



Nutrition Sciences Handbook



*Baylor
University*

*Department of
Family & Consumer Sciences*

Nutrition Sciences

The Didactic Program for the Nutrition Sciences curriculum at Baylor University is currently granted Accreditation by the Commission on Accreditation for Dietetics Education (CADE) of the American Dietetic Association.

The address is:

CADE, American Dietetic Association 120 Riverside Plaza, Suite 2000, Chicago, IL 60606-6995, 312-899-0040, extension 5400.

Names and Phone numbers of Nutrition Sciences faculty members

LuAnn Soliah, Ph.D., R.D., L.D. (254)710-6258
Program Director

Janelle Walter, Ph.D., R.D. (254) 710-6257

Suzy Weems, Ph.D., R.D., CSSD, L.D. (254) 710-3626

Dean of the College of Arts and Sciences

Dean: Dr. Lee Nordt (254) 710-3361

Mission statement for the Baylor University Nutrition Sciences Program

The mission of the Didactic Nutrition Sciences program in the Department of Family and Consumer Sciences, College of Arts and Sciences, is to provide students with a general nutrition education equipping graduates for leadership and service in near and far environments.

The Nutrition Sciences Career

Nutrition or dietetics is a health care career which emphasizes nutrition and food. Individuals who choose this career are studying to become Registered Dietitians. Their ambition is to give nutrition advice to individuals, families and various community groups. Individuals who choose this career have an aptitude for science, a genuine interest in people, and the ability to plan and organize nutrition programs.

<http://www.baylor.edu/fcs/>

How do I become a Registered Dietitian (RD)?

Each of the following needs to be completed:

1. Complete a bachelor's degree at an accredited university with didactic course work accredited by the Commission on Accreditation for Dietetics Education (CADE).
2. Complete a CADE accredited supervised practice program. This is generally referred to as a Dietetic Internship.
3. Pass a national registration examination administered by the Commission on Dietetic Registration (CDR).

Note: Registration is maintained through continuing professional education requirements.

Baylor University's Nutrition Sciences program is an accredited Didactic Program. After you finish your bachelor's degree, you must apply for and be accepted into an accredited Dietetic Internship. These are monitored by the Commission on Accreditation of Dietetics Education of The American Dietetic Association. You will apply to these programs during your final semester at Baylor University. There are two opportunities to apply each year (February and September deadlines). Notification of selection occurs each April and November.

How do I prepare myself for the Dietetic Internship?

To be considered competitive for a dietetic internship, an undergraduate should:

- Achieve and maintain a GPA of 3.20 or higher,
- Acquire relevant work experience within the field,
- Aim for a GRE score of 1000 or higher,
- Develop a resume and an electronic portfolio that reflects leadership and voluntary service within the field,
- Obtain positive reference letters from people who know you and can identify your skills and favorable traits, and
- Present yourself in a favorable position with good written communication skills,
- Have career ambitions supportive of your field of study.

Note: You need early preparation to become a competitive applicant.

Choosing your Dietetic Internship

Internship programs vary in location, length of program, start/finish dates, cost, graduate credit, requirements, etc. If possible, visit a few programs that interest you and read about several programs at www.eatright.org. Also, ask Dr. Soliah if you can browse through the *Applicant Guide to Supervised Practice* notebook.

During the end of your junior year and early in your senior year, begin to seriously consider where you want to apply for your internship. Allow time to investigate your internships. Make a lengthy list of possible programs and then, gradually narrow the list to serious considerations.

Internships charge application fees, so be prepared for this expense. It is always a good idea to apply to five or more internships for maximum selection opportunities.

Some internships require that you take the Graduate Record Examination (GRE). You will need to schedule the exam at the Sylvan Learning Center. It is recommended that you do this about 4-6 months in advance of your application date. Plan to study for the test in advance and be prepared to repeat the test, if you are not pleased with your scores.

After you have completed your internship program, then you are eligible to take the Registration Examination for Dietitians.

ADA Student Information

Students are encouraged to join the American Dietetic Association as a student member. Visit www.eatright.org.

ADA membership will help you:

- find ADA scholarships
- search for specific employment, (career link)
- network with other nutrition students and professionals
- become familiar with the ADA journal
- receive membership discounts.

Student Information for you to be familiar with:

Academic Calendar – visit the BU web page: www.baylor.edu/calendar or the Undergraduate Catalog for the dates.

