The Family and Consumer Sciences Department at Sacramento State also offers a Bachelor of Science degree in Food and Nutrition with an emphasis in Dietetics. This major is designed to meet the degree requirement that prepares students to become a registered dietitian nutritionist (RDN), as well as to prepare students for a variety of careers in nutrition, foodservice administration, and food science. The Dietetics emphasis is a Didactic Program in Dietetics (DPD) and is currently accredited by the Accreditation Council for Education in Nutrition and Dietetics of the Academy of Nutrition and Dietetics, 120 South Riverside Plaza, Suite 2000, Chicago, IL 60606-6995, 1-800-877-1600, Ext. 5400.

A BS in Dietetics is designed to academically prepare students to apply for an Accreditation Council for Education in Nutrition and Dietetics of the Academy of Nutrition and Dietetics accredited supervised practice program (Dietetic Internships or Pre-professional Practice Programs) to establish eligibility for active membership in the Academy of Nutrition and Dietetics and/or to sit for the registration examination for becoming a diet technician registered or a registered dietitian nutritionist after successful completion of an accredited supervised practice program and the only program that allows one to become to go on to become a registered dietitian nutritionist at Sacramento State. To become a Registered Dietitian Nutritionist (RDN), you must first successfully complete the degree, followed by an accredited supervised practice program, and then pass the Examination for Registered Dietitians. Our program will guide you through these steps.

The majority of required courses for the Dietetics program are offered through the Department of Family and Consumer Sciences. Additional courses are needed in Biology, Chemistry, Mathematics & Statistics, and Psychology. Students who intend to earn a BS with an emphasis in Dietetics declare the Family and Consumer Sciences major, with a Nutrition and Food concentration. Students must complete all-university graduation requirements, including general education and specified dietetics course requirements, as described in the major requirements and in the CSUS course catalog. Approximately three semesters prior to the anticipated graduation date and in conjunction with a faculty adviser, students complete a Dietetics Emphasis Declaration to verify completion and/or pending completion of dietetics course requirements along with a Declaration of Major Form and a copy of your transcripts from all colleges and universities to an advisor for approval.

If you already have a Bachelor’s degree (or a more advanced degree), you may elect to take only courses required for the DPD listed under the dietetic emphasis major requirements. You are advised to consult with a faculty adviser for the courses you need to take.

Employment opportunities include dietetics work in hospitals, HMOs, health care facilities, sports nutrition, corporate wellness programs, hospitality and food service industry, food and nutrition-related businesses, private practice, community and public health settings, university and medical centers and research areas.

Goals and Objectives

The mission of the DPD at Sacramento State is to prepare a diverse population of students to become competent, productive, culturally sensitive, committed, and ethical members of the professions of dietetics, nutrition and food. The program is dedicated to the delivery of a high quality curriculum and
experiential activities in accordance with the Foundation Knowledge and Skills set forth by the Accreditation Council for Education in Nutrition and Dietetics.

**Goal 1:** The program will prepare graduates for supervised practice, graduate school, or to pursue employment in the field of dietetics.

Program Objective measures:

1.1 Over a seven year period, At least 50% of DPD graduates will apply to a supervised practice program within one year of completing the program.

1.2 Over a seven year period, Acceptance into a supervised practice program by ≥ 50% of DPD graduates who apply for a supervised practice program.

1.3 Over a seven year period, Eighty percent or more of DPD graduates will either continue on in a supervised practice program, will obtain employment in dietetics, nutrition and food or related field or acceptance into a graduate program within 12 months of completing the DPD.

1.4 Over a seven year period, Of the students who complete a supervised practice program, ≥ 80% of those who respond to the graduate survey will rate the DPD program as being “adequate” or higher in preparing them for a dietetic internship.

1.5 Over a seven year period, Of the DPD graduates who complete a supervised practice program, ≥80% will pass the Registration Examination for Registered Dietitians on their first attempt.

1.6 Over a 7-year period, 75% or more of employers of DPD graduates that complete the employer survey will indicate that the graduate was adequately prepared for entry level work in supervised practice or other position in the field of nutrition and food/ dietetics.

