

# Bachelor of Science in Nutrition (Didactic Program in Dietetics)

2009-2010 Guide



Benedictine University  
College of Education and Health Services  
Nutrition Department  
5700 College Road, Lisle, IL 60532

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This Nutrition Handbook does not replace official University policies or the current Undergraduate Catalog. This handbook does not constitute legal advice and should not be used as such. You are invited to contact your academic advisor or the Nutrition Program (Didactic Program in Dietetics) Director if you have further questions.



## Overview of the Nutrition Program

The Benedictine University Nutrition Program is designed as a future-orientated, comprehensive, dynamic and interdisciplinary program. Cooperative learning from peers and mentors is encouraged, and self-responsibility is stressed. Benedictine University strives to develop an academic community that supports each person in the pursuit of knowledge and personal development. Our hope is to stir within each student, the hopes, dreams, and passions to become the best they are able... to make a positive difference in the lives of others... to continue to learn and develop for the rest of their lives. This program, as part of Benedictine University, prepares its students for a lifetime, as active, informed, and responsible citizens and leaders of the dietetics and world communities.

Through the study of Nutrition, gain a working knowledge of:

- The relationship of nutrition to optimal health and wellness in persons through the life stages.
- The relationship of nutrition to athletic performance.
- The influence of socioeconomic, cultural, psychological, and other factors on the food consumption of persons.
- Healthy and high quality food selection and evaluation principles.
- Healthy recipe development procedures.
- Interpreting medical parameters as they relate to disease risk.
- The relationship of nutrition to disease risk and status.
- Education and counseling concepts.
- Use of technology in nutrition achievement portfolio creation.
- Management principles.
- Problem solving methods.

Throughout your nutrition course work, you will be applying and integrating principles in practical and problem-solving manners, such as through case studies, food demonstrations, recipe development, menu planning, and the creation of educational materials.

In your senior year, you may elect to take graduate courses as part of the Master of Science in Nutrition and Wellness (M.S.N.W.), Master of Public Health (M.P.H.) or Master of Clinical Exercise Physiology (M.C.E.P.) Affiliations. These options allow you to study in interrelated fields as an undergraduate, and then earn your master's degree in about one additional year of full-time study, following the completion of the bachelor's program in Nutrition.

### Accreditation Status

The Benedictine University Nutrition Program (Didactic Program in Dietetics) is currently granted accreditation by the Commission on Accreditation for Dietetic Education (CADE) of The American Dietetic Association (ADA), 120 S. Riverside Plaza, Ste. 2000, Chicago, IL 60606-6995, (312) 899-0040.

The Commission on Accreditation for Dietetics Education (CADE) is ADA's accrediting agency for education programs that prepare students for careers as registered dietitians. CADE ensures the quality and continued improvement of nutrition and dietetics education programs. CADE is recognized by the United States Department of Education and the Council for Higher Education Accreditation. This affirms that CADE meets national standards and is a reliable authority on the quality of nutrition and dietetics education programs.

### Mission of the Program

The undergraduate Nutrition/DPD Program will assure the provision and promotion of high-quality education for preparation of competent future nutrition professionals. The program provides learners with a comprehensive interdisciplinary knowledge of the interrelationships of food, nutrition, and health.

## **Vision of the Future**

The Nutrition Programs will be recognized at the community, state, national, and international level for their leadership in developing optimal teaching and learning within nutrition programs. The programs will prepare future nutritionists, registered dietitians, and nutrition managers to address important food and nutrition issues that impact the quality of life of people.

## **Educational Goals**

To meet the specific knowledge and skills competencies outlined by the Commission on Accreditation for Dietetics Education of The American Dietetic Association, upon completion of the DPD the nutrition major will successfully:

1. Demonstrate knowledge, application, and integration of principles of health promotion and disease prevention with normal nutrition, medical nutrition therapy, and public health nutrition for varied populations.
2. Develop beliefs, values, attitudes, and behaviors for professional practice, including:
  - a. Effective and professional communication skills.
  - b. Application of nutrition counseling techniques and group education principles.
  - c. Applied knowledge of ethical principles.
3. Apply principles of food systems, food science, and techniques of food preparation.
4. Demonstrate knowledge and strategic application of principles of management theories and systems.
5. Integrate scientific information and research into practice.
6. Develop teamwork, cultural competence, problem solving and critical thinking skills.

## **Eligibility Requirements and Accreditation Standards for the Nutrition Program (Didactic Program in Dietetics): Foundation Knowledge Requirements and Learning Outcomes for DPD**

Individuals interested in becoming Registered Dietitians should expect to study a wide variety of topics focusing on food, nutrition, and management. These areas are supported by the sciences: biological, physiological, behavioral, social, and communication. Becoming a dietitian involves a combination of academic preparation, including a minimum of a baccalaureate degree, and a supervised practice component.

The following foundation knowledge (and skill) requirements are listed in areas that students will focus on in the academic component of a dietetics program. Foundation learning includes knowledge of a topic as it applies to the profession of dietetics, and the ability to demonstrate the skill at a level that can be developed further. To successfully achieve the foundation knowledge (and skills), graduates must demonstrate the ability to communicate and collaborate, solve problems, and apply critical thinking skills.

These requirements may be met through separate courses, combined into one course, or as part of several courses as determined by the college or university sponsoring a program accredited or approved by the Commission on Accreditation for Dietetics Education (CADE) of the American Dietetic Association. The updated (March 2008) Knowledge Requirements and Learning Outcomes follow.

### **1: Scientific and Evidence Base of Practice: integration of scientific information and research into practice**

KR 1.1. The curriculum must reflect the scientific basis of the dietetics profession and must include research methodology, interpretation of research literature and integration of research principles into evidence-based practice.

KR 1.1.a. Learning Outcome: Students are able to demonstrate how to locate, interpret, evaluate and use professional literature to make ethical evidence-based practice decisions.

KR 1.1.b. Learning Outcome: Students are able to use current information technologies to locate and apply evidence based guidelines and protocols, such as the ADA Evidence Analysis Library, Cochrane Database of Systematic Reviews and the U.S. Department of Health and Human Services, Agency for Healthcare Research and Quality, National Guideline Clearinghouse Web sites.

### **2: Professional Practice Expectations: beliefs, values, attitudes and behaviors for the professional dietitian level of practice.**

KR 2.1. The curriculum must include opportunities to develop a variety of communication skills sufficient for entry into preprofessional practice.

KR 2.1.a. Learning Outcome: Students are able to demonstrate effective and professional oral and written communication and documentation and use of current information technologies when communicating with individuals, groups and the public.

KR 2.1.b. Learning Outcome: Students are able to demonstrate assertiveness, advocacy and negotiation skills appropriate to the situation.

KR 2.2. The curriculum must provide principles and techniques of effective counseling methods.

KR 2.2.a. Learning Outcome: Students are able to demonstrate counseling techniques to facilitate behavior change.

KR 2.3. The curriculum must include opportunities to understand governance of dietetics practice, such as the ADA Scope of Dietetics Practice Framework, the Standards of Professional Performance and the Code of Ethics for the Profession of Dietetics; and interdisciplinary relationships in various practice settings.

