

Nutrition & Dietetics, B.S. 120 hrs

School of Health Sciences
Catalog Year 2024-2025

Freshman	Fall	Term	Grade	Hrs	Milestones
	CHEM 139: General Chemistry I/Lab (C5)*			4	Seek extracurricular activity/club
	ENGL 101: Writing & Rhetoric (C1)			3	
	HEAL 123, HSCC 101, or HEAL 111 (C4)			3	Seek experiences related to nutrition
	PSY 150: General Psychology * (P1)			3	
	P3. History			3	Complete CHEM 139 with 'C' or higher
Total				16	Complete PSY 150 with 'C' or higher
Tip: Meet with your Academic Advisor before your registration date so you can register on time. CHEM 132 can be accepted in place of CHEM 139. However, students should earn a 'B' or better to meet the pre-requisite for CHEM 140. Consult with SHS advisor for Chemistry options.					

	Spring	Term	Grade	Hrs	Milestones
	CHEM 140: General Chemistry II/Lab*			4	Connect & engage with at least 1 activity/club
	P4. Humanities			3	
	ND 330 Human Nutritional Needs **			3	Complete experience related to nutrition
	P5. Fine & Performing Arts			3	
	First-Year Seminar - ND 190 recommended			3	Complete ND 330 with 'B' or higher
Total				16	Complete CHEM 140 with 'C' or higher
Tips: CHEM 133 can be accepted in place of CHEM 140. Consult with SHS advisor for Chemistry options. When exploring activity/club options, consider SAND- Student Association of Nutrition & Dietetics.					

Sophomore	Fall	Term	Grade	Hrs	Milestones
	BIOL 291: Anatomy & Physiology I/Lab * (C5)			4	Finalize application materials
	ENGL 202: Writing and Critical Inquiry (C1)			3	
	Elective			3	Complete ND 239 with 'B' or higher
	MATH 170: Applied Statistics * (C2)			3	
	ND 239: Dietetics as a Profession **			1	Complete BIOL 291 with 'C' or higher
Total				14	Complete MATH 170 with 'C' or higher
Tip: Meet with advisor early to review admission criteria. Consider who will complete your recommendation required for admission.					

	Spring	Term	Grade	Hrs	Milestones
	BIOL 292: Human Anatomy & Physiology II/Lab *			4	Apply for program
	BIOL 313: Microbiology in Health & Nutrition/Lab *			4	
	COMM 201: Foundations of Communication (C3)			3	
	P1 other than PSY (Suggested ULP: SOCW 354)			3	
	Total				14
Tip: Application can be found on NutritionDietetics.WCU.EDU. ND 310 cannot be used to satisfy the ULP since it's a major core requirement. See recommendation above or consult with advisor.					

Junior	Fall	Term	Grade	Hrs	Milestones
	ND 331: Food Science			3	Begin researching dietetic internships
	ND 301: Food Science Lab			1	
	ND 325: Research Methods in Nutrition			3	
	HSCC 311: Systems & Trends in Health Care Delivery			3	Remain active in SAND (or other club/activity)
	ND 350: Advanced Human Nutrition I			3	
	ND 335: Nutrition Through the Life Cycle			3	
Total				16	Maintain minimum 3.00 GPA in major to remain in program
Tip: Seek volunteer/employment opportunities to build resume.					

	Spring	Term	Grade	Hrs	Milestones
	HSCC 330: Legal & Legislative Aspects of Health Care			3	Consider running for leadership position in SAND or other club
	ND 420: Community Nutrition I			3	
	ND 432: Institutional Foodservice Management I			3	
	ND 351: Advanced Human Nutrition II			3	Seek diverse nutrition/dietetics related experience
	ND 334: Nutritional Assessment			2	
	ND 304: Nutritional Assessment Lab			1	
Total				15	Maintain minimum 3.00 GPA in major to remain in program
Tip: Meet with advisor to discuss potential Graduate programs if interested.					

Senior	Fall	Term	Grade	Hrs	Milestones
	ND 422: Community Nutrition II			3	Apply for Graduation
	ND 451: Medical Nutrition Therapy I			3	
	ND 453: Medical Nutrition Therapy I Lab			1	Continue seeking related experience
	ND 436: Nutritional Interviewing & Counseling Skills			2	
	ND 406: Nutritional Interviewing & Counseling Lab			1	Take GRE (if needed)
	ND 439: Introduction to Professional Practice			1	
ND 435: Institutional Foodservice Management II			3	Continue maintaining GPA	
Total				14	Decide what dietetic internships you plan to apply to
Tips: Work with Center for Career & Professional Development on building your resume/cover letter. If you are considering the MHS/ND program, talk with your advisor about pre-select.					

	Spring	Term	Grade	Hrs	Milestones
	ND 310: Food, Nutrition, & Culture (P6)			3	Graduate!
	ND 333: Quantity Food Production			2	
	ND 303: Quantity Food Production Lab			1	Apply to dietetic internships or other post-graduate programs
	ND 452: Medical Nutrition Therapy II			3	
	ND 454: Medical Nutrition Therapy II Lab			1	
	ND 461: Nutrition & Dietetics Capstone			1	Continue maintaining GPA
Elective			4		
Total				15	
Tip:					

* Grade of "C" or better is required & must be completed for admission to the ND major.

** A grade of "B" or better is required and must be completed for admission to the ND major.

Note: One course from P1-P6 must be an upper level (besides ND 310).

