

# DIETETICS STUDENT HANDBOOK

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**Department of Human Nutrition, Food and Animal  
Sciences College of Tropical Agriculture and Human  
Resources University of Hawai`i at Mānoa, Honolulu,  
Hawai`i**

Updated 7/17/2017

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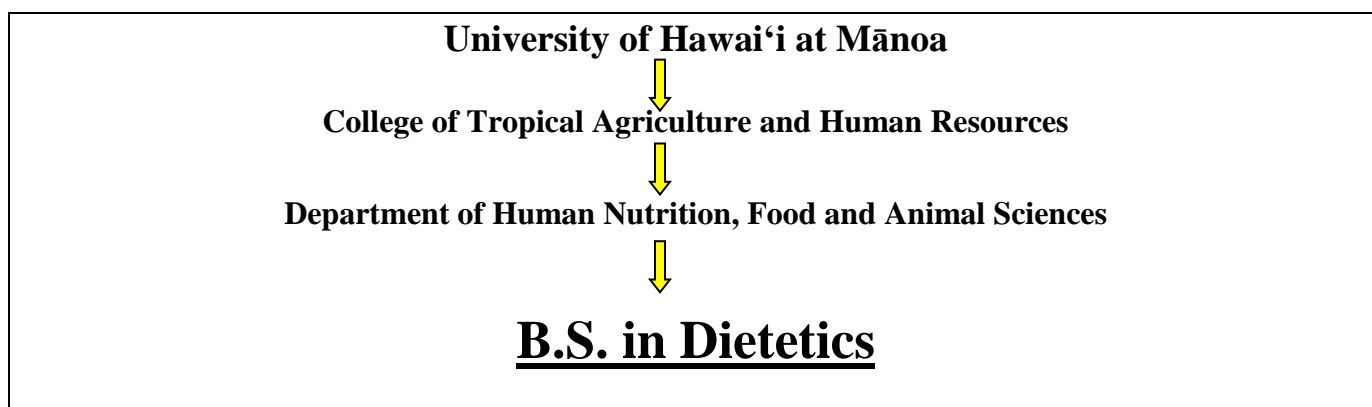
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## Welcome

Welcome to the Didactic Program in Dietetics (DPD) in the Department of Human Nutrition, Food and Animal Sciences - the only dietetics program offered within the State of Hawai'i. It is our wish that you find personal and professional growth and rewards as a dietetics student at the University of Hawai'i at Mānoa (UHM).



This handbook was prepared for students interested in majoring in the field of Dietetics and interested in becoming a registered dietitian nutritionist (RDN). RDNs apply the science of food and nutrition to daily living and good health. For many federal/state agencies, hospitals and universities providing nutrition services, a RDN is the required professional. *Note: Every effort has been made to ensure that the material in this handbook is accurate, up-to-date and complete. However, occasionally errors and changes occur. It is recommended to double check with your academic advisor before taking any course, which is one of the reasons the department requires mandatory advising of all students. For those not yet in the program and would like to make sure they are on the right track please feel free to contact the CTAHR academic advisors (e-mail: [ctahradv@hawaii.edu](mailto:ctahradv@hawaii.edu); schedule your appointment at [ctahradv.youcanbook.me](http://ctahradv.youcanbook.me)).*

### **Admission into the University of Hawai'i at Mānoa (UHM) Didactic Program in Dietetics (DPD)**

Undergraduate students interested in the Dietetics major may apply either as upperclassmen or as transfer students at any time of the year once admission requirements are met.

Students who want to transfer into the Dietetics (DTCS) major are required to have:

- 60 earned credits (Junior standing)
- A minimum total GPA of 3.0
- Completed FSHN 185 with a grade of B (not B-) or better
- Completed the following courses with a grade of C (not C-) or better
  - MATH 140 (or higher)
  - PHYL 141 & 141 Lab
  - PHYL 142 & 142 Lab
  - CHEM 161 & 161 Lab
  - CHEM 162 & 162 Lab

Students who have taken courses at another university or community college outside of the University of Hawai'i system must arrange to have their official transcripts sent to the UHM Admissions Office for evaluation of transfer credits. Courses not meeting the university core requirements, but are acceptable academically, will be transferred and counted as elective credits.

Upon entering the program, students will be required to meet with academic advisors to map out their academic pathway toward degree completion. Contact the CTAHR academic advisors at [ctahradv@hawaii.edu](mailto:ctahradv@hawaii.edu) or schedule an appointment at [ctahradv.youcanbook.me](http://ctahradv.youcanbook.me).

**Note to Foreign Transfer students:** Thank you for considering the DPD at the UHM. The UHM's dietetics program is nationally accredited and falls under the jurisdiction of the Academy of Nutrition and Dietetics (AND; <http://www.eatright.org/>). All course work acquired outside of the U.S. has to go through a reciprocity evaluation. You will need to send your transcripts (along with a fee) to have your course work evaluated. Click on the link below to be directed to companies that have been recommended by the Accreditation Council for Education in Nutrition and Dietetics to do this service:

<http://www.eatrightacend.org/ACEND/content.aspx?id=6442485499>

Once you have the reciprocity report, you can see how your courses fit within the requirements of the UHM's DPD. Please check the course requirements section of the *Dietetics Option Student Handbook* or the following web site, [www.ctahr.hawaii.edu/hnfas/degrees/undergrad/FSHN.html#diet](http://www.ctahr.hawaii.edu/hnfas/degrees/undergrad/FSHN.html#diet).

Once accepted, you will be considered part of the DPD and the "clock will start ticking". There is no time limit but the dietetics program is evaluated on how long it takes for students to complete required coursework. Note that the course load is quite heavy especially if you are new to the UHM campus. Dietetics is a profession where you are expected to be self-motivated, to work hard, and do what is necessary to accomplish your goals. Pace yourself accordingly, possibly taking several courses during the summer. The department requires mandatory advising of all students, including dietetic students. Each semester dietetic students will consult with his/her advisor to review coursework and assess their academic progress. At the end of the junior year, students will be encouraged to be advised by the Dietetics Program Director (if they are not already) to ensure program requirements are met for graduation and to facilitate the dietetic internship application process.

## **Taking Courses at University of Hawai'i's Community Colleges**

Many of University of Hawai'i's Community Colleges offer a variety of courses required by the dietetics curriculum. In addition, parking is free! You might decide to attend a community college first, but keep in mind that there are approximately 2 years of required upper division courses that are available only at UHM.

Please meet with an academic advisor to discuss what courses could be taken at a system community college. The advisors will be able to assist students with planning courses and discussing course equivalencies.

## **Mission of the University of Hawai‘i at Mānoa (UHM) Didactic Program in Dietetics (DPD)**

The mission of the UHM DPD is to provide a high quality, broad based, didactic education with in-depth experiences in the sciences, management and business that serves as the knowledge base for the required post-baccalaureate experience component needed to become a RDN.

### **Goals of the UHM DPD include:**

#### **Program Goal #1**

To provide quality undergraduate didactic instruction for successful admission into accredited dietetic internships or institutions of higher learning for pursuit of a career in the profession of nutrition or a related field.

#### **Program Goal #2**

To prepare graduates to demonstrate a commitment to community service.

## **Didactic Program in Dietetics Core Knowledge Requirements for Registered Dietitian Nutritionists (KRDN)**

### **Domain 1: Scientific and Evidence Base of Practice: integration of scientific information and research into practice**

Upon completion of the program, graduates are able to:

KRDN 1.1: Demonstrate how to locate, interpret, evaluate and use professional literature to make ethical, evidenced-based practice decisions.

KRDN 1.2: Use current information technologies to locate and apply evidence-based guidelines and protocols.

KRDN 1.3: Apply critical thinking skills.

### **Domain 2: Professional Practice Expectations: Beliefs, values, attitudes and behaviors for the professional dietitian level of practice.**

Upon completion of the program, graduates are able to:

KRDN 2.1: Demonstrate effective and professional oral and written communication and documentation.

KRDN 2.2: Describe the governance of nutrition and dietetics practice, such as the Scope of Nutrition and Dietetics Practice and the Code of Ethics for the Profession of Nutrition and Dietetics; and describe interprofessional relationships in various practice settings.

KRDN 2.3: Assess the impact of a public policy position on nutrition and dietetics practice.

KRDN 2.4: Discuss the impact of health care policy and different health care delivery systems on food and nutrition services.

KRDN 2.5: Identify and describe the work of interprofessional teams and the roles of others with whom the registered dietitian nutritionist collaborates in the delivery of food and nutrition services.

KRDN 2.6: Demonstrate an understanding of cultural competence/sensitivity.

KRDN 2.7: Demonstrate identification with the nutrition and dietetics profession through activities such as participation in professional organizations and defending a position on issues impacting the nutrition and dietetics profession.

KRDN 2.8: Demonstrate an understanding of the importance and expectations of a professional in mentoring and precepting others.

### **Domain 3: Clinical and Customer Services: Development and delivery of information, products and services to individuals, groups and populations**

Upon completion of the program, graduates are able to:

KRDN 3.1: Use the Nutrition Care Process to make decisions, identify nutrition-related problems and determine and evaluate nutrition interventions.

KRDN 3.2: Develop an educational session or program/educational strategy for a target population.

KRDN 3.3: Demonstrate counseling and education methods to facilitate behavior change and enhance wellness for diverse individuals and groups.

KRDN 3.4: Explain the processes involved in delivering quality food and nutrition services.

KRDN 3.5: Describe basic concepts of nutritional genomics.

#### **Domain 4: Practice Management and Use of Resources: Strategic application of principles of management and systems in the provision of services to individuals and organizations**

Upon completion of the program, graduates are able to:

KRDN 4.1: Apply management theories to the development of programs or services.

KRDN 4.2: Evaluate a budget and interpret financial data.