Fall Semester
Spring Semester
Summer Session I
Summer Session II
Full Summer Session

Credit by Exam

1. For the entering freshman. Read the criteria established in the Credit by Exam brochure. www.baylor.edu/irt/testing

Office of Institutional Research and Testing
Suite 540, Robinson Tower
One Bear Place 97032
Waco, TX 76798-7032
(254) 710-2061

2. For the transfer student. See the above address.
3. For the currently enrolled student. See the BU Undergraduate catalog.

Foreign Language testing

If a student believes their knowledge of a foreign language is proficient, they can demonstrate their skill by taking an Advanced Placement test for language proficiency.

Math testing

Students are required to take a placement test before enrolling in Pre-calculus or Calculus.

General University Regulations

Student classification

Freshman: 0-29 hours
Sophomore: 30-60 hours
Junior: 60-89 hours
Senior: 90 or more hours
Post baccalaureate: (post graduate)

Student activities

1. Students must register for and continue to be enrolled in a minimum of 12 semester hours to participate in student activities.
2. Students must have and maintain a current and cumulative minimum GPA of 2.25 in order to maintain active membership.
3. See additional rules in the BU Undergraduate catalog.

Registration policy

Course load – the normal academic load per semester is 5 courses (15 hours) plus a Human Performance course. A student must be enrolled in 12 semester hours to be considered full time. In general, 18 hours is the maximum load. See the BU Undergraduate catalog for exceptions to these rules. It is recommended that a lighter course load be pursued if a student is working 20 hours per week.

Curriculum Organization

Courses at the 1000 level are usually considered freshman level.

Courses at the 2000 level are usually considered sophomore level.

Courses at the 3000 level are usually considered junior level.

Courses at the 4000 level are usually considered senior level.

Semester hours

Most courses at Baylor University are 3 credit hours. Most labs are 1 credit hour, but generally require 2-3 hours/lab. A few courses have variable (v hour) credit. These courses may be repeated and the course may be taken for variable credit hours.

Course numbering

The second number specifies the semester hours of credit assigned to the course. For example, 1301, would indicate a three-credit, freshman class. The last two numbers are determined by the department teaching the course. Generally, these numbers indicate sequencing.

Summer school course loads vary from 1-2 courses per term or 3-6 credit hours. If both summer I and summer II sessions are taken, 4 courses or 12 credits may be earned.

Post-registration changes

If a student drops a course before the end of the 20th class day of the fall or spring semester, the student is presumed to be passing. After the 20th day, the student's standing is determined by the professor. See the BU Undergraduate catalog for exceptions to these rules.

Transfer credit from another college

Transfer credit will only be granted for course work taken at a regionally accredited institution. It is the student's responsibility to determine if the equivalent course applies to a specific degree requirement.

The basic policies are the following:

1. After enrolling at Baylor, a student may transfer a maximum of 15 hours to Baylor for degree credit.
2. In summer school, a student may earn credit for two courses in six weeks or four courses in 12 weeks (not to exceed a total of 14 hours) for classes plus labs.
3. A grade of "C" or better must be earned in all courses transferred to Baylor.
4. Courses taken at Baylor may not be repeated at another school for credit towards a degree.
5. A maximum of 70 hours may be transferred from a community or junior college. No course at or above the 3000 level may be taken at a community or junior college.
6. Degree credit will not be given for courses taken at another college while attending Baylor (concurrent enrollment).
7. PSC 2302 may not be transferred to Baylor after the student has earned credit hours at Baylor.
8. The Texas Common Course Numbering System will assist students in determining equivalent courses at participating Texas community and junior colleges.

Foundation Knowledge and Skills for entry-level dietitians are provided in the BU academic program:

Individuals interested in becoming Registered Dietitians should expect to study a variety of topics focusing on food, nutrition, and management.

These areas are supported by the sciences, social studies, and communication professions. The following foundation knowledge and skill requirements are listed in the eight content areas that students will focus on in the academic component of a dietetics program.

1. Communications
2. Physical and biological sciences
3. Social sciences
4. Research
5. Food
6. Nutrition
7. Management
8. Health care systems

Career Opportunities

There are several career opportunities for you to explore and consider.

Additionally, you will probably work in more than one area as you progress through your career path.

