

What can I do with a degree in...

NUTRITION & DIETETICS

What is NUTRITION AND DIETETICS?

Students in WCU's Nutrition and Dietetics program gain a deep understanding of anatomy, physiology, metabolism, and nutrition to improve health outcomes across the lifespan. The program, accredited by the Accreditation Council for Education in Nutrition and Dietetics (ACEND), emphasizes academic excellence, evidence-based practice, and experiential learning to prepare students for dynamic roles in the evolving field of nutrition.

Graduates with a Bachelor of Science (B.S.) in Nutrition and Dietetics are prepared for careers in public health, foodservice management, wellness, education, or roles in industry such as marketing, sales, public relations, and product development.

Students completing this degree are eligible to sit for the Dietetic Technician, Registered (NDTR) exam. NDTRs are qualified professionals who work alongside Registered Dietitian Nutritionists (RDNs) in clinical, community, and foodservice settings, playing an important role in delivering nutrition care.

What are the **DEGREE** **OPTIONS?**

Bachelor of Science (B.S.) in Nutrition and Dietetics

Master of Health Science (M.H.S.) with a Dietetic Internship concentration

What is the **ADMISSION** **PROCESS?**

Students must complete pre-requisites and formally apply to the



program during the Spring semester before admission into the ND major that begins each Fall semester. For more information on pre-requisites and other admission information, please visit the [Nutrition and Dietetics website](#).

What **JOBS ARE** **AVAILABLE?**

With additional studies and credentialing, graduates may pursue a variety of roles including nutrition and dietetics technician registered, registered dietitian nutritionist, clinical dietitian, community nutritionist, food service director, sports nutritionist, weight loss specialist, lactation consultant, food technologist, food product developer, or dietetic technician.

Who employs **NUTRITION AND** **DIETETICS** graduates?

Our graduates are prepared to work with a variety of populations from pediatrics to geriatrics in hospitals, clinics, and other healthcare facilities; public health organizations; government and nonprofit agencies; community centers; wellness and fitness centers; nursing homes; school systems; and private practices.

MAJOR MAP

How to use this map: Review the four categories and suggestions of activities and when you should consider engaging in them. Remember, these are just suggestions! There is a fillable space for you to add in any other ideas you have to set yourself up for success in life after college.

1st YEAR

2nd YEAR

EXCEL IN ACADEMICS

In addition to general elective courses, many first-year students will focus on required Biology, Chemistry, Health, and Math pre-requisites. Check out the [8-semester plan](#) and make an appointment with your advisor.

Second year courses continue to focus on the science fields such as Biology, Chemistry, and required pre-requisite Nutrition courses. Check out the [8-semester plan](#) and make an appointment with your advisor.

Students should focus on obtaining at least the minimum overall GPA, pre-professional GPA, and satisfactory completion of the pre-requisite courses to be eligible to apply to the program, typically in the Spring of the second year.

GET HANDS-ON EXPERIENCE

Check out [WCU's DegreePlus program](#) and choose which events in any of the four categories you want to attend.

Get involved with Student Association of Nutrition and Dietetics (SAND), the ND student organization

Start logging your shadowing, volunteer, or experiences in preparation to apply for the undergraduate ND major as well as in preparation to apply for a dietetic internship program in the fourth year. See what on-campus employment opportunities are available by logging in to Job-Cat via your MyWCU.

Engage in paid or unpaid experiences before applying to the undergraduate ND major. Continue to log your experiences in preparation to apply for a dietetic internship program in the fourth year.

Connect with the [Center for Career and Professional Development](#) for resume and personal statement reviews before applying to the ND major.

BE PART OF THE COMMUNITY

Connect with the [Center for Community Engagement and Service Learning](#) and ask about the [Spark Award](#), a program aimed to encourage and recognize students who are connected with their community.

Develop deeper relationships with the organizations for which you volunteer. Ask for special projects or responsibilities that you can highlight on a resume.

If you want to [study abroad](#), this is a good year to have that experience. You might also consider global internship opportunities related to your field like [GoAbroad](#) or [World Endeavors](#).

PREPARE FOR LIFE AFTER COLLEGE

Further explore your career options or career interests using the [Center for Career and Professional Development's](#) online resources, [Focus 2](#), and [Onet Online](#).

Check out [CCPD's list of career-building activities](#) and participate in an activity this year, such as attending Career Fair Plus.

Connect with a career counselor early on to explore opportunities and experiences you can do while in college to further develop your professional resume.

Start a spreadsheet of [graduate schools and dietetic internship programs](#) you wish to apply to in a few years; label your spreadsheet with each school's admission requirements and required application materials so that you are aware of the expectations.

