



Bachelor of Science Degree in Food Science and Human Nutrition

Human Nutrition and Dietetics Concentration

The study of human nutrition and dietetics emphasizes the effect of nutrients on people's health, and the role of diet in prevention or treatment of chronic diseases. Nutrition is a diverse, rewarding, and growing field that requires a strong background in science.

The University of Maine's [Didactic Program in Nutrition and Dietetics](#) (DP) is accredited by ACEND - the Accreditation Council for Education in Nutrition and Dietetics of the Academy of Nutrition and Dietetics, 120 South Riverside Plaza, Suite 2190, Chicago, IL 60606-6995, (800) 877-1600, ext. 5400. www.eatright.org/ACEND This program provides a pathway for becoming a Registered Dietitian Nutritionist.

Human Nutrition and Dietetics majors may choose to take electives in exercise science, business administration, psychology, sustainable agriculture, or other areas in preparation for future careers. Students may be involved in research or teaching by taking credits for special projects, or through work-study and/or work-merit positions. The Nutrition Club sponsors guest speakers and community nutrition education projects. Outstanding students are eligible for the [Kappa Omicron Nu](#) and [Phi Tau Sigma](#) honor societies.

Competitive scholarships are available within the School of Agriculture, the College of Life Sciences, Forestry and Agriculture, and through the [Academy of Nutrition and Dietetics, Maine Academy of Nutrition and Dietetics](#), and the [Maine Nutrition Council](#).

The Human Nutrition and Dietetics concentration of the Food Science and Human Nutrition degree provides undergraduate preparation for those who wish to become:

- Clinical Dietitians
- Nutrition Educators
- Public Health Nutritionists
- Foodservice Administrators
- Nutrition Consultants
- Sports Dietitians

Employment opportunities exist in wellness and community programs; hospital dietetics; private practice; home health care; government; foodservice; food industry; health-oriented organizations such as the American Heart Association and the American average around \$42,000, depending upon geographic location. The future outlook for employment in nutrition is promising, since more people are realizing the role of nutrition in health.

Human Nutrition and Dietetics Suggested Plan of Study

First Year

BIO 100 Basic Biology
CMJ 103 Fundamentals of Public Communication
BIO 208 Anatomy and Physiology
ENG 101 College Composition
FSN 101 Introduction to Food and Nutrition
FSN 103 Science of Food Preparation
MAT 116 Introduction to Calculus *or* MAT 126 Calculus I
NFA 117 Issues and Opportunities
PSY 100 General Psychology

Second Year

BMB 207, 209 Fundamentals of Chemistry and Lab *or* CHY 121,123 Introduction to Chemistry and Lab
BMB 208 Elementary Physiological Chemistry *or* CHY 122 Molecular Basis of Chemical Change
ECO 120 Principles of Microeconomics
ECO 254 Small Business Economics and Management
FSN 202 Foodservice Management
FSN 230 Nutritional and Medical Terminology
FSN 238 Applied Food Microbiology and Sanitation
FSN 265 Functional Concepts in Nutrition

Third Year

BMB 221, 222 Organic Chemistry and Lab *or* CHY 251, 253 Organic Chemistry I and Lab
BMB 322 Biochemistry
FSN 301 Life Cycle Nutrition
FSN 305 Foods Lab
FSN 330 Introduction to Food Science
FSN 430 Counseling and Diet Therapy
NUR 303 Pathophysiology
STS 232 Principles of Statistical Inference

Fourth Year

ENG 317 Business and Technical Writing
FSN 270 World Food and Nutrition
FSN 401 Community Nutrition

FSN 410 Human Nutrition and Metabolism
FSN 412 Medical Nutrition Therapy I
FSN 420 Medical Nutrition Therapy II

The capstone experience for the Human Nutrition and Dietetics curriculum is FSN 401 Community Nutrition. The goal of a capstone is to pull together many aspects of the undergraduate training in nutrition into an experience typical of a practicing professional. FSN 401 meets this goal by providing students with experience in community nutrition through planning, implementing and evaluating a nutrition education program. The role of the dietitian is also investigated by including multiple guest speakers from the community and then having students write a reflective response on how the profession's Standards for Performance are exemplified by the speakers.

The course requirements for the Human Nutrition and Dietetics concentration can be combined with the courses within the Minor in Pre-Medical Studies to meet the entrance requirements of professional schools and colleges offering post-baccalaureate programs in the health professions.

Admission Requirements

Scholastic Aptitude Test

High School Courses:

English 4 units
Algebra 2 units
Geometry 1 unit
Other Mathematics 1 unit
Chemistry 1 unit
Biology 1 unit
History/Social Science 2 units
Academic Electives 5 units

TOTAL 17 units

(1 unit = 1 full year course)

Transfers from other programs at the University of Maine or other colleges and universities are expected to meet these minimum requirements. Additionally, students who wish to transfer into the undergraduate program in Food Science and Human Nutrition from other programs or institutions must have a 2.0 grade point average or above. Those wishing to transfer into the concentration in Human Nutrition and Dietetics must have a grade point average of 2.5 or above. Transfer students should consult the Undergraduate Coordinator (below) for more information prior to applying.

Inquiries:

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