KR 2.3.a. Learning Outcome: Students are able to locate, understand and apply established guidelines to a professional practice scenario.

KR 2.3.b. Learning Outcome: Students are able to identify and describe the roles of others with whom the Registered Dietitian collaborates in the delivery of food and nutrition services.

### **3: Clinical and Customer Services: development and delivery of information, products and services to individuals, groups and populations**

KR 3.1. The curriculum must reflect the nutrition care process and include the principles and methods of assessment, diagnosis, identification and implementation of interventions and strategies for monitoring and evaluation.

KR 3.1.a. Learning Outcome: Students are able to use the nutrition care process to make decisions, to identify nutrition related problems and determine and evaluate nutrition interventions, including medical nutrition therapy, disease prevention and health promotion.

KR 3.2 The curriculum must include the role of environment, food, nutrition and lifestyle choices in health promotion and disease prevention.

KR 3.2.a. Learning Outcome: Students are able to apply knowledge of the role of environment, food and lifestyle choices to develop interventions to affect change and enhance wellness in diverse individuals and groups

KR 3.3. The curriculum must include education and behavior change theories and techniques.

KR 3.3.a. Learning Outcome: Students are able to develop an educational session or program/educational strategy for a target population.

### **4: Practice Management and Use of Resources: strategic application of principles of management and systems in the provision of services to individuals and organizations**

KR 4.1. The curriculum must include management and business theories and principles required to deliver programs and services.

KR 4.1.a. Learning Outcome: Students are able to apply management and business theories and principles to the development, marketing and delivery of programs or services.

KR 4.1.b. Learning Outcome: Students are able to determine costs of services or operations, prepare a budget and interpret financial data.

KR 4.1.c. Learning Outcome: Students are able to apply the principles of human resource management to different Situations

KR 4.2. The curriculum must include content related to quality management of food and nutrition services.

KR 4.2.a. Learning Outcome: Students are able to apply safety principles related to food, personnel and consumers.

KR 4.2.b. Learning Outcome: Students are able to develop outcome measures, use informatics principles and technology to collect and analyze data for assessment and evaluate data to use in decision-making

KR 4.3. The curriculum must include the fundamentals of public policy, including the legislative and regulatory basis of dietetics practice.

KR 4.3.a. Learning Outcome: Students are able to explain the impact of a public policy position on dietetics practice.

KR 4.4. The curriculum must include content related to health care systems.

KR 4.4.a. Learning Outcome: Students are able to explain the impact of health care policy and administration, different health care delivery systems and current reimbursement issues, policies and regulations on food and nutrition services

## **5. Support Knowledge: knowledge underlying the requirements specified above.**

SK 5.1. The food and food systems foundation of the dietetics profession must be evident in the curriculum. Course content must include the principles of food science and food systems, techniques of food preparation and application to the development, modification and evaluation of recipes, menus and food products acceptable to diverse groups.

SK 5.2. The physical and biological science foundation of the dietetics profession must be evident in the curriculum. Course content must include organic chemistry, biochemistry, physiology, genetics, microbiology, pharmacology, statistics, nutrient metabolism, and nutrition across the lifespan.

SK 5.3. The behavioral and social science foundation of the dietetics profession must be evident in the curriculum. Course content must include concepts of human behavior and diversity, such as psychology, sociology or anthropology.

## Nutrition Program Portfolio Requirements

The Nutrition Achievement Portfolio is designed to foster student reflection of progress through the program, and facilitate creation a professional Portfolio demonstrating completion of knowledge and skill competencies established by the Commission on Accreditation of Dietetics Education (CADE), (posted at <http://www.ben.edu/nutrition/dpdcomp.html>) and adopted by the Benedictine University Didactic Program in Dietetics (DPD). Refer to this web site when writing reflective statements (a copy is also included in this packet).

### Contents of the Nutrition Achievement Portfolio:

There are seven sections in the Nutrition Achievement Portfolio:

1. Introduction (resume and experience summary)
2. Nutrition (lifecycle, MNT, community)
3. Professional Practice (communications, education and counseling, ethics)
4. Food Systems and Science
5. Management
6. Scientific Information and Research
7. Professional Dispositions

Sections 1 and 7 require more than one reflective statement per page. Sections 2-5 begin with a written reflective analysis, in which you explain how you met the related knowledge and skill requirements. Do not attach your reflective statements instead insert it in the space provided in Livetext. Refer to the Competency Tables for a complete listing of all knowledge and skills requirements. Your analysis should include a discussion of your own *growth* in the area, making specific reference to enclosed Artifacts, courses, work, and/or volunteer experiences

Artifacts provide the “evidence” of achievement of the requirements, especially the skills requirements. The guidelines state which Artifacts are required for inclusion, and which are the “optional inclusions.” You may elect to update your artifacts prior to attachment. If you did *not* receive a grade of “C” or better, you *must* update the Artifact or provide an appropriate substitute Artifact created by you (consult with the instructor about appropriateness). You may also add more Artifacts. You may substitute the listed Artifacts with another relevant artifact. Keep *digital* (i.e., on a computer disc) copies of all written artifacts.

With the assistance of the instructor, students make two copies of their digital portfolio onto a CD-ROM: 1 copy for the student and a 2<sup>nd</sup> copy will be maintained by the Nutrition Department for archives and accreditation purposes (review by those from external accrediting agencies).

**Nutrition DPD Achievement Portfolio  
 Summary of Artifacts for Inclusion**

Chapter Name	Page Title	Artifacts		Course Source
<b>Introduction</b>	<b>Introduction</b>	Reflection #1: Goals	<i>required</i>	NUTR 391
		Reflection #2: Experience	<i>required</i>	NUTR 391
		Banner/photos	<i>required</i>	NUTR 391
		Resume	<i>required</i>	NUTR 391
		Quotation	<i>optional</i>	NUTR 391
<b>Nutrition</b>	<b>Nutrition Knowledge &amp; Skill Competencies</b>	Reflection	<i>required</i>	NUTR 391
		Life cycle artifact	<i>one required</i>	NUTR 241, 291, 271, 373, and/or 395
		Comprehensive (Individual): Case Study, with explanation of pathophysiology, Care Plan form, and PES note <i>with</i> Digital photo (.jpg/.gif) of disease flowchart or inclusion of digitally created flowchart (showing integration of patho-physiology, clinical signs and symptoms, medications, and laboratory values)	<i>required</i>	NUTR 372
		Nutrition Fair Booth (scan photo)	<i>required</i>	NUTR 280
<b>Professional Practice</b>	<b>Professional Practice Competencies</b>	Reflection	<i>required</i>	NUTR 391
		<b><i>Counseling and Group Education</i></b>	Lesson Plan (ASSURE Model), with evaluations (e.g., post-tests, questionnaire)	<i>required</i>
		PowerPoint presentation. It should be from a project completed <i>individually</i> .	<i>required</i>	NUTR 271, 291, 372, or ?
		Nutrition Fair Booth (scan photo) [note: listed twice]	<i>required</i>	NUTR 280
		At least one educational handout (in color) created and designed by you	<i>required</i>	NUTR 271, 280, or ?
		Counseling interview REPORT	<i>required</i>	NUTR 395
		Video (digital) to demonstrate interviewing and counseling skills	<i>optional</i>	NUTR 395
		Additional counseling lab reports	<i>optional</i>	NUTR 395