Check out [WCU's Masters of Health Science with dietetic internship concentration](#)

Looking for a minor? Consider these options:

Biology
Chemistry
Communication

Environmental Health
Hospitality & Tourism Management

Psychology
Sociology
Spanish

3rd YEAR

Third level courses focus heavily on ND courses such as food service management and production, nutrition assessment, nutrient metabolism, nutrition across the lifespan, and nutrition research methodology. Check out the [8-semester plan](#) and make an appointment with your advisor.

Volunteer with relevant area organizations who work with a variety of populations, such as limited resource or homeless, veterans, children, families, etc. Other organizations such as community garden programs, health departments, and senior resource centers are great options as well.

Consider networking with professionals in your field at national or regional venues such as the [Academy of Nutrition and Dietetics Food and Nutrition Conference and Expo](#), and [NC Academy of Nutrition and Dietetics](#).

Continue to build relationships and volunteer with area organizations in your field.

Connect with alumni in your field through [LinkedIn](#)

Visit the CCPD to hone your professional resume and cover letter. Utilize the [Writing and Learning Commons](#) for MCAT, GRE, and other professional exam preparation sessions, if applying for professional or graduate schools. Take the MCAT, GRE, etc. Use [Big Interview](#) to learn more about professional interviews.

Attend open houses for graduate or [ACEND accredited internship programs](#).

4th YEAR

Courses in your final year will focus on topics such as food service management and production, community nutrition, medical nutrition therapy, nutrition counseling and interviewing, and preparation for professional practice.

Students who wish to become a RDN will also apply for an ACEND accredited internship or a master's degree program during their final year. Check out the [8-semester plan](#), make an appointment with your advisor, and [apply for graduation!](#)

Investigate requirements for full-time jobs. Assess what skills or experiences you're lacking and invest time in seeking additional opportunities such as certification programs, classes, or professional development workshops during your last year to fill that gap. Connect with your faculty advisor or career counselor.

Submit research or presentation proposals to national or regional conferences to gain public speaking experiences.

Network with employers and non-profits at the annual Career Fair Plus event, held each October and February.

Apply to graduate schools, if applicable, or to your [dietetic internship sites](#).

Look for and apply for jobs between 4 and 6 months before graduation if you do not plan to do a dietetic internship or graduate/professional school.

Polish your resume, cover letter, and interview skills by visiting the [CCPD](#).

After graduation, complete the steps to become eligible for the NDTR exam.

Internships are still the number-one educational experience employers look for in a recent college graduate resume. (Chronicle of Higher Education's study on 59,000 employers)

DID YOU KNOW?

MORE INFORMATION

NDTR and RDN Information

WCU's M.H.S. with Dietetic Internship program offers an integrated path for eligible ND undergraduates, reducing barriers and increasing readiness for RDN credentialing.

Pathway to Becoming a Registered Dietitian Nutritionist (RDN)

To become a Registered Dietitian Nutritionist (RDN), students must complete the following steps:

1. Earn a bachelor's degree in Nutrition and Dietetics from an ACEND-accredited program (such as WCU's ND program).
2. Complete a supervised practice program through an ACEND-accredited dietetic internship or coordinated program (typically 1,000–1,200 hours).
3. Earn a graduate degree (required as of January 1, 2024, per the Commission on Dietetic Registration).
4. Pass the RDN credentialing exam administered by the CDR.

Nutrition and Dietetics Technician, Registered (NDTR) Eligibility

Students who complete the B.S. in Nutrition and Dietetics are eligible to take the NDTR credentialing exam without additional supervised practice, offering an earlier entry point into the profession while preparing for graduate-level RDN pathways.

SKILLS LEARNED in the classroom

Through academic and applied learning, ND students develop competencies in:

- critical thinking and problem solving
- nutrition-focused physical assessment and dietary evaluation
- professional communication and counseling
- scientific research methods
- evidence-based decision making

- technical skills in clinical, community, and foodservice settings

KNOWLEDGE Base

Students will graduate with foundational knowledge in:

- nutrient metabolism, biochemistry, and physiology
- health promotion and disease prevention
- medical nutrition therapy and clinical practice
- food service systems and operations
- public health and community nutrition
- genetics, cultural competence, and ethical practice

Professional RESOURCES

- Commission on Dietetic Registration: www.cdrnet.org
- Academy of Nutrition and Dietetics: www.eatright.org
- North Carolina Academy of Nutrition and Dietetics: www.eatrightnc.org
- ACEND Accredited programs: www.eatrightpro.org/acend

QUESTIONS?

For questions, please visit the School of Health Sciences Student Services Center at ssc.wcu.edu or call the Nutrition and Dietetics program at 828-227-7113 or visit go.wcu.edu/nd

To schedule an appointment with a career counselor, contact the Center for Career and Professional Development, 828-227-7133 or careerservices@wcu.edu.