

# Nutritional Science

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Friday, September 16<sup>th</sup>, 2011

After graduating with a bachelor's degree, my goal is to attend the University of Utah's Coordinated Master's Program in Dietetics (CMP) and go on to take the Registered Dietitian Examination. After qualifying as a Registered Dietitian, I would be qualified to consult with patients in either a private or hospital setting, helping them to understand and take charge of their health through improved dietary and lifestyle habits. However, the undergraduate programs currently offered at the University of Utah do not sufficiently prepare me for application to the Coordinated Master's Program.

University of Utah students who inquire about a nutrition undergraduate program are directed towards two areas of study: health education or exercise science. In addition, they are encouraged to pursue a minor in nutrition. Neither of these programs, however, focuses specifically on the biochemistry, human physiology, or the detailed nutrition knowledge that the CMP requires. The health education program focuses mainly on planning community health programs, writing grants, and facilitating healthy lifestyles rather than understanding the complex science of nutrition that would better prepare students for the CMP. Although it incorporates the general concepts of nutrition, the health education program does not delve into the biochemistry and metabolism of nutrients in the body. Similarly, exercise science classes are centered on sports, fitness, movement, and preventing injury. Neither of these programs, even when supplemented by a minor in nutrition, has enough credits to allow students all the science classes they need for a thorough understanding of how nutrients affect the human body. I believe, however, that the University of Utah does offer a sufficient number and variety of classes to prepare students for the CMP in dietetics if combined properly.

I have chosen to apply to the Bachelor of University Studies program with an emphasis in Nutritional Science. The courses in my intended degree include the prerequisites which are required for application to the CMP and which will provide me with a good background for the program. These courses fall into three general areas: nutrition, chemistry and biology, and psychology/development.

A wide range of classes in both normal and disordered nutrition will broaden my knowledge base and further my ability to understand the nutritional needs of specific populations,

including different genders, ages, and health concerns. The greater volume of nutrition courses will familiarize me with a diverse range of conditions and circumstances that require medical nutrition therapy.

Biochemistry and human biology courses are essential for me, as a dietitian, to understand nutrient interactions and how nutrients are utilized in the body. It is also important that I understand how the body functions on a molecular level, both normally and when diseased. These courses also provide a foundation for the higher level biochemistry and metabolism courses included in the CMP.

In addition to the life science and nutrition courses, I will need a firm grasp of human development and psychology when counseling and communicating with patients. Nutritional counseling is valuable for patients of every age, gender, race, and economic status. This cluster of courses will allow me to effectively communicate and relate to a broad range of patients.

Finally, I will complete a Thesis that will explore the trend of fad diets and the nutritional consequences of popular weight loss regimens. Our culture is becoming increasingly health conscious, however, "being healthy" is no longer synonymous with "losing weight" and as these terms grow more and more conflicting, disordered eating and unhealthy life-styles emerge. This project will combine all of the knowledge I've accrued during my undergraduate Nutritional Sciences program. I plan to collect diet records from a population of patients who are following a fad diet and analyze their nutrient intake. Then I will compare their intake to a recommended nutrient intake and determine how fad diets restrict the consumption of certain essential nutrients and how these restrictions affect the body.

### Major Emphasis

Code	Course Number	Class Title	Department	Credit Hours	
+	1020	Foundations of Nutrition	NUTR	3	
+	3010	Nutrition Intervention	NUTR	4	
+	5420	Applied Nutrition	NUTR	3	
+	365 (BYU Transfer)	Pathophysiology	BIO	4	
+	2325	Human Anatomy	BIO	4	
+	2420	Physiology	BIO	4	
IP	5320	Nutrition for Exercise and Sport	NUTR	3	
IP	5340	Nutrition and Women's Health	NUTR	3	DV
	1010	Introduction to Sociology	SOC	3	
	1010	Psychology	PSY	4	
	4300	Intro to Research and Assessment	HEDU	3	QI ←
	5100	Advanced Pediatric Nutrition	NUTR	3	
	3620	Cultural Aspects of Food	NUTR	3	IR
	5350	Eating Disorders	NUTR	3	
	5360	Weight Management	NUTR	3	
	3510	Diet Counseling	NUTR	1	
	6020	Body Image and Eating Disorders	NUTR	3	
	4440	Advanced Human Nutrition	NUTR	4	
	3014	Scientific Writing	WRTG	3	CW
	1210	Principles of Biology	BIO	4	
	1210 + 1215	General Chemistry I + Lab	CHEM	5	
	1220 + 1225	General Chemistry II + Lab	CHEM	4	
	2310 + 2315	Organic Chemistry I + Lab	CHEM	5	
		Final Project		3	
			Total Major Emphasis	82	
			Above 4000	31	
Complete (+)	19				
In Progress (IP)	6				
Remaining	54				

### General Requirements

Code	Course Number	Class Title	Department	Credit Hour	Requirement
+	1700	American Civilization	HIST	3	AI
+	2010	Intermediate Writing	WRTG	3	WR2
+	1050	College Algebra	MATH	4	QA
+	221	Principles of Statistics	XTAT	3	QB
+	1023	Intro to Film	XHEA	3	FF
+	3040	Intro to Voice/Speech	THEA	3	FF
+	1020	Foundations of Nutrition	NUTR	3	SF
+	1120	Elementary Bioorganic Chemistry	CHEM	4	AS
+	1500	Human Development	FCS	3	BF
IP	3215	Development Infancy and Childhood	FCS	3	BF
	3093	Biomechanics	ESS	3	QI
	3290	Ethnic Minority Families	FCS	4	HF
	3520	Bioethics	PHIL	3	HF
			Total General Requirements	42	
			Above 3000	16	
Complete (+)	29				
In Progress (IP)	3				
Remaining	10				

### Other Classes for Credit

+	1040	Walking for Fitness	ESSF	1	
+	1010	Introduction to Writing	WRTG	3	
+	1445	Tae Kwon-Do	XE	1	
			Total	5	

Total Credit Hours	129
Above 3000 Level	62
Credits Remaining to Be Taken	64

<b>NUTR</b>	39
<b>CHEM</b>	14
<b>BIO</b>	16
<b>WRTG</b>	9
<b>H EDU</b>	3