	<b>Communications</b>	Final version of Manuscript (with references)	<i>required</i>	NUTR 392
		Legislative letter	<i>required</i>	NUTR 280
		Video (digital) to demonstrate culinary skills	<i>optional</i>	NUTR 298
		Papers (referenced) from cognate (e.g., skills), other advanced nutrition, or non-nutrition courses,	<i>optional</i>	
		Press release	<i>optional</i>	NUTR 392
	<b>Ethical Principles</b>	Ethics paper (with references)	<i>required</i>	NUTR 371
		Ethics assignment from cognate ethics course	<i>optional</i>	
<b>Food Systems and Science</b>	<b>Food Systems and Science Knowledge &amp; Skill Competencies</b>	Reflection	<i>required</i>	NUTR 391
	<b>Food systems/ operations</b>	Include the (1) description of the operation/restaurant, (2) menu (scan and insert images, Word Document, or PowerPoint of menu), <i>AND</i> (3) related recipes from the NUTR 250 Foodservice Operations course project.	<i>required</i>	NUTR 250
		The remainder of the supporting materials from the related project from NUTR 250	<i>optional</i>	NUTR 250
	<b>MNT Menus</b>	All components of the individual project	<i>required</i>	NUTR 373
		Best 2-3 examples of therapeutic diets and menus	<i>optional</i>	NUTR 373
	<b>Food Sanitation</b>	Complete HACCP report <u>OR</u> a copy of your <i>passing state test score</i> report for food sanitation or a copy of your state food sanitation certificate.	<i>required</i>	NUTR 150
	<b>Food Science</b>	Complete <i>original</i> (yours) recipe development report, including (1) entire report with references, (2) complete recipe form, <i>AND</i> (3) computer-based nutrient analysis (copy of printout)	<i>required</i>	NUTR 246
		Food Science reports (individual)	<i>optional</i>	NUTR 244, 246
	<b>Culinary</b>	Group cultural culinary report, and (optionally) insert photo of booth	<i>optional</i>	NUTR 298
		Video (digital) to demonstrate culinary skills [note: listed twice in these portfolio guidelines]	<i>optional</i>	NUTR 298

<b>Management</b>	<b>Management Knowledge and Skill Competencies</b>	Reflection	<i>required</i>	NUTR 391
		Business Plan project from NUTR 350 Food and Nutrition Management course. Be certain to include the (1) marketing plan, (2) budget, AND (3) human resource management plan (e.g., job descriptions, staffing schedule).	<i>required</i>	NUTR 350
<b>Scientific Information &amp; Research</b>	<b>Research Knowledge &amp; Skill Competencies</b>	Reflection (link nutrition/food with biological/physical sciences)	<i>required</i>	NUTR 391
		Journal Critique	<i>required</i>	NUTR 392
		Journal Critique	<i>optional</i>	NUTR 271
		Science lab reports (e.g., microbiology, chemistry), illustrating scientific method – be selective.	<i>optional</i>	
<b>Professional Dispositions</b>	<b><i>Teamwork Skills</i></b>	Reflection #1	<i>required</i>	NUTR 391
	<b><i>Cultural Competence</i></b>	Reflection #2	<i>required</i>	NUTR 391
		Attach at least one assignment/project that demonstrates application of knowledge of role of culture on nutrition (identify your role/s if group project)	<i>required</i>	
	<b><i>Problem Solving and Critical Thinking Skills</i></b>	Reflection #3	<i>required</i>	NUTR 391

*updated 08/21/09*

## Nutrition (Didactic Program in Dietetics) Curriculum

### Catalog Description of Requirements – Major:

The nutrition major must complete, with a “C” or better”

### University Skills and Core:

WRIT-S101(3), S102(3); SPCH-S110(3); PSYC-100(3); MGT-320(3); and an ethics course.

### Cognates:

CHEM-C101(3), 102(1) [or CHEM-C113(3), C114(1), C123(3), C124(1)], 103(3), 104(1) [or CHEM 242(3), 243(1), 247(3), 248(1)]; BIOL-197(3), 198(3), 199(1), 208(4), 258(4); BCHM-C251(3) [or 261(3)]; and BIOL-229(3) or PSYC-150(3).

### Nutrition Science Courses:

NUTR-150(1), C241(3), 244(3), 245(1), 246(1), 250(3), 271(3), 280(3), 298(2), 350(2), 341(3), 345 (3), 371(4), 372(2), 373(1), 391(1), 392-WI(2), and 395(1).

Students are strongly encouraged, although not required, to maintain a cumulative G.P.A. of 3.0/4.0 or higher.

Following completion of this accredited Nutrition Program (Didactic Program in Dietetics), students will be awarded a Foundation Knowledge and Skills Verification Statement. Verified graduates qualify to take the Registration Examination for Registered Dietitians upon culmination of an accredited post-baccalaureate Dietetic Internship program.

### Biology Minor:

Students seeking a minor in biology must complete, with a grade of "C" or better: CHEM-C113(3), C114(1), C123(3), C124(1);

BIOL-C197(3), C198(3), 199(1), and at least 16 semester hours in biology at the 200-level or above, including at least three credit hours at the 300-level.

All Chemistry courses (8 semester credit hours) and all Biology courses (20 semester credit hours) must be passed with a grade of "C" or better.

Nutrition majors who complete the year of General Chemistry, and take nutrition cognates BIOL 208(4), 229(3), and 258(4), plus 5 more credit hours of BIOL electives at 200-level or greater will have completed the Biology Minor.

### Requirements – CADE ADA Verification in Nutrition

Qualified students who hold a bachelor degree from another institution may enroll in additional courses to complete the accredited program requirements after evaluation of transcripts by the Enrollment Center and Nutrition Program Director at Benedictine University.

Students holding a bachelor degree at the time of admission should apply for the “second degree” versus “second major” program in order to have a complete articulation of their transcripts. Entry into the undergraduate (vs. graduate) program facilitates registration for courses.

A second degree may be awarded to those in the Second Degree Program. Upon successful completion of the requirements, the Foundation Didactic Knowledge and Skills will be awarded.

### Nutrition Course Descriptions

Course Descriptions for courses is online at: <http://www.ben.edu/nutrition/dpdcourses.html>.

