



BRADLEY
University

NUTRITION & DIETETICS STUDENT HANDBOOK

Bradley University Didactic Program in Dietetics

An ACEND accredited undergraduate program

Department of Family & Consumer Sciences

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About Bradley University's Didactic Program in Dietetics

Bradley's Didactic Program in Dietetics (DPD) is housed in the Department of Family & Consumer Sciences (FCS), within the College of Education and Health Sciences. Students in the DPD program major in Nutrition & Dietetics. DPD students must complete DPD and FCS requirements and follow program, department, college, and University policies.

Department of Family & Consumer Sciences Mission & Diversity Statement

Empowering graduates to lead industrious lives advocating for social equity and sustainable solutions for families and communities.

The mission of the FCS Department is grounded in social equity, or the commitment to fairness, justice, and equality for all. As a department, we believe it is our responsibility to create and maintain an environment based on these principles, where people feel that they can express their opinions and be themselves without fear of judgement, scorn, or disrespect. All individuals are welcome in the FCS Department regardless of race, color, sex, religion, national origin, age, disability, body shape or size, genetics, veteran status, sexual orientation, gender identity, gender expression, or any other aspect.

Students, staff, or faculty who engage in behavior that is discriminatory, harassing, or disrespectful will be subject to disciplinary actions outlined by university policies and the Student Code of Conduct.

Didactic Program in Dietetics Mission

The Bradley University Dietetics Program mission is to empower graduates, through excellence, collaboration and experiential opportunities, to become leaders in supervised practice and post-graduate studies, leading to eligibility for the CDR credentialing exam to become registered dietitians.

Program Description and Accreditation

Students in the Nutrition and Dietetics major at Bradley University complete a 4-year undergraduate degree program, which provides the academic preparation towards becoming a Registered Dietitian Nutritionist (RDN). This 4-year degree aligns with Bradley University's academic calendar. Nutrition and Dietetics majors are enrolled in the Bradley University Didactic Program in Dietetics (DPD), which resides in the Department of Family and Consumer Sciences. The DPD program is accredited by the Accreditation Council for Education in Nutrition and Dietetics (ACEND).

Accreditation Council for Education in Nutrition and Dietetics (ACEND)
Academy of Nutrition & Dietetics Accreditation and Education Programs Team
120 S. Riverside Plaza, Suite 2190
Chicago, IL 60606-6995

P | 800-877-1600; ext 5400 E | acend@eatright.org Web: <http://www.eatright.org/ACEND>

Information contained in this handbook can also be found on Bradley's website at <https://www.bradley.edu/academic/departments/fcs/major/dietetics/> and the undergraduate student catalog at: <https://www.bradley.edu/academic/undergradcat/20212022/>

Program Director Contact

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Program Website | <https://www.bradley.edu/academic/departments/fcs/major/dietetics/>

What Makes Bradley's DPD Program Unique?

- Acceptance into the competitive dietetic internship from our program has been above the national average for the last several years
- Small class sizes and strong faculty mentoring
- Several department scholarships available annually for continuing majors
- Students have unique experiential learning opportunities to:
 - Work with graduate students in dietetics to learn through mentorship opportunities such as real world experience through our nutrition clinic on campus.
 - Experience unique collaborative research opportunities with faculty mentors; present their findings at Bradley University Student Scholarship Exposition (BU Expo) or other regional/national conferences, and publish their findings
 - Participate in community outreach to the through education, counseling, and community programs
 - Develop leadership skills through our Dietetic Student Association, Kappa Omicron Nu, The Body Project, Fresh Slice, and many other campus clubs
 - Study abroad opportunities for either a few weeks during interims or a full semester

Program Costs

Costs for obtaining a bachelor's degree at Bradley are listed in the undergraduate catalog (<http://www.bradley.edu/academic/undergradcat/>). Additional DPD costs will vary from year to year, but will include certification for an ANSI-certified food protection manager certification examination (currently about \$120), and laboratory fees for food and nutrition courses (currently less than \$100).

Additional costs may be incurred when completing the professional work experience for EHS 301. For this experience, students may apply for positions in any part of the United States or internationally. Local hospitals or clinics within 30 miles of Bradley campus include OSF St Francis Medical Center, Unity Point Health Methodist (Proctor, downtown, or Pekin locations), or the HULT Center for Healthy Living. The specific requirements and costs will be determined by the institution where the student will complete their professional experience. Students should explore these costs when selecting the institution for completing their professional work experience. Additional costs, including traveling to the site, lodging or parking fees, may include drug testing, criminal background tests, immunizations, health insurance, and professional liability insurance.

NOTE: students may complete the required work experience either as paid employees or as volunteers. Students who complete their work experience as volunteers, may not be required to replace paid employees. Work experiences are approved by the DPD director and EHS 301 coordinator.

Financial Aid and Scholarships

Information for financial aid at Bradley is found at: <http://www.bradley.edu/offices/other/sfs/>

In addition, scholarships in the Family and Consumer Sciences department include:

- The Mildred Arnold and CC Wheeler scholarships *for incoming freshman*, which provide \$4,000, renewable annually for 4 years. Two scholarships are awarded each year.
- Several scholarships for continuing FCS majors (ranging from several hundred to \$3,000) are awarded annually.

The Academy of Nutrition and Dietetics Foundation offers scholarships to student members of the Academy who are enrolled in ACEND accredited programs. Contact the Academy's Accreditation and Education Programs Team (800/877-1600, ext. 5400 or education@eatright.org) or visit <https://eatrightfoundation.org/why-it-matters/scholarships/> for Foundation scholarship information.

How to Become a Registered Dietitian Nutritionist (RDN):

Graduates from Bradley's program who are verified by the program director, are eligible to apply to supervised practice programs. Upon completion of a supervised practice program (also known as a dietetic internship) and graduate degree, students will be eligible to sit for the registration examination for dietitians to become a Registered Dietitian Nutritionist. See Figure 1.

Pathways to become a Registered Dietitian Nutritionist (RDN):

- Complete a Bachelor of Science degree in an ACEND accredited program, such as Bradley's DPD program.
 - Those with a Bachelor degree in another area may choose to enter a Future Education Model Graduate program after completing required prerequisites.
- After completing a Bachelor's degree in our accredited program, students will need to complete an accredited supervised practice experience (dietetic internship) and a Master's degree.
 - Students that plan to take the Commission on Dietetic Registration credentialing examination after January 1st, 2024 must have a Master's degree. Master's degrees do not need to be in nutrition or dietetics.
 - Complete an ACEND accredited supervised practice program (dietetic internship)
- Pass a national examination administered by the Commission on Dietetic Registration (CDR).

