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Major: Nutritional Sciences: Nutrition Option

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## 1. Major Options - What options are offered within the major? How do they differ?

The Nutritional Sciences has 5 options as delineated below.

### **Dietetics Option**

Dietetics involves a knowledge of foods and their use to maintain health, and in some cases, treat disease. This includes understanding both the nutrient composition and cultural and community aspects of diets, as well as the biochemical and physiological aspects. The Dietetics option emphasizes nutrition and foodservice and prepares students for careers as clinical dietitians and nutritionists, educators, health promotion facilitators, and consumer specialists in food and nutrition. Upon completing the option, students normally apply for a dietetic internship to prepare for the national examination to become a Registered Dietitian Nutritionist (RDN).

### **Nutrition Option**

Nutrition emphasizes the metabolic aspects of how organisms use food. It includes knowledge of how food is digested, absorbed, and used for energy and growth; how and why nutrient requirements change over the life span and under stress. The option in Nutrition provides sound training for those intending to go to graduate school in any of the life sciences, conduct biomedical research, or pursue pre-professional (medical, dental) studies. The Nutrition option also prepares for entry-level jobs in biomedical research fields in industry and academia.

### **Foodservice Administration**

The option in Foodservice Administration is for the student who wants a career in foodservice marketing or in managing a food service. To supplement this concentration, students choose from elective courses in agribusiness and food science, such as quantity food production, management of foodservice systems, human behavior at work, and accounting.

### **Nutrition, Food & Business**

This option prepares students in basic and applied science as a foundation for careers in the food industry emphasizing the importance of nutrition. Students take organic chemistry, statistics, and experimental foods in addition to courses in nutrition.

## **Community Nutrition**

The Community Nutrition option provides a student in the areas of food and nutrition, as well as specialized courses in the cultural and ethnic needs of society through the lifespan. Students take courses in professional youth work to prepare for careers in 4H, cooperative extension, and public health agencies.

### **2. Total number of students within the major**

In general, the Nutritional Sciences major has around 200-250 students.

### **3. Goals within the major-What are expectations of students post-graduation?**

Goals will vary depending on the option that students pursue. For the dietetics option, please see our goals listed below.

**Goal 1:** Through completion of the DPD program, graduates will be prepared for a supervised practice program or graduate school.

#### **Objectives:**

- At least 80% of Nutritional Science students admitted to the dietetic option (DPD) will complete the bachelor's degree within 6 years (150% of the program length).
- 75% of DPD graduates apply for admission to a supervised practice program prior to or within 12 months of graduation.
  - 50% of DPD graduates are admitted to a supervised practice program within 12 months of graduation.
  - 70% of DPD graduates who respond to a survey, will answer "adequate" (3.0) or better (range 1 to 5) when asked about their preparedness for entering a supervised practice program or graduate school.

**Goal 2:** To prepare DPD program graduates to become competent entry-level RDNs servicing the needs of the public in promoting health and preventing disease.

#### **Objectives:**

- 80% of Dietetic Internship Directors who respond to a survey will rate Rutgers graduates in their programs "satisfactory" or better in the foundation knowledge and support knowledge competencies of ACEND.
- 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%.
- 50% of all DPD graduates who respond to a survey 12 months post-graduation, will report they have participated in one or more health promotion or professional service activity in the last year.

Learning goals for the other 4 options can be found on the Nutritional Sciences website here: <http://nutrition.rutgers.edu/undergraduate/>

#### 4. Research Opportunities

Students are encouraged to pursue independent research projects with faculty members but it is not mandatory.

#### 5. Any changes within the major this upcoming year?

Yes, there will be some adjustments in the total credits required within each option due to the NJ Law recently passed mandating public institutions to set a limit of 120 credits required to graduate with a bachelor's degree.

#### 6. Major Courses-What is the goal of each course? What should students be learning?

Please see the learning goals provided on the department's website for each option: <http://nutrition.rutgers.edu/undergraduate/>