**BENEDICTINE UNIVERSITY CHECKLIST FOR  
BACHELOR OF SCIENCE in NUTRITION  
(Didactic program in Dietetics)  
Freshman Rules  
(2009-2010 Academic Year)**

<b>NAME:</b>		<b>DATE:</b>
<b>BU ID #:</b>	<b>ADVISOR:</b>	<b>SEMESTER OF ENTRY:</b>

GRADUATION REQUIREMENT: Students must submit a total of 120 semester credit hours (with a minimum G.P.A. of 2.0 from Benedictine University courses)

<p><b>BASIC SKILLS (12 HOURS) Grade of "C" or better required.</b></p> <table border="1" style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th>College</th> <th>Course #</th> <th>Cr.</th> <th>Grade</th> </tr> </thead> <tbody> <tr><td>_____</td><td>_____</td><td>___</td><td>_____</td></tr> <tr><td>_____</td><td>_____</td><td>___</td><td>_____</td></tr> <tr><td>_____</td><td>_____</td><td>___</td><td>_____</td></tr> <tr><td>_____</td><td>_____</td><td>___</td><td>_____</td></tr> </tbody> </table> <p>Writing Colloquium (WRIT-S101)* (or HNRS 190: 1<sup>st</sup> Year Colloquium I) Research Writing (WRIT-S102) (or HNRS 191: 1<sup>st</sup> Year Colloquium II) Basic Speech (SPCH-S110) (or HNRS-191) College Algebra (MATH-S110) or Quantitative Reasoning (MATH-S108)</p> <p><b>*Freshman with AP credit for WRIT-S101 must take WRIT-S104, Person in Community: One-Hour seminar</b></p>	College	Course #	Cr.	Grade	_____	_____	___	_____	_____	_____	___	_____	_____	_____	___	_____	_____	_____	___	_____	<p><b>COMMON CORE (12 HOURS)</b></p> <table border="1" style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th>College</th> <th>Course #</th> <th>Cr.</th> <th>Grade</th> <th></th> </tr> </thead> <tbody> <tr> <td>BU</td> <td>_____</td> <td>___</td> <td>_____</td> <td>HUMN-220 Mediterranean World (or HNRS-220 Mediterranean World)</td> </tr> <tr> <td>BU</td> <td>_____</td> <td>___</td> <td>_____</td> <td>HUMN-230 Baptism of Europe (or HNRS-230 Baptism of Europe)</td> </tr> <tr> <td>BU</td> <td>_____</td> <td>___</td> <td>_____</td> <td>HUMN-240 Converging Hemispheres (or HNRS-320 Converging Hemispheres)</td> </tr> <tr> <td>BU</td> <td>_____</td> <td>___</td> <td>_____</td> <td>HUMN-250-WI – required for all except scholars</td> </tr> </tbody> </table> <p>HUMN-220, 230, 240, 250 <u>taken at Benedictine</u> comprise the Cultural Heritage Series.</p>	College	Course #	Cr.	Grade		BU	_____	___	_____	HUMN-220 Mediterranean World (or HNRS-220 Mediterranean World)	BU	_____	___	_____	HUMN-230 Baptism of Europe (or HNRS-230 Baptism of Europe)	BU	_____	___	_____	HUMN-240 Converging Hemispheres (or HNRS-320 Converging Hemispheres)	BU	_____	___	_____	HUMN-250-WI – required for all except scholars
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<p><b>CORE ELECTIVES</b></p> <p>Core Electives must be chosen from classes labeled with a "C" designation in the Catalog and Course Schedule. A list can also be found at: <a href="http://www.ben.edu/core/electives.asp">http://www.ben.edu/core/electives.asp</a>.</p> <p>* Students accepted to the scholars program must take specific courses to satisfy these categories</p>																																														
<p><b>ARTS AND HUMANITIES (12 HOURS)</b></p> <p><u>Satisfied by Major</u></p> <table border="1" style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th>College</th> <th>Course #</th> <th>Cr.</th> <th>Grade</th> </tr> </thead> <tbody> <tr><td>_____</td><td>_____</td><td>___</td><td>_____</td></tr> <tr><td>_____</td><td>_____</td><td>___</td><td>_____</td></tr> <tr><td>_____</td><td>_____</td><td>___</td><td>_____</td></tr> <tr><td>_____</td><td>_____</td><td>___</td><td>_____</td></tr> </tbody> </table> <p>PHIL* _____ RELS/THEO _____ FNAR/MUSI* _____ LITR/FRLGLITR _____</p> <p><b>*Scholars must pass a core approved ethics course.</b></p>	College	Course #	Cr.	Grade	_____	_____	___	_____	_____	_____	___	_____	_____	_____	___	_____	_____	_____	___	_____	<p><b>SOCIAL SCIENCES (9 HOURS)</b></p> <table border="1" style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th>College</th> <th>Course #</th> <th>Cr.</th> <th>Grade</th> </tr> </thead> <tbody> <tr><td>_____</td><td>_____</td><td>___</td><td>_____</td></tr> <tr><td>_____</td><td>_____</td><td>___</td><td>_____</td></tr> <tr><td>_____</td><td>_____</td><td>___</td><td>_____</td></tr> <tr><td>_____</td><td>_____</td><td>___</td><td>_____</td></tr> </tbody> </table> <p>ANTH/PLSC* _____</p> <p><u>Satisfied by Major</u></p> <p><u>Satisfied by Major</u></p>	College	Course #	Cr.	Grade	_____	_____	___	_____	_____	_____	___	_____	_____	_____	___	_____	_____	_____	___	_____					
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**MAJORS AND COGNATES**

College	Course	Cr	Gr	College	Course	Cr	Gr	
		3				3		NUTR-244 Food Science
		1				1		NUTR-245 Food Science Lab
		3				1		NUTR-246 Exp Food Lab
		1				3		NUTR-250 Food Service Operations
		3				3		NUTR-271 Nutrition Education
		3				3		NUTR-280 Community Nutrition
		1				2		NUTR-298 Cultural Foods Lab
		4				3		NUTR-341 Nutrition in Health/Disease
		3				3		NUTR-345 Science of Sport Nutrition
		4				2		NUTR-350 Food/Nutr Service Mgmt
		3				4		NUTR-371 Therapeutic Nutrition
		3				2		NUTR-372 Clinical Nutr Assess Lab
		3				1		NUTR-373 Adv Menu Plan Lab
		3				1		NUTR-391 Nutr Achieve Portfolio
		1				2		NUTR-392-WI Nutrition Res & ProfWrit
		3				1		NUTR-395 Nutrition Counseling Lab

- ❖ All majors must submit at least 39 hours in nutrition courses, with 38 at the 200 level or above, including 19 hours at the 300 level.
- ❖ Major and cognate courses required for CADE of the ADA approval must be completed with a grade of "C" or better.
- ❖ One Writing Intensive course (indicated by a "WI" in the course schedule) must be completed within the major

## BENEDICTINE UNIVERSITY CHECKLIST FOR BACHELOR OF SCIENCE in NUTRITION (Didactic program in Dietetics) (2008-2009 Academic Year)

<b>NAME:</b>		<b>DATE:</b>	
<b>BU ID #:</b>	<b>ADVISOR:</b>	<b>SEMESTER OF ENTRY:</b>	

GRADUATION REQUIREMENT: Students must submit a total of 120 semester credit hours (with a minimum G.P.A. of 2.0 from Benedictine University courses)

