Information on Nutrition Science Program

2021-2022
Nutrition Science Program at UIC
Bachelor of Science in Nutrition

The Nutrition Science (NS) program is intended for students who would like to pursue a career in the field of dietetics. It is also ideal for those who plan on pursuing an advanced degree in nutritional sciences or a professional degree in medicine, dentistry, public health, pharmacy or other health related field.

Many professional programs are extremely competitive. Candidates with a health-related undergraduate degree will be more well-rounded and interesting to advisors than their general-education prepared competition for these sought-after spots.

The NS program is an ACEND accredited DPD (Didactic Program in Dietetics). If a Nutrition Science (DPD) student would like to pursue dietetics (become an RD), she/he/they have two options.

• Apply for a competitive ACEND accredited dietetic internship (http://www.eatright.org/students/education/di.aspx) during his/her/their final semester in the program. The student would begin the internship after successful completion of the UIC DPD.

• Beginning in January 2022, graduates of the Nutrition Science/DPD program will be able to apply for a spot in our Accelerated Master’s Degree Coordinated Program. This is a 12-month program that includes a graduate degree in Nutrition and the required supervised practice/dietetic internship.

After finishing the dietetic internship or Accelerated MS/CP, the student will be eligible to sit for the registration examination for dietitians (http://www.cdrnet.org/program-director/registration-handbook-information).

What is a registered dietitian?
A registered dietitian is a food and nutrition expert who has met the minimum academic and professional requirements to qualify for the credential “RDN,” as determined by the Academy of Nutrition and Dietetics (AND). In addition to RDN credentialing, many states have regulatory laws for dietitians and nutrition practitioners, meaning they require individuals to be licensed by the state in order to practice nutrition in their state. State requirements are frequently met through the same education and training required to become an RDN.

• According to the Bureau of Labor Statistics, “Employment of dietitians and nutritionists is projected to grow 11 percent from 2018 to 2028, much faster than the average for all occupations. The role of food in preventing and treating diseases, such as diabetes, is now well known. More dietitians and nutritionists will be needed to provide care for patients with various medical conditions and to advise people who want to improve their overall health.”


• Dietitian and Nutritionist were rated #24 in U.S. News and World Report Best Health Care Jobs and #88 in the 100 Best Jobs Rankings for 2020. https://money.usnews.com/careers/best-jobs/dietitian-and-nutritionist

• In their 2019 ranking CareerCast.com analyzed over 200 careers. Dietitians were ranked #50 with a very good work environment, very low stress, and good projected job growth. https://www.careercast.com/jobs-rated/2019-jobs-rated-report?page=2
• A report on www.medpagetoday.com indicated:

_The largest creation in healthcare jobs will be in the category of "professional and technical workers," which includes doctors, registered nurses, licensed practical and technical vocational nurses, and allied healthcare professionals, such as dietitians. That category included 6.5 million workers in 2010 and is expected to grow 26% by 2020, to account for more than 8 million workers._


• In 2015, the millennial advocacy group Young Invincibles listed dietitians in the top 25 “Best Jobs for Millennials.”

This is an exciting time for the field of nutrition and dietetics. There is and will continue to be an increased demand for our expertise and services. On graduate surveys between 2012-2017, >80% of both our CP and NS graduates reported finding employment in the dietetics field within the first year after completing their internships. Additionally, RDs will have the opportunity to make a significant impact in the health of our nation. Our graduates have taken jobs in some unique areas of dietetics, including public relations firms, at the Academy of Nutrition and Dietetics, the food industry, the USDA, as well as starting their own consulting practices.

What are the educational requirements to become a registered dietitian?

Registered dietitians must meet the following criteria to earn the RD credential:

1. Complete a bachelor's degree and receive a verification statement from an ACEND-accredited program (Didactic Program in Dietetics, Coordinated Program, Future Graduate Program, Foreign or International Dietitian Education Program) Note, effective January 1, 2024, a graduate degree will be required to be eligible to take the Commission on Dietetic Registration. (Dietetic registration exam.)

2. Complete an ACEND-accredited supervised practice dietetic internship program or Individual Supervised Practice Pathway is an option. Supervised practice/experiential learning is combined with the Coordinated Program, Future Graduate Program, and International Dietitian Education Program.