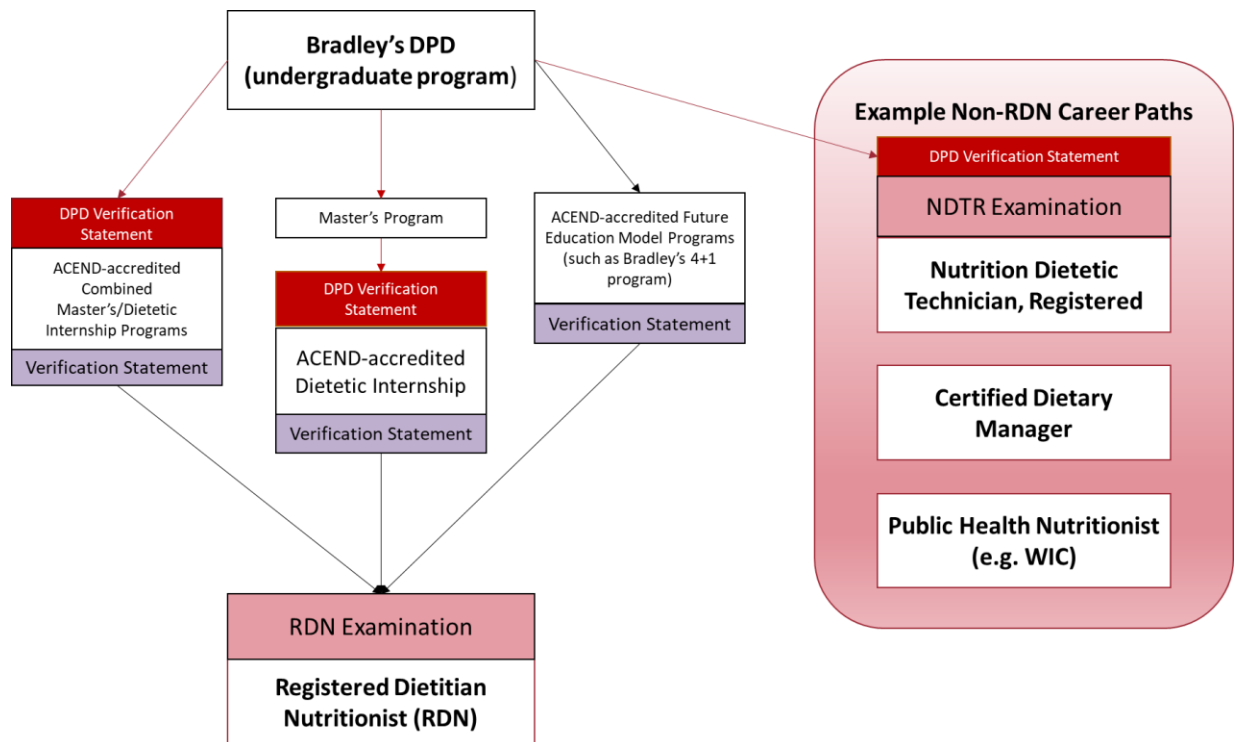


Figure 1. Pathways to become a Registered Dietitian Nutritionist (RDN) from Bradley's Didactic Program in Dietetics (DPD)

The dietetic internship application is a competitive process. One pathway to a dietetic internship is to submit applications to the Dietetic Inclusive Centralized Application (DICAS; <https://portal.dicas.org>) and D&D Digital internship computer matching process (www.dnddigital.com) the semester of graduation (or after). Dietetic internship sites are available throughout the country and offer a variety of experiences. Students may choose to apply to as many internship sites as they wish, but will be admitted to a maximum of one site via the computer matching process. Not all programs participate in

the computer matching process. Bradley's DPD program has boasted admission rates to dietetic internships above the national average for several years.

Students are responsible for researching programs they'd like to attend after the DPD program. Programs have varying application requirements, due dates, emphasis areas, etc. Students will review this process in FCS 102 Profession of Dietetics and can address their plans with their advisors or the program director regularly.

There are many pathways to become a Registered Dietitian Nutritionist. Our faculty advisors will help to guide students through the available options at Bradley and beyond.

After Passing the RDN Exam

After becoming a Registered Dietitian Nutritionist (RDN), professional registration will be maintained by accruing continuing education credits. RDNs may choose to pursue additional certifications through CDR (<https://www.cdrnet.org/>). For further information, please visit www.eatright.org. Additionally, many states (like Illinois) have regulatory laws that require licensure for nutrition and dietetic practitioners, including registered dietitians (see <http://www.idfpr.com/profs/dietNutrition.asp>) for licensure information in the state of Illinois.

Employment and Job Prospects for RDNs

RDNs are considered the experts in nutrition and dietetics. As such, RDNs work in clinical, community, education, research, and management. The RDN credential is required for most jobs in hospitals, nursing homes, medical nutrition therapy in healthcare, sports nutrition, corporate wellness, business, public relations, consultants, and private practice. Positions in industry and food service often require or prefer the RDN credential (www.eatright.org). According to the US Bureau of Labor Statistics, jobs for RDNs are expected to continue to grow as fast as other health professions, with a median salary of \$61,650 annually. (<https://www.bls.gov/ooh/healthcare/dietitians-and-nutritionists.htm>)

Program Goals and Objectives

Outcome data available upon request.

Program Goal 1: Program graduates will demonstrate preparation for advancement into supervised practice programs, post-graduate studies, and/or careers in dietetics-related careers.