KRDN 4.3: Describe the regulation system related to billing and coding, what services are reimbursable by third party payers, and how reimbursement may be obtained.

KRDN 4.4: Apply the principles of human resource management to different situations.

KRDN 4.5: Describe safety principles related to food, personnel and consumers.

KRDN 4.6: Analyze data for assessment and evaluate data to be used in decision-making for continuous quality improvement.

### **University of Hawai‘i at Mānoa (UHM) Didactic Program in Dietetics (DPD) Outcomes**

The following UHM DPD **outcomes** are continuously monitored to ensure high quality learning experiences and program effectiveness.

For program goal #1: Quality of UHM DPD

- a. Percent of UHM dietetic students applying to dietetics internships the academic year they complete the program and the number who are accepted
- b. Once accepted into the UHM DPD, the time it takes for students to graduate
- c. Pass rate for UHM DPD graduates taking the national Dietetic Registration Examination for the first time.
- e. Student evaluation of overall quality of UHM DPD
- f. For graduates attending dietetic internships, their preceptor evaluation
- g. Employment rate of graduates

For program goal #2: Community service

- a. Percent of students participating in community service
- b. Percent of graduates working in Hawai‘i doing community service

### **University of Hawai‘i at Mānoa (UHM) Didactic Program in Dietetics (DPD) Requirements**

The UHM DPD is based on requirements mandated by the College and University requirements and the Standards of Education of the Accreditation Council for Education in Nutrition and Dietetics. Due to the large number of required courses, especially those courses that have prerequisites, scheduling can be challenging. As an entering freshman you can complete the dietetics undergraduate program at the UHM in four years if you closely follow the course sequence on the sample four year plan. This plan specifies all required coursework including the University undergraduate core requirements. Many of the courses required in the first two years are offered at the community colleges.

The next few pages will outline the required course work for the degree program, sample four year plan, Dietetics Roadmap (course sequencing chart).

**Please note that scheduling and prerequisites are subject to change so always double check and refer to the UH catalog and current Schedule of Courses.**

### **Costs and Financial Assistance**

A full time student resident for academic year 2017-2018 pays approximately \$5,436/semester in tuition with an additional \$500 for books and \$800 for student fees. A full time non-resident student pays approximately \$16,452/semester tuition with the same \$500 book cost and \$800 student fees. This does not take into account living or possible additional expenses such as a \$5 fee to join the FSHN Student Council, \$50 for student Academy of Nutrition and Dietetics membership, about \$25 for attendance at the Hawai‘i Academy for Nutrition and Dietetics conference, about \$30 in malpractice insurance and gas for the senior FSHN 492 Field Experience class and food class lab fees. Please see [http://manoa.hawaii.edu/records/tuition\\_fees/tuition.html](http://manoa.hawaii.edu/records/tuition_fees/tuition.html) for the most updated tuition and fees.

The University and CTAHR offer some financial assistance. Please see CTAHR’s scholarship website here: <http://www.ctahr.hawaii.edu/site/Scholarships.aspx>

Nutrition and Food Science scholarships are also available; however, most are for Juniors or Seniors with a grade point average above 3.0. Check out the Department of Human Nutrition, Food and Animal Sciences scholarships website: <http://www.ctahr.hawaii.edu/hnfas/scholarships.html>

## Exciting Careers in Dietetics

A career in dietetics can be exciting! Some graduates work in business, selecting and marketing food products to meet the needs of specific populations. Others work with healthy, overweight or ill people guiding them nutritionally towards better health, or in the case of athletes, towards peak performance.

Clinical dietitians work in hospitals, clinics, physicians' offices and nursing homes. These dietitians work as members of the health care team with doctors, nurses and pharmacists to help people who are ill. They also teach nutrition concepts to healthy groups and individuals, including children, pregnant women and the elderly. Many have established private practices.

Community dietitians work in areas of public health such as the Supplemental Food Program for Women, Infants, Children Program (WIC), and the State Departments of Health. They facilitate better health by promoting and teaching good eating practices to the public.

Administrative dietitians direct the food service operations in hospitals, nursing homes, schools, universities, business and industry, restaurants, and correctional institutions. These professionals plan nutritious and attractive menus, purchase foods, control large food service budgets, and manage food service workers.

Other dietitians conduct research in nutrition in health and disease, develop new food products, promote nutrition through radio, television and written media, or teach nutrition and food service management at the college and university level.

### Specialized Areas in Dietetics: 2017-2018 Dietetic Practice Groups:

(See <http://www.eatrightpro.org/resources/membership/academy-groups/dietetic-practice-groups>)

Behavior Health Nutrition	Nutrition Education for the Public
Clinical Nutrition Management	Nutrition Educators for Health Professionals
Diabetes Care and Education	Nutrition Entrepreneurs
Dietetic Technicians in Practice	Oncology Nutrition
Dietetics in Health Care Communities	Pediatric Nutrition
Dietitians in Business and Communication	Public Health/Community Nutrition
Dietitians in Integrative and Functional Medicine	Renal Dietitians
Dietitians in Nutrition Support	Research
Food and Culinary Professionals	School Nutrition Services
Healthy Aging	Sports, Cardiovascular, and Wellness Nutritionists
Hunger and Environmental Malnutrition	Vegetarian Nutrition
Management in Food and Nutrition Systems	Weight Management
Medical Nutrition Practice Group	Women's Health

The Academy of Nutrition and Dietetics (AND) is one of the major professional organizations for dietetic practitioners. The purpose of the Association is the promotion of optimal health and nutritional status of the population through the provision of direction and leadership for quality dietetic practice, education, and research. Currently, there are about 100,000 AND members in the United States and across the globe. The majority of members are RDNs.

## Professional Portfolio

As students' progress through the dietetics program they will be encouraged to develop, and continually update, a professional portfolio. A variety of material may be included such as: evidence of oral and written communication, ability to use technology, evidence of research skills, teamwork, critical thinking and problem solving ability. The process of accumulating and storing materials digitally is now available through the UH computer system, Laulima. Student also can develop their own website to showcase their portfolio using free software such as WordPress or GoogleSites.

## Evaluation

Evaluation is a critical continuous process that is an integral component of the UHM DPD. Faculty and students are each given opportunities to offer their input. Constructive suggestions and recommendations are always encouraged. A variety of mechanisms exist to ensure that this evaluation process takes place:

1. At the end of each dietetic required course, students will be given the opportunity to evaluate the instructor's performance and the course itself.
2. Students have the right to give input to the given professor, student advisor, dietetics program director, department chair and college dean of students.
3. At the end of the DPD, students are given an "exit survey" administered by the college and are asked to evaluate the quality of the education they received while attending UHM.

## Grievance Procedure

It is the policy of the University of Hawai'i at Mānoa that faculty and students be provided consistent and equitable treatment in resolving disputes arising from the academic relationship between faculty and student(s). Student(s) who wish to appeal a decision or grade by faculty members are advised to utilize the Academic Grievance Procedure. Information on the Academic Grievance Procedure is available from the UHM Dean of Students, who is the campus administrator responsible for facilitating the grievance process. Their site is:

[http://studentaffairs.manoa.hawaii.edu/policies/academic\\_grievance/](http://studentaffairs.manoa.hawaii.edu/policies/academic_grievance/).

Students who have a grievance related to the DPD program should contact the Accreditation Council for Education in Nutrition and Dietetics (ACEND), 120 South Riverside Plaza, Suite 2000, Chicago, IL 60606-6995, Telephone: 800-877-1600 ext. 5400.

## Retention, Remediation and Disciplinary Action

As with all students who fail to meet the academic requirements of UHM, students may be placed on probation, suspended, or dismissed. The guidelines for these procedures are found in the UH catalog. Further information may also be obtained from the UH student academic services office, <http://www.catalog.hawaii.edu/undergrad-ed/honors.htm#academic>. Dietetic students are encouraged to develop a collaborative relationship with their advisors so if necessary, they can work together to proactively develop positive strategies to avoid negative disciplinary action.

## Liability and Travel Insurance

Liability insurance provides protection to students from any injury they may cause or are alleged to have caused to others. Dietetic students participating in community or hospital work experiences are required to purchase at least \$1,000,000 worth of liability insurance or certify that they are covered by the liability insurance policy of the cooperating agency or firm. Marsh Affinity Group Services provide \$1,000,000 or \$3,000,000 worth of liability insurance for an annual fee of about \$30. The Department has no relationship with this firm. The applications are provided by the department for convenience only. Students are responsible for transportation to and from work sites. Individual health and travel insurance is strongly recommended.

## Becoming a Registered Dietitian Nutritionist (RDN)

To become a registered dietitian nutrition (RDN), the successful completion of these components is required:

1. An accredited/coordinated program (CP) **or** an approved didactic (instructional) program in dietetics. A Bachelor's degree is acquired upon completion of this program.
2. Dietetic internship (supervised practice)
3. The Dietetic Registration exam.



The Didactic Program in Dietetics at the University of Hawai‘i at Mānoa is currently granted Accreditation by the Accreditation Council for Education in Nutrition and Dietetics (ACEND), 120 South Riverside Plaza, Suite 2000, Chicago, IL 60606-6995, Telephone: 800-877-1600 ext. 5400. It prepares students with the knowledge base for a dietetic internship and/or graduate school.

## After Graduating from the University- Now What?

After graduating from an accredited didactic program in dietetics, an accredited internship (supervised practice) for a minimum of 1200 hours is required for eligibility to take the Dietetic Registration Examination. The purpose of registration is to protect the nutritional health, safety and welfare of the public by encouraging high standards of performance of persons practicing the profession of dietetics. The computerized exam is offered on a regular basis in Hawai‘i during the year. Exam questions cover four domains: food and nutrition sciences; nutrition care for individuals and groups; management of food and nutrition programs and services; foodservice systems. After completing an internship, the student is "RDN eligible." Only after successfully passing this exam can the student become an RDN.