3. Pass the Commission on Dietetic Registration's dietetic registration exam.

4. Gain licensure in your state of practice, if applicable.

5. Maintain continuing education.

More info on becoming a dietitian can be found on the Academy of Nutrition and Dietetics website at: https://www.eatrightpro.org/about-us/become-an-rdn-or-dtr/high-school-students/5-steps-to-become-a-registered-dietitian-nutritionist

Applying to the Nutrition Science Program

What is your application deadline?
Applications for the Nutrition Science Program are accepted for both the fall and spring semesters. The application deadline for fall is _February 1st for freshman_ applicants and _April 15th for transfer_ students. The spring application deadline is _October 1st_.

What is the profile of a typical successful applicant?
Students must have a grade point average (GPA) of at least 2.5 on a 4.0 scale to be considered for admission, however, the overall and science GPA of accepted applicants is typically higher than this to ensure success in our program.
GPA is not the only criteria used to evaluate applicants. Therefore, all students that meet our minimum requirements are encouraged to apply. An understanding of the role of the dietetic professional and their role in the health care system, community and beyond, combined with volunteer experience in the field of dietetics and great communication skills can improve your chances of acceptance.

**Application Procedures**

Please visit the Office of Admissions: [https://admissions.uic.edu/undergraduate/requirements-deadlines/transfer-requirements](https://admissions.uic.edu/undergraduate/requirements-deadlines/transfer-requirements). You can complete either the UIC application or the Common App. There is a $60 non-refundable application fee for all undergraduate applicants.

Please note that you do not have to enter and submit all application information, or upload all materials, at one sitting. You can return to the system as many times as you need to. You can also return to the system checklist as often as you like to see what materials have been successfully uploaded, and subsequently verified as received by the department.

Once you finalize and submit your application and the application fee, the system will send you further instructions (typically on the next business day) on using the application checklist to upload materials and enter information to generate requests to your recommenders for letters.

**Intercollege transfer students:**

Intercollege transfer students are undergraduate students who are currently enrolled at the University of Illinois at Chicago.

If you are in this category, please use the intercollege transfer application on our website: [https://ahs.uic.edu/kinesiology-nutrition/admissions-and-programs/bs-in-nutrition/applying/](https://ahs.uic.edu/kinesiology-nutrition/admissions-and-programs/bs-in-nutrition/applying/)

Additionally, based on the high level of interest in our programs, we request that prospective students attend one of our informational sessions to demonstrate their level of interest prior to meeting individually with a program director. These information sessions have also been moved to an online format. Please check our website for the schedule. [https://ahs.uic.edu/kinesiology-nutrition/events](https://ahs.uic.edu/kinesiology-nutrition/events)

**International Students:**

If you would like your transcripts to be reviewed PRIOR TO APPLICATION to determine remaining prerequisites, you must have your transcripts translated to English and/or evaluated by an independent foreign agency. Please note that this is an additional cost to the mandatory international evaluation fee in the standard application process.

If you believe your prerequisites have been fulfilled and you do not want them reviewed by our program prior to application, they DO NOT need to be evaluated by an independent foreign transcript evaluation service. They will be evaluated by the UIC admissions office. This service is part of the mandatory international evaluation fee in the standard application process.

[https://admissions.uic.edu/undergraduate/requirements-deadlines/international-requirements](https://admissions.uic.edu/undergraduate/requirements-deadlines/international-requirements)

[https://admissions.uic.edu/graduate-professional/requirements-deadlines/international-requirements](https://admissions.uic.edu/graduate-professional/requirements-deadlines/international-requirements)

*Please note that while we as a department will evaluate your transcripts for courses that we believe you have fulfilled, you will not have final approval from the Office of Admissions and Records on courses that will transfer to UIC until you have formally applied to the University.*
Required Coursework

Required Prerequisite Courses at UIC:

