Nutrition

at Benedictine University

Why study nutrition at Benedictine?

A highly ranked University. Benedictine University is consistently listed by *U.S. News & World Report* among the top colleges and universities in the nation. Benedictine University's Nutrition programs have been rated highly by our students and alumni.

Faculty who care. We are concerned about you and your success and will provide help, support and career mentoring.

A concrete, practical and quality learning experience. We will involve you in your educational endeavors. We strongly believe in hands-on learning and assessment. Nutrition courses use multiple methods of interaction and assessment, including authentic case studies, presentations, lesson plans, research, laboratory reports, debates and discussions. Nutrition majors have the opportunity to gain real on-the-job experience, confidence and a professional network through supervised practica.

Small class sizes. Reap the benefits of smaller class sizes by seizing opportunities for greater engagement in the classroom, more active learning and networking with peers and future colleagues. The average undergraduate class size for our University is 18 students, and the student-to-faculty ratio is 18:1. Enrollment in nutrition courses normally ranges from eight to 25 students.

How does the program work?

Benedictine University's Nutrition program is designed as a future-orientated, comprehensive, dynamic and interdisciplinary program. Cooperative learning from peers and mentors is encouraged and self-responsibility is stressed. Benedictine strives to develop an academic community that supports each person in the pursuit of knowledge and personal development. Our hope is to inspire within each student the hope, dream and passion to become the best they can be; to make a positive difference in the lives of others; and to continue to learn and develop for the rest of their lives.

Courses in written and oral communications, ethics, physical and life sciences, behavioral sciences and management provide a strong base for the major. Foundation courses in life cycle, community and medical nutrition, food science and service, and education will broaden your understanding of the field of nutrition. Concentrations in Dietetics, Health and Fitness, and Exercise Biology are designed to provide an in-depth exploration. In addition, students have the opportunity to create a more personalized program utilizing Communications, Marketing, Management, Biology, Nutrition and/or Health Science courses. Throughout the Nutrition program coursework, you will apply and integrate learned principles in a practical and problem-solving manner.

If you plan on transferring to Benedictine University, you are strongly urged to plan your total program early with an Admissions counselor and an academic advisor at Benedictine so that you may still complete the requirements for a Bachelor of Science in Nutrition within four years.

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What careers are available with a degree in Nutrition?

The field of nutrition is one of the most dynamic and diverse professions. Thus, career opportunities are quite varied. For example, a solid background in the science of nutrition helps prepare you to:

- Become a Registered Dietitian (RD) after the completion of a Didactic Program in Nutrition and Dietetics (DPD), (i.e., Benedictine's Nutrition major with Dietetics concentration) and an accredited Dietetic Internship practicum experience. The RD is an expert in food and nutrition who is challenged to translate interdisciplinary knowledge into practical applications. Some RDs work as clinical dietitians or community dietitians, providing consultation and therapeutic counseling for optimum nutrition to individuals and groups in clinics, health care facilities, medical offices, school systems, corporations, fitness centers and in private practice. Other RDs work with professional athletes, in spas, on cruise ships and in other entrepreneurial careers. Read more about this in the Nutrition major handbook.
- Work in policy planning in public health agencies and health associations.
- Develop and implement educational programs and events to improve the nutritional and health status of the community.
- Work as a nutritionist health educator, coach or health promotion consultant in schools, health care facilities, corporations, wellness facilities or the fitness setting.
- Students who complete the Health and Fitness concentration have the option to seek external certification as a certified strength and conditioning specialist. Students completing the Exercise Biology concentration (and a few additional courses) have the option to seek certification as an American College of Sports Medicine health fitness specialist after graduation. Fitness trainers and instructors lead, instruct and motivate individuals or groups in exercise activities, including cardiovascular exercise (exercises for the heart and blood system), strength training and stretching. They work with people of all ages and skill levels in a variety of health and fitness settings.
- Explore a career in food service as a manager of food services, food broker or sales representative in restaurants, health care facilities, schools or industry. Other related choices include quality control supervision and culinary education.
- Supervise those who deliver health promotion or education.
- Develop a career as an author or editor of food and nutrition-related print media.
- Use the bachelor's degree in Nutrition as the knowledge foundation to enter medical, chiropractic or nursing school.
- With further study in chemistry, work in food science research for ingredient and product development.
- Further study nutrition or other health-related fields, such as biochemistry, physiology, exercise physiology and public health. Or, elect to pursue an advanced degree in education, marketing or management to complement your career interests. Approximately 4 percent of RDs hold master's degrees while 3 percent hold doctoral degrees.
- Serve to educate nutrition and allied health professionals in an academic setting after earning an appropriate graduate-level degree.

Some of the food and nutrition career positions held by Benedictine graduates include: clinical dietitian; neonatal and pediatric clinical nutrition specialist; public health case management dietitian; dietitians working in gerontology; nurse; diet technician; social worker; clinical services manager; enteral nutrition support sales representative; quality assurance manager; food and nutrition services director; consumer affairs specialist for a major grocery store chain; product buyer; director of client services; community and university educator; food chemist; corporate health promotion and wellness specialist; manager of the Academy of Nutrition and Dietetics Practice Teams, community and university educator, corporate health promotion and wellness specialist, public relations specialist for a food association; nutritionist in public health programs and on Native American reservations; weight loss counselor; exercise physiologist; author; and researcher and consultant in private practice.

For more information about the Nutrition program, please visit ben.edu/nutrition or feel free to contact Catherine Arnold, Ed.D., RD, Department of Nutrition chair, at carnold@ben.edu or (630) 829-6534.

