

Medical Dietetics

Registered dietitians are food and nutrition experts. They assess nutritional needs, provide nutrition intervention, and help individuals prevent disease through good nutritional practices. They also manage food service in health care or commercial settings. Dietitians are licensed to give group and individual nutrition counseling and serve as nutrition consultants to other health care professionals. The field combines practice and research in food, nutrition, and health with education about diet and food choices. Dietitians play an important role in fitness, health, and nutritional treatment of diseases.

Pursuing Medical Dietetics at Ohio State

This program is fully accredited by the Commission on Accreditation for Dietetics Education of the American Dietetic Association. CADE is accredited by the Council for Higher Education Accreditation.

Students interested in pursuing a dietetics major may attend any college or university for the first year. Applicants to the Medical Dietetics Division are requested to have completed the following courses (or their equivalents) with a grade of C- or better for autumn quarter admission at the sophomore level:

- English 110, Freshman English Composition
- Psychology 100, Introductory Psychology
- Sociology 101, Introductory Sociology
- Biology 113, Biological Principles
- Chemistry 101 and 102, Elementary Chemistry or Chemistry 121 and 122, General Chemistry
- Math 148 or higher college algebra

Students wishing to apply for the junior level must complete the following additional courses with a grade of C- or better:

- Chemistry 231, Organic Chemistry*
- Biochemistry 211 and 212 or Molecular Biochemistry 311 and 312
- Microbiology 509, General Microbiology
- Anatomy 199.04, Human Anatomy with Lab
- EEOB 232, Introductory Physiology
- Statistics 135, Elementary Statistics or Statistics 145, General Statistics
- Economics 200, Economic Principles
- Human Nutrition 310, Fundamentals of Human Nutrition
- Human Nutrition 314, Food Science and Preparation

*Not required if Molecular Biochemistry sequence is selected

Qualified students are admitted to the junior level on a space-available basis. In the admissions process, preference is given to those students with the best cumulative point-hour ratio, best natural science grades, and good ACT or equivalent test scores.

Knowledge of the profession and personal career goals, as they relate to the dietetics program, are also important. A personal interview may be required. Interested students should consider meeting with faculty members and local dietitians to learn more about the field.

Students are required to have a minimum cumulative point-hour ratio (CPHR) of 2.5; however, a 3.0 is more competitive. All grades from all course work taken are considered in evaluating applicants.

For students with a bachelor's degree, a graduate track is available. To qualify, an applicant must have a baccalaureate degree from a U.S. accredited university, a cumulative GPA of at least 3.0, and acceptable scores on the Graduate Record Examination. In addition, all course prerequisites listed above must be completed with a grade of C- or better.

Students preparing to apply to either the undergraduate program or the graduate track program should request more detailed information from the AMP Student Affairs Office at (614) 292-1706 or on the AMP web site, amp.osu.edu.

The medical dietetics curriculum includes professional courses in nutrition and human metabolism, medical dietetics, management of hospital food services, nutrition counseling and education, health promotion and community nutrition, and clinical nutrition.

Supervised practice (internship) begins in the summer before the senior year. During these internships, students participate in a variety of activities in different health care settings. These include acute care in major medical centers, nursing homes, health promotion programs, and public health.

Ohio State's program features the following:

- full professional curriculum in dietetics
- faculty who are registered dietitians active in health care delivery and research
- "coordinated" program—i.e., supervised practice (internship) individually arranged for all students within the curriculum and prior to graduation (Ohio State's medical dietetics program was the first coordinated dietetics program in the world)
- many opportunities for research in the field
- easy access to computers for class and research use
- laboratory facilities and metabolic kitchen available for feeding studies
- virtual 100% "first try" pass rate on the national registration examination
- small student-to-faculty ratio, fostering close collaboration and mentoring relationships

For more information, check these web sites:

Medical Dietetics: amp.osu.edu/MD

Allied Medical Professions: amp.osu.edu

Ohio State: osu.edu

Ohio Dietetic Association: eatrightohio.org

American Dietetics Association: eatright.org/Public

Occupational Outlook: stats.bls.gov/oco/home.htm

Curriculum Sample

This is a sample list of classes a student will take to pursue a BS in Medical Dietetics. 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. Course work 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 Medical Dietetics. Consult the departmental web site, amp.osu.edu/MD, for details on each specific track.

