Do you have an interest in how food and diet affect the health and well-being of individuals and populations? If yes, then the study of dietetics offers a perfect starting point for a career full of growth potential. Dietetics practice involves using knowledge of nutrition, food, and behavioral sciences to meet a variety of food and nutrition concerns. The profession of dietetics includes areas of practice which focus on the needs of individuals, families, and groups who are concerned about dietary needs in treating existing disease; promoting health and fitness, preventing illness; school meal programs or other group feeding programs; food supply safety; and management of food service operations in institutional settings. The common link in these diverse practice areas is the basic specialized education and training in nutritional health care.

- **Clinical Dietetics:** Provides food and nutrition services in a health care setting. Dietitians in clinical practice are responsible for the nutrition care of hospitalized individuals and are involved in instructing patients in the dietary modifications to facilitate medical treatment.
- **Community Dietetics:** Provides consultation and advice to families and individuals on food selection in relation to their needs and lifestyle. Dietitians in community practice are responsible for coordinating nutrition awareness and disease prevention programs in public health agencies, child and adult care centers, health and recreation clubs, and schools.
- **Food Service Management:** Provides management of the food service department of hospitals, schools, nursing homes, etc. Dietitians in these settings are responsible for planning healthy menus, purchasing foods, planning and supervising food service delivery systems and training and supervising personnel.

Preparation for a career in dietetics as a Registered Dietitian/Nutritionist requires the completion of an Accreditation Council for Education in Nutrition and Dietetics (ACEND) approved 4-year college degree program, completion of an accredited supervised practice experience (providing a minimum of 1200 hours), and successful performance on the National Registration Examination for Dietitians/Nutritionists.

The University of Pittsburgh at Bradford’s Pre Nutrition and dietetics program is a two-year course of study. Upon completion of the two-year curriculum, students must apply to the University of Pittsburgh’s Nutrition and Dietetics (CDN) Program in the School of Health and Rehabilitation Sciences (SHRS).

**Required Skills:**
- Communication (Oral & Written)
- Active Listening
- Critical Thinking
- Social Perspectives
- Complex Problem Solving
- Reading Comprehension
- Judgment & Decision Making

**Possible Employers:**
- Hospitals
- School Systems
- Rehabilitation Services
- Counseling Center
- Non-Profit Organization
- Private Practice
- Corporations
- Government
- Health Care Industry

**PROFESSIONAL ORGANIZATIONS:**
- American Dietetic Association [www.eatright.org](http://www.eatright.org)
- International Confederation of Dietetic Associations [www.internationaldietetics.org](http://www.internationaldietetics.org)
- Pennsylvania Dietetic Association [www.eatrightpa.org](http://www.eatrightpa.org)
- National Association of Nutrition Professionals [www.nanp.org](http://www.nanp.org)
- University of Pittsburgh- SHRS [www.shrs.pitt.edu](http://www.shrs.pitt.edu)

**FIND OUT MORE ABOUT CAREERS IN CLINICAL NUTRITION AND DIETETICS AT:**
- Dietetics.com [www.dietetics.com](http://www.dietetics.com)
- Career Services [www.upb.pitt.edu/career.aspx](http://www.upb.pitt.edu/career.aspx)
Students can identify their career goals by following the Pre Nutrition & Dietetics advising track however this is not an official Pitt-Bradford major.

**PRE NUTRITION & DIETETICS REQUIREMENTS**

The University of Pittsburgh at Bradford’s Pre Nutrition and Dietetics curriculum is a two-year program. Upon completion of the two-year curriculum, students must apply to the University of Pittsburgh’s Nutrition and Dietetics (CDN) Program in the School of Health and Rehabilitation Sciences (SHRS).

The two-year program at the University of Pittsburgh at Bradford must include the following courses:

- BIOL 0101 Introduction to Cell and Molecular Biology
- BIOL 0102 Introduction to Biodiversity
- BIOL 0202 Microbiology for Allied Health Professionals
- CHEM 0101 General Chemistry I with lab
- CHEM 0102 General Chemistry II with lab
- CHEM 0206, 0207 Organic Chemistry I
- CHEM 0208, 0209 Organic Chemistry II
- COMM 0104 Public Speaking
- ECON 0101 Economics in the Modern World
- ENG 0101 English Composition I
- ENG 0102 English Composition II
- HPRED 0108 Nutrition
- MATH 0998 College Algebra II
- MATH 0133 Statistics or PSY 0201 Statistics
- PSY 0101 Introduction to Psychology
- SOC 0101 Introduction to Sociology

**Students will need to complete:**

**Electives 6 credits suggested:**

- BIOL 0203 Genetics
- HPRED 0225 Functional Anatomy
- BIOL 0212 Anatomy and Physiology and/or
- PSY 1407 Counseling Psychology

**Introduction to Dietetics** — 1 credit (This course may be taken at the University of Pittsburgh Oakland during their junior year.)

In addition to completing the required courses listed above, the student must complete 60 credits, earn a minimum cumulative and prerequisite GPA of 2.50, and earn a minimum grade of C- in all courses designated as prerequisites. Experience in a healthcare facility is highly recommended, but is not required. Students must apply to admission to the Bachelor of Science degree program in nutrition and dietetics at the University of Pittsburgh School of Health and Rehabilitation Sciences. Please note admission to this program is competitive.

Please note that transfer credits will be re-evaluated by the University of Pittsburgh School of Health and Rehabilitation Sciences.

**Program Contact:** Mary Mulcahy, mary.mulcahy@pitt.edu, 814-362-0259, 203F Fisher Hall

**GENERAL GRADUATION REQUIREMENTS**

2.0 Cumulative Grade Point Average, 120 Earned Credit Hours, 30 Hours of Upper Level Courses (1000 level or above)

NOTE: This guide is unofficial. Completing the requirements on this sheet does NOT guarantee degree completion. Official degree completion information can be found in MY.PITT.EDU. Contact your Faculty Advisor and/or the Registrar’s Office with questions or concerns.