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Accreditation status

Students who are accepted into the Dietetics concentration of the Nutrition major on the Lisle, Ill., campus enroll in a Didactic Program in Dietetics which is externally accredited by the Accreditation Council for Education in Nutrition and Dietetics of the Academy of Nutrition and Dietetics (120 South Riverside Plaza, Suite 2000, Chicago, IL 60606-6995, (312) 899-0040). As a DPD, this curriculum meets the specific required knowledge and skills competencies, as listed in the 2012 Standards for Didactic Programs in Nutrition and Dietetics.

How does the Nutrition major meet individual interests?

Program concentrations[1], or the option to create a more personalized curriculum[2] foster an in-depth study of nutrition, of complementary fields of fitness, health sciences, communications and/or business.

Nutrition major with Dietetics concentration[1]: Students accepted into the Dietetics Program must complete all of the following courses with a grade of "C" or better: BIOL 203(4) or BIOL 359(3); and NUTR 246(1), 250(3), 341(3), 350(2), 371(4), 372(2), 373(1), 391(1) and 395(1).

Nutrition major with an Exercise Biology concentration[1]: Students in pursuit of this concentration must complete all of the following courses with a grade of "C" or better: NUTR 300(4); BIOL 368(3); HLSC/BIOL 358(3); HLSC 321(1), 322(1), 360(3), 361(3), 381(1), 382(1) and 392(3).

Nutrition major with a Health and Fitness concentration[1]: Students in pursuit of this concentration must complete all of the following courses with a grade of "C" or better: NUTR 300(4); BIOL 203(4); PHED 103(1), 107(1), 198(1), 201(2) and 302(3); HLSC 200(4); and one of the following courses PHED 200(3), 240(2), 241(2), 261(3), 270(3) or 303(3).

Notes:

1. Enrollment in all concentrations is limited. Students who are seeking acceptance into a concentration are expected to have and maintain a GPA of 3.0/4.0 or better. Students should refer to the Undergraduate Catalog for the details of procedures and acceptance criteria.
2. For those pursuing the Nutrition major without a specified concentration, the curriculum requires completion of NUTR 300(4) and 17 additional semester credit hours from the following programs: COMM, MGT, MKTG, NUTR, HLSC and/or BIOL selected in consultation with an academic advisor in Nutrition.

Biology Minor

If CHEM 113, 114, 123 and 124 are completed with a C or better (instead of CHEM 101 or 102), plus the required Nutrition cognates of BIOL 197, 198, 199, 203 and 258, only 7 additional semester credit hours in Biology at the 300 level are needed to earn a minor in Biology.

Graduate program affiliations

With careful planning of the undergraduate course sequence, students can complete select cross-listed courses to meet some of the requirements of the following graduate programs while an undergraduate student. These graduate programs include: the Master of Science in Nutrition and Wellness, Master of Public Health and Master of Science in Clinical Exercise Physiology. Space in these cross-listed courses is limited. Admission to the graduate program is not automatic. Students must apply and receive acceptance into the respective graduate program in their junior year to have the opportunity to take NTR (cross-listed graduate courses as NUTR) courses during their undergraduate senior year.

Recommended Program

Bachelor of Science in Nutrition

Below is a sample plan that an incoming freshman would follow. There may be slight variations to course offerings. Transfer students who have completed an Associate of Arts degree or an Associate of Science degree may have many of the Mode of Inquiry (MI) and/or general electives listed in this plan satisfied through transfer coursework.

FRESHMAN

Writing Colloquium	3
Quantitative Reasoning or College Algebra	3
Introduction to Chemistry and Lab	4
Basic Speech	3
Principles of Organismal Biology	3
	16

Research Writing	3
Nutrition through the Life Cycle	3
Introduction to Organic Chemistry and Lab	4
Principles of Biology and Lab	4
	14

JUNIOR

Science of Nutrition and Fitness	3
Cultural Foods Lab	2
Statistics	3
General elective[3]	3-4
Concentration[1] or major electives[2]	3
	14-15

Community Health and Nutrition	3
Literary and Rhetorical (QLR) course	3
Historical (QHT) course	3
Concentration[1] or major electives[2]	6
	15

SOPHOMORE

Survey of Psychology	3
Food Science	3
Food Science Lab	1
Nutrition and Health Education	3
Human Physiology	4
	14

Food Service Sanitation	1
Social Scientific II: Political, Global and Economic Systems (QPE)	3
Management	3
Nutritional Biochemistry	3
Catholic and Benedictine Intellectual Traditions (IDS 201)	4
Artistic and Creative (QCA) course	3
	17

SENIOR

Religions/Theological (QRT) course	3
General Microbiology with Lab	4
Concentration[1] or major electives[2]	8
	15

Human Dignity and the Common Good (IDS 301)	3
Ethics	3
General elective[3]	4-5
Nutrition and Health Research and Professional Writing	2
Concentration[1] or major electives[2]	4-5
	16-18

Notes:

1. Students pursuing a concentration complete 21-22 semester credit hours of specific courses in a concentration required for this major and do not complete additional electives in the major.
2. Students who are not pursuing a concentration complete NUTR 300 (4) and 17 semester credit hours in COMM, MGT, MKTG, NUTR, HLSC, and/or BIOL. Of these 17 semester credit hours of major electives, at least 12 semester credit hours must be at the 200-level.
3. Students who are required to complete only 21 semester credit hours in concentration or major electives need to complete 7 semester credit hours of general electives. Students must successfully complete 120 semester credit hours to graduate.