Freshman Year:

Careers in Dietetics	1
Chemistry	10
English composition	5
General Biology	5
General Psychology	5
Humanities	5
Introduction to Sociology	5
Survey of College Algebra	4
AMP Survey	1
Principles of Economics	5
Total hours	46

Sophomore Year:

Organic Chemistry*	3
Biochemistry or Medical Biochemistry	6-8
Elementary Statistics	5
Fundamentals of Food	5
Fundamentals of Human Nutrition	5
Human Anatomy	5
Introductory Physiology	5
Basic Microbiology	5
Humanities	5
Total hours	44-46

Junior Year:

Advanced Nutrition	5
Introduction to Management	3
Principles of Food Production	5
Nutritional Assessment	2
Medical Nutrition Therapy	10
Nutrition Education	3
Research Methods	3
Management in Medical Dietetics	5
Nutrition Care Process and Counseling	4
Nutrition Life Cycle	3
GEC	5
Total hours	48

Summer

Supervised Practice	13
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Senior Year:

Community Nutrition	3-4
Advanced Nutrition Therapy	3
Human Resource Management	3
Supervised Practice	20
Management in Dietetics	3
Advanced Community Dietetics or Pediatric Nutrition or Geriatric Nutrition	3
Professional Seminar	1
GEC	5
Electives	1-5
Total hours	42-47

* Not required if taking Medical Biochemistry.

Co-Curricular Opportunities

Ohio State offers many opportunities for students to learn and grow outside of the classroom. These range from cooperative education (co-op) and internships to study abroad programs to student organizations. Co-ops and internships place students in professional environments while they are Ohio State students. Ohio State offers more than 100 study abroad programs in 40 countries around the world. In addition, there are hundreds of student organizations on campus to meet the interests of a diverse student population.

The following are opportunities related to Medical Dietetics:

- participation in class activities and AMP Student Council
- options to live in Allied Medical Professionals Learning Community
- opportunities to join the Student Dietetics Association
- opportunities for affiliate membership in the American Dietetic and Ohio Dietetic Associations and attend professional conferences

Honors & Scholars Opportunities

Ohio State offers the Honors & Scholars programs to create an environment of intellectual support and stimulation within a close-knit community of high-ability undergraduate students. Through these programs, students have access to smaller classes, undergraduate research opportunities, close working relationships with faculty, priority scheduling, and unique housing options.

Honors & Scholars programs represent great opportunities to be part of a smaller community within a large university. Good candidates for these programs will receive additional information after admission to the university. Learn more about the Honors & Scholars program at honors-scholars.osu.edu.

Career Prospects in Medical Dietetics

Most graduates start off as dietitians in hospitals, nursing homes, or community agencies. Several graduates have gone to medical school; some have been admitted to master's level programs in Physical Therapy. Others have become sales representatives for medical nutrition products. A few graduates go into private practice or consultation, some have government or military careers, and many distinguish themselves in hospital management or food services operations. The demand for dietitians is increasing; most new graduates get a job they want within six months.

Typical starting salaries for BS graduates are \$30,000 to \$35,000 plus various fringe benefits. Salaries for advanced practitioners may exceed \$100,000.

Apply to Ohio State

Students wishing to apply to Ohio State may apply on-line by visiting undergrad.osu.edu/apply.html or contacting the Office of Undergraduate Admissions at (614) 292-3980 or askabuckeye@osu.edu. Students may be admitted to the School of Allied Medical Professions as a pre-major.

Students who have met admission criteria (such as prerequisite courses) for their intended major and are ready to begin professional coursework will apply to their professional program online at professional.osu.edu/alliedmed.asp. The school's web site, amp.osu.edu, contains detailed information specific to all major programs in the School of Allied Medical Professions.

Revised August 2008. For the most up-to-date information on the medical dietetics program, please visit amp.osu.edu/MD.

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