NUTRITION AND DIETETICS, B.S.

Dietetics — the application of food and nutrition knowledge to promote health, prevent disease and minimize disability — is a rapidly growing profession in allied health. Dietitians are dedicated to helping the public attain better health and longevity through the use of sound nutrition practices. Saint Louis University’s nutrition and dietetics program is one of the few in the nation that allows you to become both a registered dietitian nutritionist and a certified chef. Graduates are prepared with foundational knowledge and skills to enter the field of nutrition.

Spend time in the Fresh Gatherings Café (https://www.slu.edu/doisy/clinics-and-community/fresh-gatherings.php) — a modern culinary food lab and student-run dining facility — to gain experience planning, preparing and serving meals.

Join the Saint Louis University Dietetics Association, SLU’s on-campus organization established by students to promote nutrition and dietetics and provide student leadership and service opportunities. Plus, departmental welcome picnics, open houses, holiday parties and research presentations allow students to socialize with faculty and peers.

Becoming an RDN

Registered dietitian nutritionists (RDNs) are food and nutrition experts dedicated to improving lives through nutrition. RDNs use their nutrition expertise to help individuals and groups make lifestyle changes to prevent and treat nutrition-related illnesses. Translating the science of nutrition into solutions for healthy living, RDNs are equipped with the knowledge to impact lives.

To become a registered dietitian, students must:

- Complete a bachelor’s degree in nutrition and dietetics
- Complete a supervised practice program
- Pass a national examination
- Complete continuing professional educational requirements

Effective Jan. 1, 2024, the Commission on Dietetic Registration (CDR) will require a minimum of a master’s degree to be eligible to take the credentialing exam to become a registered dietitian nutritionist (RDN). In addition, CDR requires that individuals complete coursework and supervised practice in program(s) accredited by the Accreditation Council for Education in Nutrition and Dietetics (ACEND). In most states, graduates also must obtain licensure or certification to practice. Graduates who successfully complete the ACEND-accredited program at Saint Louis University are eligible to apply to an ACEND-accredited supervised practice program/apply to take the CDR credentialing exam to become an RDN. Please click here for more information about educational pathways to becoming an RDN (https://www.eatrightpro.org/acend/students-and-advancing-education/information-for-students/).

Didactic Program in Dietetics Mission

To thrive in a community that promotes and seeks truth about food and nutrition. Woven into the fabric of this community are multifaceted educational pursuits to promote a food-centered culture for health and wellness, scholarly exploration and an appreciation of the global and ecological community in which we exist.

Curriculum Overview

The nutrition and dietetics program at Saint Louis University offers students an exceptional education.

- Since its establishment in 1934, the department has had a long-standing reputation as a leader in dietetics education.
- The Doisy College of Health Sciences (https://www.slu.edu/doisy/) is located within the Allied Health Professions Building at the SLU Medical Center. The school boasts modern labs, including a gait lab for assessing motion analysis, a culinary lab for teaching food services and preparation, and a simulated medical office suite and exam rooms complete with videotaping capabilities and one-way mirrors for student observation.
- Our curriculum is unique, offering courses such as “Contemporary Issues in Nutrition” and “Nutrition and Cultural Aspects of Food” and a curricular thread in sustainable food systems.
- Class sizes are small, averaging five to 30 students. Instructors are recognized for their expertise and enhance their courses through service learning, on-site experiences and guest lectures by alumni and local experts.
- The core curriculum features an interprofessional focus that emphasizes a team approach to health care.

Pre-Professional Health (Pre-Med) and Medical Scholars

Pre-professional health students and students accepted as Medical Scholars may declare nutrition and dietetics as a major. The curriculum for completion of a B.S. in nutrition and dietetics with the fulfillment of pre-professional health studies requirements is 133-135 credits. For more information, contact the Department of Nutrition and Dietetics (https://catalog.slu.edu/colleges-schools/health-sciences/nutrition-dietetics/).

