



WESTERN  
ILLINOIS  
UNIVERSITY

1 University Circle  
Macomb, IL 61455

**DIETETICS**

**STUDENT HANDBOOK**

**January 2019**

**Didactic Program in Dietetics  
(DPD)**

**Department of Kinesiology**

**The Department of Kinesiology**

The Department of Kinesiology is located in the College of Education and Human Services, which is one of the four major divisions within the University. The Department of Kinesiology at Western Illinois University has been preparing future professionals for over a century at both the undergraduate and graduate levels. The curriculum for each of the five undergraduate majors that are offered balances time spent in the classroom learning concepts, theory and skills with time spent applying this information during hands on experiences.

At the undergraduate level, the department prepares students for careers in athletic training, dietetics, exercise science, physical education, and nutrition and foodservice management. Graduates of the program are employed in a wide variety of areas including adapted physical activity, clinical, community, educational, fitness, and sports medicine settings.

At the graduate level, degrees are offered in kinesiology and sport management. Each of these majors allows students to focus their program in a specific area that provides them with the knowledge, skills and ability to reach their career goals.

In addition, to these majors, the Department of Kinesiology offers three minors (coaching, nutrition, and SCUBA) as well as offering a variety of General Education fitness, nutrition, and sports courses for all Western Illinois University students. Your advisor will help you select courses from other departments that will complete your preparation for the career of your choice.

### **Philosophy / Mission of Dietetics Program**

The mission of the Didactic Program in Dietetics at Western Illinois University is to prepare graduates with the knowledge and competencies expected of those entering a supervised practice program or entering a nutrition-related health career including becoming a registered dietitian.

### **Accreditation Status of the Didactic Program in Dietetics**

The Accreditation Council for Education in Nutrition and Dietetics last accredited the current dietetics program at Western Illinois University as a Didactic Program in Dietetics (DPD) in 2016. The Council is located at the Academy of Nutrition and Dietetics headquarters at 120 S. Riverside Plaza #2190, Chicago, IL 60606; 800-877-1600. After receiving the degree in Dietetics and meeting the competencies for the DPD, students are eligible for a verification statement required to apply for an accredited Dietetic Internship. After completion of the Internship, students are verified to take the Registration Examination to earn the credential RD (Registered Dietitian).

### **Goals and Outcome Measures of the Dietetics Program**

**Program Goal #1:** The program will prepare graduates to be competent entry-level nutrition professionals.

- **Outcome Measures**

- 90% of enrolled students will complete program requirements within 6 years (150% of program length).\*
- 50% of students will apply for a dietetic internship within 12 months of graduation.\*
- 80% of students who apply for a dietetic internship are matched.\*
- 80% of students will pass the registration exam on the first attempt.\*
- 85% of students who complete a dietetic internship will be employed as dietitians at one year survey.
- 90% of one year graduates will rate the program as satisfactorily or above in the eight foundation and skill areas and other professional descriptors.  
(\* Required program objectives.)

**Program Goal #2:** The program will encourage students to become active professionals.

- **Outcome Measures**

- 40% of graduates will enter internships that include graduate credit.
- 95% of students who respond on alumnae survey indicate that the program prepared them adequately in professionalism.
- 90% of internship directors will respond that students performed satisfactorily as professionals.
- 85% of graduates will indicate at least one professional activity at three year follow up.  
(\* Outcome data measuring achievement of program objectives available upon request.)

### **Admission to the Program**

1. To be accepted into the Bachelor of Science in Dietetics program, a student must complete 60 semester hours (s.h.) with a minimum cumulative 3.00 GPA.
2. Transfer students who have earned 60 s.h. prior to matriculation at WIU, with a minimum cumulative 3.00 GPA, will enter as declared majors.
3. After acceptance into the Bachelor of Science in Dietetics program, each student must maintain a cumulative GPA of 3.00 or higher on a 4.0 scale to be retained in the program. Students with less than a 3.0 GPA after admission into the B.S. in Dietetics will be dismissed from the Dietetics program.

