Major Steps 2013-14
Nutrition/Dietetics

Note: Highline Community College does not offer this major. However, you can complete many of the pre-requisite courses at Highline and then apply to a nutrition program at a four-year university. Every effort has been made to provide current, accurate publication content. Always verify the admission information with your intended university.

What does a Major in Nutrition/Dietetics prepare me to do?
Dietitians/nutritionists plan diets for patients and educate people about eating healthy foods. Some of them supervise food preparation and service. Some Registered Dietitians (RDs) may call themselves "nutritionists," but not all nutritionists are registered dietitians. Refer to the Academy of Nutrition and Dietetics (www.eatright.org) for more information regarding the "RD" credential.

There are four main areas of work for dietitians: Management dietitians generally work in large hospitals, schools, prisons, and cafeterias and assess that the proper nutrients are being supplied. Clinical dietitians work in hospitals and nursing homes. Based on patients' health and nutritional information, dietitians develop diets. Community dietitians work with the public as well as with patients and teach classes about diet and nutrition. Consultant dietitians often run their own business. Source: Washington Occupational Information System (www.wois.org)

In Washington, the median yearly salary for dietitians is $58,762. The need for dietitians is expected to increase since people are paying more attention to their eating habits. In addition, the growing population of elderly people will have an effect. Source: – www.wois.org

How do I prepare for a major in Nutrition/Dietetics? What Washington universities offer this major? Universities that offer this program include Bastyr University (www.bastyr.edu), Central Washington University in Ellensburg (www.cwu.edu), Seattle Pacific University (www.spu.edu), and Washington State University (www.wsu.edu). Note: WSU’s degree in Nutrition and Exercise Physiology at Spokane is a unique two-year bachelor’s completion degree (junior and senior years). WSU’s program focuses on the effects of nutrition and exercise on human health.
Prerequisite courses and minimum GPAs:
(Always contact your university directly to confirm required GPA for admission)

**Bastyr University**
BIOL& 160 or BIOL& 211 (211 preferred); BIOL& 260 (this course is required for the Nutrition basic track); BIOL 119 or BIOL& 213; CHEM& 161 and CHEM&162; ENGL & 101 and another composition or literature class (check with Bastyr which class they prefer); CMST& 220; MATH 111 or MATH & 141; NUTR& 101; PSYC& 100.

Minimum Cumulative GPA of 2.75 with a grade of C or better in all basic proficiency and science requirement courses. Keep in mind, however, that the program is competitive so it will be to your benefit to strive for a much higher admission GPA than is listed on Bastyr’s website—Always contact the school directly to verify GPA requirement.)

**Central Washington University** (Cumulative GPA of 3.0)
BIO& 241:BIO& 242: BIO& 260: CHEM& 121;CHEM& 131; NUTR& 101; ANTH& 206; ECON 110; PSYC& 100.

**Seattle Pacific University** (Cumulative GPA of 2.8 for Dietetics major, but 3.0 or higher is preferred.)
BIO& 241; BIO& 242; BIO& 260; MATH&146; ACCT& 201 and ACCT& 202. For a list of chemistry prerequisite courses you should complete, contact SPU’s program directly.

**Washington State University** (A minimum cumulative undergraduate GPA of 3.0 is required; minimum cumulative GPA of 3.0 in all prerequisite courses, and no lower than ‘C’ grade in any prerequisite course.)
BIO& 160, BIO& 241, BIO& 242, BIO& 260, CHEM& 121, CHEM& 131, MATH& 146, PSYC& 100, PHIL 110.

If possible, enroll for WSU’s MBIOS 303-Intro to Biochemistry (online class). By enrolling in this online class and completing HCC’s CHEM& 121 and CHEM & 131, you will have fulfilled all of the chemistry courses required for admission to the WSU Program.
Note: Although CMST& 220 is not a prerequisite for admission to the WSU program, you are highly encouraged to complete the course as part of the AA degree.)

**Where can I get more information on this career?**
Academy of Nutrition and Dietetics www.eatright.org
Washington State Academy of Nutrition and Dietetics www.nutritionwsda.org

**How do I get assigned a nutrition faculty adviser to help me with my educational planning?**
To request a faculty adviser, go to: http://edplanning.highline.edu/request.advisor.php or drop in at the Educational Planning and Advising Center (EPAC) in Building 6.
For our hours of operation, go to http://edplanning.highline.edu/contact.php