Physician Assistant (PA) Scholars Track

Students accepted into the B.S. program in nutrition and dietetics may apply for acceptance into the PA Scholars track. This track, for entering first-year students, presents an opportunity for a select number of highly qualified applicants who successfully complete the track to be guaranteed a position in the physician assistant program at Saint Louis University upon graduation. The track is 126 credits. For more information, contact the Department of Nutrition and Dietetics (https://catalog.slu.edu/colleges-schools/health-sciences/nutrition-dietetics/) or the Department of Clinical Health Studies (https://catalog.slu.edu/colleges-schools/clinical-health-sciences/#text).

Verification of Didactic Program in Dietetics (DPD)

SLU’s Department of Nutrition and Dietetics has a program whereby students who possess a previously earned baccalaureate degree may complete the requirements for DPD verification. This verification allows students to meet the requirements for entry into a dietetic internship without the completion of a second baccalaureate degree. For more information, contact the DPD director in the Department of Nutrition and Dietetics.

Clinical and Research Opportunities

Students in SLU’s nutrition and dietetics program have the opportunity to work in the Fresh Gatherings Café — which is operated by the students and faculty of the nutrition and dietetics department. The café, which has been ranked as a top dining hall, emphasizes local foods and sustainability.
The nutrition and dietetics program maintains an award-winning urban garden that students can use to enhance their learning experience.

**Careers**

Registered dietitians are employed in a wide variety of areas, including hospitals, food service, private practice, community and public health settings, universities, research, journalism, sports nutrition, corporate wellness, schools and industry.

Earnings vary according to the area of dietetics practice, level of education, additional certifications and the geographic location of practice. Nationally, the mean salary for registered dietitians and nutritionists in 2021 was $65,620, according to the Bureau of Labor Statistics.

**Admission Requirements**

All applicants are thoroughly reviewed with the highest degree of individual care and consideration of all submitted credentials. Solid academic performance in college preparatory coursework is a primary concern in reviewing a freshman applicant’s file.

**Freshman Admission Criteria**

- Minimum cumulative GPA of 2.70 on a 4.00 scale.
- Four years of high school English and three years of high school math and science, recommended one year of chemistry and one year of biology.
- Saint Louis University has a test-optional admission process for all undergraduate programs. Applicants may submit standardized test scores, but those who choose not to will not be disadvantaged in any way in the admission process.

**Transfer Admission Criteria**

- GPA of 2.75/4.00

Currently, the average GPA of admitted students is 3.8 on a 4.0 scale and the average ACT score is 26.

If students are interested in transferring to the undergraduate program or have already earned an undergraduate degree, staff can help students plan a strategy for the transfer of credits and program completion.

**Tuition**

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<tr>
<th>Description</th>
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<tr>
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Additional charges may apply. Other resources are listed below:

- Information on Tuition and Fees (https://catalog.slu.edu/academic-policies/student-financial-services/tuition/)
- Miscellaneous Fees (https://catalog.slu.edu/academic-policies/student-financial-services/fees/)
- Information on Summer Tuition (https://catalog.slu.edu/academic-policies/student-financial-services/summer-tuition/)

**Scholarships and Financial Aid**

There are two principal ways to help finance a Saint Louis University education:

- **Scholarships**: Awarded based on academic achievement, service, leadership and financial need. In addition to University scholarships, the Doisy College of Health Sciences offers scholarships (https://www.slu.edu/doisy/about/scholarships-for-current-students.php) to sophomores, juniors, seniors and graduate students.
- **Financial Aid**: Provided in the form of grants and loans, some of which require repayment.

For priority consideration for merit-based scholarships, applicants should apply for admission by Dec. 1 and complete a Free Application for Federal Student Aid (FAFSA) by March 1.

For more information, visit the student financial services office online at http://finaid.slu.edu (http://finaid.slu.edu/).

**Program-Specific Additional Costs**

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<td>DIET 3750 Adv. Cooking &amp; World Cuisines</td>
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<td>Chef Coat</td>
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</table>

**Accreditation**

Saint Louis University's MS-DI program is accredited by the Accreditation Council for Education in Nutrition and Dietetics (ACEND), the accrediting agency for the Academy of Nutrition and Dietetics.
Learning Outcomes
1. Graduates will be able to demonstrate effective professional communication in the transmission of food and nutrition information.
2. Graduates will be able to demonstrate the ability to develop patient-centered care plans that reflect a value for the inherent worth of others.
3. Graduates will be able to demonstrate nutrition education methods to facilitate diet changes in diverse populations.
4. Graduates will be able to articulate the value of nutrition and dietetics professionals in an interprofessional care context.
5. Graduates will be able to evidence the proper use of professional literature to make evidence-based nutrition care decisions.