<p><b>BASIC SKILLS (12 HOURS)</b> Grade of "C" or better required.</p> <table style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th style="text-align: left;">College</th> <th style="text-align: left;">Course #</th> <th style="text-align: left;">Cr.</th> <th style="text-align: left;">Grade</th> <th></th> </tr> </thead> <tbody> <tr> <td>_____</td> <td>_____</td> <td>_____</td> <td>_____</td> <td>Writing Colloquium (WRIT-S101)</td> </tr> <tr> <td>_____</td> <td>_____</td> <td>_____</td> <td>_____</td> <td>Research Writing (WRIT-S102)</td> </tr> <tr> <td>_____</td> <td>_____</td> <td>_____</td> <td>_____</td> <td>Basic Speech (SPCH-S110)</td> </tr> <tr> <td>_____</td> <td>_____</td> <td>_____</td> <td>_____</td> <td>College Algebra (MATH-S110) <b>or</b></td> </tr> <tr> <td>_____</td> <td>_____</td> <td>_____</td> <td>_____</td> <td>Quantitative Reasoning (MATH-S108)</td> </tr> </tbody> </table>	College	Course #	Cr.	Grade		_____	_____	_____	_____	Writing Colloquium (WRIT-S101)	_____	_____	_____	_____	Research Writing (WRIT-S102)	_____	_____	_____	_____	Basic Speech (SPCH-S110)	_____	_____	_____	_____	College Algebra (MATH-S110) <b>or</b>	_____	_____	_____	_____	Quantitative Reasoning (MATH-S108)	<p><b>COMMON CORE (12 HOURS)</b></p> <table style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th style="text-align: left;">College</th> <th style="text-align: left;">Course #</th> <th style="text-align: left;">Cr.</th> <th style="text-align: left;">Grade</th> <th></th> </tr> </thead> <tbody> <tr> <td>_____</td> <td>_____</td> <td>_____</td> <td>_____</td> <td>_____</td> </tr> <tr> <td>BU</td> <td>_____</td> <td>_____</td> <td>_____</td> <td>HUMN-22 or 230 or 240</td> </tr> <tr> <td>BU</td> <td>_____</td> <td>_____</td> <td>_____</td> <td>HUMN-250-WI – required for all except scholars</td> </tr> </tbody> </table> <p>HUMN-220, 230, 240, 250 <u>taken at Benedictine</u> comprise the Cultural Heritage Series. *Transfers with 20+ hours take one of HUMN-220, 230, 240 or Cultural Heritage: Great Readings Seminar (recommended); plus HUMN-250.</p>	College	Course #	Cr.	Grade		_____	_____	_____	_____	_____	BU	_____	_____	_____	HUMN-22 or 230 or 240	BU	_____	_____	_____	HUMN-250-WI – required for all except scholars
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<p><b>CORE ELECTIVES</b></p> <p>The approval of transfer courses for Core Electives is done at the point of transfer according to transfer guidelines. Transfer students must satisfy their remaining core elective hours using appropriate core elective courses [labeled 'C' in the Catalog and Course Schedule]. A list can also be found at: <a href="http://www.ben.edu/core/electives.asp">http://www.ben.edu/core/electives.asp</a>. Substitutions are not allowed after entry.</p>																																																			
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		3				1	
		1				2	
		3				1	

- ❖ All majors must submit at least 39 hours in nutrition courses, with 38 at the 200 level or above, including 19 hours at the 300 level.
- ❖ Major and cognate courses required for CADE of the ADA approval must be completed with a grade of "C" or better.
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## Sample Course Sequence (2007-2008 "Freshman rules")

### Freshman Year

#### fall

Introduction Chemistry/Lab (4)  
Writing Colloquium (3)  
College Algebra/ Quant. Reasoning (3)  
Basic Speech Communications (3)  
Principles of Organismal Biology (3)  
*Total Fall credits = 16*

#### spring

Intro. Organic Chemistry/Lab (4)  
Nutrition Through the Life Cycle (3)  
Research Writing (3)  
Principles of Biology/Lab (4)  
*Total Spring credits = 14*

### Sophomore Year

#### fall

Foodservice Operations (3)  
Mediterranean World (3)  
Biometry or Statistics I (3)  
Survey of Psychology (3)  
Introduction to Biochemistry (3)  
*Total Fall credits = 15*

#### spring

Food Service Sanitation (1)  
Food & Nutrition Management (2)  
Human Physiology (4)  
Baptism of Europe (3)  
Organizational Behavior (3)  
Religious Studies (3)  
*Total Spring credits = 16*

### Junior Year

#### fall

Food Science (3)  
Food Science Laboratory (1)  
Anthropology or Political Science (3)  
Nutrition Education (3)  
Literature Core Elective (3)  
Converging Hemispheres (3)  
*Total Fall credits = 16*

#### spring

Science of Sports Nutrition (3)  
Cultural Foods Laboratory (2)  
Nutrition in Health & Disease (3)  
Community Nutrition (3)  
Ethics (3)  
*Total Spring credits = 14*

### Senior Year

#### fall

Therapeutic Nutrition (4)  
Clinical Nutrition Assessment (2)  
Advanced Menu Planning Lab (1)  
Contemporary World (3)  
Experimental Foods Lab (1)  
Fine Arts/Music Core Elective (3)  
*Total Fall credits = 14*

#### spring

Nutrition Achievement Portfolio (1)  
Nutrition Research & Prof. Writing (2)  
Nutrition Counseling Lab (1)  
Microbiology/Lab (4)  
Electives (7)  
*Total Spring credits = 15*

**Planning Worksheet**

**Freshman Year**

**fall**

**spring**

**Sophomore Year**

**fall**

**spring**

**Junior Year**

**fall**

**spring**

**Senior Year**

**fall**

**spring**

## **Affiliations with University Graduate Degree Programs**

In your senior year, you may elect to begin coursework for the Master of Science in Nutrition and Wellness (M.S.N.W.), Master of Public Health (M.P.H.), or Master of Science in Clinical Exercise Physiology (M.C.E.P.) programs. This curriculum option allows you to study in an interrelated field as an undergraduate and then earn your master degree in less time. Additionally, students may apply for acceptance into the graduate level accredited Dietetic Internship program at Benedictine University, which is combined with a choice of the M.S.N.W. or M.P.H. program. Approximately 45% of Registered Dietitians hold master degrees while 3% hold doctorate degrees.

### **Affiliation with the Master of Science in Nutrition and Wellness (M.S.N.W.)**

With careful planning of the undergraduate course sequence, this program offers the student the possibility of completing select cross-listed courses to meet some of the requirements of the M.S.N.W. program while still an undergraduate student. Admission to the graduate program is not automatic. The student must meet graduate program admissions requirements.

Students interested in the exercise physiology concentration of the M.S.N.W. program can elect to complete the courses as an undergraduate (taken as electives) in addition to fulfilling the requirements for a bachelor of science degree in nutrition. These courses include: BIOL-203 Anatomy (4), BIOL-229 Biometry (3) (*as the preferred statistics choice*), BIOL-268 Biomechanics (3), HLSC-321 Fitness Testing (1), HLSC-322 EKG Lab (1), and HLSC-360 Advanced CV/Respiratory Physiology (3). These are the program prerequisites for this concentration and some recommended courses for the exercise physiology concentration of the M.S. in Nutrition and Wellness degree.

### **Affiliation with the Master of Public Health (M.P.H.) Program**

This program offers the student the possibility of completing select courses to meet some of the requirements of the M.P.H. degree program while an undergraduate student. In addition to fulfilling the requirements for a Bachelor of Science degree in Nutrition, the student may complete the following courses as an undergraduate (taken as electives): NUTR-381 Behavioral and Social Aspects of Public Health (3), NUTR-382 Health Systems (3), and NUTR-383 Ethical and Political Issues (3). Admission to the graduate program is not automatic. The student must meet graduate program admissions requirements.

