

## Dietetics and Nutrition

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The Program in Dietetics and Nutrition offers graduate studies leading to a Master of Science or a Doctor of Philosophy in Dietetics and Nutrition. The M.S. program is designed to meet the needs of professional practitioners as well as students with undergraduate degrees in related fields. There is an opportunity for students to complete the requirements to sit for the National Registration Exam for Dietitians by applying to the Dietetic Internship in conjunction with the Master's program. In most cases prerequisites must be met before enrolling in graduate courses. Interested students should contact the department prior to applying for admission.

Minimum entrance requirements under current University Graduate School policy must be met. For the M.S. this includes a combined score of 1000 on the Verbal and Quantitative Aptitude Test of the Graduate Record Examination and a 'B' (3.0 on a 4.0 scale) average in all upper division work. For the Ph.D., the University Graduate School GRE requirement is 1120 (verbal plus quantitative). Dietetics and Nutrition further requires an M.S. degree, 3.3 GPA and a minimum on the verbal portion of the GRE of 500. Additional requirements include submission of a Master's thesis or project report, or a published manuscript resulting from Master's work on which applicant is among the first 3 authors and a 2-3 page statement of purpose, objectives and goals for Ph.D. studies. English proficiency is required for teaching assistantships. Students for whom English is not the primary language and want to be considered for a teaching assistantship must achieve a level 5 score on a proficiency test administered by the English Language Institute, but are free to acquire proficiency in any way they choose. All teaching assistants must complete the FIU Academy of the Art of Teaching workshop and receive the Teaching Assistant Certificate. Application procedures for admission are detailed in the Graduate Admission section of this catalog.

Students who are candidates for the Master of Science degree in Dietetics and Nutrition must complete a minimum of 37 semester hours of graduate study including at least 30 hours at this University. All course work must be recent enough to be relevant to the contemporary field of nutrition. Ph.D. students must complete a minimum of 55 hours after M.S. degree.

The Dietetic Internship (DI) is currently granted accredited status by The Commission on Accreditation/Approval for Dietetics Education of The American Dietetic Association, 216 Jackson Blvd., Chicago, Il. 60606-6995, (312) 899-4870.

The program begins each Fall semester and is completed by the following June. Students have the opportunity for supervised dietetic practice in outstanding health care facilities in South Florida. Enrollment is limited and requires a separate application available from the department. To be eligible, students must have completed an ADA Didactic program and be admitted to the graduate program. (Students must have official committee approval of thesis proposal prior to the application deadline of February 15.) Students accepted into the DI will undergo a background screening.

Students must meet all graduation requirements for the M.S. degree in order to receive the verification statement of Dietetic Internship program completion.

## Master of Science in Dietetics and Nutrition

Each student's program will be planned to support his/her career goals through consultation with an assigned faculty advisor. Retention and graduation in the Master's program requires maintenance of a 3.0 GPA and student may not receive more than 2 grades of "C+" or less.

### Course Requirements

#### Required Core (26)

#### Master Thesis Option

The thesis option provides the student the opportunity to conduct original research and to report this in a scholarly manuscript. This option is especially well suited to a student who plans on pursuing a PhD degree. Students who select this option must choose a major professor to act as the chair of their thesis committee and two additional committee members. Before beginning work on a thesis, a student must present a proposal to their committee for approval. The committee will direct and supervise the work carried out by the student. Student must take a minimum of 6 credits of DIE 6971 Thesis in Dietetics & Nutrition.

#### Research (14)

IHS 6910/DIE 6568	Research Methods	3
DIE 6937	Graduate Seminar in Dietetics ( <i>two semesters</i> )	1
DIE 6971	Thesis in Dietetics and Nutrition	6
STA 6166	Statistical Methods in Research	3

#### Masters Project Option

Master's Project is a non-thesis option. It affords the opportunity to conduct applied research, program planning, or program evaluation on a specific dietetics and nutrition problem, topic, or existing program in either a community or institutional setting. Students who select the Master's Project must choose a major professor to direct their project. The advisor and the student may identify other resource persons to serve in an advisory capacity for the project. Before beginning the project, student must present a project concept proposal to the major professor. This project will be approved by the Graduate Program Director. Student will write a project report and present the study at an announced open forum similar to the thesis defense. This report will not be on file in the FIU library.