Program Objectives for Goal 1:

- At least 80% of full-time students complete program requirements within 150% of program length (within three years of starting as juniors)
- The program's one-year pass rate (graduates who pass the registration exam within one year of first attempt) on the CDR credentialing exam for dietitian nutritionists is at least 80%
- At least 50% of program graduates apply for admission to a supervised practice program prior to or within 12 months of graduation
- Of program graduates who apply to a supervised practice program, at least **80%** percent are admitted within 12 months of graduation
- 80% of graduates will respond to the FCS graduate survey as academically prepared to perform in an entry-level capacity as interns, graduate students, or employees
- 100% of supervised practice or graduate program directors will express satisfaction with graduate's academic preparation for the supervised practice, as rated by at least a 3 on a 5-point scale
- 80% of supervised practice program directors who respond to the survey will rate graduates' overall dietetics capabilities as satisfactory (4 or better on a 5-point scale)
- 80% of graduates in supervised practice programs who respond to the survey will rate their academic preparation for supervised practice activities as satisfactory (4 or better on a 5-point scale)

Program Goal 2: Program graduates will be empowered through experiential learning opportunities to achieve excellence in supervised practice, post-graduate studies, and/or dietetics-related careers.

Program Objectives for Goal 2:

- 70% of graduates in supervised practice programs who respond to the survey will rate their teamwork preparation as at least a 4 on a 5-point scale
- 70% of graduates in supervised practice programs who respond to the survey will rate their satisfaction with innovative learning experiences as 4 on a 5-point scale
- 70% of supervised practice program directors who respond to the survey will rate graduates' teamwork as satisfactory (at least a 4 on a 5-point scale)
- 100% of graduates who participate in the survey will rate their leadership opportunities as at least 4 on a 6-point scale
- 80% of supervised practice or graduate program directors will rate graduates' potential for leadership as at least 3 on a 5-point scale.

DPD Admission and Retention Requirements

Program admission requirements for incoming freshman are the same as for Bradley in general (<http://www.bradley.edu/academic/undergradcat/>). Course work in biology and chemistry are highly recommended.

Transfer students, in addition to BU requirements, must meet DPD program requirements to be admitted into the DPD program. Students that do not meet these requirements may be admitted to the program on a probationary basis with the understanding a [verification statement](#) cannot be obtained if requirements are not met by the time of graduation. These requirements include a GPA of at least 3.0/4.0, a science GPA of 2.75/4.0, and satisfactory completion of the [program knowledge requirements](#). Transcripts of external transfer students are evaluated by the BU transfer admissions office, then reviewed by the DPD program director. It is highly recommended potential transfer students meet with the program director to assess their potential for success in the program. Transfer guides for courses at junior colleges are available at http://www.bradley.edu/admissions/transfer/academic/transfer_guides/.

It is highly recommended 2-year transfer students successfully complete Anatomy & Physiology courses (equivalent to BIO 230/231/232/233), Organic/Biochemistry (equivalent to CHM 162), and others as advised by the director prior to transferring to the DPD program.

Transfer Work Approval

Students who are already enrolled at Bradley University, but plan to take courses at other institutions (e.g. summer classes at a local college), are required to complete a transfer approval form prior to taking the course that is signed by their advisor, FCS chair, and the appropriate dean. This form can be viewed at <http://www.bradley.edu/dotAsset/62a2054b-ec4a-4952-89cc-c01d89a25e9e.pdf>. Bradley University does not give credit for transfer work unless signed by the advisor and administrators. Examples of transfer work approval can be available on-site.

Students will not receive credit for prior work experience or labs required in EHS 301, 405 and 408.

International Students

First, students should have prior learning assessed from a foreign degree evaluation agency. Next, students should contact the Bradley University Admissions Office to determine courses required by Bradley (admissions@bradley.edu). Please also refer to information in the Bradley University Student Handbook: <https://www.bradley.edu/academic/undergradcat/20202021/overview-adminternational.dot>.

Students with a U.S. equivalent degree from a regionally accredited institution will be evaluated for equivalency to our Accreditation Council for Education in Nutrition and Dietetics (ACEND) accredited didactic program in dietetics (DPD). International students seeking a Verification Statement from our DPD program will likely need to take several courses. Each student will be evaluated on an individual basis.

After successful completion of requirements, students with a Verification Statement may apply to supervised practice (also called the Dietetic Internship). Please note to practice dietetics in the U.S., one must complete ACEND-accredited supervised practice and pass the national examination. Starting January 1, 2024, all students will need a Master's degree to sit for the national examination. Future Education Model (FEM) graduate programs may also be an option for international students to complete undergraduate prerequisites, supervised practice, and graduate coursework. Upon successful completion of an FEM-graduate program, students will be eligible to take the national registered dietitian examination.

Students with Degrees in Other Areas

Students who already have one or more undergraduate or graduate degrees can either apply for admission to the full Bachelor of Science degree (in which case they will follow regular transfer admission procedures) OR they may choose to study as a student-at-large, only completing the courses to obtain the verification statement. The program director will meet with each student individually to assess suitability for the program and profession, as well as establish required course work.

All external transfer students are required by Bradley University to complete at least 24 of the last 30 hours in residence. The program director will evaluate education on a case-by-case basis. This DPD program does not accept prior learning for required courses.

Minors

Some students desire to complete a minor during the DPD program. Minors are not mandatory, but students may work additional courses into their plan of study. With planning, this is feasible and can allow students to further develop areas that interest them. There are many options for minors at Bradley University. While students can explore the broad variety of offerings on the Bradley University website, here are some that may be of interest to DPD students:

- Health
- Foreign language
- Sustainability
- Innovation and entrepreneurship
- Women and Gender Studies
- Biology
- Sociology
- Management and Leadership

DPD Student progress assessment, remediation, and dismissal from the program

The program director, with the assistance of DPD faculty, follows student progress closely. All students meet for advising with DPD academic advisors once a semester before registration for curriculum review as well as a reminder of academic and professional requirements. DPD faculty advisors will review progress, clarify concerns and questions, and discuss remedial actions, if necessary. Academic advisors follow student progress using the electronic academic record system (AcInquire/u.Achieve) and have access to Knowledge Requirements via Canvas. The College of Education and Health Science's Datamart stores advising notes and documentation for each student in the program. Students have access to their progress through u.Achieve and Canvas.

Students who struggle to maintain academic program requirements after admission into the program are encouraged to approach their course instructors, academic advisor and/or program director to explore remediation options early. The program director will monitor completion of Knowledge

Requirements (KRDNs) in the Nutrition & Dietetics Program Canvas site. The program director will work closely with the course instructor and student to explore all available avenues to help improve student performance, e.g. the Academic Success Center (ASC), located on the third floor of Cullom-Davis Library or can be reached at <https://www.bradley.edu/offices/student/asc/>. The Academic Success Center includes academic coaching and tutoring.