Licensure for Hawai‘i’s RDs became law in year 2000. The licensure law is a “title protection” law. The Hawai‘i Academy for Nutrition and Dietetics (HAND) continues to work with the Hawai‘i State Department of Health to implement an active licensure program. The statute and administrative rules are available on the HAND website: <http://eatrighthawaii.org/>.

## Dietetic Internships

The most common route to becoming a registered dietitian (RDN) is completing a dietetic internship. Internships follow completion of a bachelor's degree program that meets the academic requirements of the ACEND. The University of Hawai‘i at Mānoa Food Science and Human Nutrition Department meets these requirements and issues a Bachelor of Science (B.S.) degree in Food Science and Human Nutrition.

A **Verification Statement** will be issued to you by the Dietetics Program Director upon completion of your B.S. degree regardless if you choose to pursue a dietetic internship. This standardized form verifies that you have met the dietetic undergraduate academic requirements and is to be submitted with the internship application. A copy will be kept in the Human Nutrition, Food and Animal Sciences department and another copy will be given to you upon successful completion of the DPD requirements. If you have not completed your academic requirements when you apply for an internship, a **Declaration of Intent Form** will be given to you to accompany the application.

The ACEND website (<http://www.eatrightpro.org/resources/acend/accredited-programs/dietetic-internships>) provides a list of accredited dietetic internships. The duration of these internships ranges from 6-12 months. Some are combined with master's degree programs. Also listed are distance education programs.

## Registered Dietitian Nutritionist (RDN) Exam

The RDN exam is administered through Pearson VUE. There are two hundred and fifty (250) Pearson VUE professional test centers in the United States and selected international locations

. Further information on scheduling an exam can be found at <http://www.pearsonvue.com/CDR/>.

## Maintaining RDN Status

To maintain RDN status, a fee is paid to the Commission of Dietetic Registration (CDR). Academy of Nutrition and Dietetics (AND) membership dues are also paid yearly. RDN’s do not need to be members of AND to be registered, but membership is encouraged. Member benefits include:

- Access to the *Journal of the Academy of Dietetics and Nutrition* and other information, which features current food and nutrition research and practice information as well as national AND news
- Access to *Evidence Based Library* and resources for Medical Nutrition Therapy
- Access to *Daily News* featuring top news stories related to nutrition
- Membership in your state dietetics association
- Membership in 28 professional interest practice groups Dietetic Practice Groups (DPGs)
- Member of AND's National Referral System, which serves consumers looking for nutrition services
- Member discounts on many publications, continuing education opportunities and meetings

- Professional liability insurance at economical rates
- Long-term care, home owner, auto and life insurance programs at reduced rates
- AND-sponsored Master Card credit card with WorldPoints
- Policy initiative and advocacy voice in Washington and in the media

After obtaining an RDN, seventy-five clock hours of approved continuing education in the field over a five-year period is also required. Approved continuing education activities include conferences, workshops, seminars, academic coursework, and other learning experiences.

## Graduate Record Exam

Graduate Record Exam (GRE) scores are often required especially for combined internship/graduate programs. The GRE is administered at the University of Hawai'i. Currently the cost is \$160. Only the 41/2-hour general test is given. Call 956-3454 for an appointment. You will be going to Queen Liliuokalani Center for Student Services, room 307. Tests are given weekly. To prepare for taking the GRE you can purchase GRE practice books and software found at most bookstores. You can also download a GRE practice test for free. Go to web site: [www.ets.org/gre](http://www.ets.org/gre).

Make sure you allow plenty of time for your chosen internship to receive your GRE scores. It takes up to 2-4 weeks for processing. Scores are valid for 5 years.

You can take the GRE up to five times a year. (It is good to have a score of over 1000 total for the verbal and math areas). Remember, **all** your past and current GRE test scores are sent to the designated site(s). You will be asked what sites you wish to have your scores sent. Four sites can be chosen free of charge. There will be a cost of \$20.00 per site if you decide to have your scores sent later. **Since GRE information changes often it is best to refer to the web site: [www.ets.org/gre](http://www.ets.org/gre).**

## Undergraduate FSHN (Council) Student Club

You are encouraged to join the Undergraduate FSHN Student Council for a nominal fee of \$5.00/semester. You will have a chance to meet other students in your major and have the opportunity to share information and good times. Often graduating seniors leave behind jobs/career opportunities that are now available to you. Web site at: <https://sites.google.com/a/hawaii.edu/uhm-fshn-council/>



**University of Hawai'i at Mānoa**  
**College of Tropical Agriculture and Human Resources Program Sheet 2017-2018**  
**Bachelor of Science (BS) in Food Science and Human Nutrition**  
**Track: Human Nutrition**

**Admissions: Freshmen = Open / Transfer = Min. Criteria    Process: Declaration**  
**Min. Total Credits: 120 (Sports and Wellness = 103 in core and major + 17 electives;**  
**Pre-Professional = 107 in core and major + 13 in electives; Dietetics = 120 in core and major)**

UHM General Education Core Requirements
<b>Foundations</b>
<input type="checkbox"/> FW ENG 100, 100A, 190, ESL 100, or AMST 111
<input type="checkbox"/> FS MATH 140, 161, 203, 215, 241, NREM 203, or BUS 250
<input type="checkbox"/> FG (A / B / C)
<input type="checkbox"/> FG (A / B / C)
<b>Diversification</b>
<input type="checkbox"/> DA COMG 151 or 251
<input type="checkbox"/> DH / DL
<input type="checkbox"/> DB BIOL 171
<input type="checkbox"/> DP CHEM 161
<input type="checkbox"/> DY BIOL 171L
<input type="checkbox"/> DS
<input type="checkbox"/> DS
<i>* See degree, college and major requirements for courses that can also fulfill these.</i>
UHM Graduation Requirements
<b>Focus</b>
<input type="checkbox"/> H
<input type="checkbox"/> E (300+)
<input type="checkbox"/> O (300+)
<input type="checkbox"/> W
<input type="checkbox"/> W
<input type="checkbox"/> W
<input type="checkbox"/> W (300+)
<input type="checkbox"/> W (300+)
<b>Hawaiian / Second Language</b>
<ul style="list-style-type: none"> <li>The Hawaiian or Second Language requirement is <b>not</b> required for students admitted to the Food Science and Human Nutrition program.</li> </ul>
<b>Credit Minimums</b>
<ul style="list-style-type: none"> <li>120 total applicable</li> <li>30 in residence at UHM</li> <li>45 upper division (300+ level) credits</li> </ul>
<b>Grade Point Average</b>
<ul style="list-style-type: none"> <li>2.0 cumulative or higher (<i>Note: Other GPAs may be required</i>)</li> <li>Good academic standing</li> </ul>

College Requirements
<b>CTAHR Required Set of Interrelated Courses</b>
<input type="checkbox"/> NREM 310, ECON 321, SOCS 225, EDEP 429
<input type="checkbox"/> Internship or capstone course (FSHN 492)
<b>Credit Minimums</b>
<ul style="list-style-type: none"> <li>120 total applicable</li> </ul>

This program sheet was prepared to provide information and does not constitute a contract. See back for major requirements.  
 Meet regularly with your major advisor.

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## Major Requirements for BS in Food Science and Human Nutrition

Admission: Freshmen = Open; Transfer = Min. entrance GPA of 3.0 and have taken FSHN 185 (B or better) and CHEM 161/161L and 162/162L, PHYL 141/141L and 142/142L, and MATH 140 (or higher) (C or better).

Application: Freshmen = NA; Transfer = Must meet with FSHN advisor.

Min. major credits: Sports and Wellness Option = 79; Pre-Professional Option = 72; Dietetics Option = 103

### Requirements

#### Food Science and Human Nutrition Required Supporting Courses (34-36 credits)

- |   |   |
|---|---|
| <input type="checkbox"/> BIOL 171* <sup>DB</sup> / <input type="checkbox"/> 171L* <sup>DY</sup> | <input type="checkbox"/> MBBE 375, BIOC 341, MBBE 402, BIOC 441   |
| <input type="checkbox"/> CHEM 161* <sup>DP</sup> / <input type="checkbox"/> 161L* <sup>DY</sup> | <input type="checkbox"/> PHYL 141* <sup>DB</sup> / <input type="checkbox"/> 141L* <sup>DY</sup> or 301 / 301L |
| <input type="checkbox"/> CHEM 162* <sup>DP</sup> / <input type="checkbox"/> 162L* <sup>DY</sup> | <input type="checkbox"/> PHYL 142* <sup>DB</sup> / <input type="checkbox"/> 142L* <sup>DY</sup> or 302 / 302L |
| <input type="checkbox"/> CHEM 272* <sup>DP</sup>  | <input type="checkbox"/> BUS 250, MATH 140, 161, 203, 215, 241, or NREM 203                                   |
| <input type="checkbox"/> COMG 151 or 251  |   |

#### Human Nutrition Core Courses (23 credits)

All of the following:

- |   |  |                                   |                                   |
|---|--|-----------------------------------|-----------------------------------|
| <input type="checkbox"/> FSHN 181 / 181L* <sup>DY</sup> | <input type="checkbox"/> FSHN 185* <sup>DB</sup> | <input type="checkbox"/> FSHN 370 | <input type="checkbox"/> FSHN 389 |
| <input type="checkbox"/> FSHN 485                       | <input type="checkbox"/> FSHN 486                | <input type="checkbox"/> FSHN 492 |                                   |