Student must take 3 credits DIE 6907 Individual Study in Dietetics and an additional 3 credits in coursework in consultation with major professor.

**Research (8)**

IHS 6910/DIE 6568	Research Methods	3
DIE 6937	Graduate Seminar in Dietetics ( <i>two semesters</i> )	1
STA 6166	Statistical Methods in Research	3

**Coursework (6)**

DIE 6907	Individual Study	3
	Additional course (approved by major advisor)	3

**Nutrition Core (9)**

Students must take at least three out of five courses. One course must be in macronutrients, one in micronutrients.

HUN 5245	Nutrition and Biochemistry	3
HUN 6307	Carbohydrates and Lipids	3
HUN 6327	Proteins	3
HUN 6335	Functions of Vitamins	3
HUN 6355	Minerals in Human Nutrition	3

**Public Health Core (3)**

PHC 6500	Foundation of Public Health Practice	3
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**Recommended Electives<sup>1</sup> (11)**

ANT 6469	Graduate Medical Anthropology	3
DIE 6368	Advanced Techniques in Dietetic Practice	2
DIE 6368L	Advanced Techniques in Dietetic Practice Lab	1
DIE 6929	Specialized Short Course in Dietetics and Nutrition	1
FOS 6236	Food Toxicology and Food Safety	3
HUN 5123	Ethnic Influences on Nutrition and Food Habits	3
HUN 5621	Food, Nutrition and Communication	3
HUN 6248	Sports Nutrition	3
HUN 6249	Nutrition and Physical Function	3
HUN 6254	Drug and Nutrient Interaction	3
HUN 6255	Nutrition and Wellness	3
HUN 6257	Physio/Psychology of Food Intake	3
HUN 6266	Nutritional Assessment	3
HUN 6295	Contemporary Issues in Food and Nutrition	3
HUN 6435	Nutrition and Aging	3
HUN 6522	Public Health Nutrition	3

<sup>1</sup>Courses that are not listed as recommended electives may be taken as approved by advisor/Program Director.

**Doctor of Philosophy in Dietetics and Nutrition**

Students' course work will be planned to support the research interests and career goals with the advisor and the dissertation committee. Maintenance of 3.0 GPA and student may not receive more than 1 grade of "C+" or less.

**Required Courses****Research (minimum 5 credits)**

HUN 6811	Laboratory Research Methods in Dietetics & Nutrition <sup>1</sup>	2
	or	
DIE 6578	Qualitative Research Methods in Dietetics & Nutrition <sup>1</sup>	3
DIE 7566	Research Concept Development in Dietetics & Nutrition <sup>1</sup>	3

<sup>1</sup>Prerequisite: STA 6166

DIE 6568

<sup>1</sup>Corequisite: STA 6167

**Seminar (3 credits)**

DIE 6937	Graduate Seminar in Dietetics & Nutrition	1
	(course may be repeated 3 times, minimum)	

**General Applied Dietetics & Nutrition (minimum 6 credits)**

DIE 6368	Advanced Techniques in Dietetic Practice	2
DIE 6368L	Advanced Techniques in Dietetic Practice Lab	1
HUN 5123	Ethnic Influences on Nutrition and Food Habits	3
HUN 5621	Food Nutrition and Communication	3
HUN 6295	Contemporary Issues in Food & Nutrition	3

**Nutrition Science (minimum 6 credits)**

HUN 6327	Proteins	3
HUN 6328	Carbohydrates and Lipids	3
HUN 6335	Functions of Vitamins	3
HUN 6355	Minerals in Human Nutrition	3

**Dissertation**

DIE 7980	Dissertation	12-24
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**Collaterals**

23-24

With the assistance of a major professor and dissertation committee, a Program of Studies with complementary areas will be developed.

**Course Descriptions****Definition of Prefixes**

DIE-Dietetics; FOS-Food Science; FSS-Food Service Systems; HUN-Human Nutrition

F-Fall semester offering; S-Spring semester offering; SS-Summer semester offering.

**DIE 5247 Trends in Therapeutic Nutrition (3).**

Evaluation and interpretation of current research in dietary care of metabolic diseases. Prerequisites: Diet therapy or approval of the instructor.

