

## ***About the Program***

### **Course curriculum check list**

Please click this link for the 2013-2014 [Course Catalog](#). Some courses may require additional fees or material to purchase.

### **How long does it take to complete a major in Food & Nutrition?**

This will vary from student to student, and depends on:

(a) **Course load** - Some of our students have a full-time job and some are full-time students. We have some students who take only 1 course per semester and some that take a full-time load which is 12 credit hours a semester.

A good rule of thumb for hours needed to study for coursework:

- 3 hour credit courses= 9-12 hours of studying/week
- Science courses= 12 hours of studying/week
- 300-400 level nutrition courses= 12-15 hours of studying/week

(b) **The availability of courses** – not all courses are available each semester. Your advisor can assist you with planning your schedule. 300 and 400 level courses have prerequisites that must be completed prior to enrolling in the upper level courses. Therefore, completing the prerequisites will also influence how quickly you can complete the program.

(c) **The enrollment capacity in each course** – To ensure quality and integrity in each course, the courses have a maximum enrollment capacity. **The capacity level for each course is different and is based on the course content. To get a virtual seat, register for classes as early as possible.**

There is no time limit on the amount of time you have to complete our major or didactic program; however *students are strongly encouraged to complete all the requirements within five years from the program admission date*. The reason for this is that some internship programs have a “Recency” requirement.

#### **What is a “Recency” requirement?**

Since nutrition information changes so quickly The University of Alabama and most internships have a recency requirement. This means that The University of Alabama will not accept nutrition courses for transfer that were taken 5 years prior to the admission

application date. Recency requirements for most internships are also 5 years and they will not accept nutrition courses taken more than 5 years before the internship program start date. You should check with each dietetic internship you are applying to in order to verify their specific recency requirements.

### **What is the difference between a food and nutrition major with or without a Verification Statement?**

When you apply for admissions to the University of Alabama, you are designated as a “Food and Nutrition” major. If you successfully complete all the degree program requirements as stated in the [program catalog](#), you will be awarded a B.S. degree in Food and Nutrition only upon graduation.

Additionally, if you meet the DPD Verification Statement requirements, then you can graduate with a degree in Food and Nutrition and be eligible to receive a DPD Verification Statement.

### **Are all courses for the Food and Nutrition major offered by distance?**

All courses are offered online except for 20 hours of sciences that are required for our major. These 20 hours of sciences include Introductory Chemistry (CH 104), Organic Chemistry (CH 105), Anatomy and Physiology 1 and 2 (BSC 215 and 216), and Microbiology (BSC 242). Each of these courses must have a 3 hour lecture with a 1 hour lab.

*\*In parenthesis is The University of Alabama’s equivalency*

We recommend that you take these courses at a local community college or University near you prior to enrolling in the Food and Nutrition Program. Upon completion of these courses, you must request that one official copy of the transcript be sent to the Registrar’s Office at the University of Alabama **and** one copy to Mrs. McMahon:

Dept. Human Nutrition and Hospitality Mgmt.  
P.O. Box 870311  
Tuscaloosa, AL 35487

To determine if your local school has classes that will transfer to The University of Alabama check the [Transfer Equivalency Table](#) to verify that the course will transfer to UA.

**\*\* Disclaimer: In the past these institution have offered courses equivalent to the UA science classes listed below. However, this is subject to change as these institutions may change course offerings and course content. \*\***

Other *accredited* institutions which offer some online options for these courses are:

- 1.) [Oregon State University \(CH 101, 104, 105; BSC 215, 216, 242\)](#)
- 2.) [Barton Community College, Kansas \(CH 104, 105; BSC 215, 216, 242\)](#)
- 3.) [Central Arizona College \(CH 104; BSC 215, 216, 242\)](#)
- 4.) [Weber State , Utah \(CH 104, 105; BSC 215, 216\)](#)
- 5.) [Rio Salado Community College, Arizona \(CH 104, BSC 215, 216, 242\)](#)

### **Can I take my science prerequisites at my community college or another university and take classes at UA the same time?**

The Food & Nutrition program prefers that students have completed at least 20 semester hours of sciences courses (Introductory Chemistry, Organic Chemistry, Human Anatomy, Human Physiology, and Microbiology) prior to admission to the program because the Science courses are prerequisites for most of the nutrition courses. Please note a grade of C or higher is required for the Sciences courses.