### **Advising Information and Procedures**

The academic advisor for the Dietetics program is located in Horrabin Hall 91. The academic advisor is available to help plan your degree program, assist in registering for each semester's classes, and can direct you to the appropriate person on campus when you have other concerns or career questions. A sample four-

year plan for the program is included in this handbook. You should expect to complete prerequisites for courses as listed in the University Catalog. Exceptions are made on occasion when a student's scheduled plan would require extra semesters, but only under special circumstances. Those would usually include a student who is obtaining a second degree and has a strong grade point average. In addition, this would require the approval of the Program Director and the instructor of the course in question. You can also expect your academic advisor to keep current records on your academic progress, check and approve your graduation application, and provide the latest information on policies, procedures, requirements, and facilities of the university. The information you need for making an appointment with your advisor is as follows:

**Advisor Name** ..... **Keri Allison**  
**Office Address** ..... **Horrabin Hall 91**  
**Telephone** ..... **298-1438**  
**Office Hours** ..... **M - F, 8:30 a.m. to 4:00 p.m. by appointment**

### **Advising for Dietetics Students**

In addition to the academic advising available through the College of Education and Human Services, students who are planning to meet the competencies in dietetics should meet with the Director of the Didactic Program in Dietetics early in their academic experience. Dr. Lorri Kanauss is the Director of the Dietetics Program.

Dr. Kanauss will be responsible for signing the verification statement that you have met the competencies for the undergraduate dietetics program, allowing you to apply for a post baccalaureate internship. She will also advise you on preparing application packets for dietetic internship programs. If you are a transfer student, Dr. Kanauss will need to review catalog descriptions and syllabi from courses taken at other universities or programs to determine if the competencies have been met. You may contact Dr. Kanauss directly for an appointment at 298-1049. Her office is KH 115 and office hours are posted on her door.

### **Verification of Completion**

Upon completion of all requirements of the DPD program you will receive six signed verification of completion forms. During the last semester in the program, you should make arrangements with Dr. Kanauss regarding the verification form. Required information for the form includes first, middle, and last names. Give this information, along with your summer address to Dr. Kanauss before leaving campus. Upon verification from the registrar's office that you have completed all program requirements, you will receive six originally signed copies of the verification form. Please keep these forms in a secure place. If you have completed the requirements for the program you will receive the verification whether or not you have applied

for or been accepted into a dietetic internship. You will need one copy for entrance into a dietetic internship and another to sit for the registration exam. You may need other copies for other professional certifications at later times in your professional development.

### **Other Policies**

Please see the Undergraduate Catalog and/or Student Handbook for the following policies:

- Withdrawal and refund of tuition and fees ([www.wiu.edu/catalog/2017 - 2018/admission/refund.php](http://www.wiu.edu/catalog/2017-2018/admission/refund.php)) or ([www.wiu.edu/vpas/business\\_services/billing/refund.php](http://www.wiu.edu/vpas/business_services/billing/refund.php))
- Scheduling and program calendar, including vacation and holidays ([www.wiu.edu/provost/calendar/](http://www.wiu.edu/provost/calendar/))
- Protection of privacy information ([www.wiu.edu/vpas/administrative\\_procedures.../sensitiveData.php](http://www.wiu.edu/vpas/administrative_procedures.../sensitiveData.php))
- Access to personal files, student support services, including health services, counseling and testing, and financial aid resources ([www.wiu.edu/vpas/administrative\\_procedures\\_handbook/](http://www.wiu.edu/vpas/administrative_procedures_handbook/))
- Insurance requirements, including those for professional liability, and injury or illness while in a facility for supervised practice ([www.wiu.edu/vpas/administrative\\_procedures\\_handbook/](http://www.wiu.edu/vpas/administrative_procedures_handbook/))
- Assessment of prior learning and credit toward program requirements ([www.wiu.edu/student\\_services/.../transfer/standards.php](http://www.wiu.edu/student_services/.../transfer/standards.php)) or ([www.wiu.edu/catalog/admission/transfer.php](http://www.wiu.edu/catalog/admission/transfer.php))
- Disciplinary/termination procedures ([www.wiu.edu/policies/acintegrity.php](http://www.wiu.edu/policies/acintegrity.php))
- Graduation and program completion requirements ([www.wiu.edu/catalog/requirements/graduation.php](http://www.wiu.edu/catalog/requirements/graduation.php))
- Grievance procedures (<http://www.wiu.edu/complaints/>)

### **Applying for a Dietetic Internship**

In order to become a registered dietitian you must complete the following:

- Complete an ACEND accredited dietetics undergraduate program
- Receive a verification form from the Dietetics Program Director
- Apply and receive acceptance into an accredited Dietetic Internship Program
- Complete the internship program
- Pass the registration exam

The program at Western Illinois University meets the first of these requirements. The internship program is a minimum of 1200 supervised practice hours designed to put the theoretical knowledge from your undergraduate degree into practice in a variety of settings such as hospital work, outpatient counseling, public

nutrition programs, school lunch programs, and management dietetic experiences. The length of time in each rotation will vary with internships. In addition, some internships offer master's degrees while completing the supervised practice hours.