The program director will meet with students who are unable to meet program requirements despite all assistance, to discuss other options, e.g. other FCS degree options or other majors in the university that are more suited to student strengths and interests. **Students that do not meet these requirements will not be eligible to receive a Verification Statement from the DPD program.**

- Students must maintain a minimum of a 3.0 overall GPA
- Students must maintain a minimum of a 2.75 science GPA
- DPD courses have met minimum requirements (including Cs or better in FCS courses)
- All Knowledge Requirements (KRDNs) successfully completed
- ANSI-certified food protection manager certification

Please see Bradley's policy for probation and dismissal of students who fail to maintain Bradley's academic requirements, in the Bradley Undergraduate Catalog (<http://www.bradley.edu/academic/undergradcat/20172018/overview-arprobationdismissal.dot>).

Withdrawal from the Program or University

Students may withdrawal from the program if they so choose. Students should meet with their advisor if they choose to change majors. If a student is considering withdrawing from the University, it is recommended students meet with their advisor and review the information here:

www.bradley.edu/offices/student/support/withdrawing/. Students should consult the Bradley Academic Calendar (www.bradley.edu/academic/classes/fall/deadlines) for dates to drop or withdraw from classes. For information on how dropping a course or withdrawing from the University will impact financial aid, students should contact the Financial Aid Office in Swords Hall (www.bradley.edu/offices/student/sfs)

DPD Student Responsibilities

- Review your uAchieve audits at least once per semester, prior to your advisor meetings
- Write down all your volunteer, work, and research activities (dates, # of hours, employer/supervisor, contact information, etc.)
- Review the Canvas Weekly Program Announcements
- Attend and engage in your classes. Maintain 3.0 GPA, 2.75 science GPA at minimum.
- Be involved in student organizations (e.g. DSA, Fresh Slice, KONu). Be more than a member. Run for leadership positions and attend events regularly. Network with peers, faculty, and community.
- Join or interact with a professional organization (e.g. AND, SNEB, CIAND)
- Attend mandatory program meetings and advising sessions

Things to discuss with your advisor at each meeting:

- Are you meeting requirements for graduation? What have you taken, what do you need, and do your timelines sync up/meet your expectations?
- Study abroad. If you're interested in a semester, plan ahead.
- Plans for the future – internships, grad schools, work experience options, scholarships, professional organizations, etc.

- Textbooks to keep. Some books are great reference materials for later courses or to study from for the RD exam.
- Discuss transfer classes. Be sure to transfer classes with the registrar and complete a Transfer Course Approval Form.

DPD Curricular Requirements and Academic Calendar

The DPD program follows Bradley's academic calendar. Nutrition & Dietetics majors take a variety of science and professional courses in chemistry, biochemistry, biology, anatomy & physiology, food and nutritional sciences, management, and statistics (see FCSND Required Course List and 4-year plan for incoming freshman).

DPD requirements are listed in this handbook, and can also be found online on Bradley's website:

- a list of required courses for Nutrition and Dietetics majors:
<http://www.bradley.edu/academic/undergradcat/>
- a suggested 4-year plan for incoming freshman and 2-year transfer students from junior colleges: <http://www.bradley.edu/academic/departments/fcs/programs/dietetics>

Graduation, DPD Completion Requirements and Verification Statements

Bradley's requirements for graduation are listed in the undergraduate catalog <http://www.bradley.edu/academic/undergradcat/>. Nutrition and Dietetics majors who comply with Bradley's graduation requirements, and have completed all program requirements will be issued with a Verification Statement by the program director to verify that they have completed program requirements and are eligible to apply for supervised practice. It is expected students will complete the program requirements within 5 years of admission into accredited program (the year students take FCS 410). Many (though not all) supervised practice sites require documentation in the form of the Verification Statement.

Requirements for verification statements, in addition to Bradley's graduation requirements, are:

- **Students must maintain a minimum of a 3.0 overall GPA**
- **Students must maintain a minimum of a 2.75 science GPA**
- **DPD courses have met minimum requirements (including Cs or better in FCS courses)**
- **All Knowledge Requirements (KRDNs) successfully completed**
- **ANSI-certified food protection manager certification**

All students who receive verification statements are also eligible to sit for the Nutrition Dietetic Technician, Registered exam to become a credentialed Diet Technician, Registered (NDTR). See Commission on Dietetic Registration (CDR) at <https://www.cdrnet.org/> for more information on the NDTR examination. Students interested in this option may coordinate the application for examination process with the DPD director and CDR. Students will need to submit final transcripts with the official graduation date to CDR for exam eligibility.

Filing and Handling of Complaints

Students who have **problems in a course**, should first approach the instructor of that course. If they have concerns/problems not related to a specific course, or if the problem with the course is not resolved with the instructor, they should discuss this with their academic advisor, the program director, FCS department chair, Education and Health Sciences Dean for Student Success, or Student Affairs. Follow the hierarchy outlined. **Grievances with faculty or other students** should be discussed with the DPD program director, department chair, or the EHS college dean's office. If the issue is unresolved after discussion, or if the student complaint involves the DPD director, the student should discuss the problem with the Family and Consumer Sciences chair, and not with the DPD director. Retaliation against complaints will not be tolerated. Please see this resource for more information: <https://www.bradley.edu/legal/complaint-resolution/>. Complaints and resolutions will be kept on file for no less than seven years.

If students still feel that their issues have not been resolved, their next steps are to pursue ombudsman and/or grievance as outlined in Bradley's undergraduate catalog. <https://www.bradley.edu/offices/student/sas/grievance/>

Issues that are related to the DPD program accreditation standards and cannot be resolved through these channels may be submitted to the Accreditation Council for Education in Nutrition and Dietetics (ACEND) at: <http://www.eatrightacend.org/ACEND/>

Privacy

The Bradley University DPD program protects student privacy in accordance with the Bradley University Policies which include policies for students accessing their own files. These policies can be found here: <https://www.bradley.edu/campuslife/studenthandbook/policies/policies/ferpa/>

Health Services

Health services offered at Bradley University to all students are described in the Bradley University Student Handbook: <https://www.bradley.edu/campuslife/studenthandbook/services/health/>.