### **Are there online courses that will require additional on-site practical experiences?**

**Yes.** The courses listed below require that you obtain some additional practical experiences as part of the course. These experiences range in duration and objectives. The course instructor will provide additional information on the objectives and expectations of each course upon enrollment in the class. However, they are briefly described below:

#### **NHM 363 Applied Nutrition:**

This course requires a variety of “hands-on” learning experiences, which must be supervised by a Registered Dietitian who has a current registration status with Commission on Dietetic Registration (credentialing body of the Academy of Nutrition and Dietetics). **Please identify and make arrangements a semester before you take this course for an R.D. in your area to work with you.** The dietitian will need to supervise a variety of skills, which you will develop during this course, and will evaluate your performance of the skills. The preceptor will assess

the following skills 1) obtaining a diet history and recall and 2) taking anthropometric measurements

**Requirements:**

1. **Preceptor:** Must be a Registered Dietitian (RD)
2. **Facility type:** Any (i.e., hospitals, long-term care, private practice, etc.).
3. **Length:** varies (must demonstrate competency in skills required)

**NHM 374 Quantity Food Production:**

The lab portion of the course is to be completed at a foodservice operation chosen by the student. All students are responsible for locating a foodservice facility in which to complete a *sixty-hour* laboratory experience. The guidelines and lab objectives for completing the labs will be available and reviewed in detail when you enroll in the class.

The lecture portion of the course is organized into nine learning modules. The first half of the class will be The TAP Series Cooking Basics, an online self-study program that students must purchase in order to complete the assignments. The second half of the class will consist of short PowerPoint presentations and worksheets covering topics in the *Food for Fifty* textbook. There is a project due at the end of the course that will incorporate the learning objectives of the course.

**Requirements:**

1. **Preceptor:** Facility manager
2. **Facility type:** school, hospital, or nursing home preferred. Facility must serve at least 100 guests per meal.
3. **Length:** minimum 60 hours

**NHM 441 Nutrition Education:**

The *Nutrition Education Workshop Assignment* is a large, ongoing assignment for the course. As a nutrition student who wants to become a registered dietitian, you need to be able to create nutrition education handouts and present nutrition education materials in an organized fashion. In addition, you need to be able to adapt education material to fit the needs of a specific audience. Students are responsible for finding an audience in the local community, formulating a lesson plan, developing educational materials, and presenting the workshop to a community group.

**Requirements:**

1. **Facility type:** Any (i.e., child's school, daycare center, **or** a group that meets regularly at your church, worksite, or in your community).
2. **Length:** 15 minute presentation (must videotape workshop presentation)

### **NHM 491 Self-directed Independent Professional Study:**

This course is an individual professional study in management, clinical, community dietetics, or in an area related to the field of food and nutrition. Requires a minimum of 160 clock hours spent under the supervision of a Registered Dietitian in a facility chosen by the student. Students must identify a minimum of 5 objectives to complete during the professional study. Writing proficiency is required for a passing grade in this course.

#### **Requirements:**

1. **Preceptor:** Must be a Registered Dietitian (RD)
2. **Facility type:** Any (Based on interest of student, i.e., hospital, long-term care, private practice, wellness, foodservice, diabetes, public health, etc.).
3. **Length:** minimum of 160 hours

### **What is the structure of your distance classes?**

All of our nutrition and general education classes are offered online. Most of our classes are structured just like our on-campus courses in that you have an assignment, discussion, quiz, or exam due every 1-2 week(s). Our distance classes do not have a certain time that they meet, so you can go online at any time during the week to complete an assignment, watch a professor's lecture, etc. For each course, like campus classes, all assignments and exams have set due dates and late work is not accepted or tolerated. **Look at your *Course Schedule and Syllabus* for additional information and to determine completion and due dates.**

### **How are exams administered?**

All exams and quizzes are administered online and most exams require that you arrange for a proctor. While all the course material is delivered to you online, many of your courses will require that you have a proctor who will be responsible for facilitating quizzes and exams. Some proctors may require a fee for their services while others may provide proctoring services free of charge. To learn more about finding a proctor and who may serve as a proctor review the proctoring information and procedures at [Proctoring Instructions and Procedures](#).

### **Can I complete the program or courses if I'm living outside the U.S.?**

Yes. In order to be able to successfully complete the program you must have access to a reliable computer and internet service and be able to submit work in a timely manner. You will be expected to adhere to the same requirements and due dates for assignments as listed on the course syllabus.

There are 2 courses that require that you work with a Registered Dietitian who has a current registration status with Commission on Dietetic Registration (credentialing body of the Academy of Nutrition and Dietetics). Therefore, in order to complete the program you must also be able to find a RD preceptor in your area to work with.

### **Will I have an advisor?**

As a distance student in nutrition, the department will assign you an academic advisor. You can contact the department regarding questions about our program, registering, and advising at [nutritionbydistance@ches.ua.edu](mailto:nutritionbydistance@ches.ua.edu). Your advisor will guide you in creating your academic plan, registering for classes, navigating The University of Alabama system, and make the most of your time with us.