

Associate in Arts & Sciences – Direct Transfer (DTA)

BACKGROUND INFORMATION

Dietitians plan food and nutrition programs. They help to prevent and treat illnesses by promoting healthy eating habits and recommending dietary modifications, such as the use of less salt for those with high blood pressure or the reduction in saturated fat for those with high cholesterol.

Dietitians manage food service systems for institutions such as hospitals and schools, promote sound eating habits through education, and conduct research. Major areas of practice include clinical, community, management, and consultant dietetics.

High school students interested in becoming a dietitian should take courses in biology, chemistry, mathematics, health, and communications. Dietitians need at least a bachelor's degree in dietetics, foods and nutrition, food service systems management, or a related area. College students in these majors take courses in foods, nutrition, institution management, chemistry, biochemistry, biology, microbiology, and physiology. Other suggested courses include business, mathematics, statistics, computer science, psychology, sociology, and economics.

Of the 46 States and jurisdictions with laws governing dietetics, 33 require licensure, 12 require certification, and 1 requires registration. The Commission on Dietetic Registration of the Academy of Nutrition and Dietetics (AND) awards the Registered Dietitian (RD) credential to those who pass a certification exam after completing their academic coursework and supervised experience/internship. Because practice requirements vary by State, interested candidates should determine the requirements of the State in which they want to work before sitting for any exam.

Experienced dietitians may advance to assistant director, associate director, or director of a dietetic department or may become self-employed. Some dietitians specialize in areas such as renal or pediatric dietetics. Others may leave the occupation to become sales representatives for equipment, pharmaceutical, or food manufacturers.

Information taken from <http://www.bls.gov/oco/ocos077.htm> [2013]

Registered Dietitians work in:

- *Hospitals, HMOs or other health care facilities*, educating patients about nutrition and administering medical nutrition therapy as part of the health care team. They may also manage the foodservice operations in these settings, as well as in schools, day-care centers, and correctional facilities, overseeing everything from food purchasing and preparation to managing staff.
- *Sports nutrition and corporate wellness programs*, educating clients about the connection between food, fitness, and health.
- *Food and nutrition-related businesses and industries*, working in communications, consumer affairs, public relations, marketing, or product development.
- *Private practice*, working under contract with health care or food companies, or in their own business. RDs may provide services to foodservice or restaurant managers, food vendors, and distributors, or athletes, nursing home residents, or company employees.
- *Community and public health settings* teaching monitoring, and advising the public, and helping to improve their quality of life through healthy eating habits.
- *Universities and medical centers*, teaching physicians, nurses, dietetics students, and others the sophisticated science of foods and nutrition.
- *Research areas* in food and pharmaceutical companies, universities, and hospitals, directing or conducting experiments to answer critical nutrition questions and find alternative foods or nutrition recommendations for the public.

**Approved by Instructional Council March 2017.
DTA checklist effective January 2017. Non-degree-related updates August 2019.**

SALARIES AND JOB OUTLOOK

According to AND's 2007 Dietetics Compensation and Benefits Survey, average salary for dietitians is \$53,000 per year. As with any profession, salaries and fees vary by region of the country, employment settings, scope of responsibility, and supply of RDs. Salaries increase with years of experience.

According to the U.S. Bureau of Labor Statistics, employment of dietitians is expected to grow about 8.6% between 2006 and 2016.

PROGRAM ADVISOR

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GETTING STARTED AT EVCC

Our Enrollment Services Office provides information about application, advising, orientation and registration for new and continuing students. New students must complete entry advising through the Advising Center. Contact:

◆ Enrollment Services, Parks 201, 425-388-9219
admissions@everettcc.edu

◆ Advising Center, Rainier Hall Room 108
435-388-9339, www.everettcc.edu/advising

EDUCATIONAL AND PROFESSIONAL REQUIREMENTS

Registered dietitians (RDs) are food and nutrition experts who have met the following criteria to earn the RD credential:

- Complete a minimum of a bachelor's degree at a US regionally accredited university or college and course work approved by the Accreditation Council for Education in Nutrition and Dietetics <http://www.eatright.org/ACEND/> (ACEND) of The Academy of Nutrition and Dietetics (AND).
- Complete a CADE-accredited supervised practice program at a healthcare facility, community agency, or a foodservice corporation, or combined with undergraduate or graduate studies. Typically, a practice program will run six to twelve months in length.
- Pass a national examination administered by the [Commission on Dietetic Registration](http://www.cdr.org/) (CDR).
- Complete continuing professional educational requirements to maintain registration.