**DIE 5936 Advanced Practice Seminar (1-3).**

Designed to provide didactic components in tandem with practice learning experiences in health care institutions. Covers material in clinical dietetics, management, and community nutrition. Utilizes a team approach and will draw on specialists from all areas of dietetics. Corequisites: DIE 5946, DIE 5947, DIE 5948 or permission of the instructor. (S)

**DIE 5946 Advanced Practicum in Community Nutrition (1-6).**

Preplanned clinical progression experience in community nutrition. Prerequisite: Permission of the instructor. DI course does not count towards M.S. degree. (S)

**DIE 5947 Advanced Practicum in Dietetic Administration and Management (1-6).**

Preplanned clinical experience at the professional level in dietetic administration and management. Prerequisite: Permission of the instructor. DI course does not count towards M.S. degree. (F)

**DIE 5948 Advanced Practicum in Clinical Nutrition (1-6).** Preplanned clinical experience at the professional level in clinical therapeutic nutrition. Prerequisite: Permission of the instructor. DI course does not count towards M.S. degree. (F)

**DIE 6128 Advanced Management of Dietary Systems (3).** Application of management and organizational theory to dietetic systems in health and community institutions.

**DIE 6256 Enteral Nutrition (3).** The specific indications for enteral feeding are discussed with special emphasis on the unique requirements, and feeding techniques for specific disease states. Prerequisites: Physiology, Biochemistry, DIE 3244 and DIE 4246.

**DIE 6257 Parenteral Nutrition (3).** Clinical and metabolic advances in the parenteral feeding of the adult patient in relation to specific disease states. Prerequisites: Physiology, Biochemistry.

**DIE 6259 Management of Nutrition Services (3).** Analysis of interdisciplinary nutrition services delivery with emphasis on management models and theories regarding division of work, quality improvement and productivity, leadership, motivation and planning, organizing, staffing, directing, and controlling.

**DIE 6367 Entrepreneurial Dietetics (3).** Focus on the dietitian as an owner/partner or top level manager. Emphasizes business management principles as applied to dietetics and nutrition. Prerequisites: DIE 6128 or equivalent.

**DIE 6368 Advanced Techniques in Dietetic Practice (2).** Techniques and approaches in changing nutritional behavior, establishing private practice, providing dietetic services in various size institutions, hospitals, nursing homes, and in the community. Prerequisites: DIE 4435, DIE 4435L or equivalent. Corequisite: DIE 6368L. (S, even years)

**DIE 6368L Advanced Techniques Dietetic Practice Lab (1).** Individual practice in conducting interviews, planning nutritional care, changing nutritional behavior, and providing dietetic consultation. Prerequisite: Permission of the instructor. Corequisite: DIE 6368. (S, even years)

**DIE 6438 Dietetic Programs for Post Secondary Settings (3).** Review of techniques and materials. Emphasis on preparing documents for accreditation and approval of dietetic programs. Prerequisite: Permission of the instructor.

**DIE 6565 Computer Application in Dietetic & Nutrition Research (3).** Application of various computer software programs to research problems. Prerequisite: Permission of the instructor.

**DIE 6568 Research Methods in Dietetics (3).** Consideration of scientific methods and theoretical orientation as applied to research in dietetics. Special consideration given to various techniques of investigation, data collection, data organization, and interpretation. Prerequisites: STA 6166 or permission of the instructor.

**DIE 6578 Qualitative Research Methods in Dietetics (3).** Application of qualitative research methods including field and case study approaches in interpreting and

designing research studies. Introduction to interdisciplinary research. Prerequisite: DIE 6568.

**DIE 6906 Readings in Dietetics and Nutrition (1-3).** Individual advanced study in a comprehensive overview of dietetics and nutrition or in-depth advanced study of a specialty. Prerequisites: Permission of the instructor and advanced standing in graduate program. (F,S,SS)

**DIE 6907 Individual Study in Dietetics (1-3).** Intensive individual investigation of a phase of dietetics. Emphasis on recent findings in dietetics and allied disciplines. Prerequisite: Permission of the Instructor. (F,S,SS)

**DIE 6915 Supervised Research (1-3).** Continuation of thesis research under thesis advisor. Repeatable. Prerequisite: Completion of all other required course work. (F,S,SS)

**DIE 6929 Specialized Short Courses in Dietetics and Nutrition (1-3).** Intense courses on specialized topics in dietetics and nutrition for the advanced student or professional. Topic based on current nutrition concerns. Prerequisites: Advance graduate standing and permission of the instructor.