Additionally, the Health Services website can be accessed here: <https://www.bradley.edu/campuslife/healthservices/>

Exit Interviews

Upon completion of all program requirements, seniors are requested to complete an online, anonymous, exit interview to evaluate the overall program experience. Compiled data are used for program evaluation and will be shared with internal and external constituencies.

DPD Graduate and Internship Director Surveys

As DPD graduates near completion of their supervised practice experiences (usually 1 to 2 years after graduation from the DPD program), students and their supervised practice directors will receive online surveys to measure preparation received from Bradley's DPD program. Students will be asked to share their email addresses and director information with the DPD director upon graduation. This is, of course, optional for graduates to complete.

DPD Program Knowledge Requirements (KRDNs)

The Knowledge Requirements for Dietetics/Nutrition (KRDNs) for students in a DPD program are listed below. These KRDNs are carefully planned throughout the curriculum. Each KRDN will be measured in specific FCS courses. Each Nutrition & Dietetics major will need to successfully complete each KRDN to receive a verification statement upon graduation. You can review which KRDNs are in a class via the course syllabus. Completion of the KRDNs will be tracked in the Nutrition and Dietetics Canvas site. If a student does not successfully complete a KRDN, the instructor, DPD director and student will develop a remediation plan. Multiple failed attempts at KRDN completion may result in dismissal from the program.

KRDN 1.1	Demonstrate how to locate, interpret, evaluate and use professional literature to make ethical, evidence-based practice decisions.
KRDN 1.2	Select and use appropriate current information technologies to locate and apply evidence-based guidelines and protocols.
KRDN 1.3	Apply critical thinking skills.
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 Practice for the Registered Dietitian Nutritionist and the Code of Ethics for the Profession of Nutrition and Dietetics.
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.
KRDN 2.6	Demonstrate cultural humility, awareness of personal biases and an understanding of cultural differences as they contribute to diversity, equity and inclusion.
KRDN 2.7	Describe contributing factors to health inequity in nutrition and dietetics including structural bias, social inequities, health disparities and discrimination.
KRDN 2.8	Participate in a nutrition and dietetics professional organization and explain the significant role of the organization.
KRDN 2.9	Defend a position on issues impacting the nutrition and dietetics profession.
KRDN 3.1	Use the Nutrition Care Process and clinical workflow elements to assess nutritional parameters, diagnose nutrition related problems, determine appropriate nutrition interventions and develop plans to monitor the effectiveness of these 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	Practice routine health screening assessments, including measuring blood pressure and conducting waived point-of-care laboratory testing (such as blood glucose or cholesterol).
KRDN 3.5	Describe concepts of nutritional genomics and how they relate to medical nutrition therapy, health and disease.
KRDN 3.6	Develop nutritionally sound meals, menus and meal plans that promote health and disease management and meet client's/patient's needs.
KRDN 4.1	Apply management theories to the development of programs or services.
KRDN 4.2	Evaluate a budget/financial management plan and interpret financial data.
KRDN 4.3	Demonstrate an understanding of 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	Apply safety and sanitation principles related to food, personnel and consumers.
KRDN 4.6	Explain the processes involved in delivering quality food and nutrition services.
KRDN 4.7	Evaluate data to be used in decision-making for continuous quality improvement.
KRDN 5.1	Perform self-assessment that includes awareness in terms of learning and leadership styles and cultural orientation and develop goals for self-improvement.
KRDN 5.2	Identify and articulate one's skills, strengths, knowledge and experiences relevant to the position desired and career goals.
KRDN 5.3	Practice how to self-advocate for opportunities in a variety of settings (such as asking for needed support, presenting an elevator pitch).
KRDN 5.4	Practice resolving differences or dealing with conflict.
KRDN 5.5	Promote team involvement and recognize the skills of each member.
KRDN 5.6	Demonstrate an understanding of the importance and expectations of a professional in mentoring and precepting others.

Success Tips for the DPD...

Acceptance rate for seniors into accredited dietetic internships is competitive. At Bradley, students graduating from our DPD program have consistently achieved around 90%-100% placement rates. To help you be more competitive in this market, here are some suggestions (note: as you accumulate experiences, make sure you record your supervisor, dates, hours, job descriptions, etc. – you often forget the detail and it is required in your application):

- Work hard to maintain a good GPA; this is one of the strongest criteria for internship selection; a minimum of 3.0 GPA is usually required for consideration, but higher GPAs are more competitive
- Gain as much work experience as possible within the field of dietetics without sacrificing your grades; most internships consider 200 hours a starting point. A well-rounded portfolio will include clinical, community and food service, e.g. at places like hospitals, clinics, nursing homes. If you can't get a paid job, be prepared to clock unpaid hours.
- Volunteer at healthcare centers, community agencies or hospitals. This shows character, commitment and generosity.
- Demonstrate professionalism by (don't try and do this in your last semester, it won't impress anyone, so start early):
 - Join and seek activities within clubs (e.g. DSA, KONu) and apply for leadership positions to demonstrate leadership skills
 - Attend area professional meetings (e.g. Central Illinois Academy of Nutrition and Dietetics, OSF Internship Luncheon presentations, Peoria Area FCS, Bradley's EXPO, webinars, etc.)
 - Become a student member of the Academy of Nutrition and Dietetics (AND), the Society of Nutrition Education and Behavior (SNEB), American Society for Nutrition or other professional organizations.
 - Demonstrate professional conduct (AND Code of Ethics), show commitment to your major, build relationships with peers and faculty, be on-time or classes and labs, practice courtesy, develop a positive attitude, take initiative.
- Volunteer in our undergraduate counseling program (Bodyworks) to gain real-life experiences; run for leadership positions
- Participate in nutrition education opportunities, talks to local schools, health fairs, campus presentations, or community/school gardens
- Do a collaborative research project (either individually or in a group), with a professor; take it to BU Expo (each spring semester) or other professional meeting; publish in a peer-reviewed journal
- Start early to familiarize yourself with the many dietetic internships using the Applicant Guide to Supervised Practice in Canvas or the AND website (eatright.org) identifying programs you are interested in, contacting program directors, visit open houses (see Canvas Calendar)

Bradley University 4+1 Program

Nutrition & Dietetics students may consider applying for the Bradley University Master's in Nutrition and Dietetics program in their junior year. Students applying for this program will be currently registered for or have taken FCS 410 Advanced Nutrition. Potentially, students complete a Bachelor's of Science and accelerated Master's of Science with the required supervised practice component in just 5 years. Students in the 4+1 Program will take a combination of undergraduate and graduate coursework during

their senior (4th) year and graduate coursework in their 5th year. A [sample plan](#) is provided. **Students interested in our 4+1 program should work with their advisor to plan ahead.** It may be necessary for students to complete coursework over summer and interim sessions to complete the Bachelor's and Master's programs in 5 years. Upon successful completion of the 4+1 program, students would be eligible to sit for the Registered Dietitian Examination.