The internship application process is extremely competitive. Therefore, it is important that you begin early to build your resume to increase your chances of acceptance into an internship. Several factors are taken into account when internships accept students. One of the most important factors is your grade point average. You should strive to achieve and maintain above a 3.0 grade point average. If you are having trouble with a class, see the instructor immediately to get help. In addition, see Dr. Kanauss and let her know you are having difficulty. In some cases, upperclassmen are willing to help students with chemistry or other science requirements.

You can also increase your chances of receiving an internship by gaining work experience in the profession of dietetics. Students achieve this in a variety of ways. Some use summer work hours in a hospital dietary department to gain this experience. Nursing homes in Macomb often hire dietetics students as part-time workers in the dietary department. Some students volunteer at local WIC offices. In addition, you will be required to take a dietetics practicum course through WIU, which can be completed at local facilities in your hometown. If you are having difficulty finding appropriate experiences, again see Dr. Kanauss or another dietetics faculty. We will be happy to help you find a way to get experience.

Internships also seek students who have demonstrated leadership skills. Try to become involved in student organizations. The Kinesiology Department has several student organizations that offer many opportunities for experience. Becoming active in the dietetics profession early is also desirable. You can become an associate member of the Academy of Nutrition and Dietetics for a reasonable amount. You can join anytime at [www.eatright.org](http://www.eatright.org). During your Junior and Senior year, try to attend the national Food and Nutrition Conference and Expo of the Academy of Nutrition and Dietetics. Faculty may assist students in setting up transportation and housing; however, you will need to plan your budget so that you can afford to take advantage of this opportunity to hear the latest developments in dietetics, meet potential internship directors, and network with dietitians.

### **Graduate Surveys**

The input of our graduates is of vital importance to the maintenance of quality and curricular revisions. One year after completion of the program, you will receive an electronic survey asking you to rate your preparation in several academic areas. Your honest and thoughtful consideration is appreciated as you complete the survey. At the three-year post graduation date you will receive a postcard with update information on professional activities. Again, we will appreciate your time in completing the information.

### **Additional Program Costs**

In addition to University tuition, room and board, etc., certain costs will be incurred in the dietetics degree program at Western Illinois University. The following items are **estimated** costs offered to assist students in planning for their financial responsibilities while at Western.

Laboratory uniform (required for all food classes) .....	\$65.00
NUTR 307 Dietetic Field Study.....	\$50.00
Student organization membership fee (varies).....	\$10–40.00/year
Dietetics Polo.....	\$40.00

### **Student Organizations**

Since organizations provide the opportunity to develop leadership skills and form friendships, you will be encouraged to join one or more of the nutrition-related organizations available. Organizations invite professional speakers, take trips and tours, and sponsor events on campus. Participation helps build a strong resume.

- **Kappa Omicron Nu (KONu)** is the honorary organization available for dietetics majors. Students who have 45 semester hours completed at WIU and are within the top 25% of their eligible major are invited to join.
- **Student Association of Nutrition Education (SANE)** is for all students interested in nutrition and food related topics.
- **Food and Culture Club** provides multicultural experiences with food, speakers, and music from around the globe.
- **WIU Food Pantry** is a student organization and is responsible for the daily operations of the food pantry located on campus.

### **Scholarships**

Those scholarships open for application to dietetics students are:

Dorothy Holland Scholarship	Sarah Miner Scholarship
Margaret Lavery Scholarship	Nola and LaVern McEntire Scholarship
Chef John Lawrence Scholarship	Nancy Neeley Scholarship
Lila Linder Scholarship	Marian Sympson Scholarship
Roscoe G. Linder Scholarship	

In addition to these scholarships, the Kinesiology Department and Academy of Nutrition and Dietetics provide scholarships. Students should contact Dr. Kanauss for information on these opportunities. Students should check the specific requirements of each scholarship before applying.

Listed below are several scholarships and criteria open to Dietetics majors. If you are eligible and wish to apply, see <http://www.wiu.edu/coehs/kinesiology/scholarships/#dietetics>.