**DIE 6935 Special Topics in Dietetics (3).** In-depth study of historical, epidemiological, prevention, and treatment aspects of topics related to dietetics. Prerequisites: Competence in topic covered, admission to graduate program.

**DIE 6937 Graduate Seminar in Dietetics and Nutrition (1).** Presentations by researchers and doctoral students on studies, theories, applications; journal club presentations by students. Two semesters enrollment, M.S. students; three semesters Ph.D. students. (F,S)

**DIE 6971 Thesis in Dietetics and Nutrition (1-6).** Prerequisites: DIE 6568 or DIE 6578 or HUN 6811, 12 hours of graduate study and permission of Thesis advisor. (F,S,SS)

**DIE 7437L Nutrition Counseling Supervision (2).** Covers techniques for advising on food choices and providing support for life style changes to meet wellness goals or treat diseases. Prerequisites: DIE 6368 and DIE 6368L.

**DIE 7566 Research Concept Development in Dietetics and Nutrition (3).** Grant proposal writing for dietetic and nutrition research. Prerequisite: DIE 6568, STA 6166, and STA 6167.

**DIE 7980 Ph.D. Dissertation (1-12).** R-search for doctoral dissertation. Prerequisite: Permission of Major Professor and Doctoral Candidacy.

**FOS 6236 Food Toxicology & Food Safety (3).** Discusses food and water borne bacterial, parasitic, and viral infections and intoxication. Examines food additives, and contaminants. Describes toxic food constituents as well as naturally occurring toxicants. Prerequisites: Graduate standing and food science competency.

**FSS 6317 Human Resources Management in Nutrition Services (3).** Application of human resources theory to nutrition services; raising productivity and service quality. Prerequisite: Advanced management course.

**FSS 6367 Operations Analysis in Food Service and Nutrition Care Systems (3).** Models and methods of budget and service forecasting related to food service and nutritional care in large and small institutions of short and long term care. Prerequisites: Advanced graduate standing, DIE 6128 or equivalent.

**FSS 6535 Computer Assisted Food and Nutritional Services Management (3).** Advanced course in computer analysis and utilization for detection and resolution of problems of food service and nutritional care. Prerequisites: Advanced graduate standing, DIE 6128 or equivalent, and computer competency.

**FSS 6535L Computer Assisted Food and Nutritional Services Management Lab (1).** Laboratory application in computer analyses and utilization in food services and nutrition care. Prerequisite: Advanced Graduate Standing. Corequisite: FSS 6535.

**GEY 5005C Issues in Gerontology for Health Professions (3).** This course examines social, economic, and demographic issues challenging older adults and health care professionals providing services to this age group.

**GEY 5006 Foundations in Gerontology for Health Professions (3).** Implications for health professions of the biological, cross-cultural, physiological, psychological, social, and societal contexts of aging.

**GEY 5600 Physical Change and Healthy Aging (3).** Primary health care and wellness with discussion and assessment of normal physiological alterations and their relationship to common health concerns and medical problems of older adults.

**HUN 5123 Ethnic Influences on Nutrition and Food Habits (3).** Systematic study of food habits of various cultural groups. Emphasis on methodology, analysis of data, relationship of food habits to nutritional standards, and corrective measures. Includes laboratory. Prerequisite: Competency in food preparation and nutrition. Recommended for non-majors.

**HUN 5195 International Nutrition: Problems, Policies, and Planning (3).** Advanced study of magnitude, causes and nature of undernutrition in developing countries; emphasis on programs, planning and policies directed toward alleviating hunger. Prerequisite: Permission of the instructor. Recommended for non-majors.

**HUN 5245 Nutrition and Biochemistry (3).** Advanced study of the relationship of nutrition and biochemistry with emphasis on digestion, absorption, metabolism of nutrients, and determination of norms. Prerequisites: Organic Chemistry and Physiology

**HUN 5611 Nutrition Education in the Community (3).** In-depth study of nutrition education information and methods in the community including the nutrition education component of school food service and other congregate meal programs. Prerequisites: Recent courses in nutrition education or permission of the instructor.