Program Goals and Objectives
Goal 1: To prepare a generalist, internship-eligible graduate who has achieved basic competencies as identified by the Core Knowledge Requirements and Expected Learning Outcomes.

- The program's one-year pass rate (graduates who pass the registration exam within one year of the first attempt) on the CDR credentialing exam for dietitian nutritionists is at least 80%.
- At least 70% of program graduates apply for admission to a supervised practice program prior to or within 12 months of graduation.
- At least 50% of program graduates are admitted to a supervised practice program within 12 months of graduation.
- A minimum of 80% of students completing dietetic internships and/or post-baccalaureate programs will indicate that they “strongly agree” or “agree” that their undergraduate education adequately prepared them for their post-B.S. education.
- At least 80% of students completing dietetic internships and/or post-baccalaureate programs will indicate that they strongly agree or agree that their undergraduate education made them competitive with colleagues from other programs.
- At least 80% of program students* complete program/degree requirements within three years (150% of the program length).

*ACEND-specific objectives

Goal 2: To prepare a graduate who is knowledgeable about nutritional care in multiple settings and demonstrates specific personal and professional competencies.

- A minimum of 80% of dietetic internship directors will indicate that graduates were more than satisfactorily prepared for success in their dietetic internship program.
- A minimum of 80% of students will indicate that they strongly agree or agree that they felt adequately prepared for the dietetic internship program.

Goal 3: To provide a basis for further development and life-long learning that will assure continued competence.

Goal 4: To prepare a graduate who will contribute to society based on the development of a sense of community and social/civic responsibility.

- A minimum of 75% of graduating seniors will have participated in a total of at least 20 hours of service learning by the end of the DPD program.
- A minimum of 85% of graduates will indicate that they agree or strongly agree that the DPD program instilled a desire for continued development as a self-learner.

Requirements
Students in Saint Louis University’s nutrition and dietetics major take the following courses.

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<td>General Biology: Information Flow and Evolution</td>
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<td>General Chemistry 1</td>
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<td>&amp; CHEM 1115 &amp; General Chemistry 1 Laboratory</td>
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<td>CHEM 2410</td>
<td>Organic Chemistry 1</td>
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<td>&amp; CHEM 2415 &amp; Organic Chemistry 1 Laboratory</td>
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<td>ENGL 1900</td>
<td>Advanced Strategies of Rhetoric and Research</td>
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<td>HCE 2010</td>
<td>Foundations in Clinical Health Care Ethics</td>
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<td>Interprofessional Collaboration and Healthcare in</td>
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<td></td>
<td>Global Context</td>
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<td>Interprofessional Community Practicum</td>
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<td>Management Theory and Practice</td>
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<td>PSY 1010</td>
<td>General Psychology</td>
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<td>STAT 1300</td>
<td>Elementary Statistics with Computers</td>
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<td>Nutrition and Dietetic Courses</td>
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<td>DIET 1000</td>
<td>Contemporary Issues in Food and Nutrition</td>
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<td>DIET 2080</td>
<td>Foundations in Nutrition</td>
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<td>DIET 2100</td>
<td>Nutrition in the Lifecycle</td>
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<td>Principles of Food Preparation</td>
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<td>DIET 2511</td>
<td>Cultural Aspects of Food</td>
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<td>DIET 3600</td>
<td>Food Science</td>
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<td>DIET 3700</td>
<td>Quantity Food Procurement/Prep</td>
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<td>DIET 3850</td>
<td>Advanced Nutrition</td>
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<td>DIET 3890</td>
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<td>DIET 4100</td>
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<td>DIET 4350</td>
<td>Food Systems Management I</td>
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<tr>
<td>IPE 4200</td>
<td>Applied Decision-Making in Interprofessional Practice</td>
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<td>PPY 2540</td>
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<td>DIET 4160</td>
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<td>DIET 4400</td>
<td>Nutrition Education</td>
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<td>DIET 4880</td>
<td>Research Seminar II</td>
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**Standard Track**