Students will work with their advisors to ensure they meet requirements for completion of the Bachelor's and Master's degrees, and supervised practice. As with the DPD program, requirements for the Bachelor's degree are 120 undergraduate hours and 40 hours in 300 or 400-level course work. Nine hours of 500-level graduate coursework can be used to meet both undergraduate and graduate requirements. These courses must be coordinated with your advisor.

The 4+1 program is separate from the Didactic Program in Dietetics, but does follow the same requirements for the Bachelor's degree. Qualified students that do not choose to apply to the 4+1 program or Bradley's Master of Science in Nutrition and Dietetics Program may remain in the DPD program. Upon completion of the DPD requirements, students will graduate with a Bachelor's in Science and may apply to supervised practice and/or graduate programs from other institutions to complete the process of becoming a Registered Dietitian Nutritionist.

Tuition for the 4+1 program follows current undergraduate rates for the 4th year and 1 year (50%) of the bundled price for the graduate program.

For more information regarding the 4+1 program, students are encouraged to meet with their advisor. Students may also contact Dr. Amanda Newell (anewell@fsmail.bradley.edu), director of the graduate program, for information regarding prerequisites, admission requirements, and more in the Bradley University Master's of Nutrition and Dietetics program.

Sample 4-year Plan for Incoming Freshman

This sample plan is somewhat flexible and may require alterations to fit student needs, course availability, etc. Students and their advisors will work together to make a plan. Students should keep in mind course availability in each semester, course pre-requisites, and overall workload.

Fall 2022		Spring 2023	
FCS 103 Food Resource Management	3	FCS 171 Sanitation Health and Safety	1
BIO 111 Intro to Cell Biology	3	FCS 102 Profession of Dietetics	1
CHM 100 Fundamentals of General Chem	3	FCS 100 Family Dynamics	3
CHM 101 Fund of Gen Chem lab	1	CHM 162 Fund. Organic and Biochem	4
COM 103 Oral Communication Process	3	PSY 101 Principles of Psychology	3
ELECTIVE (FA/HU/MI/Writing Intensive)	3	ENG 101 English Composition	3
	16		15
Fall 2023		Spring 2024	
FCS 202 Introduction to Nutrition	3	BIO 232 Human Anatomy and Phys II	3
FCS 271 Food and World Cultures	3	BIO233 Human Anatomy Phys II Lab	1
BIO 230 Human Anatomy Physiology I	3	FCS 220 Cnsumer Issues Healthcare	3
BIO 231 Human Anatomy Phys I Lab	1	M L 350 Interpersonal Effectiveness OR	3
MTH 111 Elementary Statistics	3	PSY 321 Organizational Psychology	
FCS 204 Programs Across the Lifespan	3	CHM 302 OR NSG 391 Medical Terminology	1
	16	BIO 202 Microbiology/Immunology	4
			15
Fall 2024		Spring 2025	
ENS 305 Sustainability and Food OR	3	FCS 305 Experimental Foods	1
BIO 300 Popltn, Rsrces, Envrnmnt		FCS 311 Eval/Research Methods	3
FCS 310 Community Program Planning	3	FCS 410 Advanced Nutrition	3
FCS 341 Human Development Lifespan	3	ELECTIVE (FA/HU/MI/Writing Intensive)	3
ENG 300 Advanced Writing	3	ELECTIVE (FA/HU/MI/Writing Intensive)	3
ELECTIVE (FA/HU/MI/Writing Intensive)	3	ELECTIVE (FA/HU/MI/Writing Intensive)	3
	15		16
Fall 2025		Spring 2026	
FCS 411 Medical Nutrition Therapy I	3	FCS 412 Medical Nutrition Therapy II	3
FCS 405 Food Service Systems	3	FCS 408 Management in Food Service	3
EHS 301 Internship	0-2	FCS 442 Foundations in FCS	3
ELECTIVE – Consider FCS 507 Nutrition Assessment and Counseling	3	ELECTIVE	3
ELECTIVE	3	ELECTIVE	3
	12-14		15

Sample 2-year Plan for Transfer Students

This sample plan is flexible and may require alterations to fit student needs, course availability, transferred courses, etc. Students and their advisors will work together to make a plan. Students should keep in mind course availability in each semester, course pre-requisites, and overall workload.

FALL SEMESTER		SPRING SEMESTER	
FCS 100 Family Dynamics	3	FCS 171 Sanitation, Health, Safety	1
FCS 103 Food Resource Mngmnt	3	FCS 220 Cnsmer Issues in Hlthcare	3
FCS 202 Food and Nutrition	3	FCS 410 Advanced Nutrition	3
FCS 204 Family Programs Lifespan	3	FCS 102 Profession of Dietetics	1
FCS 341 Human Dvlpmnt Lifespan	3	ENS 305 Sustainability and Food OR BIO 300 Pop, Rsrces, Envmt	3
		M L 350 Interpersonal Effectiveness OR PSY 321 Organizational Psych	3
TOTAL	15	TOTAL	14
FCS 405 Food Service Systems	3	FCS 305 Experimental Foods	1
FCS 411 Medical Nutr Therapy I	3	FCS 442 Foundations in FCS	3
EHS 301 Internship	0-2	FCS 412 Medical Nutr Therapy II	3
FCS 310 Community Prgm Planning	3	FCS 408 Mgmt in Food Service	3
FCS 271 Food and World Cultures	3	FCS 311 Evaluation & Rsrch Mthds	3
		ELECTIVE/Needed Courses	3
TOTAL (Possible elective/needed course)	12-14	TOTAL	16

Students transferring to the DPD program should have basic science prerequisites completed (see below) AND meet requirements of the Bradley Core Curriculum or Illinois Articulation Initiative. Among notable graduate requirements, Bradley graduates will require 120 credit hours, 40 junior/senior hours, fulfillment of the Bradley Core Curriculum, and others as noted in the Bradley policies.