Some RDs hold additional certifications in specialized areas of practice, such as pediatric or renal nutrition, nutrition support, and diabetes education. These certifications are awarded through CDR, the credentialing agency for AND, and/or other medical and nutrition organizations and are recognized within the profession, but are not required.

In addition to RD credentialing, many states have regulatory laws for dietitians and nutrition practitioners. Frequently these state requirements are met through the same education and training required to become an RD.

Information taken from www.eatright.org dated 04/07

Websites of universities in Washington state with programs in nutrition and dietetics:

Bastyr University

<https://bastyr.edu/academics/nutrition>

Central Washington University

www.cwu.edu/health-science/

Washington State University

<https://medicine.wsu.edu/nutrition-and-exercise-physiology-degree-program/>

Seattle Pacific University

www.spu.edu/depts/fcs/food_nutrition/dietetics.html

[AUGUST 2019]

For information about nutrition programs in every state:
Academy of Nutrition and Dietetics
www.eatright.org

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Associate in Arts and Sciences - DTA

This checklist is targeted at transfer students with an interest in pursuing a **Nutrition** degree at a four-year institution. Students should meet with an advisor and maintain this checklist while at Everett Community College. The quarter before expected completion, this checklist should be submitted with a diploma application to the Enrollment Services Office. This checklist refers to requirements listed in the curriculum guide titled "Associate in Arts and Sciences – DTA", which lists all the courses which are approved for the various categories of requirements. Note: Though courses in a foreign language are not required in the DTA degree, some universities may require two or three quarters of foreign language for admission or for graduation.

Courses listed with an ampersand in the course number (e.g. ENGL&101) reflect the Common Course Numbering System. For more information, go to www.everettcc.edu/ccn

Student Name: _____ **Advisor Signature:** _____ **Date:** _____

COMPLETION of [College Success Course](#)

Where completed/Course Title	Year Completed	Grade
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COMPLETION of Diversity Course

Where completed/Course Title	Year Completed	Grade
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Course Number	Course Title	Credits	Qtr Completed	Grade
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BASIC COMMUNICATIONS SKILLS (10 credits total, at least 5 in English Composition)

ENGL& 101	English Composition I	5		
ENGL& 102 (recommended)	Composition II	5		

BASIC QUANTITATIVE SKILLS (5 credits from the [DTA approved Quantitative Skills](#) list.)

MATH 138 (&141 OK)	Applied College Algebra	5		
MATH& 146 (WSU and CWU)	Introduction to Statistics	5		

HUMANITIES (15 credits from the [DTA approved Humanities List](#). See Note 1.)

CMST& 220	Public Speaking	5		
PHIL 110 or &101 (WSU only)	Social Ethics or Intro to Philosophy	5		

SOCIAL SCIENCES (15 credits from the [DTA approved Social Sciences List](#). See Note 1.)

ANTH& 206D (Note 3)	Cultural Anthropology	5		
ECON 101D (Note 3)	Understanding Economics	5		
PSYC& 100	General Psychology	5		

NATURAL SCIENCES (15 credits from the [DTA approved Natural Sciences List](#), including at least one lab science class. See Note 1.)

CHEM& 161 (or possibly &121*)		5		
CHEM& 162 (or possibly &131*)		5		
NUTR& 101	Nutrition	5		
BIOL& 211 (or BIOL& 222)	Majors Cellular	5		
BIOL& 231 (WSU only)	Human Anatomy	6		
BIOL& 232 (WSU only)	Human Physiology	6.5		
BIOL& 260 (WSU, Bastyr only)	Microbiology	5		

*Note: Bastyr University and other universities require CHEM& 161 and 162. CHEM& 140 is a prerequisite for CHEM& 161. Check with your advisor for more details.

SUGGESTED ELECTIVES – (A maximum of 30 credits may be completed in electives. All electives may be selected from the [DTA A list](#), or from a combination of the A and B lists; a maximum of 15 credits from the B list may be used.)

A List			B List		
Course	Credits	Qtr Completed	Course	Credits	Qtr Completed
ACCT& 201 (Note 2)	5				

Total: Minimum 90 credits required, with a 2.0 minimum GPA.

Note 1: Courses must be from three different disciplines. No more than 10 credits in any one discipline may be used in Humanities, Social Science, and Natural Science.

Note 2: Accounting courses are required at some universities (SPU).

Note 3: Required at some universities.