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<td>BIOL 3020</td>
<td>Biochemistry and Molecular Biology</td>
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<tr>
<td>BIOL 3040</td>
<td>Cell Structure &amp; Function</td>
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<td>CHEM 2420 &amp; CHEM 2425</td>
<td>Organic Chemistry 2 and Organic Chemistry 2 Laboratory</td>
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<td>MATH 1510</td>
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<td>PHYS 1310 &amp; PHYS 1320</td>
<td>Physics I and Physics I Laboratory</td>
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<td>Foundations of Medicine</td>
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**Culinary Track**

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<td>MATH 1200</td>
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<td>DIET 2750</td>
<td>World Cuisines</td>
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<td>DIET 3030</td>
<td>Sustainable Food Systems</td>
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<td>DIET 3190</td>
<td>Garde Manger</td>
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<td>DIET 3750</td>
<td>Advanced Cooking</td>
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<td>DIET 4250</td>
<td>Baking and Pastry</td>
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<td>Farm to Table Ecology</td>
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**Pre-Medicine Track**

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<td>Principles of Genetics</td>
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<td>Organic Chemistry 2 and Organic Chemistry 2 Laboratory</td>
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<td>Medical Terminology</td>
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### Standard Track

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### PA Scholars Track

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### Continuation Standards

Students must maintain a minimum 2.50 grade point average (GPA) and earn a C- or higher in all DPD coursework.

Students can maintain good academic standing in the DPD Program by maintaining cumulative grade point average (GPA) of 2.5/4.0 or higher, by earning a C or higher in all Dietetic, Math, and Science courses, and a C- in all other courses.

### Roadmap

Roadmaps are recommended semester-by-semester plans of study for programs and assume full-time enrollment unless otherwise noted.

Courses and milestones designated as critical (marked with !) must be completed in the semester listed to ensure a timely graduation. Transfer credit may change the roadmap.

This roadmap should not be used in the place of regular academic advising appointments. All students are encouraged to meet with their advisor/mentor each semester. Requirements, course availability and sequencing are subject to change.

### Standard Track

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**Credits**: 13

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**Credits**: 15

#### Total Credits: 122

### Program Notes

#### Elective Recommendations

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### Culinary Track

#### Course

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**Credits**: 18

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#### Spring

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### Year Four

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### Medical Scholars Track

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### Program Notes
Curriculum is designed to address SLU's School of Medicine requirements and is subject to change. If applying to a medical school at another institution, please consult their website for specific requirements.
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| Credits | 133 |

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**Nutrition and Dietetics Scholars - Standard**

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*Nutrition and Dietetics Scholars - Standard* includes a mix of courses and credits, providing a comprehensive education in nutrition and dietetics.
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<td>MATH 1300 or STAT 1300</td>
<td>Elementary Statistics with Computers</td>
<td>3</td>
</tr>
</tbody>
</table>

| IPE 2100 | Interprofessional Collaboration and Healthcare in Global Context | 3 |
| MATH 1200| College Algebra                                       | 3       |

| Credits | 18 |

**Year Two**

**Fall**

<table>
<thead>
<tr>
<th>Course</th>
<th>Title</th>
<th>Credits</th>
</tr>
</thead>
<tbody>
<tr>
<td>CHEM 2410</td>
<td>Organic Chemistry I</td>
<td>3</td>
</tr>
<tr>
<td>CORE 1600</td>
<td>Ultimate Questions: Theology</td>
<td>3</td>
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<tr>
<td>CORE 1700</td>
<td>Ultimate Questions: Philosophy</td>
<td>3</td>
</tr>
<tr>
<td>DIET 2510</td>
<td>Principles of Food Preparation</td>
<td>3</td>
</tr>
<tr>
<td>DIET 2511</td>
<td>Cultural Aspects of Food</td>
<td>3</td>
</tr>
<tr>
<td>MATH 1300 or STAT 1300</td>
<td>Elementary Statistics with Computers</td>
<td>3</td>
</tr>
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</table>