The *traditional* nutrition science careers include:

- hospital and clinical care
- wellness, community, and public health agencies
- pharmaceutical sales
- school lunch programs
- state regulatory agencies
- food service management
- long-term care facilities
- private practice, counseling

With *additional education and training*, other career possibilities include:

- research positions at large medical centers or clinics
- university teaching and research careers
- pre-professional education for medicine, dentistry, or other doctorate programs
- pre-professional education for Physician's Assistant training or physical therapy
- certified diabetes educator or a certified nutrition support dietitian
- specialization in geriatrics, pediatrics, sports management, oncology, or kidney disease
- certificate of training in weight management
- management of a staff of dietitians
- food service director positions

The *non-traditional* careers for nutrition science majors include:

- county extension agent
- secondary teaching– Hospitality, Nutrition & Food Science
- Certification
 - * food science – research and development
 - * food science-quality assurance
 - * journalism or writing career
 - * health care administration
 - * food broker or food purchasing position
 - * food technology/microbiology expertise

For more information on careers: visit the web sites for the American Dietetic Association: www.eatright.org or <http://www.nutrition4texas.org>

Salary Information

The average pay for a dietitian in the United States is about \$52,000 per year (Salary.com and Money Magazine, May, 2006). There are however, considerable differences among regions of the country. Texas dietitians' earn mid-range wages compared to dietitians on the East or West coasts.

Wages also vary by area of practice. According to the American Dietetic Association, dietitians in these areas of practice earn the most money in descending order:

- business and consultation
- food and nutrition management
- education and research
- community nutrition
- clinical care

Wages also vary by years of experience, educational background, population of the community, region of the country, and additional certifications or extra credentialing. Supply and demand also influences dietitian wages.

Job Outlook

The nutrition career was designated among the top *50 Best Job Choices in America* according to the researchers at Money Magazine and Salary.com, May, 2006. The surveyors estimated that the nutrition career would experience an 18.30% job growth stage during the next 10-year forecast.

Baylor University Student Nutrition Association (BSNA) Club

The BSNA club meets once every month. The meetings are generally held on the 4th Thursday (late afternoon) in the Mary Gibbs Jones Building. Dr. LuAnn Soliah is the advisor for the club. The guest speakers are usually nutrition professionals from the local community. Students may participate in the BSNA club by active membership or by becoming a club officer.

Baylor's Class Attendance Policy

Baylor has a strict attendance policy. University policy requires that to earn credit in a course the student must be officially enrolled by the end of the second full week of the semester and attend at least 75% of all class meetings. Faculty members may establish additional attendance requirements as outlined in course syllabi. Excessive lateness will be dealt with by the individual instructor. Any student who is not present for at least 75% of the scheduled class sessions for any course will automatically receive a grade of "F" in the course. Any University-related activity necessitating an absence from class shall count as an absence when determining whether a student has attended the required 75% of class meetings.

All course requirements may not necessarily be fulfilled by meeting the 75% minimum. The student bears the responsibility for the effect which absences may have upon class participation, announced and unannounced examinations, written assignments, reports, papers, and other means of evaluating performance in a course. At the same time, if a student's required participation in a University-sponsored activity causes the student to be absent from class, and if the student seeks to make arrangements prior to the absence to complete scheduled assignments, the faculty member is expected to work with the student for the completion of class work and assignments.

Students are usually allowed to make up class work and/or tests missed because of serious illness, accident, or death in the family. Staff members in the Division of Student Life will make every effort to inform the faculty member concerning class absences on behalf of the student in these instances.

Chapel

Chapel is the oldest tradition at Baylor University. Chapel attendance is a graduation requirement and it includes 75% or more attendance. Generally, two semesters of chapel are required for freshman and transfer students who are classified as freshman or sophomores. The Chapel requirement is reduced to one semester for junior-ranked transfer students.

Exams

Final exams are given at the end of each semester. Final exams will be given on the assigned dates. If a student has three finals on the same day, the student may petition the appropriate dean or one of the three professors to reschedule the exam to a different date.

If a student becomes ill or another imperative absence occurs during final exam week, and if the appropriate arrangements have been made, an “Incomplete” course grade can be assigned. The student must follow the correct procedure to have permission to place the class on hold and delay the final exam. If the approval has been granted, the student should finish all course obligations during the next semester. The incomplete grade will automatically be changed to an F, if this does not occur. See the BU Undergraduate catalog for additional policies regarding exams.