Science courses recommended to be completed prior to transferring to Bradley to complete DPD in two years (refer to Bradley University transfer guides):

CHM 100 Fundamentals of General Chemistry (3 hours)
 CHM 101 Fundamentals of General Chemistry Lab (1 hour)
 CHM 162 Fundamentals of Organic and Biochemistry (4 hours)
 CHM 302 or NSG 391 Medical Terminology (1 hour)
 BIO 111 Introduction to Cell Biology (3 hours)
 BIO 202 Microbiology (4 hours)
 BIO 230 Human Anatomy and Physiology I (3 hours)
 BIO 231 Human Anatomy and Physiology I Lab (1 hour)
 BIO 232 Human Anatomy and Physiology II (3 hours)
 BIO 233 Human Anatomy and Physiology II (1 hour)
 MTH 111 Elementary Statistics (3 hours)

Sample 4+1 Program Plan

This sample plan is flexible and may require alterations to fit student needs, course availability, etc. Students and their advisors will work together to make a plan. Students should keep in mind course availability in each semester, course pre-requisites, and overall workload.

FALL SEMESTER		SPRING SEMESTER		Summer Semester/Interim
<u>Freshmen</u>		<u>Freshmen</u>		<u>Freshmen</u>
FCS 103 Food Resource Mgmt	3	CHM 162 Fund Org & Biochem <i>PRQ: C or better in CHM 100, 104, or 110</i>	4	Elective/BCC course(s) (3 hrs)
BIO 111 Introduction to Cell Biology	3	PSY 101 Principles of Psych (SB)	3	
ELECTIVE (FA/HU/MI/Writ. Intnsve)	3	ENG 101 English Comp (W1)	3	
COM 103 The Oral Comm Process	3	FCS 102 Profession of Dietetics	1	
CHM 100 Fund of Gen Chem (NS)	3	FCS 100 Family Dynamics (SB)	3	
CHM 101 Fund of Gen Chem Lab <i>PRQ CHM 100 or concurrent enrollment</i>	1	FCS 171 Sanitation, Hlth, Safety	1	
TOTAL HOURS:	16	TOTAL HOURS:	15	
<u>Sophomores</u>		<u>Sophomores</u>		<u>Sophomores</u>
BIO 230 Human Anat & Phys I <i>PRQ C or better in BIO 111</i>	3	BIO 232 Human Anat & Phys II <i>PRQ C or better in BIO 230</i>	3	Elective/BCC course(s) (3-6 hrs)
BIO 231 Human Anat & Phys I Lab <i>PRQ BIO 230 or concurrent enrollment</i>	1	BIO 233 Human Anat & Phys Lab II <i>PRQ C or better BIO 230, 231, and 232 or concurrent enrollment in BIO 232</i>	1	
FCS 202 Foods and Nutrition	3	FCS 220 Cnsmr Issues in Hlthcare	3	
FCS 204 Family Prog. Lifespan	3	BIO 202 Mircobio & Immunology	4	
MTH 111 Elementary Statistics (QR)	3	CHM 302 Medical Terminology <u>OR</u> NUR 391 Medical Term.	1	
FCS 271 Food and World Cultures	3	FCS 305 Experimental Foods	1	
		M L 350 Interpers'l Effectiveness <u>OR</u> PSY 321 Org Psych <i>PRQ PSY 101 or equivalent</i>	3	
TOTAL HOURS:	16	TOTAL HOURS:	16	
<u>Juniors</u>		<u>Juniors</u>		<u>Juniors</u>
FCS 310 Comm Prgm Planning (WI) <i>PRQ Junior standing and FCS major</i>	3	FCS 311 Evaltn & Rsrch Methods <i>PRQ FCS 310 and MTH 111</i>	3	Elective/BCC course(s) (3 hrs)
FCS 341 Human Dev thru Lifespan	3	FCS 410 Advanced Nutrition <i>PRQ BIO 232; CHM 116 or 162; Grade of B or better in FCS 202 or FCS 303</i>	3	Consider EHS 301 (0-2 hrs)
ENG 300 Advanced Writing	3	FCS 442 Foundations in FCS	3	
ENS 305 Sustainability and Food <u>OR</u>	3	ELECTIVE (FA/HU/MI/Writ. Intsve)	3	
BIO 300 Popltn, Resrces, Env. FCS 405	3	FCS 408 Mgmnt in Food Service <i>PRQ FCS 405</i>	3	
Food Service Systems <i>PRQ FCS 103 or 104, sanitn cert or FCS 171</i>	3			
TOTAL HOURS:	15	TOTAL HOURS:	15	
<u>Seniors/Grad Year 1</u>		<u>Seniors/Grad Year 1</u>		<u>Seniors/Grad Year 1</u>
ELECTIVE (FA/HU/MI/Writ. Intnsve)	3	ELECTIVE (FA/HU/MI/Writ. Intsv)	3	FCS 69x Supervised Exp. Learning (2-3 h)
FCS 511 Medical Nutrition Therapy I	3	FCS 512 Medical Nutr Therapy II <i>PRQ C or better in FCS 411</i>	3	
FCS 541 Research Methods	3	FCS 507 Nutr. Coun & Assmnt	3	
FCS 502 Fndtns of Dietetic Practice	1	FCS 505 Food Development	1	
FCS 514 Food Security Systems	3	Grad Elective	3	
TOTAL HOURS:	12	TOTAL HOURS:	16	
<u>Grad Year 2</u>		<u>Grad Year 2</u>		<u>Seniors/Grad Year 2</u>
FCS 501 Community Nutrition Interv.	3	FCS 695 Supervise Exp. Learning	3	FCS 69x Supervised Exp. Learning (2-3 h)
FCS 508 Food Service Management	3	Grad Elective	3	
TOTAL HOURS:	6	TOTAL HOURS:	6	

Nutrition and Dietetics Major FCS Required Courses:

Required Courses

EHS 301 – Internship in EHS (0-2 hours; 160 work hours are required for the DPD)

Prerequisite: Sophomore standing in the College of Education and Health Sciences, 2.0 Bradley overall grade point average and EHS cumulative grade point average, consent of EHS Co-op and Internship coordinator and Co-op and Internship faculty advisor.