| Credits | 18 |

**Spring**

<table>
<thead>
<tr>
<th>Course</th>
<th>Title</th>
<th>Credits</th>
</tr>
</thead>
<tbody>
<tr>
<td>ACCT 2200</td>
<td>Financial Accounting</td>
<td>3</td>
</tr>
<tr>
<td>CHEM 3600</td>
<td>Principles of Biochemistry</td>
<td>3</td>
</tr>
<tr>
<td>CORE 2500</td>
<td>Cura Personalis 2: Self in Contemplation</td>
<td>3</td>
</tr>
<tr>
<td>DIET 2100</td>
<td>Nutrition in the Lifecycle</td>
<td>3</td>
</tr>
<tr>
<td>DIET 2750</td>
<td>World Cuisines</td>
<td>3</td>
</tr>
<tr>
<td>DIET 3030</td>
<td>Sustainable Food Systems</td>
<td>3</td>
</tr>
<tr>
<td>MGT 3000</td>
<td>Management Theory and Practice</td>
<td>3</td>
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| Credits | 18 |

**Year Three**

**Fall**

<table>
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<tr>
<th>Course</th>
<th>Title</th>
<th>Credits</th>
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</thead>
<tbody>
<tr>
<td>BLS 4510</td>
<td>Medical Microbiology</td>
<td>4</td>
</tr>
<tr>
<td>DIET 3190</td>
<td>Garde Manger</td>
<td>3</td>
</tr>
<tr>
<td>DIET 3600</td>
<td>Food Science</td>
<td>4</td>
</tr>
<tr>
<td>DIET 4020</td>
<td>Beverage Theory and Service: Wine, Spirits, Bee, Coffee &amp; Tea</td>
<td>3</td>
</tr>
<tr>
<td>PPY 2540</td>
<td>Human Physiology</td>
<td>4</td>
</tr>
</tbody>
</table>

| Credits | 18 |

**Spring**

<table>
<thead>
<tr>
<th>Course</th>
<th>Title</th>
<th>Credits</th>
</tr>
</thead>
<tbody>
<tr>
<td>DIET 3700</td>
<td>Quantity Food Procurement/Prep</td>
<td>3</td>
</tr>
<tr>
<td>DIET 3750</td>
<td>Advanced Cooking</td>
<td>3</td>
</tr>
<tr>
<td>DIET 3850</td>
<td>Advanced Nutrition</td>
<td>4</td>
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<tr>
<td>DIET 4250</td>
<td>Baking and Pastry</td>
<td>3</td>
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<tr>
<td>DIET 4300</td>
<td>Foundations in Comm. Nutrition</td>
<td>3</td>
</tr>
</tbody>
</table>

| Credits | 16 |

**Year Four**

**Fall**

<table>
<thead>
<tr>
<th>Course</th>
<th>Title</th>
<th>Credits</th>
</tr>
</thead>
<tbody>
<tr>
<td>DIET 3890</td>
<td>Internship Seminar</td>
<td>1</td>
</tr>
<tr>
<td>DIET 4100</td>
<td>Medical Nutrition Therapy I</td>
<td>3</td>
</tr>
<tr>
<td>DIET 4110</td>
<td>Clinical Practicum Lab I (Criminal Background Check Required)</td>
<td>2</td>
</tr>
<tr>
<td>DIET 4350</td>
<td>Food Systems Management I</td>
<td>3</td>
</tr>
<tr>
<td>DIET 4500</td>
<td>Nutrition Counseling</td>
<td>3</td>
</tr>
<tr>
<td>DIET 4870</td>
<td>Research Seminar I</td>
<td>1</td>
</tr>
</tbody>
</table>

| Credits | 13 |

**Spring**

<table>
<thead>
<tr>
<th>Course</th>
<th>Title</th>
<th>Credits</th>
</tr>
</thead>
<tbody>
<tr>
<td>DIET 4150</td>
<td>Medical Nutrition Therapy II</td>
<td>3</td>
</tr>
<tr>
<td>DIET 4360</td>
<td>Food Systems Management II</td>
<td>3</td>
</tr>
</tbody>
</table>