### **M.S.N.W. or M.P.H. Dietetic Internship (concentration)**

Acceptance into the Dietetic Internship is by separate application and matching. Placements into Dietetic Internships are competitive. However, through attending our undergraduate Nutrition Program, you can gain a competitive edge as you will (1) meet the exact course prerequisites for the Dietetic Internship, (2) create a portfolio of your undergraduate work, (3) be able to have an ongoing discussion with the Dietetic Internship Program Director during your stay at Benedictine University, (4) have the opportunity to demonstrate your personal positive qualities for success directly to the Dietetic Internship Director through course work and extracurricular activities, and (5) participate in the Dietetic Internship pre-match process in your senior year, in which qualified applicants may receive early acceptance into the Benedictine University Dietetic Internship program. Students who elect to pursue the dietetic internship at Benedictine University *must* also complete either the Master of Public Health or the Master of Science in Nutrition and Wellness.

**Affiliation with the Master of  
Science in Clinical Exercise  
Physiology (M.C.E.P.)**

This program offers the student the possibility of completing select courses to meet some of the requirements of the M.C.E.P. degree program while an undergraduate student. In addition to fulfilling the requirements for a Bachelor of Science degree in Nutrition, the following required courses may be taken as an undergraduate: BIOL-203 Anatomy (4), BIOL-229 Biometry (3) (*as the preferred statistics choice*), BIOL-268 Biomechanics (3), HLSC-321 Fitness Testing (1), HLSC-322 EKG Lab (1), HLSC-360 Advanced CV/Respiratory Physiology (3), HLSC-361 CV/Respiratory Pathophysiology and Prevention (3), HLSC-380 Current Topics (2), HLSC-390 Internship Preparation and Internship (2), and HLSC-392 Exercise Biochemistry (3). BIOL-259 Human Physiology Lab (1) and MATH-111 Trigonometry (3) are strongly recommended.

## Academic Advisement , Registration, Policies, and Resources

### Student Handbook

The university *Student Handbook* describes campus services, offices, policies, and procedures. This Handbook is available online: [www.ben.edu/resources/handbook](http://www.ben.edu/resources/handbook) or at the Student Success Center (Krasa Center, room 012).

### Declaring Your Major

When you decide to major in Nutrition at Benedictine University, you must officially declare your major. If you have transferred to this university, and designated your intended major as nutrition on your application, then you have already declared your major. If you began your studies at Benedictine University, you generally declare your major through your advisor in the Freshman Advising Program. However, if you entered the university or left the Freshman Advising Program with a different major declared (or were undeclared), you must petition to change your major. To accomplish this, simply obtain a "Change of Major" form from the university web site, with the Nutrition Department Chairperson, and bring it to the Student Success Center.

### Academic Advising

All students apply to the university through the Enrollment Center. The Nutrition Department does *not* complete any articulations outside of this process. The Nutrition Department Chairperson works with the Enrollment Center to complete transfer student articulations for nutrition courses upon a student's acceptance into the university.

Once accepted into the university, each student is assigned a department advisor. If you are uncertain as to whom your advisor is - you can look up your advisor's name online at: <http://www.ben.edu/MyBenU/>.

The undergraduate nutrition advisors are:

- Dr. Catherine Arnold, who can be contacted by e-mail at [carnold@ben.edu](mailto:carnold@ben.edu) or by phone (630) 829-6534.
- Ms. Julie Davis, who can be contacted by e-mail at [jdavis@ben.edu](mailto:jdavis@ben.edu) or by phone (630) 829-6521.

The Nutrition Department offices are located in suite 249 of Kindlon Hall of Learning.

When you meet with your advisor you are encouraged to discuss academic progress, career interests and goals, and plan for your future (e.g., employment, dietetic internship, graduate degrees). To view the university statement on academic advising, visit the web site: [www.ben.edu/advising/statement.asp](http://www.ben.edu/advising/statement.asp).

It is encouraged that all students meet and consult with their advisor at least once a semester. It is the responsibility of the student to seek academic assistance and advice. Full-time students are especially encouraged to submit a complete course plan to his/her advisor, who can provide feedback as to feasibility of the plan.

### Responsibility to One's Education

A statement of student accountability is found in the *Student Handbook*: To ensure a comprehensive and authentic education, the student is responsible for planning his/her academic program and progress, and for evidencing academic performance with honesty and integrity. Intended learning cannot be evidenced if one misrepresents the work of others as his/her own. While the University encourages students to assist one another (e.g. tutoring; group projects), the student is accountable for work submitted to meet his/her requirements. Faculty members and advisors are available to assist the student in program planning and in academic achievement. The student has accountability for meeting course, degree and graduation requirements.

[<http://www.ben.edu/resources/handbook/policies.asp>]

## Planning Your Program

*The student has the final responsibility for meeting graduation requirements.*

Access Nutrition Major Checklists at:  
[www.ben.edu/advising/traditional.asp](http://www.ben.edu/advising/traditional.asp).

The current Checklists are in this *Guide* for you to use to track your progress.

Ideally, you should plan your program for a year in advance. Try to take at least two lower division courses each semester until you finish them, so as to be able to spend your junior and senior years taking upper division courses. Unless there are compelling reasons for doing otherwise, you should plan on taking the Introductory Chemistry sequence (CHEM 101, 102, 103, and 104) during your freshman year. Many courses depend upon knowledge of college chemistry.

Successfully earning an average of 15 credits per semester, or 30 credits per year, is necessary to graduate at the end of 8 semesters (4 years). Students who are part-time or taking fewer credits per semester should plan to attend summer session(s) or plan to graduate after nine or more semesters.

Information on Academic Records (e.g., transcripts) and procedures (e.g., registration) can be found in the *Student Handbook*.

### Course Registration

*Students MUST receive approval via electronic signature from their advisor prior to registration online.* Consult with your advisor for details.

Resources for registration procedures, including a video demonstration of self registration, can be found on at:  
[www.ben.edu/advising/traditional.asp](http://www.ben.edu/advising/traditional.asp).

MyBenU is the university's online student information system at:

<http://www.ben.edu/MyBenU/>

Features available include:

- Self-registration (add/drop courses)
- View address/e-mail information

- View grades
  - View class schedule
  - View transfer credit report
  - View unofficial transcript
  - Registration procedures
- And other features.

Academic forms are located online at:  
[www.ben.edu/advising/tradundergrad\\_acad\\_forms.asp](http://www.ben.edu/advising/tradundergrad_acad_forms.asp) . These include forms to:

- Apply for Graduation
- Gain Approval of Transfer Credit
- Request Independent Study
- Request an Incomplete

Also available are:

- FERPA (Family Educational Rights and Privacy Act) Form
- Confidential Release

Academic resources can be found online:  
[www.ben.edu/advising/tradundergrad\\_acad\\_docs.asp](http://www.ben.edu/advising/tradundergrad_acad_docs.asp) . These include information about:

- Core electives
- Cultural Heritage courses
- Athletic eligibility
- Using BenULive

And a variety of other helpful resources.

The current and next term course schedules and availability are posted online at BenULive: <http://www.ben.edu/benulive/> However, the most up-to-date information is in the PeopleSoft live registration system.

