

**Didactic Program Requirements**  
**Department of Human Nutrition and Hospitality Management**  
**The University of Alabama**

Course	Semester Hours	Description	Prerequisites	When Offered by Distance	Comments	Requirement Met
<b>DPD Science Courses (must earn a C- or higher)</b>						
<b>CH 104</b> <b>Intro to Chemistry</b>	<b>4</b>	An introductory survey of the facts, principles, and theories of chemistry. Must have lecture and lab.	Not offered at UA by Distance. Check with the school you wish to attend.	Not offered at UA by Distance. Take from another school locally or by distance	Prereq for most nutrition courses	
<b>CH 105</b> <b>Intro to Organic Chemistry</b>	<b>4</b>	Brief survey of organic and biochemistry. Must have lecture and lab.	Not offered at UA by Distance. Check with the school you wish to attend.	Not offered at UA by Distance. Take from another school locally or by distance	Prereq for most nutrition courses	
<b>BSC 215</b> <b>Human Anatomy and Physiology I</b>	<b>4</b>	Integrated survey of human anatomy and physiology that includes cellular aspects; tissues and skin; the skeletal, muscular, nervous and endocrine systems; and the special senses of sight, hearing, taste, and smell. Lecture and lab.	BSC 108 OR BSC 109 OR CH 105	F	Prereq for most nutrition courses	
<b>BSC 216</b> <b>Human Anatomy and Physiology II</b>	<b>4</b>	Integrated survey of human anatomy and physiology that includes the respiratory, circulatory, digestive, urinary, and reproductive systems. Lecture and lab.	BSC 215	Sp	Prereq for most nutrition courses	
<b>Biology</b> <b>or</b> <b>Microbiology</b>	<b>4</b>	Introduction to microbiology with an emphasis on the relationships between man and protozoa, bacteria, viruses, and fungi. Lecture and lab.		BSC 108 and BSC 109 F, Sp, S	Prereq for most nutrition courses	
<b>PY 101</b> <b>Intro to Psychology</b>	<b>3</b>	Basic principles of psychology.		Check schedule through myBama		
<b>DPD Professional Courses (must earn a B- or higher)</b>						
<b>BER 345</b> <b>Educational Statistics</b>	<b>3</b>	Statistical methods in education; graphs, charts, frequency distributions, central tendencies, dispersion, correlation, sampling errors, estimation, and hypothesis testing.	MATH 112 is a prereq for ST 260	Check schedule through myBama  POPH 522 F, SP	May substitute ST 260, PY 211 or ST 197. May take graduate level POPH 522 if enrolled as a graduate student	
<b>NHM 101</b> <b>Intro Human Nutrition.</b>	<b>3</b>	Introduction to principles of the science of nutrition, with implications for and applications to food selection for individuals of all ages.		F, Sp, S	Prereq for most nutrition courses	
<b>NHM 195</b> <b>Intro Dietetics Nutrition</b>	<b>1</b>	An overview of the major of food and nutrition and professions in nutrition and dietetics. Learn medical language by exploring the structure and meaning of terms frequently utilized in health care settings. Course includes guest speakers and lectures.		F, Sp, S		

