

# Human Nutrition

**H**uman Nutrition is an integrated discipline focused on the role of diet in the prevention and treatment of disease. The Department of Human Nutrition at Ohio State is committed to the discovery of new information about the relationships between diet, physical activity, health, and disease and the application of such knowledge to individuals, communities, and entire populations. Within the Human Nutrition major, the department offers three specialization tracks that span the breadth of nutrition as an area of study: (1) Dietetics; (2) Nutrition and Community Health; and (3) Nutrition in Industry.

**Dietetics** is a unique combination of the science of food and nutrition, and its impact on quality of life. The program prepares students to translate the scientific principles of food and nutrition into healthy eating practices for various populations. This Didactic Program in Dietetics (DPD) is accredited by the American Dietetics Association (ADA), and meets the knowledge requirements specified by the ADA for students interested in becoming Registered Dietitians (RD). Following the bachelor's degree students complete a supervised practice program (dietetic internship) and then sit for the exam to become an RD.

**Nutrition and Community Health** is intended for students who are planning a professional career focused on promoting wellness and health education in community, corporate, or government settings. Students studying Nutrition and Community Health gain a strong foundation in nutrition science and develop competencies in methods of effective communication and program development, implementation, evaluation, and management/leadership.

**Nutrition in Industry** is designed for students interested in careers with businesses that focus on nutrition, foods, nutraceuticals, and other health-related products. Students in the program complete scientific nutrition coursework and a solid core of nutrition business-related courses to gain expertise in the principles and applications of nutrition and food sciences, along with a broad, conceptual understanding of business functions and culture.

## Pursuing Human Nutrition at Ohio State

Students interested in a major in dietetics, nutrition in industry, or nutrition and community health should complete a college preparatory program in high school. Good written, verbal, math and science skills are very important. An interest in biology and chemistry is desirable.

Upon admission to the university, students enroll directly into the human nutrition pre-major. Acceptance into the major requires a 2.5 minimum cumulative point-hour ratio (CPHR) and completion of the following courses: English 110, Math 116 or 130 or 148, Biology 113, and Chemistry 101 or 121 and 102 or 122. A biographical statement of intent is also required for Dietetics.

Enrollment in Dietetics will be limited by the faculty and resources available; therefore, a 3.0 or higher CPHR is necessary to be competitive for admission to the program.

## Human Nutrition Requirements

All students in Human Nutrition complete coursework in the fundamentals of human nutrition, food in different cultures, nutrition education, nutrition across the lifecycle, issues and controversies in nutrition, advanced human nutrition, and nutrition careers. All programs also require foundational science courses in anatomy, biochemistry, biology, chemistry, microbiology, and physiology as well as supporting courses in statistics and communications. Additional required coursework is based on the student's program option.

**Dietetics** requires coursework in the fundamentals of food, the principles of food production, cost management in foodservice, food service sanitation and safety, community nutrition, human metabolism, physical and nutritional assessment and human resources management.

**Nutrition and Community Health** requires coursework in the fundamentals of food, community nutrition, and a specialization area of the student's choosing. Students choose between a minor in Exercise Science or Agricultural Education or a specialization in Health Education that leads to eligibility to take the Certified Health Education Specialist Examination.

**Nutrition in Industry** requires additional nutrition coursework in food service sanitation and safety, food processing, sensory evaluation of foods, and food regulations as well as consumer problems and macroeconomics. Students also complete the courses required for the General Business Minor, which include one course from each of the five primary business functions: accounting, finance, human resources management, marketing, and operations management. Students also have several additional business, nutrition, and consumer-focused courses from which to choose to meet additional degree requirements.

## Co-Curricular Opportunities

Students in Human Nutrition have the opportunity to become involved in many enriching experiences outside the classroom. The world-class Ohio State University Medical Center offers students numerous employment opportunities in the health care field. Students can also participate in internships with businesses and community and government agencies to gain professional experience outside of Ohio State.

Research opportunities in the department abound, enabling students to assist faculty in current research projects or design their own unique study under the expert guidance of human nutrition faculty. Human Nutrition majors can also learn about community nutrition and the health status of people in other

## For more information, check these web sites:

**Human Nutrition:** [ehe.osu.edu/hn](http://ehe.osu.edu/hn)

**College of Education and Human Ecology:** [ehe.osu.edu](http://ehe.osu.edu)

**Ohio State:** [osu.edu](http://osu.edu)

**Admissions:** [undergrad.osu.edu](http://undergrad.osu.edu)

**Multicultural Center:** [multiculturalcenter.osu.edu](http://multiculturalcenter.osu.edu)

**First Year Experience:** [fye.osu.edu](http://fye.osu.edu)

## Curriculum Sample

This is a sample list of classes a student will take to pursue the dietetics option. Since university students need more than specific education in a narrow field, they also will take classes to complete the General Education Curriculum (GEC). The GEC will allow students to develop the fundamental skills essential to collegiate success across major programs. Coursework options satisfying the GEC often come from a variety of academic areas of study allowing students to tailor their GEC toward their interests. Note: This sample represents one of several possible paths to a degree in Human Nutrition. Consult the departmental web site, [ehe.osu.edu/hn](http://ehe.osu.edu/hn), for details on each specific track.