#### Human Nutrition Options (choose only one option)

<input type="checkbox"/> <b>Dietetics Option</b> (46-48 credits)	<p>All of the following:</p> <table border="0"> <tr> <td><input type="checkbox"/> BIOL 340 or CMB 411</td> <td><input type="checkbox"/> SOC 100*<sup>DS</sup></td> </tr> <tr> <td><input type="checkbox"/> PHRM 203</td> <td><input type="checkbox"/> PSY 100*<sup>DS</sup></td> </tr> </table> <p>All of the following:</p> <table border="0"> <tr> <td><input type="checkbox"/> FSHN 311 or BUS 315 or TIM 369I</td> <td><input type="checkbox"/> FSHN 312</td> </tr> <tr> <td><input type="checkbox"/> FSHN 322 or BUS 312</td> <td><input type="checkbox"/> FSHN 381/381L</td> </tr> <tr> <td><input type="checkbox"/> FSHN 440 or MICR 130/140L</td> <td><input type="checkbox"/> FSHN 451</td> </tr> <tr> <td><input type="checkbox"/> FSHN 467</td> <td><input type="checkbox"/> FSHN 468</td> </tr> <tr> <td><input type="checkbox"/> FSHN 480</td> <td><input type="checkbox"/> FSHN 488</td> </tr> </table>	<input type="checkbox"/> BIOL 340 or CMB 411	<input type="checkbox"/> SOC 100* <sup>DS</sup>	<input type="checkbox"/> PHRM 203	<input type="checkbox"/> PSY 100* <sup>DS</sup>	<input type="checkbox"/> FSHN 311 or BUS 315 or TIM 369I	<input type="checkbox"/> FSHN 312	<input type="checkbox"/> FSHN 322 or BUS 312	<input type="checkbox"/> FSHN 381/381L	<input type="checkbox"/> FSHN 440 or MICR 130/140L	<input type="checkbox"/> FSHN 451	<input type="checkbox"/> FSHN 467	<input type="checkbox"/> FSHN 468	<input type="checkbox"/> FSHN 480	<input type="checkbox"/> FSHN 488
<input type="checkbox"/> BIOL 340 or CMB 411	<input type="checkbox"/> SOC 100* <sup>DS</sup>														
<input type="checkbox"/> PHRM 203	<input type="checkbox"/> PSY 100* <sup>DS</sup>														
<input type="checkbox"/> FSHN 311 or BUS 315 or TIM 369I	<input type="checkbox"/> FSHN 312														
<input type="checkbox"/> FSHN 322 or BUS 312	<input type="checkbox"/> FSHN 381/381L														
<input type="checkbox"/> FSHN 440 or MICR 130/140L	<input type="checkbox"/> FSHN 451														
<input type="checkbox"/> FSHN 467	<input type="checkbox"/> FSHN 468														
<input type="checkbox"/> FSHN 480	<input type="checkbox"/> FSHN 488														
<input type="checkbox"/> <b>Pre-Professional Option</b> (15-17 credits)	<p>All of the following:</p> <table border="0"> <tr> <td><input type="checkbox"/> FSHN 440 or MICR 130/140L</td> </tr> <tr> <td><input type="checkbox"/> BIOL 275, 340, 375, CMB 411</td> </tr> </table> <p>A minimum of <b>9 credits</b> of FSHN courses 200+</p> <table border="0"> <tr> <td><input type="checkbox"/> _____</td> <td><input type="checkbox"/> _____</td> <td><input type="checkbox"/> _____</td> </tr> </table>	<input type="checkbox"/> FSHN 440 or MICR 130/140L	<input type="checkbox"/> BIOL 275, 340, 375, CMB 411	<input type="checkbox"/> _____	<input type="checkbox"/> _____	<input type="checkbox"/> _____									
<input type="checkbox"/> FSHN 440 or MICR 130/140L															
<input type="checkbox"/> BIOL 275, 340, 375, CMB 411															
<input type="checkbox"/> _____	<input type="checkbox"/> _____	<input type="checkbox"/> _____													
<input type="checkbox"/> <b>Sports and Wellness Option</b> (22-24 credits)	<p>All of the following:</p> <table border="0"> <tr> <td><input type="checkbox"/> KRS 353</td> <td><input type="checkbox"/> KRS 354 / <input type="checkbox"/> 354L</td> </tr> <tr> <td><input type="checkbox"/> FSHN 480</td> <td><input type="checkbox"/> FSHN 440 or MICR 130/140L</td> </tr> </table> <p>A minimum of <b>9 credits</b> of FSHN courses 200+</p> <table border="0"> <tr> <td><input type="checkbox"/> _____</td> <td><input type="checkbox"/> _____</td> <td><input type="checkbox"/> _____</td> </tr> </table>	<input type="checkbox"/> KRS 353	<input type="checkbox"/> KRS 354 / <input type="checkbox"/> 354L	<input type="checkbox"/> FSHN 480	<input type="checkbox"/> FSHN 440 or MICR 130/140L	<input type="checkbox"/> _____	<input type="checkbox"/> _____	<input type="checkbox"/> _____							
<input type="checkbox"/> KRS 353	<input type="checkbox"/> KRS 354 / <input type="checkbox"/> 354L														
<input type="checkbox"/> FSHN 480	<input type="checkbox"/> FSHN 440 or MICR 130/140L														
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### Notes

CTAHR Academic Advising Office:  
 Gilmore 1<sup>st</sup> floor; [ctahradv@hawaii.edu](mailto:ctahradv@hawaii.edu)  
 Appointments are required to see an advisor; please visit [ctahradv.youcanbook.me/](http://ctahradv.youcanbook.me/) to schedule an appointment.  
 CTAHR Office of Academic and Student Affairs:  
 Gilmore 210, (808) 956-8183/(808) 956-6733; [www.ctahr.hawaii.edu/ugadvising](http://www.ctahr.hawaii.edu/ugadvising)



**University of Hawai'i at Mānoa – Four-Year Academic Plan 2017-2018**  
**Colleges of Tropical Agriculture and Human Resources**  
**Bachelor of Science (BS) in Food Science and Human Nutrition**

**SAMPLE**

**Track: Human Nutrition Option: Dietetics**

This is a sample academic plan. Students should meet with an academic advisor prior to registration to formulate their own plan.

Year 1		Year 2		Year 3		Year 4	
Fall		Fall		Fall		Fall	
BIOL 171 (DB)	3	CHEM 272	3	FSHN 370	3	FSHN 312	3
BIOL 171L (DY)	1	COMG 151 or 251 (DA)	3	FSHN 381	3	FSHN 440	3
CHEM 161 (DP)	3	PHYL 141 or 301	3	FSHN 381L	1	FSHN 467	3
CHEM 161L	1	PHYL 141L or 301L	1	FSHN 485	3	FSHN 488	3
FW	3	PSY 100 (DS)	3	MBBE 375	3	Elective	3
FG (A/B/C)	3	FG (A/B/C)	3	PHRM 203	3	Elective	2
Credits	14	Credits	16	Credits	16	Credits	17
Spring		Spring		Spring		Spring	
CHEM 162	3	NREM 310	3	FSHN 311 or BUS 315 or	3	FSHN 322 or BUS 312	3
CHEM 162L	1	PHYL 142 or 302	3	TIM 369I		FSHN 451	4
FSHN 181	3	PHYL 142L or 302L	1	FSHN 389	2	FSHN 468	3
FSHN 181L	1	SOC 100	3	FSHN 480	3	FSHN 469	2
FSHN 185	3	DH/DL	3	FSHN 486	3	FSHN 492	4
Precal or higher MATH (FS)	3			BIOL 340 or CMB 411	3		
Credits	14	Credits	13	Credits	14	Credits	16
Summer		Summer		Summer		Summer	
Credits	0	Credits	0	Credits	0	Credits	0
<b>Total Credits</b>	<b>28</b>	<b>Total Credits</b>	<b>57</b>	<b>Total Credits</b>	<b>87</b>	<b>Total Credits</b>	<b>120</b>

**Notes:**

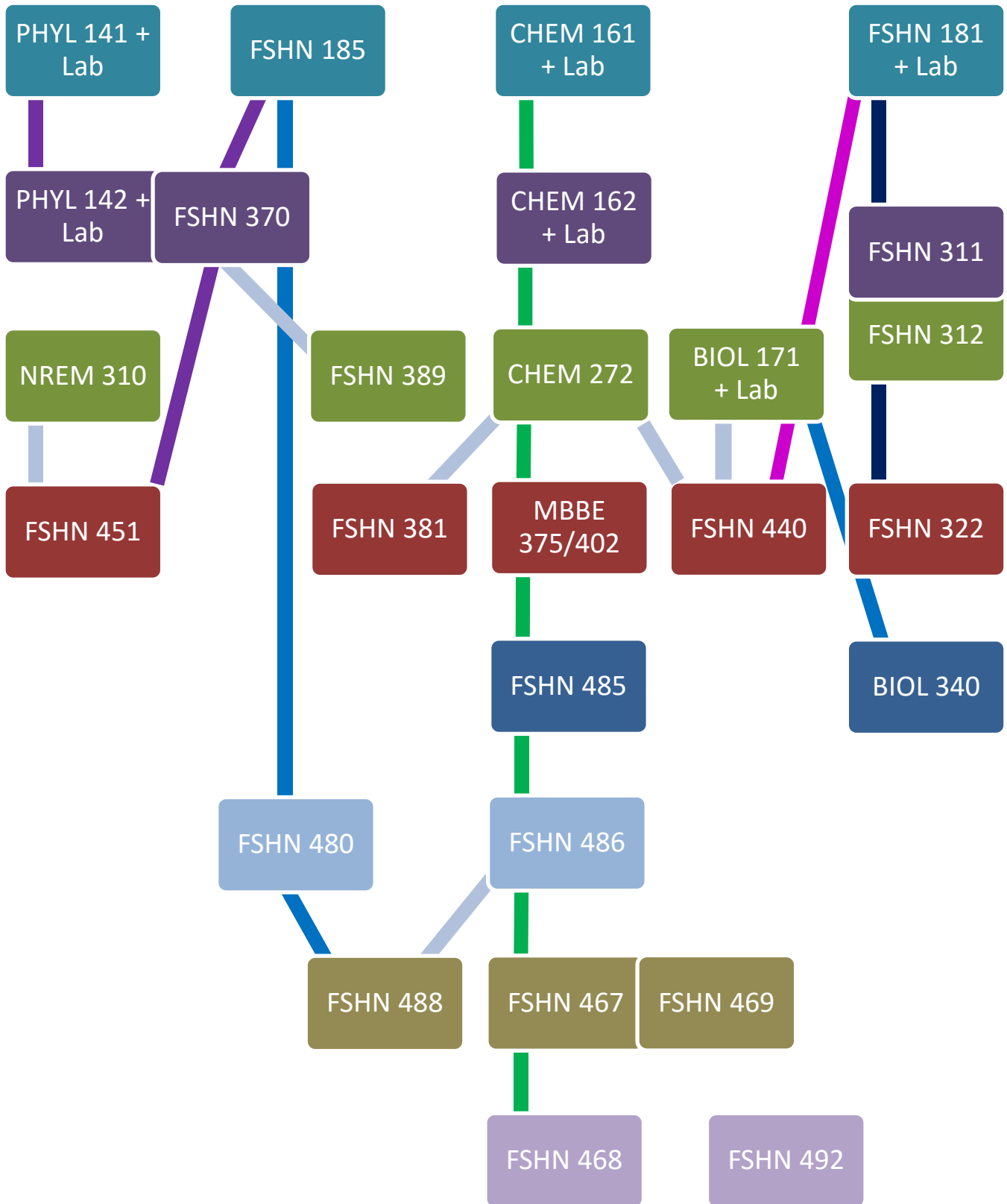
Students must take placement exams to be able to register for CHEM 161 and MATH 140.