<table>
<thead>
<tr>
<th>Course</th>
<th>Title</th>
<th>Credits</th>
</tr>
</thead>
<tbody>
<tr>
<td>Eng 160</td>
<td>Academic Writing I: Writing in Academic and Public Contexts</td>
<td>3</td>
</tr>
<tr>
<td>Eng 161</td>
<td>Academic Writing II: Writing for Inquiry and Research</td>
<td>3</td>
</tr>
<tr>
<td>Comm 100</td>
<td>Fundamentals of Human Communication</td>
<td>3</td>
</tr>
<tr>
<td></td>
<td>Understanding the Creative Arts course</td>
<td>3</td>
</tr>
<tr>
<td></td>
<td>Understanding the Past course</td>
<td>3</td>
</tr>
<tr>
<td>Psych 100</td>
<td>Introduction to Psychology</td>
<td>4</td>
</tr>
<tr>
<td>Soc 100</td>
<td>Introduction to Sociology</td>
<td>3</td>
</tr>
<tr>
<td>Chem 122/123</td>
<td>General Chemistry I Lecture and Lab *</td>
<td>5</td>
</tr>
<tr>
<td>Chem 124/125</td>
<td>General Chemistry II Lecture and Lab*</td>
<td>5</td>
</tr>
<tr>
<td>Chem 232</td>
<td>Organic Chemistry I*</td>
<td>4</td>
</tr>
<tr>
<td>Bios/Chem 352</td>
<td>Introductory Biochemistry*</td>
<td>3</td>
</tr>
<tr>
<td>Bios 110</td>
<td>Biology of Cells and Organisms*</td>
<td>4</td>
</tr>
<tr>
<td>Math 110</td>
<td>College Algebra</td>
<td>4</td>
</tr>
<tr>
<td>HN 110</td>
<td>Foods</td>
<td>3</td>
</tr>
<tr>
<td>HN 196</td>
<td>Nutrition</td>
<td>3</td>
</tr>
<tr>
<td>KN 251</td>
<td>Human Physiological Anatomy I *</td>
<td>5</td>
</tr>
<tr>
<td>KN 252</td>
<td>Human Physiological Anatomy II*</td>
<td>5</td>
</tr>
<tr>
<td></td>
<td>Total Credits</td>
<td>63</td>
</tr>
</tbody>
</table>

*Courses with an asterisk next to them must be taken within five years of starting the program.

Students are able to complete the prerequisite courses outside of UIC. Please note, however, that applicants to the Accelerated Master’s Coordinated Program will be given preference if the prerequisite courses are completed at UIC.

If taken outside of UIC, courses must be equivalent (determined by program directors or using Transferology: https://www.transferology.com/state/il?all) to those offered by the University of Illinois at Chicago and may be completed at any accredited college or university with a grade of “C” or better.

If you have already attempted using Transferology, yet you still have questions concerning prerequisite courses, please contact Kirsten Straughan at kstra1@uic.edu to have your transcripts evaluated. The email should include the Transferology report and any relevant course descriptions and/or syllabi to determine whether a course will fulfill the prerequisite requirement.

Core Curriculum – DPD Coursework:

<table>
<thead>
<tr>
<th>Course</th>
<th>Title</th>
<th>Credits</th>
</tr>
</thead>
<tbody>
<tr>
<td>HN 202</td>
<td>Culture and Food</td>
<td>2</td>
</tr>
<tr>
<td>HN 300</td>
<td>Science of Foods</td>
<td>3</td>
</tr>
<tr>
<td>HN 302</td>
<td>Nutritional Assessment</td>
<td>3</td>
</tr>
<tr>
<td>HN 306</td>
<td>Nutrition Education</td>
<td>3</td>
</tr>
<tr>
<td>HN 308</td>
<td>Nutrition Science I</td>
<td>3</td>
</tr>
<tr>
<td>HN 309</td>
<td>Nutrition Science II</td>
<td>3</td>
</tr>
</tbody>
</table>
**COVID-19 Considerations**

The nutrition programs at UIC understand the hardships that the COVID-19 situation is placing on students.

Online courses and labs will be accepted for prerequisites temporarily due to COVID-19 restrictions. Please contact Kirsten Straughan at kstrau1@uic.edu for any questions or concerns regarding the program requirements.

Students that have been accepted into the Nutrition Science Program for Fall or Spring 2021 and those applying for Fall or Spring 2022 are strongly encouraged to maintain a grade for the prerequisite courses. While students can progress in the program with a grade of a “D”, it will negatively affect a student’s opportunity for acceptance into a dietetic internship.