Academic action

Probation and suspension

At any time a student’s term and/or cumulative grade point average (GPA) is below 2.0, the dean of the academic unit in which the student is enrolled will notify the student that he or she will be placed on academic probation during the upcoming term. If at the end of the first probation term the student’s cumulative GPA is again below a 2.0, the student will be suspended. See the Undergraduate catalog for additional policies regarding probation, academic suspension, and reinstatement following suspension.

Honors

A student who earns a grade point average of 3.70 or higher with no grade lower than a “C” while registered for 12 or more semester hours of regularly graded courses per term will be eligible for the Dean’s Academic Honor List.

Graduation with Honors

Graduation with honors includes 3 designations.

<u>Baylor credit</u>	<u>Cum Laude</u>	<u>Magna Cum Laude</u>	<u>Summa Cum Laude</u>
94 or more hours	3.75	3.85	3.95
61-93 hours	3.80	3.90	
60	3.85	3.95	

*Only BU credit will be considered in determining these averages.

Degree requirements

General

The minimum requirement for a BU degree is 124 hours with at least 36 hours of 3000 or 4000 level courses. Many degree plans require more than the minimum.

Approximately 64 hours are required for the bachelor's degree in general and introductory studies. This diversification is intended to give breadth of view.

A major field of study should be chosen by the sophomore year and a degree plan identified. The Academic Advisement office and the Academic Dean will conduct degree audits from time to time and report progress toward completion of a specialized degree program. Each student should take these reports seriously and study the unfulfilled requirements.

Graduation Requirements

Residence requirements

BU holds to the principle that a Baylor degree is symbolic of a Baylor education. To this end, the University insists on a minimum of 60 semester hours (earned in residence) and the University encourages a higher amount. Advanced Placement and Credit by Exam will not be considered as residence credit. After matriculation, a student may transfer a maximum of 15 semester hours.

Admission to candidacy

All candidates for degrees should file graduation cards in their dean's offices during the second semester of their junior year. This will make it possible for their records to be checked to determine eligibility for graduation. Failure to do this may cause a delay in graduation. Fall, spring, and summer graduations are held on the Baylor campus. Diplomas are not granted until all degree requirements have been completed and the necessary records are in the Office of the Registrar.

Catalog Requirements

Normally a student will fulfill the degree requirements as listed in the catalog of the first year of study at BU. Generally, this is the fall semester of the freshman year.

Grade Point Average

A grade average of 2.00 or higher must be maintained overall and in all major and minor fields and academic specializations. Transfer credit is not included in this calculation.

Degree Plans and Suggested Course Sequence

Nutrition Science majors may choose their bachelor degree. All the degree plans will qualify you for obtaining a Baylor University Verification Statement.

There are distinct differences among the three degrees:

- A) Bachelor of Science degree- this degree requires Calculus (Math 1321) and STA 2381. 139 credit hours
- B) Bachelor of Family and Consumer Sciences degree – this degree does not require calculus. The Statistics class is STA 1380. 136 hours
- C) Bachelor of Arts degree- this degree does not require calculus. The Statistics class is STA 1380. It does require additional Art, History, and other Social Science classes. 151-154 hours. See the BU Undergraduate catalog for the various course options.

Minors

A student may elect a minor from a designated area of study. Generally, minors consist of a minimum of 18 hours of study. At least 9 hours must be at the 3000 or 4000 level; not more than 3 hours from the major may be applied to the minor. See the BU undergraduate catalog for additional rules concerning minors.

Verification of Completion of the Didactic Program in Dietetics (DPD)

Students who have successfully completed all the requirements for their degree plan will receive several Verification Statements, post-graduation from the DPD director.

The policy for issuing the Verification Statement is as follows:

1. Students must successfully complete all their degree requirements for Nutrition Sciences. These requirements are described in full detail in the BU undergraduate catalog and are consistently discussed during student advising appointments.
2. Seniors must provide a permanent address to the DPD director during their last semester at Baylor.
3. The student must fulfill all the Baylor obligations for graduation, including a cumulative GPA of 2.0 or higher. Additionally, all FCS classes must have a grade of "C" or higher on the transcript.
4. Verification statements are issued after the University Registrar has posted the final grades and indicated the Bachelor's degree was issued on the designated graduation day.