#### **Dorothy Holland Scholarship**

The recipient must have:

- A. a minimum GPA of 3.0
- B. completed a minimum of 15 SH in Dietetics or NFSM
- C. Sophomore, Junior or Senior standing

**Students must reapply if renewal is sought.**

### **Margaret Lavery Scholarship**

The recipient must:

- A. be a Dietetics major
- B. have a 3.2 GPA
- C. have completed 60 hours of undergraduate credit

**Students must reapply if renewal is sought.**

### **Chef John Lawrence Scholarship**

To be eligible for this scholarship a student should:

- A. be a Dietetics major
- B. have Junior or Senior standing when the scholarship funding is to be received
- C. write a narrative describing their dedication to the profession of dietetics and dietetic related activities that the student has participated

**Students must reapply if renewal is sought.**

### **Lila S. Linder Scholarship**

Eligibility for this scholarship requires that students: (freshmen only)

- A. be a high school graduate in the upper 20% of their class or have an ACT total score of 20 or better
- B. must be majoring in Dietetics or NFSM and a full time student at Western Illinois University during the scholarship period
- C. must demonstrate dependability, leadership, and service to high school and/or community

**Students must reapply if renewal is sought.**

### **Roscoe G. Linder Scholarship**

The recipient must:

- A. be a sophomore majoring in Dietetics or NFSM at Western Illinois University
- B. be a sophomore who has completed at least 30 semester hours at Western Illinois University and plans to graduate from the University
- C. have attained a cumulative grade point average of 3.0 or above
- D. be a full-time student during the scholarship period
- E. have completed at least 6 semester hours in Dietetics or NFSM at Western Illinois University

**Students must reapply if renewal is sought.**

### **Sarah Miner Scholarship**

The recipient must:

- A. be majoring in Dietetics or NFSM at Western Illinois University
- B. be a full time student during the scholarship period
- C. be a junior, senior, or fifth year student
- D. have a cumulative GPA of 2.8 or higher
- E. have completed a minimum of 12 semester hours in Dietetics or NFSM

**Students must reapply if renewal is sought.**

### **Nola and LaVern McEntire Scholarship**

The recipient must:



- A. be a student pursuing the degree in Dietetics
- B. have junior standing (60 hours or more) by the end of the semester of application.
- C. have a minimum grade point average of 3.25 is required.
- D. be a U.S. citizen

In addition to completing the application form, the student must submit to the Department Chair:

- E. Dietetics or Nutrition faculty person addressing leadership and service within the Department and University community
- F. an employer and/or community organization sponsor addressing evidence of service within the University or community
- G. another individual addressing evidence of service and leadership

**Students must reapply if renewal is sought.**

### **Nancy Neeley Scholarship**

The recipient must:

- A. be a major in Dietetics or NFSM at Western Illinois University
- B. be a full time student during the scholarship period
- C. show evidence of intent to graduate from the University
- D. demonstrate dependability, leadership, and service

The **freshman** applicant must:

- A. be a high school graduate in the upper 20% of the graduating class OR have an ACT of 20 or above
- B. be registered as a full-time student at Western Illinois University

The **sophomore** applicant must:

- A. be a full-time student at WIU when applying
- B. have attained a cumulative GPA of 2.8 or above
- C. have completed at least 6 semester hours in Dietetics or NFSM
- D. be classified as a sophomore at WIU for the entire year of the scholarship

**Students must reapply if renewal is sought.**

### **Marian Sympson Scholarship**

The recipient must have:

- A. Dietetics or NFSM student completing an internship during the award period. (typically the summer before or after the senior year)
- B. Be a student majoring in Dietetics or NFSM at Western Illinois University.
- C. Must have a cumulative grade point average of 2.8 or above.
- D. Complete an internship immediately after completion of all required coursework or with the permission of the department chair.
- E. Seniors must have completed at least 30 semester hours in Dietetics or NFSM coursework at Western Illinois University.
- F. Show a strong interest and involvement in Dietetics or Nutrition clubs and employment.
- G. Preference will be given to students completing unpaid internships.
- H. There is no citizenship requirement.