| Credits | 17 |

**Total Credits** 124
Pre-Physician Assistant Track

Course | Title | Credits
--- | --- | ---
**Year One** | | |
| **Fall** | | |
! BIOL 1240 & BIOL 1245 | General Biology: Information Flow and Evolution and Principles of Biology I Laboratory | 4
! CHEM 1110 & CHEM 1115 | General Chemistry 1 and General Chemistry 1 Laboratory | 4
CORE 1500 | Cura Personalis 1: Self in Community | 1
CORE 1600 | Ultimate Questions: Theology | 3
ENGL 1900 | Advanced Strategies of Rhetoric and Research | 3
MATH 1200 | College Algebra | 3
| Credits | 18

| **Spring** | | |
! BIOL 1260 & BIOL 1265 | General Biology: Transformations of Energy and Matter and Principles of Biology II Laboratory | 4
! CHEM 1120 & CHEM 1125 | General Chemistry 2 and General Chemistry 2 Laboratory | 4
DIET 1000 | Contemporary Issues in Food and Nutrition | 2
HSCI 2200 | Medical Terminology | 3
IPE 2100 | Interprofessional collaboration and Healthcare in Global Context | 3
| Credits | 16

| **Year Two** | | |
| **Fall** | | |
CHEM 2410 | Organic Chemistry 1 | 3
CORE 1700 | Ultimate Questions: Philosophy | 3
DIET 2511 | Cultural Aspects of Food | 3
HCE 2010 | Foundations in Clinical Health Care Ethics | 3
HSCI 3300 & HSCI 3310 | Anatomy & Physiology I and Anatomy & Physiology I Lab | 4
| Credits | 16

| **Spring** | | |
CHEM 2420 | Organic Chemistry 2 | 3
CORE 1200 | Eloquencia Perfecta 2: Oral and Visual Communication | 3
CORE 2500 | Cura Personalis 2: Self in Contemplation | 0
DIET 2080 | Foundations in Nutrition | 3
DIET 2510 | Principles of Food Preparation ($\text{A required before enrolling}$) | 3
HSCI 3400 & HSCI 3410 | Anatomy and Physiology Lecture II and Anatomy & Physiology II Lab | 4
| Credits | 16

| **Year Three** | | |
| **Fall** | | |
Biol 3020 | Biochemistry and Molecular Biology | 3
BLS 4510 | Medical Microbiology | 4
DIET 3600 | Food Science | 4
ECON 1900 | Principles of Economics | 3
MGT 3000 | Management Theory and Practice | 3
MLS 4515 | Medical Microbiology Laboratory (optional) | 1
| Credits | 18

| **Spring** | | |
DIET 2100 | Nutrition in the Lifecycle | 3
DIET 3700 | Quantity Food Procurement/Prep ($\text{I and lab}$) | 3
DIET 3850 | Advanced Nutrition | 4
DIET 4300 | Foundations in Comm. Nutrition | 3
MATH 1300 or STAT 1300 | Elementary Statistics with Computers | 3
| Credits | 16

| **Year Four** | | |
| **Fall** | | |
BIOL 3030 | Principles of Genetics | 3
DIET 3890 | Internship Seminar | 1
DIET 4100 | Medical Nutrition Therapy I | 3
DIET 4110 | Clinical Practicum Lab I ($\text{Criminal Background Check Required}$) | 2
DIET 4350 | Food Systems Management I | 3
DIET 4500 | Nutrition Counseling | 3
DIET 4870 | Research Seminar I | 1
| Credits | 16

| **Spring** | | |
DIET 4150 | Medical Nutrition Therapy II | 3
DIET 4160 | Clinical Practicum Lab II | 3
DIET 4360 | Food Systems Management II | 3
DIET 4400 | Nutrition Education | 3
IPE 4900 | Interprofessional Community Practicum | 2
PSY 1010 | General Psychology | 3
| Credits | 17

| **Program Notes** | | |
Curriculum is designed to address SLU physician assistant program requirements and is subject to change. If applying to a physician assistant program at another institution, please consult their website for specific requirements.

| **Contact Us** | | |
Apply for Admission (https://www.slu.edu/admission/)

Contact Doisy College of Health Sciences:
Julie Miller
Recruitment Specialist
314-977-2570
dchs@health.slu.edu