FCS 100 - Family Dynamics (3 hours)

Examine relationships within family systems across the life span, and their reciprocal relationship with cultural and societal dynamics. Strengthen skills necessary for healthy relationships, including problem solving, communication, conflict resolution, decision-making, time and stress management. Explore and integrate research and theories in family studies.

FCS 102 – Profession of Dietetics (1 hour)

An introduction to the profession of dietetics including history of the profession, career opportunities, role in a healthcare team, scope of practice, code of ethics, and professional associations. Prerequisite: Nutrition and Dietetics major or consent of instructor.

FCS 103 – Food Resource Management (3 hours)

Application of concepts related to decision-making, planning and budgeting, and preparation of food.

FCS 171 – Sanitation, Health, and Safety (1 hour)

Sanitation and safety principles and regulations as related to the hospitality industry including Hazard Analysis Critical Control Point (HACCP) principle and procedures, safety and security issues and procedures, and associated health issues related to sanitation and safety in the hospitality industry. Students must take an ANSI-CFP accredited food safety sanitation certification examination to receive credit.

FCS 202 – Food and Nutrition (3 hours)

An overview of the science of nutrition including macronutrients and micronutrients. Primarily focuses on the relationship between dietary intake and health. Examines current issues in human nutrition.

FCS 204 – Family Programs across the Lifespan (3 hours)

Exploration of local, state, and national level programs, services, and policies for families from a life span perspective. Prerequisites: FCS majors or consent of instructor.

FCS 220 - Consumer Issues in Health Care (3 hours)

Possible care obtained, level of health care, and how to access care for persons from birth to death. Cross listed as HS 220. Prerequisite: HS 110 or consent of a cross-listed Department Chair (PT, FCS).

FCS 271 – Food & World Cultures (3 hours)

This course is an exploration of a variety of foods and cultures that demonstrate the influences of demography, geography, history, social traditions, religious beliefs, and other environmental considerations on food, its preparation, service, and symbolism/meaning.

FCS 305 – Experimental Foods (1 credit)

Scientific principles of food composition, preparation, and preservation. Prerequisites: FCS 103 or 104, FCS 171 or ANSI-CFP accredited Food Protection Manager Certification, and FCS 202.

FCS 310 - Community Program Planning (3 hours)

Assessing and prioritizing community health needs, principles of program planning including use of comprehensive planning models, development of goals and objectives, incorporating health behavior theory, and gaining community support. Prerequisite: FCS 201 or consent of instructor.

FCS 311 - Community Program Evaluation (3 hours)

Methods of monitoring, evaluating, and assessing impact of health education programs, emphasis on selecting valid and reliable measures, use of statistics, and communicating outcomes to stakeholders. Prerequisite: FCS 310 and MTH 111; or consent of instructor.

FCS 341 - Human Development Through the Lifespan (3 hours)

Physical, cognitive, emotional and social growth and development throughout the human lifespan. Not open to students with credit in PSY 303.

FCS 405 - Food Service Systems (3 hours)

Exploration of food service systems concepts, organization of food service operations, menu planning, food production and procurement, quantitative evaluations of food service operations, and laboratory experiences. Prerequisite: FCS 103 or 104; ANSI-CFP accredited Food Protection Manager Certification or FCS 171.

FCS 408 - Management in Food Service (3 hours)

Application of theories, principles, and functions of management to a food service system operation. Emphasis on qualitative and quantitative evaluation of operational, financial, sales, inventory, and procurement data. Prerequisite: FCS 405.

FCS 410 - Advanced Nutrition (3 hours)

Impact of food, nutrition, and lifestyle choices on performances, disease prevention, and health; biochemistry of energy and nutrient utilization in relation to human biological functions; interpretation of literature; current information technologies. Prerequisites: BIO 232; CHM 116 or 162; Grade of B or better in FCS 202 or FCS 303.

FCS 411 - Medical Nutrition Therapy I (3 hours)

Biochemical and physiological principles underlying dietary modification in the prevention and treatment of various conditions; diet design; nutrigenomics; pharmaceuticals; complementary and integrative therapies; emphasis on applications and case studies to foster critical thinking and problem-solving. Prerequisite: Grade of C or better in FCS 410.

FCS 412 - Medical Nutrition Therapy II (3 hours)

Biochemical and pathophysiological rationale, therapeutic dietary modifications for various disease conditions; nutrition support in malnutrition and hypermetabolic conditions; emphasis on evidence-based practice applications and case studies to foster critical thinking and problem-solving. Prerequisite: Grade of C or better in FCS 411.

FCS 442 - Foundations of FCS (3 hours)

Review of theoretical, philosophical, ethical, and historical foundations of FCS; includes analysis, critique, and discussion of FCS literature. Emphasizes the integrative and applied nature of the discipline. Prerequisite: FCS major and junior standing; or consent of instructor

Other courses Nutrition and Dietetics majors might take as electives:**FCS 304 – Sports and Exercise Nutrition; (3 credits)**

Design of approximate diets for exercise and sports to enhance utilization and maximize performance. An integrative, case study approach. Prerequisite: FCS 202, FCS 301 or FCS 303; junior standing.

FCS 507 – Nutrition Assessment and Counseling; (3 credits)

This course is designed to equip students to be effective professional nutritional counselors as agents of nutritional behavior change, focusing on motivational interviewing techniques. Nutritional assessment will be centered around the nutrition care process including the assessment of nutritional status by anthropometric, biochemical, clinical, and dietary methods with an emphasis on nutrition focused physical examinations.

FCS 514 – Food Security and Food Systems (3 credits)

Causes and consequences of food insecurity on the health and well-being of individuals and families, as well as the nutritional and political implications these may pose in the local, national and global food systems.

DPD Handbook Statement of Receipt

Documentation that students have received the handbook and understand its contents

I, _____, have read and understand the Bradley University Didactic Program in Nutrition & Dietetics Student Handbook of Policies and Procedures. I have been given the opportunity to ask questions and voice any concerns.

I agree to comply with all policies and procedures and understand that I may be counseled out of the program if I do not continue to meet the requirements. This includes maintaining a minimum of 3.0 overall GPA, a 2.75 science GPA, ANSI-certified manager certification, and successful completion of the program knowledge requirements (KRDNs).

Nutrition & Dietetic major signature

Date

Return the original, signed form to the program director to maintain in your file.