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C1. Writing	Hrs
ENGL 101	3
ENGL 202	3
C2. Mathematics	Hrs
MATH 170	3
C3. Oral Communication	Hrs
COMM 201	3
C4. Wellness	Hrs
HEAL 123, HSCC 101, or HEAL 111	3
C5. Physical & Biological Sciences	Hrs
<i>Courses must be taken in two different disciplines.</i>	
CHEM 139	4
BIOL 291	4
The First-Year Seminar	Hrs
ND 190 (recommended)	3
P1. Social Sciences	Hrs
<i>Must take PSY 150 and one other. Other course CANNOT be PSY.</i>	
PSY 150	3
ANTH 110, ANTH 115, ANTH 432, ASI 250, BA 133, ECON 231, ECON 232, ENVH 200, ENVH 300, FIN 210, FIN 350, LAW 105, LAW 406, MKT 409, PSC 101, PSC 323, RTH 300, SOC 103, SOC 235, SOC 414, SOCW 251, SOCW 354 , SOCW 402	3
P3. History	Hrs
HIST 107, HIST 131, HIST 132, HIST 210, HIST 211, HIST 212, HIST 213, HIST 218, HIST 220, HIST 221, HIST 222, HIST 233, HIST 234, HIST 235, HIST 236, HIST 237, HIST 238, HIST 239, HIST 240, HIST 250, HIST 303, HIST 308, HIST 311, HIST 315, HIST 317, HIST 330, HIST 335, HIST 337, HIST 341, HIST 351, MATH 301	3
P4. Humanities	Hrs
CS 210, ECON 344, ENGL 203, ENGL 206, ENGL 207, ENGL 208, ENGL 209, ENGL 210, ENGL 333, ENGL 350, ENGL 351, ENGL 352, ENGL 353, ENGL 367, ENGL 368, ENGL 390, GBS 200, HIST 271, HIST 281, LAW 201, LAW 306, LAW 412, PAR 101, PAR 102, PAR 121, PAR 146, PAR 201, PAR 250, PAR 304, PAR 306, PAR 307, PAR 309, PAR 310, PAR 312, PAR 313, PAR 315, PAR 317, PAR 319, PAR 320, PAR 330, PAR 332, PAR 333, PAR 365, PAR 366, PRM 365, SM 340	3
P5. Fine & Performing Arts	Hrs
ART 104, DA 259, FPA 101, FTP 340, IDES 250, MUS 101, MUS 102, MUS 103, MUS 300, MUS 302, MUS 304, THEA 104	3
P6. World Cultures	Hrs
ND 310 (<i>major core requirement</i>)	3
Additional Liberal Studies Information	
One upper-level course is required in any perspective category outside the discipline (prefix) of the student's major. <i>ND 310 CANNOT be used to satisfy the ULP.</i> Students should not enroll in courses numbered above their class rank.	

Other Major Prerequisite Requirements	Hrs
BIOL 292	4
BIOL 313	4
CHEM 140	4
ND 239	1
ND 330	3
Major Core Requirements	Hrs
HSCC 311	3
HSCC 330	3
ND 301	1
ND 303	1
ND 304	1
ND 325	3
ND 331	3
ND 333	2
ND 334	2
ND 335	3
ND 350	3
ND 351	3
ND 406	1
ND 420	3
ND 422	3
ND 432	3
ND 435	3
ND 436	2
ND 439	1
ND 451	3
ND 452	3
ND 453	1
ND 454	1
ND 461	1
Electives	Hrs
ELECTIVES	7

Undergraduate Catalog
Additional info located in the catalog at: catalog.wcu.edu

Program Expectations
Students admitted to the program must maintain a 3.00 GPA in the major to remain in the program.

Program Admission Criteria
Declaration of a major in Pre-Nutrition & Dietetics does not guarantee admission into the Nutrition & Dietetics program. Students must formally apply and be admitted before beginning the professional sequence of courses in the junior year.
(1) Minimum GPA Requirement: 2.8 overall, 3.0 in the pre-requisite courses . - Prerequisite courses must have a 'C' or better. - ND 239 and ND 330 must have 'B' or better.
(2) At least one paid and/or volunteer experience related to nutrition and dietetics.
(3) Recommendation from college instructor teaching Nutrition or other pre-requisite course.
(4) Engagement in at least one extracurricular activity/club after starting college is encouraged.
<i>Completed applications must be received online in January of each year for admission to the ND program in the fall of that year. Application dates and information can be found at NUTRITIONDIETETICS.WCU.EDU.</i>

Required Application Materials
For your application, you will need:
(1) Access to your Degree Evaluation (courses, grades, GPA, etc.)
(2) A list of your experiences related to nutrition and dietetics.
(3) A clearly written personal statement (not to exceed one page) that addresses the following: -Your reasons for majoring in Nutrition & Dietetics at Western Carolina University. (Applicants should address their short-term and long-term career goals within their statement.
(5) A list of organizations/involvement, scholarships, honors, certifications, professional memberships after beginning college (<i>if applicable</i>).
(6) The contact information of two college instructors who taught Nutrition or other pre-professional courses, and who will submit a recommendation on your behalf. <i>While you only need one completed recommendation form to meet the minimum requirements, the program would like you to submit two names in your electronic application.</i>
<i>Click HERE for more details on the application process, sample applications, and sample recommendation forms.</i>

Advisement & Resources
NUTRITIONDIETETICS.WCU.EDU
Program Director Ru Caulkins: rcaulkins@wcu.edu or 828-227-2637
Student Services Center SSC.WCU.EDU Kimberlee Yontz: kyontz@wcu.edu or 828-227-3516 Julie Conway: jconway@wcu.edu or 828-227-2917