See Dietetics Student Handbook provided by the FSHN department for additional information.

Students must incorporate all focus requirements into this plan. Focus designations (i.e., W, E, O, H) are CRN specific & semester specific.

Minimum 45 upper division (300+ course) credits are required.

## Dietetics Roadmap



**\*Student MUST work in Gen. Ed. and Focus requirements not shown on this guideline**

# General Undergraduate Foundation and Core Requirements

A complete course list is available online at <http://www.catalog.hawaii.edu/corerequirements/index.html>

## Foundations Requirement: 12 credits

The Foundations requirements are intended to give students skills and perspectives that are fundamental to undertaking higher education. Students complete the Foundations requirements during their first year at UHM. Courses taken to fulfill the Foundations requirements may not be used to fulfill Diversification or Focus requirements.

## Written Communication (FW): 3 credits

Written Communication courses introduce students to the rhetorical, conceptual, and stylistic demands of writing at the college level; courses give instruction in composing processes, search strategies, and composing from sources. Courses also provide students with experiences in the library and on the internet and enhance their skills in accessing and using various types of primary and secondary materials.

### FW Course Options Include:

- AMST 111 Introduction to American Studies Writing
- ENG 100, 100A Composition I
- ENG 190 Composition for Transfer Students
- ELI 100 Expository Writing: A Guided Approach

## Symbolic Reasoning (FS): 3 credits

Symbolic Reasoning courses expose students to the beauty and power of formal systems, as well as to their clarity and precision; courses do not focus solely on computational skills. Students learn the concept of proof as a chain of inferences. They learn to apply formal rules or algorithms, engage in hypothetical reasoning, and traverse a bridge between theory and practice. In addition, students develop the ability to use appropriate symbolic techniques in the context of problem solving and to present and critically evaluate evidence.

### FS Course Options Include:

- MATH 140\*\* Precalculus
- MATH 161 Precalculus and Elements of Calculus for Economics and the Social Sciences
- MATH 203\*\* Calculus for Business and Social Sciences
- MATH 215\*\* Applied Calculus I
- MATH 241\*\* Calculus I
- MATH 251A\*\* Accelerated Calculus I
- NREM 203 Applied Calculus for Management, Life Sciences, and Human Resources\* has a prerequisite.  
\*\* Requires placement by Math Department's Precalculus Assessment; visit <http://www.math.hawaii.edu>.

## Global and Multicultural Perspectives (FG): 2 courses, 6 credits

Global and Multicultural Perspectives courses provide thematic treatments of global processes and cross-cultural interactions from a variety of perspectives. Students will gain a sense of human development from prehistory to modern times through consideration of narratives and artifacts from diverse cultures. At least one component of each of these courses will involve the indigenous cultures of Hawai'i, the Pacific, or Asia.

### FG Courses

To satisfy this requirement, students must take a total of six credits; the six credits must come from two different groups.

#### Group A Options Include (FGA; courses cover the time period prehistory to 1500):

- ANTH 151, 151A Emerging Humanity
- ART 175 Survey of Global Art I
- HIST 151 World History to 1500
- HIST 161A World Cultures in Perspective
- WS 175 History of Gender, Sex, and Sexuality in Global Perspectives to 1500 CE

**Group B Options Include** (FGB; courses cover the time period 1500 to modern times):

- AMST 150 America and the World
- ANTH 152, 152A Culture and Humanity
- ART 176 Survey of Global Art II
- FSHN 141 Culture and Cuisine: The Global Diversity of Food
- GEOG 102 World Regional Geography
- HAW 100 Language in Hawai‘i: A Microcosm of Global Language Issues
- HIST 152 World History since 1500
- HIST 162A World Cultures in Perspective
- LING 105 Language Endangerment, Globalization, and Indigenous Peoples
- TIM 102 Food and World Cultures
- WS 176 History of Gender, Sex and Sexuality in Global Perspective, 1500 CE to the Present

**Group C Options Include** (FGC; courses cover the time period prehistory to modern times):

- GEOG 151, 151A Geography and Contemporary Society
- LLL 150 Literature and Social Change
- MUS 107 Music in World Cultures
- REL 150, 150A Introduction to the World's Major Religions

**For Non-UH System Transfer Students Only**

Students who transfer from a non-UH System school with one or more western civilization courses will be required to take only three credits of Global and Multicultural Perspectives. If the course or courses that they have taken are time-period specific, the credits that they take at UHM must cover a different time period.

**Diversification Requirement: 19 credits**

The Diversification requirements are intended to assure that every student has exposure to different domains of academic knowledge, while at the same time allowing flexibility in choice of courses for students with different goals and interests.

Students can complete the Diversification requirements over the full four years of their academic program. Students may satisfy the Diversification requirements by taking approved courses for which they meet course prerequisites. Some courses that satisfy Diversification requirements may also simultaneously satisfy Focus or major requirements.

**Can a single course satisfy more than one requirement?**

Requirements	Hawaiian/Second Language	Foundations	Diversification	Focus	Major	Minor/Certificate
Hawaiian/Second Language	---	No	no	YES	no	no
Foundations	no	---	no	no	YES	no
Diversification	no	No	---	YES	YES	no
Focus	YES	No	YES	---	YES	YES
Major	no	YES	YES	YES	---	no
Minor/Certificate	no	No	no	YES	no	---



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### Diversification (19 credits)

#### Arts, Humanities, and Literatures (DA, DH, DL): 6 credits

To satisfy this requirement, students must take six credits; the six credits must include two of the three different areas: Arts “DA,” Humanities “DH,” and Literatures “DL.”

#### Natural Sciences (DB, DP, DY): 7 credits

To satisfy this requirement, students must take three credits in Biological Science “DB,” three credits in Physical Science “DP,” and one credit of Science Laboratory “DY.”

#### Social Sciences (DS): 6 credits

To satisfy this requirement, students must take a total of six credits from two different departments.

### Dietetic Required Courses

COMG 151 or COMG 251 (DA)  
HWST 107 (Recommended) (DH) (HAP)

The required science courses in the Dietetics curriculum will cover this requirement.

SOC 100 and PSY 100 (DS)

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## UHM Graduation Requirements

### Focus Requirements

The Focus requirements identify important additional skills and knowledge necessary for living and working in diverse communities. Courses fulfilling Focus requirements are offered in departments across the curriculum and vary each semester. To meet a Focus requirement, a course must have official UHM Focus designation during the semester in which it is taken. Courses taken outside the UH System cannot be used to fulfill Focus requirements. Instead, non-UH System transfer students' Focus requirements are adjusted according to the number of credit hours awarded by UHM for non-UH System courses.

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### Focus (course requirement)

Contemporary Ethical Issues (E): one course 300 level and above

Hawaiian, Asian, & Pacific Issues (H): one course

Oral Communication (OC): one course 300 level and above

Writing Intensive\* (W): five courses, two courses 300 level and above

**\*Designation of Writing Intensive courses may change from year to year.**

### Dietetic Required Courses

BIOL 340 (E) (Recommended)

HWST 107 (DH) (HAP) (Recommended)

FSHN 381, 469

BIOL 171 Lab, FSHN 370, FSHN 381L, FSHN 389, FSHN 492

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<b>Notes: Second Language (competence at the 202 level) <u>Not</u> required for DTCS students.</b>
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## Applying for a Dietetic Internship - Suggested Time Frame

Applying for an internship involves extensive research, time and money. It is never too early to start preparing for this stage of your undergraduate education. It is important that you apply for an internship within 5 years upon completion of your didactic experience. If you wait longer, you will need to take a series of "refresher" courses.

### **Freshman to Senior Year:**

It is very important to maintain a cumulative GPA of 3.0 or better. It is also very important to make the effort to know your department faculty. Often they will be the individuals you will be depending upon to write your letters of recommendations. If you haven't already done so, start developing a résumé. Some internship programs require a résumé as part of the application process. Give a resume to those who are writing a letter of evaluation for you. The information you provide will enable them to write a more in depth letter on your behalf. Be sure to ask for extra letters of evaluation in case you need to apply to more internships than you originally planned.