The Academic Calendar is online:

[http://www.ben.edu/news/events/academic\\_calendar.asp](http://www.ben.edu/news/events/academic_calendar.asp).

### Emergency Class Cancellations

In the case of inclement weather, unsafe conditions, absence of an instructor, or other unforeseen situations, classes may be cancelled. The University will post information at:

<http://www.emergencyclosings.com/ecc/home.jsp> . Decisions to cancel day classes are made by 6 a.m., while decisions to cancel evening classes are made by 3 p.m.

In cases of inclement weather, you may telephone Public Safety at (630) 829-6122. The University will also notify the following radio and television stations with Emergency Closing information.

Radio Stations :

- WMAQ AM 670
- WGN AM 720
- WBBM AM 780

TV Stations:

- CBS
- CLTV
- FOX
- NBC
- WGN

Canceled classes may be need to be rescheduled, depending upon the nature of the learning that was missed. The faculty member will confer with the department chairperson as needed about alternative meeting times (sometimes established by administrative areas in the University).

## Academic Performance

### Academic Honesty Policy

The University's Academic Honesty Policy is available at <http://www.ben.edu/AHP> and students are expected to read it.

### Course Absence Policy

Students are expected to attend all classes. During the term, students should notify instructors of individual circumstances surrounding their enrollment status: health, family emergencies and University business.

Guidelines on attendance are found in course syllabi. Note that attendance and class *participation* are not the same!

### Accommodations

If you have a documented learning, psychological or physical disability, you may

be eligible for reasonable academic accommodations or services. To request accommodations or services, please contact the Academic Resource Center, 249 Kindlon Hall, 630-829-6512. All students are expected to fulfill essential course requirements. The University will not waive any essential skill or requirement of course/degree program.

A student whose religious obligation conflicts with a course requirement may request an academic accommodation from the instructor. Students must make such requests in writing by the end of the first week of the class. Upon receiving such a request, the instructor will offer reasonable academic accommodations, whenever feasible, and communicate this to the student. However, the course requirements listed in the syllabus remain in effect if accommodations cannot be offered.

### GPA Requirement

The university has a minimum GPA requirement of 2.0/4.0 for graduation. Policies regarding probation and dismissal are in the *Student Handbook*.

A student interested in pursuing graduate or dietetic internship programs should maintain at least a 3.0/4.0 GPA to improve the potential for acceptance.

### Academic Recognition

University level academic recognition for students who earn at least a 3.5 semester G.P.A. with at least a "C" in each course includes:

- Dean's List: Full-time students
- Dean's Recognition List: Part-time students

Graduation honors are awarded to students who have achieved cumulative grade point averages for Benedictine University course work as follows:

- 3.90 — summa cum laude
- 3.75 — magna cum laude
- 3.50 — cum laude

Eligibility for the above graduation honors is contingent upon completion of at least 55 undergraduate credit hours (not including external credit) at Benedictine University.

Graduation honors are awarded to students who earn 30-54 undergraduate hours at Benedictine University as follows: 3.50 - with honors. The university recognizes outstanding graduating seniors through awards. This list is posted annually.

More information on academic recognition and awards can be found in the *Student Handbook*.

## Recognition by Department

The Nutrition Department recognizes the student achievements through annual presentation of Nutrition Awards. *It is the student's responsibility to convey external field related participation to the DPD Director.* Annual departmental awards include:

- *Nutrition Recognition Awards*
- *Nutrition Achievement Award*
- *Outstanding Senior Nutritionist Award*

Other departmental awards presented to a graduating senior may include: the Community Nutrition Service Award, the Leadership in Nutrition Award, and Clinical Nutrition Award. For departmental award criteria and to view a list of former recipients, please visit:

<http://www.ben.edu/nutrition/awards.html>.)

## Academic Assistance

If you need academic assistance, do not hesitate or wait!

The Student Success Center provides a variety of programs and services to support students' academic development at Benedictine University. These include:

- Individual Tutoring and Support
- Study Sessions
- The "Study Zone"
- Structured Learning Assistance Program

- Accommodations for Disabilities
- Evaluation of transfer and testing credit
- Academic Advising
- "Advising Matters" web site

The Student Success Center is located in the lower level of the Krasa Center, room 012.

If the problem relates to a course, immediately discuss the problem or situation with your instructor. Contact information for your instructor can be found on your syllabus. Some nutrition instructors have a faculty web page:

[www.ben.edu/nutrition/faculty.html](http://www.ben.edu/nutrition/faculty.html). If the problem is not satisfactorily resolved or is related to major or graduation requirements, please discuss the issue with your academic advisor (and refer to Conflict Resolution Procedures).

## Conflict Resolution Procedures

The online *Student Handbook* describes the academic appeals and academic honesty policies, the procedures for a grade appeal, and conflict resolution (grievance) policies and procedures.

If a nutrition major wishes to proceed with a complaint regarding an academic dispute of any nature (for any course), he/she should proceed in the following sequence for the most efficacious response per university policy. A written record of all communications should be maintained throughout the process by the student and as it would be required in the event of an appeal. The student proceeds to the next level, if the prior level does not resolve the complaint.

1. Communicate directly with faculty member or site preceptor.
2. Communicate with Nutrition Department Chair. As requested the Department Chair communicates, in writing, the appeal process.
3. File a written notice of appeal providing the needed documentation per the request of the Department Chair (e.g., unadulterated electronic file and paper copy of assignments or

projects in question, original grading rubrics completed by instructor, written explanation).

4. Meet with Nutrition Department Chair.
5. Meet with Dean of the College of Education & Health Services.
6. Consultation with the Vice President for Academic Affairs.

If the university is unable to resolve the problem, please realize that it is your right to contact Commission on Accreditation for Dietetics Education (CADE) of the American Dietetic Association (ADA). CADE will review complaints that relate to program's compliance with the accreditation standards. CADE is interested in the sustained quality and continued improvement of dietetics education programs but does *not* intervene on behalf of individuals or act as a court of appeal for individuals in matters of admission, appointment, promotion or dismissal of faculty, staff, or students.

A copy of the accreditation standards and/or CADE's policy and procedure for submission of complaints may be obtained by contacting the Education and Accreditation Team at the American Dietetic Association, 120 S. Riverside Plaza, Ste. 2000, Chicago, IL 60606-6995, (312) 899-0040.

### **Financial Aid, Scholarships and Loans**

Many opportunities exist for nutrition students in need of financial assistance. Grants, low interest bank loans, or scholarships may be available from the government, corporations, community or civic groups, philanthropic and religious organizations, and Benedictine University.

If you are pursuing financial aid, visit: <http://www.ben.edu/resources/financialaid> and directly contact a Financial Aid representative. A student should always ask, even if he/she does not believe him/herself to be eligible for financial aid, as there often are Merit Scholarships based on academic

performance available as well. It is the responsibility of each student to consult with a Benedictine Central representative.

