



BACHELOR OF SCIENCE IN NUTRITION AND DIETETICS

Program development in progress

The Bachelor of Science in Nutrition and Dietetics trains health professionals who are competent in all aspects of applying food and nutrition, including educational components and collaboration in implementing ethical food policies. The graduate dietitian possesses the knowledge, skills, and interpersonal skills necessary to perform with professional autonomy in the Administrative, Clinical, and Public Health areas.

In the administrative area, the dietitian ensures nutritional adequacy, both quantitatively and qualitatively, to individuals or groups of individuals, whether healthy or sick, in institutions or communities.

In the clinical area, the dietitian is responsible for devising, educating, monitoring, and evaluating a comprehensive clinical nutrition plan to restore optimal health.

In public health, the dietitian promotes confident food choices by individuals or groups to improve or maintain their nutritional health and minimize the risk of disease resulting from poor nutrition.

Educational Objectives

The Bachelor of Science in Nutrition and Dietetics has as its educational objectives to lead students to know how to organize and coordinate specific activities related to nutrition in general and dietetics in particular, how to collaborate with agencies responsible for the protection of the hygienic and sanitary aspects of catering; how to know how to work out the composition of food rations to meet the nutritional needs of population groups and plan the organization of dietary services for healthy and sick communities; to know how to develop, formulate and implement diets and monitor their acceptability by the patient; to understand how to collaborate with teams in the multidisciplinary treatment of eating disorders; and, finally, to know how to carry out didactic-educational and informational activities aimed at disseminating the principles of proper nutrition, which enables the recovery and maintenance of good health for individuals, communities and population groups.

Methodology

The attainment of professional competence is achieved through a combination of theoretical and practical training, which also includes the acquisition of behavioral skills. This comprehensive approach ensures that, upon completion of the training, the individual possesses complete mastery of all the skills necessary for the practice of the profession. Online theoretical training is delivered through STU's e-learning platform. The instructor schedules classes via streaming, and teaching materials, questionnaires, and tests are available.

Practical training, an integral and qualifying part of professional training, is implemented through guided internship activities. The internship is at specialized public and private companies affiliated with St. Thomas University.

Career Opportunities

Dietetics graduates work as employees or freelancers in healthcare facilities, as well as in public and private companies operating in the food, nutrition, and dietetics fields.

Occupational outlets for the graduate in Dietetics can be identified in:

- Dietetics, clinical nutrition, and hospital pharmacy services are present in public and private hospital facilities;
- food services and cafeterias of schools, communities, industries, and other establishments;
- territorial outpatient services of the health system assigned to hygiene, nutrition education, and home dietary care;
- services for planning or organizing interventions, including educational interventions in the field of nutrition;
- industries in the food sector.

Minimum Requirements for Admission

1. A high-school diploma (or equivalent) or, if the certificate was not earned in the U.S., proof of completion of secondary school that allows for university enrollment in the applicant's home country.
2. Candidates whose native language is not English must demonstrate proficiency in the English language.
3. Knowledge of Basic Biology, Chemistry, Mathematics, and Physics is required.



Curricular Program

Students must complete these curriculum requirements:

A. The General Education Requirements (30 CH)

- COM 105 - Introduction to Computer Science
- ECO 120 - Introduction to Economics
- ENG 110 - English Composition III (W)
- ENG 230 - Scientific English for Health Studies (W)
- MAT 150 - Foundation of Probability and Statistics
- NUR 130 - Introduction to Public Health
- NUR 140 - Global Health Disparities (G)
- POL 200 - Global Poverty and International Responsibility (G)
- PSY 470 - Efficacy Communication and Public Speaking in the Health Professions
- SOC 300 - Sociology of Media and Communication

B. Core Courses (54 CH)

- NUT 110 - Biomedical Science I
- NUT 200 - Food Hygiene and Safety
- NUT 210 - Biomedical Science II
- NUT 220 - Basics of Clinical Nutrition
- NUT 230 - Physiology and Biochemistry of Nutrition
- NUT 240 - Food Chemistry and Commodity Chemistry
- NUT 270 - Nutrition Assessment
- NUT 290 - Specialist Medicine
- NUT 300 - Nutrition in Clinical Settings I
- NUT 310 - Food and Service Management
- NUT 330 - Nutrition in Clinical Settings II
- NUT 340 - Nutrition in Pregnancy and Developmental Age
- NUT 380 - Community Nutrition
- NUT 390 - Nutrition Counselling
- NUT 400 - Nutrition and Prevention
- NUT 410 - Health Promotion and Nutrition Education
- NUT 420 - Quality and Safety in Mass Catering
- NUT 430 - Research Methodology and Updating in Dietetics

C. Laboratory (3 CH)

- NUT 250 - Laboratory I - (1 CH)
- NUT 350 - Laboratory II - (1 CH)
- NUT 450 - Laboratory III - (1 CH)

D. Professionalizing Internship (30 CH) The internship is mandatory for qualification as a dietitian.

- NUT 470 - Internship I - (8 CH)
- NUT 475 - Internship II - (10 CH)
- NUT 480 - Internship III - (12 CH)

E. Capstone Requirement (3 CH)

NUT 495 - Senior Project