### **Sophomore to Junior Year:**

Research internship/AP4 programs to which you may want to apply. Ask returning students, faculty and community professionals for their opinions/suggestions. If a Graduate Record Exam score is required, check into when the exam is offered. You might consider taking the exam in your Junior year in case you need to retake it.

Go to the Academy for Nutrition and Dietetics Website:

<http://www.eatrightacend.org/ACEND/content.aspx?id=6442485424> and check out the available listing of internship sites.

### **Second to Last Semester (e.g. Fall Semester - Senior Year):**

Narrow your choices down to about 5-8 programs. Correspond with these programs and ask for more specific information, but before you do, read the fine print. Check to see if the programs that include a graduate degree require the taking of the Graduate Record Examination.

Gather your transcripts. Write to each college/university you have attended and request a copy of your transcripts. These transcripts are an important component of the total internship application packet. A transcript must document all college/universities attended.

### **Mid-Point of Second Month of the Last Semester (e.g., February - Senior Year):**

#### **Applying to Dietetics Internships using Dietetics Internship Centralized Application System (DICAS)**

The online Dietetics Internship Centralized Application Services (DICAS) is used for the majority of dietetic internship programs. Most application materials can conveniently be uploaded online and submitted. (Not all programs participate so it is your responsibility to check). There is a \$50 fee for the first application and \$20 for each additional application. This application, similar to the standard dietetic internship application, will calculate your DPD GPA and Science GPA when grades are entered. Transcripts will need to be sent to the DICAS Company to be scanned into your online application. An email via DICAS can be sent to the DPD director requesting a **Declaration of Intent** or **Verification Statement**. You will use an electronic signature for your application. DICAS and D&D Computer Matching are two separate processes. You still need to register with D&D Digital if the program you are applying to participates in computer matching.

#### **D&D Digital Computer Matching**

The dietetic internship selection process includes a computerized system that matches a student's choices (1, 2, 3, etc.) with the internship programs' choices for student interns. The matching process is administered twice a year by D&D Digital, <http://www.dnndigital.com/>, a private computer firm. Their website gives directions for submitting the required materials. The cost to you is approximately \$50.

### **Mid-Point of Last Month of the Last Semester (e.g., Mid-April - Senior Year):**

#### **Notification Day**

Applicant matching results for each applicant will be posted by D&D Digital on <https://www.dnndigital.com>, in mid-April or mid-November. This is the only source of notification. If you received a MATCH, the dietetic internship program will be listed. A MATCH means that using your priority choices and the dietetic internship priority choices, you have been selected to accept an appointment to the program. This dietetic internship is planning on your being a part of their internship program. Only one match can occur. You must contact the internship program director within 48 hours to accept or decline the appointment.

### **Appointment Day**

Appointment or acceptance day is always the Wednesday closest following the notification day. If the applicant is MATCHED to an internship program, she/he **must** contact that program director on this date to confirm her/his appointment. Please also follow-up with the UHM Dietetics Program Director to share the results of appointment day.

**What if you do not receive a match?** Please contact the UHM dietetics program director and work together to determine the best plan of action.

## **Applying for an Internship - A Supervised Practice Program**

Please note that even though the DPD is completed, this does not guarantee acceptance into a dietetic internship. Applying for an internship requires a lot of preparation time. As stated in the March 2009 issue of AND's Accreditation Council for Education in Nutrition and Dietetics (ACEND), newsletter: "An analysis of data on dietetics programs from January 2007 through October 2008 showed that 3,795 individuals applied for 2520 internship positions, a shortage of 1275 sites or 33%. Effectively, one third of students paid for an education to become Registered Dietitians when there was no possibility of this ever occurring. Unfortunately, the situation is expected to only get worse." The good news is that UHM dietetic students have higher than average acceptance rates. The national acceptance rate for those who applied 2012-2014 averaged 50% versus Hawai'i which was 75%, 63% and 73% respectively.

### **Individualized Supervised Practice Pathways (ISPP)**

The Accreditation Council for Education in Nutrition and Dietetics (ACEND) has made it a priority to assure that qualified students have opportunities to complete the supervised practice component of their education without compromising the autonomy of education programs. Individualized Supervised Practice Pathways (ISPPs) have been developed along with preceptor recruiting efforts to give students more options for educational experiences that will make them eligible to sit for the registration exam.

ISPPs allow 1) graduates who did not match to a dietetic internship, but who possess a DPD verification statement, 2) individuals holding a doctoral degree without a DPD verification statement to apply for an ISPP; however eligibility requirements and options may vary by program. You can see which Dietetic Internships, Coordinated, or Didactic programs currently offer ISPPs by visiting [Accredited Education Programs](http://www.eatrightacend.org/ACEND/content.aspx?id=6442485414) at <http://www.eatrightacend.org/ACEND/content.aspx?id=6442485414>. Doctoral degree holders without a DPD verification statement must attend an ISPP that is approved to offer a track for individuals with a doctoral degree. Students interested in applying to an ISPP should research the eligibility requirements of the program where they intend to submit an application, including whether you are required to locate your own preceptors, and then contact the program director. Individuals with work experience should also inquire whether the program grants credit for specific competency requirements through an assessment of prior learning. For more information on the ISPP visit <http://www.eatrightacend.org/ACEND/content.aspx?id=6442485529>

### **University of Hawai'i at Mānoa's (UHM) Individualized Supervised Practice Pathway (ISPP)**

The UHM Individualized Supervised Practice Pathway (ISPP) within the DPD provides students with the supervised practice experience needed to fulfill the competencies for becoming a RDN. Upon successful completion of the ISPP, each student will receive a verification of completion and be eligible to take the national Registration Examination for Dietitians.

The UHM ISPP is accredited by the Accreditation Council for the Education in Nutrition and Dietetics (ACEND), accrediting agency of the Academy of Nutrition and Dietetics and fulfills the same requirements of a Dietetic Internship. The program includes 1,200 hours of supervised practice in various rotation sites.

- The UHM ISPP is only available to graduates who were not matched in the D&D digital match in the current year or within the past 5 years (proof required) but who possess a DPD Verification Statement.
- The UHM ISPP program prioritizes students who attended the UHM DPD or who are Hawai'i residents.

The UHM ISPP provides graduates of a DPD with an opportunity to increase their knowledge of food and nutrition science, and to acquire the competencies needed to practice dietetics in a variety of settings. Graduates of the ISPP at the UHM are expected to be able to function as entry level practitioner in clinical, food service, and community dietetics roles. Each is expected to operate independently with high levels of professionalism and integrity.

The UHM ISPP is focused on Hawai'i's unique community and therefore offers a community concentration. Through its activities, the UHM ISPP will promote the education of students in multicultural environment, service in a variety of community settings, and participation in various professional organizations.

The AND website, <http://www.eatrightacend.org/ACEND/content.aspx?id=6442485424>, has a listing of all internships in the country. The number of internships to which you may apply is not limited. However, before making your selections, you need to assess your qualifications realistically and apply accordingly. The internships that are in more favorable geographic locations or pay higher stipends and are better known typically attract more applicants and are therefore more competitive. The cost per application ranges from \$50 to \$100.

It is highly recommended that you broaden your educational experience by applying to mainland internships. If it is a hardship to go away (leaving young children, for example) there is one distance dietetic internship program now available on O'ahu, Sodexo, <http://www.dieteticintern.com/>. Usually three students a year are chosen. So far, all students have expressed overall satisfaction with their distance internship experience and all who have completed their internships have passed the RDN exam. Be sure to also check out the distance internship listing at the end of the AND list of internships website (<http://www.eatrightacend.org/ACEND/content.aspx?id=6442485424>). New distance programs are added periodically.

The AND conducted a survey of graduates of dietetic programs who received appointments to dietetic internship programs. The survey helped to identify characteristics of successful applicants. Students who had been through the process reported that they wished they had known the following prior to the application process:

- acceptance to a dietetic internship program is competitive
- good grades are essential
- relevant work experience is important and involvement in volunteer activities is also important

## **What are the characteristics of successful dietetic internship applicants?**

Although programs have varying selection criteria, applicants who received appointments to internship programs had the following characteristics.

### **Grade point average**

- 79% had over 3.0 for all courses
- 89% had over 3.0 for food, nutrition, and management courses.
- 56% had 3.0 for biological and physical science courses.

### **Work Experience**

- 85% had more than one year of paid work experience.
- 54% had dietetics-related volunteer experience.
- 53% had worked with a RDN.

### **What other characteristics do dietetic internship program directors look for in applicants?**

- 87% use volunteer experience as a criterion.
- 96% require letters of recommendation.

It is important to get to know the FSHN department faculty members as soon as you can because you will most likely ask them to provide letters of reference. These letters are commonly specified as one being from the dietetics program director, one from the food service professor and the other from an advanced nutrition professor. Often you will be asked to add an additional reference from your work experience. Your letters of reference should be detailed and give an accurate picture of who you are. Many internships provide a standardized reference form in their application packet.

"Prior work experience" determines who will get an internship if grades, references and letter of application are of similar quality. You need to develop a good work record in jobs related to dietetics and food service. Rather than taking classes in the summer, you might want to consider working or volunteering in a hospital, nursing home or restaurant as a diet aid or clerk, and/or in the production and service areas of a food service.

The dietetics faculty will assist you in assembling your application packet; however, the final responsibility rests with you. Your letter of application should present an articulate, dynamic picture of who you are. Internship applications should be neat and well written. It is particularly important to be able to state professional goals clearly and concisely. You should make sure that each application is filled out carefully. It is your responsibility to make sure that directions are followed, ample time allowed for references to be received, all materials submitted, and all deadlines met!