**HUN 5621 Food, Nutrition and Communication (3).** Concepts and techniques for effective professional communication with individuals, groups and other professionals. Emphasis on communication via mass

media. Prerequisites: Competency in food and nutrition knowledge.

**HUN 6196 Food Economics (3).** In-depth study of forces and policies affecting the procurement, preparation and utilization of food in society. Prerequisite: Advanced graduate standing.

**HUN 6248 Sports Nutrition (3).** The influence of exercise on specific nutrient demands and utilization of nutrients will be examined. Nutritional requirements and interrelationships between nutrition and exercise in the prevention and management of common diseases such as obesity, hypertension, diabetes and cardiovascular disease will also be discussed. Prerequisites: Human Nutrition and Intermediate Physiology. (S, odd years)

**HUN 6249 Nutrition and Physical Function (3).** Covers food intake as it relates to physical development and physical performance. Emphasis will be on subgroups of the population. Prerequisites: Competence in nutrition and physiology and advanced graduate standing.

**HUN 6254 Drug and Nutrient Interaction (3).** The interaction of drug and nutrient metabolism in relation to optimum nutrition. Prerequisites: Advanced Nutrition, Biochemistry, Physiology.

**HUN 6255 Nutrition in Wellness Program (3).** Examination of required factors for successful development, implementation and evaluation of wellness programs and investigation of interrelationships between nutrition/physical activity as means of chronic disease risk reduction. Prerequisites: Advanced Nutrition and Nutrition Education.

**HUN 6257 Physio/Psychology of Food Intake (3).** Examination of food intake regulation with applications in both research and practice. Prerequisites: Competence in nutrition and physiology

**HUN 6266 Nutritional Assessment (3).** In-depth study of the methodology and application of nutritional assessment. Prerequisites: Advanced Nutrition, physiology, and biochemistry.

**HUN 6295 Contemporary Issues in Food and Nutrition (3).** Critical evaluation of current controversies in nutrition and dietetics research. Prerequisites: Advanced Nutrition, Biochemistry, Physiology, Research Methods.

**HUN 6307 Carbohydrates and Lipids (3).** The biological, physiological and metabolic functions of carbohydrate and lipids as they relate to human nutrition. Prerequisites: Biochemistry, Advanced Nutrition and Physiology.

**HUN 6327 Proteins (3).** Protein metabolism, physiology and nutrition. Prerequisites: Biochemistry, Advanced Nutrition, and Physiology.

**HUN 6335 Functions of Vitamins (3).** Integration of chemical, biological and physiological functions of vitamins as related to human nutrition. Prerequisites: Advanced Nutrition, Biochemistry, Physiology. (S, even years)

**HUN 6355 Minerals in Human Nutrition (3).** The physiological and metabolic functions of selected macro and trace minerals as they relate to nutritional status in humans. Prerequisites: Advanced Nutrition, Biochemistry, Physiology. (S, odd years)

**HUN 6435 Nutrition and Aging (3).** Changes associated with aging and the impact of nutrition on these changes. Prerequisite: Permission of the instructor. (S, odd years)

**HUN 6522 Public Health Nutrition (3).** Development and assessment of nutrition programs for the general population throughout the life cycle. Prerequisites: DIE 3317 or equivalent.

**HUN 6811 Laboratory Research Methods in Dietetics (2).** Laboratory application of research methods in dietetics. Prerequisites: DIE 6568 and consent of instructor.

**HUN 7408 Nutrition Across the Lifespan (3).** The course will explore social, economic, physiologic, and lifestyle factors that influence nutrition status across the stages of growth and development, maturation, and aging. Prerequisites: HUN 4403, HUN 4241, DIE 5247.

**HUN 7523 Community Nutrition (3).** Evaluate models and methodologies to identify public health nutrition issues; analyze current and historical research/nutrition policy; recognize necessary infrastructure to support policy. Prerequisites: HUN 4410, HUN 6522, PHC 6500.

**HUN 7524 Nutrition Science and Implications for Community Health (3).** Critical examination and synthesis of current human nutrition science topics with emphasis on implications to human health, nutrition, public health policy, and research. Prerequisites: Nutritional Biochemistry and Pathophysiology.