### Freshman Year:

College Algebra	5
Biological Sciences: Energy Transfer and Development	5
English Composition	5
Human Ecology Survey	1
General Chemistry	10
Historical Survey	10
General Psychology	5
Introductory Sociology	5
Nutrition and Dietetic Careers	2
<b>Total hours</b>	<b>48</b>

### Sophomore Year:

Fundamentals of Human Nutrition	5
Fundamentals of Food	5
Principles of Food Production	4
Medical Biochemistry	10
Basic Human Anatomy	5
Performing/Visual Arts	5
Microeconomics	5
Second Level Writing Course	5
<b>Total hours</b>	<b>44</b>

### Junior Year:

Cost Management in Food Service	5
Food Service Sanitation and Safety	3
Food in Different Cultures	3
Introductory Physiology	5
Basic and Practical Microbiology	5
Computer Problem Solving	5
Introduction to Organizational Behavior	5
Public Speaking	5
Electives	7
<b>Total hours</b>	<b>43</b>

### Senior Year:

Advanced Human Nutrition	5
Community Nutrition	4
Nutrition and Human Metabolism	10
Nutrition Education	3
Nutrition: The Life Cycle	3
Issues and Controversies in Nutrition	3
Physical and Nutritional Assessment	2
Introduction to American Politics	5
Literature	5
Data Analysis	5
Advanced Professional Development	1
<b>Total hours</b>	<b>46</b>

countries through international service-learning trips that increase global awareness and intercultural understanding.

Ohio State also offers hundreds of student organizations to meet the many interests of students. Food and Nutrition Forum is a student organization that unites professionals from allied disciplines, who are committed to promoting professionalism in nutrition and health care. The Human Ecology Living Environment also provides an opportunity for students to interact with others who share their professional interests, by living in a residence hall community among other students of the same major. Students in the living environment gain increased interaction with faculty members, upper-class students, and a stronger connection with the college. These many opportunities enable students to gain valuable work experience, learn about cultures, and take on leadership roles before entering the workforce, which may provide an advantage in the job market.

## Honors & Scholars Programs

The College of Education and Human Ecology offers an honors program for students of high academic ability. The honors program allows for individualized program structuring to meet students' learning objectives and provides an opportunity for students to work with faculty to design and perform research. Through an understanding of the core coursework and effective research methods, this individualized plan of study helps students experience professional growth and increased knowledge. In addition to undergraduate research opportunities and close working relationships with faculty, honors students also have access to smaller classes, priority scheduling, and unique housing opportunities.

The Ohio State Scholars Programs feature close-knit, residential communities for students who share common interests. Human Nutrition students most often participate in the Health Sciences Scholars Program.

## Career Prospects in Human Nutrition

This is a particularly exciting time for nutritionists since so many individuals are taking responsibility for maintaining and enhancing their health. Diverse career options in the nutrition field are available for students in all three program options.

After successful completion of the dietetic internship and registration exam, Dietetics graduates are prepared for careers in clinical dietetics, community nutrition, nutrition counseling and therapy, sports nutrition, and food service management. Typical work settings for Dietetics graduates include hospitals, clinics, long-term care facilities, food service, food and nutrition-related businesses, and fitness/wellness centers.

Nutrition in Industry graduates are competitive for positions in customer relations, consumer protection and education, government policy/regulation/lobbying, public relations for industry and commodity food groups, nutrition product development, nutrition marketing, and pharmaceutical, food, and equipment sales.

Nutrition and Community Health prepares students for careers in commodity food organizations, public health agencies, corporate wellness, community development, and nutrition education. Students who complete the Health Education specialization are eligible to take the Certified Health Education Specialist (CHES) Examination. Certified Health Education Specialists implement health education programs in communities, health care facilities, businesses, colleges, schools, and government agencies.

**Revised August 2007.** For the most up-to-date information on the human nutrition program, please visit [ehe.osu.edu/hn](http://ehe.osu.edu/hn).

## Contact information:

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