

Advising Guide for Students Pursuing Dietetic Certification

Background

Many students wish to pursue certification as a Registered Dietitian Nutritionist (RDN). This certification allows students to qualify for a number of careers in clinical, community, food-service and athletic nutrition. These professionals are trained to provide individualized nutrition guidelines based on health goals, disease state, and metabolic needs. The accreditation process ensures that dietitians are sufficiently trained to provide safe and effective dietary guidelines in a variety of settings. In order to achieve certification as a Registered Dietitian Nutritionist, a person must meet all of the following.

- A Master's degree
- Completion of a certified education program
- 1,000 hour unpaid internship
- Successful completion of a state-certified examination

Although the program at OWU does not provide all the necessary requirements to become a registered dietitian nutritionist, we have the recommended prerequisites, advising and connection opportunities to help students become competitive applicants to several well-known Masters programs, including The Ohio State University Masters of Dietetics and Nutrition (MDN). Besides meeting prerequisites, it is highly recommended that students have a GPA of at least 3.5 (though some applicants have had lower GPAs than this).

Programs and Prerequisites

The Accreditation Council for Education in Nutrition and Dietetics (ACEND) has a [useful guide](#) to all accredited programs in dietetics. There is some variability in the prerequisites of Master's programs in dietetics and it is the responsibility of the student (with assistance from their advisor) to ensure that they are meeting the prerequisites for their program of interest. However, we have summarized the standard recommendations for many of these Masters programs.

Prerequisite	OWU Equivalent
General Chemistry	CHEM 110 & CHEM 111 ¹
Organic Chemistry	CHEM 260 & CHEM 261
Biochemistry	CHEM 340 ²
Cellular Biology	BIOL 120
Anatomy & Physiology	BIOL 251 and/or BIOL 325/329 ³
Microbiology	BIOL 125

Statistics and/or Calculus	MATH 105, PSYC 210 or MATH 110/111
Psychology/Sociology	PSYC 110 or SOAN 110
Human Nutrition	NUTR 100.2 and/or NUTR 300.11
Science of food preparation	NUTR 200.4
Food and Culture, food systems or policies	NUTR 200.3, NUTR 300.12 and/or PG 300.38
Lifespan Nutrition	NUTR 300.10
Medical Terminology	Taught online in summer

¹ Some programs do not require a lab to be associated with chemistry, microbiology, or anatomy. However these courses at OWU do require a lab component

² Some programs may require 2 semesters of biochemistry. Be sure to check the specific recommendations of your desired program

³ Many programs require at least two semesters of anatomy and physiology. For example, the MDN program at OSU would require BIOL 325 & 329

Many of these prerequisites also meet the requirements of the nutrition program. However, in order to meet the requirements for the major, students will also complete a core Connection experience which could include a research project, internship, or field experience and take the Health and Human Kinetics Pre-connection Seminar (HHK/PUBH 399) and Senior Capstone Seminar (HHK/PUBH 499). Students may also need 1 to 2 additional NUTR electives, depending on their course selection from the list of prerequisite courses above.

Students will also need to ensure that they are meeting the general education requirements including ENG105, the First-Year Seminar and the 9 core competencies, which may or may not be met by nutrition requirements.

Potential Schedule

The blank spaces on these sample schedules would be filled in by other competencies and any requirements for other majors/minor. This is not the only way to meet all requirements, just a general guideline. Your schedule may depend on course offerings, prerequisites, other competencies/requirements, and whether or not you get into the desired classes. You and your advisor should work together to ensure you are meeting all university and nutrition major requirements, as well the prerequisites for the desired program/programs you would like to apply to.

Example 1

First Year			
Semester 1		Semester 2	
1	Math 105 Statistics or MATH 110 Calculus	1.25	BIOL 120 - Cellular Biology
1	NUTR 100.2 Introduction to Nutrition	1	NUTR 200.3 Food, Culture and Society
1.25	NUTR 200.4 Science & History of Food Transformation	1	PSYC 110 Introduction to Psychology
1		1	ENG 105
1	First Year Seminar		
Second Year			
Semester 1		Semester 2	
1.25	CHEM 110 General Chemistry 1	1.25	CHEM 111 General Chemistry 2
1.25	BIOL 125 Microbiology	1.25	BIOL 325 Physiology
1		1	Nutrition elective
1		1	
Third Year			
Semester 1		Semester 2	
1.25	CHEM 260 Organic Chemistry 1	1.25	CHEM 261 Organic Chemistry 2
1.25	BIOL 329 Human Anatomy	1	NUTR 300.11 Human Nutrition & Metabolism (recommended)
1	Nutrition elective	1	
1		1	
0.5	HHK/PUBH 399 - Pre-connection Seminar		
Fourth Year			
Semester 1		Semester 2	
1.25	CHEM 340 Biochemistry	1	NUTR 300.10 Lifespan Nutrition
1		1	
1		1	
1		1	
0.5	HHK/PUBH 399 - Senior Capstone Seminar		

Example 2

First Year			
Semester 1		Semester 2	
1.25	CHEM 110 General Chemistry 1	1.25	CHEM 111 General Chemistry 2
1	Math 105 Statistics or MATH 110 Calculus	1	PSYC 110 Introduction to Psychology
1		1	ENG 105 College Writing Seminar
1	First Year Seminar	1	NUTR 100.2 Introduction to Nutrition
1			
Second Year			
Semester 1		Semester 2	
1.25	CHEM 260 Organic Chemistry 1	1.25	CHEM 261 Organic Chemistry 2
1.25	NUTR 200.4 Science & History of Food Transformation	1.25	BIOL 120 - Cellular Biology
1		1	Nutrition elective
1		1	NUTR 200.3 Food, Culture and Society
Third Year			
Semester 1		Semester 2	
1.25	CHEM 340 Biochemistry	1.25	BIOL 325 Physiology
1	Nutrition elective	1	NUTR 300.11 Human Nutrition & Metabolism (recommended)
1		1	
1		1	
0.5	HHK/PUBH 399 - Pre-connection Seminar		
Fourth Year			
Semester 1		Semester 2	
1.25	BIOL 125 Microbiology	1.25	BIOL 329 Human Anatomy
1		1	NUTR 300.10 Lifespan Nutrition
1		1	
1		1	
0.5	HHK/PUBH 399 - Senior Capstone Seminar		