nut. (MPT)</b>	3	<b>CHM 332 Biochemistry (MPT)</b>	4
<b>CHM 231 Fund. Organic Chem. (MPT)</b>	4	MGT 303 Human Resource Management	3
MGT 291 Org. Behavior & Theory	<u>3</u>	*Miami Plan options or elective	<u>3</u>
	<b>16</b>		<b>16</b>
<b>SENIOR</b>			
<u>First Semester</u>		<u>Second Semester</u>	
<b>KNH 403 Prof. Practices in Dietetics</b>	3	<b>KNH 406 Nutrition Therapy</b>	4
KNH 404 Advance Food Science	4	STA 261 Statistics (MPV)	4
<b>KNH 405 Advanced Nutrition</b>	3	Miami Plan Capstone or *elective <b>OR</b> KNH	3
Miami Plan Capstone or *elective <b>OR</b>	3	402	<u>5</u>
KNH 420.G Field Experience	<u>2</u>	Electives	<b>16</b>
	<b>15</b>		

\*Fine Arts, Humanities, U.S. Cultures, World Cultures or Thematic Sequence options.

**BOLD TITLES mean the course is offered Fall ONLY or Spring ONLY.**

Created by AR 5/11/06  
Effective Catalog year 2010.10 (Fall 2009)  
Last Update: 5-7-09