Marriott International Corporation has established a scholarship/award open to Benedictine University juniors and seniors majoring in nutrition. The Dr. Scholl Scholarship fund was established for nutrition and other science students. In addition, there are other scholarships not designated to a specific major, but based on financial need, achievement, and sometimes leadership. The application information for all of these is posted on the endowed scholarship page of the Benedictine University web site: <http://www.ben.edu/scholarships/endowed.asp>

The American Dietetic Association (A.D.A.) offers scholarships to students. Application requests are honored by The A.D.A. from September 15 through January 15 only; refer to the September Supplement of the *Journal of the American Dietetic Association* (available in the library) or the web site: <http://www.eatright.org>. Generally, you must be a member of A.D.A. to receive an A.D.A. scholarship. Membership information is posted in the Nutrition Department offices in suite 249, Kindlon.

District dietetic associations (e.g., West Suburban Dietetic Association) sometimes offer scholarships to members. To be a member of the state or district associations, you must first be a member of the American Dietetic Association. More information about dietetic districts can be found at the Illinois Dietetic Association web site: <http://www.eatrightillinois.org>.

### **Updating Contact Information**

Update your contact information by printing, completing, and submitting the form to Benedictine Central: [http://www.ben.edu/forms/change\\_of\\_student\\_information\\_form.pdf](http://www.ben.edu/forms/change_of_student_information_form.pdf)

## Campus Resources

The *Student Handbook* is available online at: [www.ben.edu/resources/handbook/](http://www.ben.edu/resources/handbook/) and from the Student Success Center (Krasa Center, room 012). It is divided into sections:

- Information about all aspects of academic life is posted online at: <http://www.ben.edu/resources/handbook/life.asp>.
- Campus resource information: <http://www.ben.edu/resources/handbook/info.asp>.
- Hours of use of campus facilities: <http://www.ben.edu/resources/handbook/facilities.asp>.
- University policies and procedures that pertain to students are posted: <http://www.ben.edu/resources/handbook/policies.asp>.

## Campus Map

A campus map and building access hours are located online at: [http://www.ben.edu/about/campus\\_map.asp](http://www.ben.edu/about/campus_map.asp)

## Bookstore

The Barnes & Noble bookstore, located on the 1st floor of the Krasa Student Center, carries new and used textbooks, supplies, and Benedictine insignia items. You can also reserve your books ahead of time for in-person pick-up. <http://ben.bkstore.com/>.

## Career Development

The Career Development office, housed in the lower level of the Krasa Center, room 010, helps students and alumni “practice interview” and develop resumes. Job fairs, job opportunities, and the AlumniNet are available to graduate students seeking employment and career assistance. Hours are by appointment. Call (630) 829-6040 or: <http://www.ben.edu/resources/careerdevelopment/>.

## Fitness Resources

The Rice Center serves the campus as the main recreational center for Benedictine students who have access to open gym time, weight training equipment, fitness equipment, open swimming times, intramural sports and other campus recreational pursuits. Special events, such as concerts, speakers, forums and ceremonies are also held in the Rice Center. For open hours and other information, visit: [www.ben.edu/resources/rice\\_center/](http://www.ben.edu/resources/rice_center/).

The university has a strong intercollegiate athletic program. Additionally, intramural sports programs are open to all students. More information can be found online at: [www.ben.edu/resources/handbook/info.asp](http://www.ben.edu/resources/handbook/info.asp).

The Sports Complex at Benedictine University in Lisle provides top quality football, soccer, track, softball and baseball fields for Benedictine University, the local community and that attract visitors to Lisle. This joint-use facility is attracting a variety of local, regional and national sporting and related events. Visit: [http://www.ben.edu/news/sports\\_complex/index.asp](http://www.ben.edu/news/sports_complex/index.asp).

## Health Services and Counseling

The goal of the Health Service is to assist students in maintaining an optimal level of good health. For a listing of services, visit: [www.ben.edu/resources/health\\_services/general.asp](http://www.ben.edu/resources/health_services/general.asp).

For Benedictine University students, there is no fee for counseling services. To make your first appointment call 829-6046. For more information, visit: [http://www.ben.edu/resources/health\\_services/counseling.asp](http://www.ben.edu/resources/health_services/counseling.asp).

The office is located at 116 Krasa Center, and open Mondays through Fridays from 9:00 am to 4:00 p.m.

## Healthy Table

The Healthy Table nutrition education center offers health screening and nutrition presentations to all members of the university community. Services of The Healthy Table are provided by Benedictine University Dietetic Interns at Benedictine University. Visit: <http://www.ben.edu/nutrition/healthytable/HInutredc.html>. The Healthy Table is located in 230 Birk Hall of Science. Call 630-829-6518 to make an appointment.

## ID Cards

A permanent identification card is issued to each student upon enrollment and registration. Students are required to display their ID card to be admitted into the Dining Room, Rice Athletic Center and to check out books from the Library. ID cards are available in the Public Safety Office, during the following hours; 9:00-11:00 a.m., 1:00-3:00 p.m. and 5:00-8:00 p.m. For ID cards, contact Public Safety at (630) 829-6122 or 6669.

## International Office

The International Office provides advising to international students. Additional services include coordination of study abroad opportunities for any interested students. Visit: [www.ben.edu/internationalcenter](http://www.ben.edu/internationalcenter). The International Office is located in Krasa Center room 020B.

## Library Resources and Services

The Library provides research materials and services for the entire academic community. Materials include access to over 14,000 periodicals electronically or in print and over 90 different databases. The library also houses a range of print nutrition and health related books and journals. A student can conduct an online search through the library web site: <http://www.ben.edu/library/>. The library is located on the 2<sup>nd</sup> through 5<sup>th</sup> floors of Kindlon Hall of Learning.

## Nutrition Club

The mission of the Nutrition Club is to apply knowledge and communication skills in order to educate the entire Benedictine University community (including ourselves) about the relationship of nutrition to health and well being. This will be accomplished by the combined efforts of all the club members, through philanthropic events, seminars, and fun activities.

The Nutrition Club bulletin board, located outside of the Nutrition Laboratory at 230 Birk Hall of Science, posts upcoming events. Information about activities and officers are at: [www.ben.edu/nutrition/nutrclub.html](http://www.ben.edu/nutrition/nutrclub.html).

All nutrition majors are enrolled in the Blackboard “Nutrition Resources for Majors” site; new students are added by mid-fall. View this reference to read Nutrition Club minutes, learn about upcoming Nutrition Club activities, as well as nutrition program requirements and registration.

## Transportation

Parking information, violations, and parking rules are posted online at: <http://www.ben.edu/resources/handbook/info.asp>. Public Safety provides a service to individuals wishing to be escorted from a building on campus to their vehicle or another building. Contact Public Safety at (630) 829-6666 to utilize this service. Information for your “commuter needs” is posted online - local Pace bus and Metra trains schedules at: <http://www.ben.edu/resources/handbook/info.asp>.

## University Ministry

The University Ministry is located on the first floor of the Krasa Center. The University Ministry is an integral part of student development and campus life at Benedictine University. They offer programs and services that assist in the spiritual growth of our students, staff and administration. Visit: <http://www.ben.edu/resources/ministry.asp>.

For more information about the Benedictine University undergraduate Nutrition Program (Didactic Program in Dietetics), Master of Science in Nutrition and Wellness program, and Dietetic Internship program, please visit our web site at: <http://www.ben.edu/nutrition>.