## Dietetic Internship Applications Require a Supplemental DPD Course List.

If you are applying to dietetic internships, the Nutrition and Dietetics Educators and Preceptors committee of the national Academy of Nutrition and Dietetics, is requiring students to include as part of the application the Supplemental DPD Course List form listing UHM DPD course requirements. In the past many students and internship directors had to guess where courses "fit" within the dietetics internship application- designating it either a DPD Professional or DPD Science course. With the help of this Supplemental DPD Course List form the information is already available to you.



Dietetic Internship Centralized Application Services

### DPD Course List Required Supplemental Form To Be Completed By the DPD Program Director

<b>DPD Program Institution:</b>	University of Hawai'i at Mānoa
<b>DPD Director:</b>	Monica Esquivel, PhD, RDN
<b>Website for Course Catalog:</b>	<a href="http://www.ctahr.hawaii.edu/hnfas/degrees/undergrad/FSHN.html#diet">http://www.ctahr.hawaii.edu/hnfas/degrees/undergrad/FSHN.html#diet</a>

DPD Professional Courses	DPD Science Courses
FSHN 181/L Intro to Food Preparation	BIOL 171/L Introduction to Biology I
FSHN 185 The Science of Human Nutrition	BIOL 340 Genetics, Evolution and Society or CMB 411 Human Genetics
FSHN 311 Inst Food Serv Mgmt or BUS 315 Mgt and Org Behavior	CHEM 161/L General Chemistry
FSHN 312 Quantity Foods and Inst. Purchasing	CHEM 162/L General Chemistry II
FSHN 322 Marketing Nutrition & Food or BUS 312 Principles of Marketing	CHEM 272 Organic Chemistry
	MBBE 375 Multidisciplinary Biochemistry
FSHN 370 Nutrition Through the Lifespan	FSHN 440 Food Safety or MICR 130/140L General Microbiology
FSHN 381/L Experimental Foods	PHYL 141/L Human Anatomy & Physiology/L or PHYL 301/L Human Anatomy & Physiology
FSHN 389 Nutritional Assessment	PHYL 142/L Human Anatomy & Physiology/L or PHYL 302/L Human Anatomy & Physiology
FSHN 451 Community Nutrition & Nutrition Education	PHRM 203 General Pharmacology
FSHN 467 Medical Nutrition Therapy I	
FSHN 468 Medical Nutrition Therapy II	
FSHN 469 Nutrition Counseling	
FSHN 480 Nutrition in Exercise & Sports	
FSHN 485 Nutritional Biochemistry I	
FSHN 486 Nutritional Biochemistry II	
FSHN 488 Obesity, Science, and Issues	
FSHN 492 Field Experience	
NREM 310 Statistics in Agricultural & Human Resources	
MATH 140 or higher Pre-Calculus	
PSY 100 Survey of Psychology	
SOC 100 Introduction of Sociology	
COM 151 Personal & Public Speech or COMG 251 Principles of Effective Public Speaking	

## Useful WEB Sites for Students Entering into the University of Hawai‘i at Mānoa

**University of Hawai‘i at Mānoa Home page** <http://manoa.hawaii.edu/>

All information for students covering how to apply, academic calendar, financial aid, catalog, transfer credit search, new database, on-campus activities, housing (dorms), parking, etc.

**UH General Catalog** <http://www.catalog.hawaii.edu/>

**UH Academic Calendar** <http://www.hawaii.edu/academics/calendar>

**My UH Services** <http://myuh.hawaii.edu>

MyUH Services is a mobile-optimized, one stop shop for UH business tasks, form, apps and more. It includes one-click access to services customized for students, faculty and staff across our 10-campus system.

**STAR** <http://www.star.hawaii.edu>

STAR for students is the online degree tracking system for UH. You can view your degree requirements, register for classes, search for scholarships, and view your transcripts through STAR.

**College of Tropical Agriculture and Human Resources’ Home Page** <http://www.ctahr.hawaii.edu>

Select “Academic and Student Affairs” will open all the programs up for students interested in all that CTAHR has to offer for Undergrad and Graduate Programs, financial aid/scholarship information, course requirements and information on who we are, Department, Faculty and Staff as well as publications and research projects.

**College of Tropical Agriculture and Human Resources Academic Advisors** <https://ctahradv.youcanbook.me/>

Use this website to make an appointment with our academic advisors. Advisors can assist you with developing a degree plan and making sure you’re taking the appropriate classes for graduation. Meeting with an academic advisor is mandatory every semester.

**Department of Human Nutrition, Food & Animal Sciences (HNFAS)** <http://www.ctahr.hawaii.edu/hnfas/>

This web site shows the different programs, courses and resources available within the HNFAS department.

**UH Dietetic Student Handbook** is located under “Degree Programs, Dietetics”. There is also a link to “Scholarships” that specifically targets dietetics students.

**Food Science Human Nutrition (FSHN) Council** <https://sites.google.com/a/hawaii.edu/uhm-fshn-council/>

The FSHN Council strives to nurture students' interest in dietetics, research, community wellness, food service and nutrition by providing the opportunity for students to network with other students, faculty, and professionals in food science, nutrition and other health-related fields. In addition to enhancing fellowship and facilitating communication, student members are exposed to career information, scholarship opportunities, and community service activities.

**General Education** – UH Core requirements and class listings:

<http://www.catalog.hawaii.edu/corerequirements/index.html>

**Transfer of Credits, Admissions** – <http://www.hawaii.edu/transferdatabase/>

This web site shows information on residency requirements and how your credits transfer into UH Mānoa.

**Academy of Nutrition and Dietetics** - <http://www.eatright.org/>

This site is the home site for 70,000 nutrition professionals, mostly Registered Dietitians. It provides information about the Academy of Nutrition and Dietetics, its journal, dietetic registration process, dietetics education, member benefits and professional resources such as the evidence-based library.

**Hawai‘i Academy of Nutrition and Dietetics-** <http://www.eatrighthawaii.org/>

This site represents Hawai‘i's largest organization for nutrition professionals. Current happenings and job opportunities are listed.

## Student Academic Support Services

Access to student academic support services is important to ensure your success while a student at the UHM. Below is a listing of some of these services that can also be found in the University of Hawai'i catalog (<http://www.catalog.hawaii.edu/undergrad-ed/specialprograms.htm>) along with appropriate contact information:

**First Year Programs** familiarize students with the array of resources, programs and faculty available at UH providing opportunities to develop personal relationships and enhancing active involvement in the educational process.

**International Student Services** provides assistance to international students who come from more than countries to study at UH. Students are advised and helped to adjust to the local and U.S. cultures.

**Kokua Program (Disability Access Services)** provides disability access services to students with documented physical and/or mental disabilities. Services include alternative media production, counseling, early registration, note-taking, sign language interpreting, technology access, testing accommodations and campus transportation.

**Learning Assistance Center** provides academic counseling and assists students in developing learning skills to increase academic success. Assessment, counseling and support services are also available for students with learning disabilities.

**Mānoa Advising Center** serves as a first point of contact for advising and appropriate referrals for incoming students.

**New Student Orientation Program** offers information sessions for first-time students and transfer students.

**Student Success Center** at Sinclair Library offers students a place to study and provides information and skills and a place for students to work with librarians, mentors, tutors and counselors to meet individual needs.

**Student Support Services** provides academic advising and planning, tutoring and mentoring to increase college retention, academic success and graduation rates.

**Writing Center** provide free services to equip students with appropriate writing skills so they can become better and more confident writers.

Do not hesitate to discuss your needs with your academic advisor who can help refer you to the appropriate resource. Together a "Plan of Action" can be determined and followed to ensure a better outcome. This plan would include measurable objectives, appropriate activities/actions to achieve the objectives and an assessment/ evaluation component. An example might be:

**Objective:** Seek appropriate health and academic resources

**Action:** Referral to UH Student Health services, Writing Center and Kokua program for testing accommodations

**Assessment/evaluation:** Health improves and student has been getting excellent grades.



## Course Descriptions

Viewable online at: <http://www.catalog.hawaii.edu/courses/departments/fshn.htm>

**FSHN 101 Success Skills Development in Human Nutrition, Food and Animal Sciences (1)** Combined lecture/discussion intended to provide majors in ANSC and FSHN with opportunities to learn about skills, competencies, and university resources necessary to succeed in college. FSHN and ANSC majors only. A-F only. Pre consent. (Cross-listed as ANSC 101)

**FSHN 141 Culture and Cuisine: The Global Diversity of Food (3)** A timeline of the world history of food and how it relates to culture, diversity, ethnicity, and religion. International food demonstrations and tastings included. **FGB**

**FSHN 181 Introduction to Food Preparation (3)** Lectures, discussions, and demonstrations on how food components contribute to the functional, sensory, and safety characteristics of foods, and what changes occur in foods due to preparation, processing, and storage. Co-requisite: 181L.

**FSHN 181L Food Preparation Lab (1)** (1 3-hr Lab) Experiments in foods emphasizing ingredient function and standard preparation methods for food groups. Co-requisite: 181. **DY**

**FSHN 185 The Science of Human Nutrition (3)** Integration of natural science concepts basic to the study of human nutrition. Emphasis on nutrient requirements of healthy individuals, food sources, functions of nutrients. **DB**

**FSHN 244 Comparative Nutrition (3)** Digestive systems and nutrient functions, interrelationships and metabolism are compared among animal species, including humans. An intermediate, general nutrition course for Food Science and Human Nutrition and Animal Science majors. Pre: ANSC 200 (or concurrent), CHEM 161/L or higher. (Cross-listed as ANSC 244) **DB**

**FSHN 311 Institutional Food Service Management and Sanitation (3)** Critical and essential aspects of managing institutional food service operations and personnel in healthcare settings; understanding menu development and costing, purchasing procedures and inventory control for food and beverages; includes national sanitation exam. Pre: 181 and 181L (or concurrent), or consent.