**How do I go about obtaining an accredited internship?**

The DPD director will discuss the internship application process with you throughout the program. You should plan on applying for an internship during your final year in the program. There are a wide variety of internships throughout the United States. It is recommended that students begin researching internships as early as possible. All accredited internships can be found at this website: [https://www.eatrightpro.org/acend/accredited-programs/about-accredited-programs](https://www.eatrightpro.org/acend/accredited-programs/about-accredited-programs)

Additionally, information on the computer matching process can be found here: [https://www.eatrightpro.org/acend/students-and-advancing-education/dietetic-internship-match-students](https://www.eatrightpro.org/acend/students-and-advancing-education/dietetic-internship-match-students)

Beginning in 2022, students in the Nutrition Science program will be able to apply to one of 15 pre-selected spots for the Accelerated MS/CP program. The application deadline will be June 1st for either a January or May start (depending on the student’s graduation date).

The Accelerated MS/CP program is a 12- to 18-month program that combines the Master’s degree in Nutrition coursework and supervised practice hours. Graduates of this program are eligible to sit for the RD exam upon completion.

Preference will be given to applicants who meet the following criteria:

- Cumulative GPA of 3.4 in prerequisite and core curriculum DPD courses
- Majority of courses taken at UIC, particularly science courses
- Volunteer or work experience in a food or nutrition setting.

Students not admitted to the Accelerated MS/CP program will apply to a dietetic internship outside of UIC. The Director of the Nutrition Science program will assist and advise students in this process.
Additional options for DPD graduates include applying for graduate school in nutrition, food science, medicine or another allied health field, or potentially working in a WIC (Women Infants and Children) setting or the food industry.

Sample Program of Study—Accelerated MS/CP

<table>
<thead>
<tr>
<th>Accelerated Master’s Coordinated Program (MS/CP)</th>
<th></th>
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</thead>
</table>
| **Summer semester:**  
HN 505 Advanced Topics in Diabetes (3cr)  
HN 455 Supervised Practice (6cr)  
*Semester credits: 9* | **Fall Semester:**  
HN 455 Supervised Practice (11cr)  
HN 510 Nutrition Physiological Aspects (3cr)  
*Semester credits: 14* | **Spring Semester:**  
HN 455 Supervised Practice (4cr)  
HN 555 Obesity (3cr)  
HN 503 Advanced Pathophysiology (3cr)  
HN 425 Sports Nutrition (3cr)  
*Semester credits: 13* |

Guide:
- You must complete 36 hours at the 400 or 500 level to fulfill the graduate degree requirements. There are additional elective 500 level courses not listed on this example.
- Students will be eligible to sit for the RD exam after the successful completion of the Accelerated MS/CP requirements.
- This program is an ACEND Accredited Masters Coordinated Program.

How much will it cost for me to attend the nutrition programs at UIC? Information on tuition and fees for the undergraduate and graduate programs can be found on the UIC website: [http://www.uic.edu/admissions-aid/paying-for-college](http://www.uic.edu/admissions-aid/paying-for-college)

**FIRST YEAR**
CURRICULUM RELATED MANDATORY ADDITIONAL EXPENSES
Health Insurance.................................................................$95-$1140 (Healthcare marketplace vs. Campus Care x 2 semesters)
Transportation.................................................................$270-2000 (CTA vs. driving + paid parking x 9 mos)

**Total Mandatory Expenses First Year:** $365.00+

OPTIONAL STUDENT PROFESSIONAL ORGANIZATION EXPENSES
Academy of Nutrition and Dietetics Student Membership ...............$58.00
SNA Membership.................................................................. $10.00

**Total Optional Expenses First Year:** $150.00
**TOTAL ADDITIONAL EXPENSES FOR THE FIRST YEAR = $135.00+**

**SECOND YEAR**
CURRICULUM RELATED MANDATORY ADDITIONAL EXPENSES
Lab Coat (Supervised Practice)...............................................$30.00
Required Seminar Meetings..................................................$150.00

