



Course Outline

2026-2027 Catalog

FN 15 - Introduction to Nutrition, Dietetics and Food Science

Catalog Description

Transfer Status: CSU

Unit(s): 1.00

Lecture: 17.00 Contact hours/34.00 Out of class hours/51.00 Total hours/1.00 Unit(s)

Total: 17.00 Contact hours/34.00 Out of class hours/51.00 Total hours/1.00 Unit(s)

Course Description: This course is an exploration of the professional scope of practice, career opportunities and educational requirements in the field of nutrition, dietetics, food science and other related professions. Students will be introduced to the professional roles, ethics, skills, responsibilities, opportunities, and professional associations in the degree of Nutrition, Dietetics and Food Science. Students will identify campus resources that support academic success.

Objectives

Upon successful completion of this course, the student should be able to:

1. Assess the types of occupations that correlate with skill level, education and personal traits.
2. Identify the varied career options in the field of nutrition and food science.
3. Compare and contrast professional work opportunities in the public and private sectors.
4. Identify academic and practice requirements to enter a preferred profession.
5. Identify resources available for job placement opportunities.
6. Locate professional organizations and publications associated in the field of Nutrition, Dietetics and Food Science industry.
7. Identify the laws that regulate professions in the Nutrition, Dietetics and Food Science degrees.
8. Examine resources and support systems available to students at the college.
9. Articulate the importance of developing a career portfolio.

Course Content

Topic Titles / Suggested Time Topic	
	<u>Lecture</u>
<u>Topics</u>	<u>Lec Hrs</u>
Introduction to the profession.	1.00
Exploration of career planning and assessment.	3.00
Exploration of career opportunities and job descriptions.	4.00
Educational requirements for varying professional positions.	2.00
State, national, and international organizations.	1.00
Professional organizations and professional development requirements.	2.00
Developing and maintaining a career portfolio.	1.00
Standards of Practice and Professional Code of Ethics for Nutrition and Dietetics professionals.	1.00
Accessing and utilizing campus resources.	2.00
Total Hours: 17.00	

Methods of Instruction

- A. Class Activities
- B. Discussion
- C. Guest Speakers
- D. Homework: Students are required to complete two hours of outside-of-class homework for each hour of lecture
- E. Lecture
- F. Reading Assignments
- G. AS in Nutrition and Food Science

Methods of Evaluation

- A. Quizzes
- B. Portfolios
- C. Oral Presentation
- D. Homework
- E. Journal

Examples of Assignments

Reading Assignments

1. Read the chapter "The Future of Dietetics and Nutrition" in the textbook and be prepared to discuss in class projected career opportunities and education requirements.
2. Read the Academy of Nutrition and Dietetics Position Paper, "Comprehensive School Nutrition Services" and be prepared to discuss in class the professional standards for school nutrition practitioners.

Writing Assignments

1. Complete a 1-2 page paper summarizing information obtained from a local hospital's Registered Dietitian Nutritionist (RDN) guest presentation.
2. Write a two-page paper detailing the education requirements and credentialing preparation for a Nutrition and Dietetics practitioner.

Out-of-Class Assignments

1. Attend two CAS workshops and complete a two-page summary reflecting what you learned from each workshop and how you will apply the information.
2. Research one professional membership organization from the list provided. Prepare to present your findings in class.

Recommended Materials of Instruction

Winterfeldt, E.A., Bogle, M.L., & Ebro, L.L. (2018). Nutrition and Dietetics Practice and Future Trends. *Jones & Bartlett, 5th*.

Other Learning Materials

Supplemental handouts and Internet websites.

Minimum Qualifications

Nutritional Science/Dietetics (Masters Required)

Created/Revised by: Stagner, Brenda

Date: 04/30/2018