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<b>NHM 201 Nutrition In Life Cycle.</b>	<b>3</b>	Application of principles of basic nutrition to each stage of the life cycle. Emphasis is on the relationship of nutrition to growth, development, and health.	NHM 101	F, Sp, S		
<b>NHM 253 Food Science</b>	<b>3</b>	Introduction to the functionality of food ingredients and how the chemistry of food dictates the methods of preservation and preparation.	NHM 101, CH 104; NHM 201 co/prereq	F, Sp, S		
<b>NHM 295 Intro Research Food Nutr.</b>	<b>1</b>	Basic research designs will be introduced and their applications in the broad areas of practice in dietetics will be discussed. Students will learn to use the Evidence Based Library of the Academy of Nutrition and Dietetics Web site. Student membership in the Academy of Nutrition and Dietetics is a requirement of this course.	NHM 101	NHM 295 - F, Sp, S		
<b>NHM 340 Community Nutrition</b>	<b>3</b>	Nutrition assessment of individuals and groups; provision of nutrition services in the community. Writing proficiency within this discipline is required for a passing grade in this course.	NHM 101, 201	340 – F, Sp	<b>*Must take course from UA</b>	
<b>NHM 345 Nutrition Counseling</b>	<b>3</b>	This course focuses on developing foundational skills in nutrition counseling and incorporation of the nutrition care process into nutrition counseling.	NHM 101, 201; 363 co/prereq	345- F, Sp 530 – F, Sp	May take graduate level NHM 530 if enrolled as a graduate student	
<b>NHM 346 Nutrition Education: Theories and Practice</b>	<b>3</b>	This course focuses on developing competency in learning-system design, with special emphasis on theory-based education models and teaching nutrition in a variety of settings.	NHM 101, 201, 345	346 - F, Sp 551 - Sp only (NHM 550 prereq)	May take graduate level NHM 551 if enrolled as a graduate student. <b>Requires completing a project in the local community</b>	
<b>NHM 361 Nutritional Biochemistry</b>	<b>3</b>	Intermediary metabolism of carbohydrates, fat, and protein with emphasis on homeostatic regulation in health and disease.	NHM 101, CH 104, CH 105, Biology	361 - F, Sp, S		
<b>NHM 362 Nutrition At Cell Level</b>	<b>3</b>	Physiological and chemical basis of nutrient needs.	NHM 361	362 – F, Sp, S 572 – F, Sp, S	May take graduate level NHM 572 if enrolled as a graduate student	
<b>NHM 363 Applied Nutrition</b>	<b>3</b>	Principles of nutrition assessment, including interviewing and nutrition care plans. Application of principles to selected stages of the life cycle.	NHM 101, 201 BSC 215, 216	F, Sp, S	<b>Students are required to work with an RD on 2 assignments</b>	
<b>NHM 365 Med Nutrition Therapy I</b>	<b>3</b>	Study of pathophysiology and medical nutrition therapy for specific disease conditions.	BSC 215, 216 NHM 361, 363; NHM 345 strongly recommended	F, Sp, S		
<b>NHM 372 Intro Food Service Mgt</b>	<b>3</b>	Course includes theories, functions, and principles of management and tools for decision making.		F, Sp, S	ServSafe proctor required for ServSafe exam	

Course	Semester Hours	Description	Prerequisites	When Offered by Distance	Comments	Requirement Met
<b>NHM 373 Purchsg Design Risk Mgt Food Sys</b>	<b>3</b>	Principles, methods, and techniques used in purchasing food and equipment. Analysis of layout and design and of techniques used in evaluating work flow. Principles and techniques in managing sanitation, safety, and security functions in food service.	NHM 101, NHM 372;  NHM 253 co/prereq	F, Sp, S		
<b>NHM 374 Quant Food Prod &amp; Servc.</b>	<b>3</b>	Theory and techniques of quantity food production and service. Application of theory through hands-on experience.	NHM 253	F, Sp, S	60 hours of lab work required at an approved food service facility	
<b>NHM 454 Experimental &amp; Functional Foods</b>	<b>3</b>	Chemical and physical properties affecting food product development. Introduction to functional foods with additional value beyond basic nutrition. Strong analytical and writing skills are necessary for synthesizing peer-reviewed literature on experimental and functional foods in order to critically address nutrition questions.	NHM 101, 253, 340, 365, 295, CH 105	F, Sp		
<b>NHM 465 Medical Nutrition Therapy II</b>	<b>3</b>	Continuation of NHM 365. Basic principles of enteral and parenteral nutrition support, as well as advanced medical nutrition therapy for critical care.	NHM 365	465 - F, Sp, S  566 – F, Sp, S	May take graduate level NHM 566 if enrolled as a graduate student. <b>*Must take course from UA</b>	
<b>NHM 475 Mgt Food Service Systems</b>	<b>3</b>	Through lectures and class discussions, the theory, functions, and principles of management are applied. Emphasis is on personnel and financial management, problem solving, decision making, and systems analysis.	NHM 372, 373, 374	475 - F, Sp, S  587 – F, Sp, S	May take graduate level NHM 587 if enrolled as a graduate student.  <b>*Must take course from UA</b>	
<b>NHM 491 Directed Professional Study</b>	<b>3</b>	Individual professional study in management, clinical, or community dietetics. Requirement of 160 clock hours spent in assigned site. Writing proficiency within this discipline is required for a passing grade in this course.	NHM 365	F, Sp, S	120 - 160 clock hours under the supervision of an RD	

**\*Capstone Courses must be taken from The University of Alabama. Exams will be comprehensive and cover material from prerequisite courses as well as material covered in the course.**

**To complete and meet all the DPD requirements for a Verification Statement, a student:**

- Must earn a C- or higher in all “DPD Science courses” and PY 101 (or equivalent).
- Must earn a B- or higher in all DPD Professional courses (NHM designated and BER 345) or equivalent.
- Must maintain a combined GPA of 3.0 or higher in the “DPD Science Courses” and “DPD Professional Courses.”
- Must complete the courses required for the DPD
- Must earn at the minimum a bachelor’s degree
- Must complete 24 credit hours of DPD courses, including the DPD Capstone courses (NHM 340, NHM 465 and NHM 475) from The University of Alabama

Courses *usually* offered in F = Fall, Sp = Spring, S = Summer.