7
Health Insurance…………………………………………………………………. $325-1517 (Healthcare marketplace 2nd year vs. Campus Care x 3 semesters)
Transportation ………………………………………………………………… $360-3000 (CTA vs. driving + paid parking x 12 mos)
Fee for Certified Background (Includes background check, drug testing, immunization tracking)…. $108.00
**Total Mandatory Expenses: $1063.00+**

**OPTIONAL STUDENT PROFESSIONAL ORGANIZATION EXPENSES**
Academy Student Membership………………………………………………….. $58.00
SNA Membership…………………………………………………………………. $10.00
RD Exam Review Course……………………………………………………………. $200.00
IDA Spring Assembly……………………………………………………………….. $90.00
**Total Optional Expenses: $325.00+**

**TOTAL ADDITIONAL EXPENSES FOR THE SECOND YEAR= $1388.00+**

**THIRD YEAR (1/2 Year)**
**CURRICULUM RELATED MANDATORY ADDITIONAL EXPENSES**
Health Insurance…………………………………………………………………. $325-570 (1 semester)
Renewal fee for Certified Background………………………………………… $20
Transportation Expenses and Parking during Supervised Practice . . . . $120-1500 (CTA vs. driving x 4 mos)
**Total Mandatory Expenses First Year: $50.00+**

**OPTIONAL STUDENT PROFESSIONAL ORGANIZATION EXPENSES**
Academy Student Membership………………………………………………….. $50.00
SNA Membership…………………………………………………………………. $10.00
**Total Optional Expenses Third Year: $60.00**

**TOTAL ADDITIONAL EXPENSES FOR THE Third YEAR = $110.00+**

**Can I get financial assistance to help me pay for the cost of the program?**
- Phyllis Bowen Scholarship – Annual, $1000 award based on financial need. Provided to nutrition student entering their last year in the nutrition programs.
- Savitri Kamath Scholarship – monetary award annually provided to one graduating undergraduate, MS and PhD student from the nutrition programs. Deadline in spring of graduation year.
- Van Doren Scholarship. For more info see: [http://www.ahs.uic.edu/kn/currentstudents/financialaid/scholarshipsandawards/](http://www.ahs.uic.edu/kn/currentstudents/financialaid/scholarshipsandawards/)
- Various scholarship and loan programs are available to help qualified students meet their financial obligations. Please see the Office of Financial Aid website at: [http://www.uic.edu/depts/financialaid/](http://www.uic.edu/depts/financialaid/)
- Additionally, more scholarship resources can be found at the following websites:
  - [http://apps.collegeboard.com/cbsearch_sss/welcome.jsp](http://apps.collegeboard.com/cbsearch_sss/welcome.jsp)
  - [http://www.fastweb.com/college-scholarships](http://www.fastweb.com/college-scholarships)
  - [http://www.collegescholarships.org/](http://www.collegescholarships.org/)
  [https://eatrightchicago.org/](https://eatrightchicago.org/)
Why should I choose UIC over other programs?
We have a 49-year tradition of excellence in Nutrition at UIC. We are a small, competitive program with an average class size of 60 students. Our core curriculum courses are taught by a world-renowned faculty, as well as clinicians with years of experience in the field.

The Nutrition Science track provides a solid foundation in nutrition that allows graduates to apply to a dietetic internship program, to pursue careers in a related field, apply to medical school or graduate school. Our NS has a dietetic internship placement rate of 95%, which significantly exceeds the national average of around 50%; further evidence of the strength of our programs.

A strong science foundation and exposure to cutting-edge clinical applications make our graduates poised to gain challenging entry-level positions in an array of dietetics settings. 93% of our graduates have passed the national registration examination for dietitians compared to the national average of 80%.

*Program data regarding goals & objectives of our programs and RD exam pass results are available upon request from the Program Director.

Can my courses be taken online? Our program is designed for in-person courses only; however, changes have been made given the recent COVID-19 restrictions. Courses have been moved online and may continue to be online until further notice.

The curriculum and policies of these programs are subject to change. It is the responsibility of the student to stay abreast of any changes.

PROGRAM CONTACTS:

Nutrition Science Program: Kirsten Straughan at kstrau1@uic.edu

Coordinated Program: Shayna Oshita at soshit2@uic.edu