**FSHN 312 Quantity Foods and Institutional Purchasing (3)** Quantity food and beverage operations, menu development and costing, dietary menu claims, purchasing procedures, inventory control, procurement, transportation, legislation. Institutional food service sanitation, Hazard Analysis Critical Control Point and National Restaurant Association Certification. Pre: 181 and 181L (with a minimum grade of C), or consent.

**FSHN 322 Marketing Nutrition and Food (2)** (1 Lec, 1 3-hr Lab) Fundamental marketing principles applied to nutrition and food. Will include concepts such as the psychology of food purchasing decisions and consumer behavior. Field trips and group projects included. Open to non-majors. Pre: 181/181L, 185, 312; or consent.

**FSHN 350 Humans, Food, and Animals: Ethics, Issues, and Controversies (3)** (2 Lec, 1 3-hr Lab) Ethical issues and other controversies related to human and animal needs; their impact on resource sustainability and quality of life are explored from scientific perspectives. A-F only. Pre: 181 or 185 or ANSC 200 or ANSC 201. (Cross-listed as ANSC 350)

**FSHN 370 Lifespan Nutrition (3)** Physiological changes and nutritional requirements during human life stages: pre-pregnancy, pregnancy, infancy, childhood, adolescence, adulthood, and older adulthood. Pre: B or better in 185; C or better in CHEM 161/161L; C or better in PHYL 142/142L (or concurrent). **DB**

**FSHN 381 Experimental Foods (3)** Experimental approach to study food preparation problems. Applying basic food science research design to conduct experiments, interpret data and write reports. Subject matter used to

practice critical thinking and problem solving skills. A-F only. Pre: 181/181L, CHEM 161/161L. Co-requisite: 381L. **DB**

**FSHN 381L Experimental Foods Laboratory (1)** Experimental approach to study food preparation, food formulation, and sensory evaluation with laboratory exercises in a certified kitchen environment. Applying basic food science research design to conduct experiments, interpret data and write reports. A-F only. Pre: 181/181L, CHEM 161/161L. Co-requisite: 381. **DY**

**FSHN 389 Nutritional Assessment (2)** Addresses concepts and uses of nutrition assessment tools at individual and community levels. Students will be introduced to national surveys and new, more sophisticated body composition measurements. A-F only. Pre: 185 and 370 (or concurrent).

**FSHN 403 Microbiology of Foods (3)** Microorganisms encountered in foods; types of food spoilage; microbial hazards in food; methods of food preservation. Pre: MICR 130 and MICR 140L, or consent. **DB**

**FSHN 411 Food Engineering (3)** (2 Lec, 1 3-hr Lab) Principles and application of thermodynamics, electricity, fluid mechanics, heat transfer, psychrometry, and material and energy balances of food processing and preservation. Pre: BIOL 171, CHEM 162 or CHEM 181A, MATH 243, PHYS 151 or PHYS 170; or consent. (Cross-listed as BE 411) **DP**

**FSHN 420 Sensors and Instrumentation for Biological Systems (3)** Design course focused on fundamentals of electronic interfacing, control and automation, including biological processes. Topics include sensor physics, basic instrumentation, digital communication, and programming of microcontrollers and other portable computer systems. Pre: EE 160, EE 211, and BE 350 or MATH 302 or MATH 307 or EE 326; or consent. (Cross-listed as BE 420)

**FSHN 430 Food Chemistry (3)** Chemical properties of food constituents studied in relationship to their effects on processing, nutrition, and spoilage. Pre: CHEM 161 and 161L or consent. **DP**

**FSHN 430L Food Chemistry Lab (1)** (1 3-hr Lab) Application of different chemical methods in the study of food constituents—proteins, lipids, carbohydrates, pigments, enzymes, etc. Pre: 430 (or concurrent). **DY**

**FSHN 440 Food Safety (3)** Discussion of potential microbiological, parasitic, chemical, and natural food hazards; food laws and standards; and related aspects of consumer protection. Pre: 181, BIOL 171, and CHEM 272; or consent. **DB**

**FSHN 445 Food Quality Control (3)** Fundamental principles of quality control in the food industry: measurement of quality parameters, utilization and integration of the individual test procedures into grades and standards of quality, sampling, and reporting results.

**FSHN 451 Community Nutrition and Nutrition Education (4)** (4 Lec) Concepts and methods of nutrition program planning and nutrition education; analysis of nutritional problems of local, national, and international communities; strategies used to educate groups or individuals. A-F only. Pre: 370 and either FAMR 380 or NREM 310; or consent.

**FSHN 454 Foundation of Childhood Obesity Prevention in the Pacific (3)** Provide students with a basic overview of the causes and effects of childhood obesity, evidence-based approaches, community-based research, and policies to prevent childhood obesity as it relates to the Pacific region. Pre: 185 (with a minimum grade of B). (Summer only)

**FSHN 455 Childhood Anthropometric and Dietary Assessment Field Techniques (1)** Teaches techniques for measuring anthropometry and collecting dietary intake in children. Online course imitates hands-on training through partnering with local organizations and the use of technology. Repeatable one time. Pre: 185 (with a minimum grade of B). (Summer only)

**FSHN 456 Child Health and Nutrition Monitoring (1)** Covers topics related to health and nutritional status monitoring and surveillance, including epidemiology, biostatistics, health and nutrition surveillance systems, and the uses of technology for conducting these activities. Repeatable one time. Pre: 185 (with a minimum grade of B). (Summer only)

**FSHN 457 Culture and Child Health in the Pacific (3)** In-depth study of culture and child health in the Pacific, including an introduction to the land, people, history, culture, and world views. Explore cultural competency, cultural safety, and multidisciplinary approaches to promote a healthy Pacific. Pre: 185 (with a minimum grade of B). (Summer only)

**FSHN 460 Food Processing Operations (3)** Principles and applications of food dehydration, thermal processing, low temperature preservation, chemical and biochemical preservation, irradiation, packaging, manufacturing, plant sanitation, water and waste management. Pre: 403 and 430, or consent.

**FSHN 467 Medical Nutrition Therapy I (V)** Development of dietary, anthropometric and clinical lab assessment skills measuring nutritional status. Understanding pathophysiology of disease processes, medical terminology and nutritional intervention, utilizing case studies. Pre: 389 and 486 or consent. **DB**

**FSHN 468 Medical Nutrition Therapy II (3)** Understanding of the pathophysiology of disease processes and nutritional intervention, using medical terminology and case studies. Pre: 467 or consent. **DB**

**FSHN 469 Nutrition Counseling Skills (2)** Theory and practice in nutritional counseling. Combined lecture and discussion on nutrition/dietary counseling. Knowledge and theories. Application through lab experiences including role playing, case presentations, and performing actual counseling sessions. A-F only. Pre: 467 (or concurrent) or consent.

**FSHN 475 Applied Human Nutrition (3)** Application of basic nutrition principles; includes sources and functions of essential nutrients and food patterns compatible with nutrient needs, health, disease prevention, and sustainability. Intended for undergraduate and graduate students. Pre: CHEM 161 (or higher) or BIOC 241 (or higher); PHYL 141, BIOL 171; or consent. **DB**

**FSHN 476 Cultural Aspects of Food Habits (3)** Study of eating from behavioral perspectives. Implications for health practitioners and health education. Pre: two classes from ANTH 151 or higher or SOC 100 or higher or PSY 100 or higher.

**FSHN 477 Food Analysis (2)** Principles of sample preparation and chemical and physical analysis of food components using current methodology. Pre: 430; and CHEM 162 or higher; and BIOL 402 or MBBE 402 or PEPS 402.

**FSHN 477L Food Analysis Lab (2)** (2 3-hr Lab) Application of different chemical and physical methods for the identification and quantitation of food components. Co-requisite: 477. **DY**

**FSHN 480 Nutrition in Exercise and Sport (3)** Effects of physiologic demands of exercise on nutrition. Emphasis on physiologic and biochemical basis for nutrition recommendations to enhance exercise participation and optimize athletic performance. Pre: 185, and PHYL 103 or 141 or 301. (Cross-listed as KRS 480) **DB**

**FSHN 485 Nutritional Biochemistry I (3)** Metabolism and biochemistry of carbohydrates, lipids, and proteins, including chemical structure, digestion, absorption, transport, cellular/molecular functions in human nutrition; integration of metabolic pathways; energy metabolism and balance, including relevance to chronic disease. Pre: 185; PHYL 142/142L or PHYL 302/302L; BIOC 341 or higher (or concurrent) or MBBE 402 (or concurrent); or consent. **DB**

**FSHN 486 Nutritional Biochemistry II (3)** Metabolism and biochemistry of vitamins, minerals, and dietary fiber, including chemical structure, digestion, absorption, transport, and cellular/molecular functions in human

nutrition; relevance to establishing nutrient requirements and to mechanisms of chronic disease. Pre: 485 or consent. **DB**

**FSHN 488 Obesity, Science, and Issues (2)** In-depth study of obesity, including research, etiology, treatment, and prevention. Pre: 480 and 486.

**FSHN 491 Topics in Food Science and Human Nutrition (V)** Study and discussion of significant topics, problems, or laboratory experiments. Repeatable unlimited times. Pre: instructor approval.

**FSHN 492 Field Experience (4)** Integration and application of academic knowledge and critical skills emphasizing professional development. Placement with an approved cooperating supervisor/employer. Writing a learning plan and field report. A-F only. Pre: senior standing in FSHN. (Cross-listed as ANSC 492)

**FSHN 494 Food Science Capstone (3)** Field practicum designed to integrate knowledge from previous FSHN courses to develop novel and innovative food products. Students deal with shelf life, marketing, packaging, labeling, sensory evaluation, and quality assurance. Repeatable one time. FSHN majors only. A-F only. Pre: 381 and 460, or consent.

**FSHN 499 Directed Reading and Research (V)** Repeatable unlimited times.