**Scholarship is not renewable.**

**ALL APPLICATIONS ARE AVAILABLE ON THE KINESIOLOGY DEPARTMENT WEBSITE  
KINESIOLOGY DEPARTMENT  
Bachelor of Science in Dietetics**

FALL 1 <sup>ST</sup> YEAR		SPRING 1 <sup>ST</sup> YEAR		SUMMER
COURSE	Sem. Hrs.	COURSE	Sem. Hrs.	COURSE Sem.Hrs.
*NUTR 109 Introduction to Nutrition (3)		* Gen Ed (Natural Sc. STAT 171 Gen Elementary Statistics (3)		
NUTR 190 Intro to Prof Practices (1)		* ENG 180 College Writing I (3)		
HM 151 Principles of Safety, Security (2)		*Gen Ed Humanities (3)		
* Gen Ed (Natural Sc CHEM 101 General Chemistry I (4)		Gen Ed(Natural Sc. CHEM 102 General Chemistry II (4)		
*UNIV 100 Personal Growth & Well-Being (1)		* Gen Ed(Social Sc.SOC 100 Intro to Soc (3)		
* Gen Ed (Natural Sc. BIO100) (4)				
<b>Total Semester Hours: 15</b>		<b>Total Semester Hours: 16</b>		

FALL 2 <sup>ND</sup> YEAR		SPRING 2 <sup>ND</sup> YEAR		SUMMER
COURSE	Sem. Hrs.	COURSE	Sem. Hrs.	COURSE Sem.Hrs.
NUTR 209 Intermediate Nutrition (3)		HM 250 & 251 Quantity Food Production and Service (3)		
HM 253 Systems Procurement (3)		*NUTR 300 Food & Culture (3)		
CHEM 221 Elementary Bio Chemistry (4)		NUTR 304 Nutrition Informatics (3)		
MICRO 200 Introductory Microbiology (4)		KIN 290 Anatomy & Physiology I (3)		
NUTR 152 & 153 Principles of Food Preparation (3)		*ENG 280 College Writing II (3)		
<b>Total Semester Hours: 17</b>		<b>Total Semester Hours: 15</b>		

FALL 3 <sup>RD</sup> YEAR		SPRING 3 <sup>RD</sup> YEAR		SUMMER
COURSE	Sem. Hrs.	COURSE	Sem. Hrs.	COURSE Sem.Hrs.
*Gen Ed Humanities (3)		NUTR 301 Food Science Theory & Applic (3)		
NUTR 305 Nutrition Through Life Span (3)		*COMM 241 Intro to Public Speaking (3)		
NUTR 407 Dietetics Comm & Edu (3)		NUTR 307 Nutrition Field Study (1)		
KIN 291 Anatomy & Physiology II (3)		NUTR 409 Dietetics Practicum (1)		
* Gen Ed(Social Sc.ECON 231 Principles of Macroeconom. (3)		*Gen Ed Humanities (3)		
		*Gen Ed(Social Sc.PSY 100 Intro Psycho (3)		
<b>Total Semester Hours: 15</b>		<b>Total Semester Hours: 14</b>		

FALL 4 <sup>TH</sup> YEAR		SPRING 4 <sup>TH</sup> YEAR		SUMMER
COURSE	Sem. Hrs.	COURSE	Sem. Hrs.	COURSE Sem.Hrs.
HM 353 Hospitality Fin. Syst. (3)		NUTR 308 Nutrition for the Older Adult (3)		
NUTR 404 Nutrition Assessment (3)		NUTR 408 Community Nutrition (3)		
NUTR 306 Nutrition Science I (3)		NUTR 410 Medical Nutrition Therapy II (3)		
NUTR 438 Dietetics Pre-Internship (1)		HRM 353 Human Resource Mgt. (3)		
NUTR 406 Medical Nutrition Therapy I (3)		NUTR 405 Nutrition Science II (3)		
MGT 349 Principles of Mgt. (3)				
<b>Total Semester Hours: 16</b>		<b>Total Semester Hours: 15</b>		

**Grand Total Semester Hours: 123**      \* Gen. Ed. Course

### Dietetics Faculty

**Faculty****Office****Phone**

Gurzell, Eric

BH 221S

Kanauss, Lorri

KH 115

8-1049

Shupe, Emily

KH 205

8-1244

**STATEMENT OF STUDENT UNDERSTANDING OF DIETETICS POLICIES**

I have received the Didactic Program in Dietetics Student Handbook and have reviewed with the Program Director the policies and information contained in the Handbook.

\_\_\_\_\_  
Date \_\_\_\_\_