1.7 Over a 7-year period, 75% or more of dietetic internship directors of DPD graduates that complete the director survey will indicate that the graduate was adequately prepared for supervised practice.

1.8 Over a 7-year period, Sixty percent or more of students will complete the degree and program requirements within six years (150% of the program length).

**Goal 2:** The program will graduate diverse practitioners who work effectively with diverse populations in dietetics or related fields.

Program Objective measures:

2.1 Over a seven year period, The DPD will include representation of at least three ethnic/racial groups and 5% male students.

2.2 Over a seven year period, Eighty percent or more of DPD graduates will indicate cultural awareness and sensitivity.

**Goal 3:** The program will graduate practitioners with a commitment to continuing education and service to the profession.

Program Objective measures:
3.1 Over a 7 year period, at least 75% of DPD graduates responding to the one year post-graduation survey will indicate membership in a professional organization.

3.2 Over a 7-year period, at least 50% of graduates responding to the one year post-graduation survey will indicate having participated in one or more professional activity including but not limited to continuing education events, workshops, seminars, association, meetings, professional updates, graduate level coursework.

*Program outcome data is available upon request*

Curriculum designed for the Dietetics emphasis develops knowledge, competencies and skills required of entry level dietetics practitioners as identified by the Academy of Nutrition and Dietetics Standards of Education, an advisory panel of local dietitians, and Family and Consumer Sciences faculty. Program curriculum is committed to helping students and faculty in nutrition and food to maximize personal growth and professional performance and advancement.

The Family and Consumer Sciences Department has six nutrition and food faculty who have advanced degrees in nutrition education. Two of these faculty are registered dietitians and active members of the Academy of Nutrition and Dietetics. The academic and professional experiences of the nutrition and food faculty are diverse and represent all areas of dietetics: clinical nutrition, community nutrition, food service management, lifespan nutrition and nutritional metabolism.

Upon graduation you will receive your bachelor’s degree, along with a Didactic Program in Dietetics verification statement in accordance with the Academy of Nutrition and Dietetics guidelines. Together the degree and DPD verification make a candidate eligible to apply for an accredited dietetic internship/ supervised practice experience that upon successful completion enables one to take the examination, which upon passing allows the candidate to become a registered dietitian nutritionist. It is important to note that there are not enough dietetic internship/ supervised practice programs to meet the needs of the number of eligible candidates, therefore they are very competitive. In addition, the degree plus the DPD verification makes a candidate eligible to take the Diet Technician Registered examination, which upon successful passing would make the candidate a Registered Diet Technician. Graduates are encouraged and guided to take the necessary steps to become registered dietitians and seek dietetics related professions. Whether the graduate elects to develop a career in food service management, community nutrition, medical nutrition therapy, nutritional metabolism, dietetics research or teaching, it is expected that they have the skills and confidence to perform in any of these areas of the dietetics specialty after completing their dietetics program and supervised practice.

**Employment Opportunities**

Registered Dietitian Nutritionists and Registered Diet Technicians work in:

- Hospitals, HMOs, or other health care facilities
- Sports nutrition and corporate wellness program
- Food and nutrition related businesses & industries
- Private practice
Community and public health settings

Universities and medical centers

Research

**FACS Office Hours:**
Monday - Friday
9:00am - noon
1:00pm - 4:00pm

**Location:**
California State University Sacramento
Mariposa Hall - Room 3000
6000 J Street
Sacramento, CA 95819-6053
Phone: (916) 278-6393
Fax: (916) 278-7520

Click [here](#) for a map of our office location

**Accreditation Status**

The Dietetic Emphasis is a Commission on Accreditation for Dietetics Education accredited program.

Contact information for ACEND:

120 South Riverside Plaza
Suite 2000
Chicago Illinois 60606-6995

800/877-1600, ext. 5400
312/899-0040
Fax: 312/899-4817
acend@eatright.org
[http://www.eatright.org/acend/](http://www.eatright.org/acend/)

**Cost to Students**

A description of fees charged by Sacramento State, as well as financial aid and payment information, is outlined online at:

[https://www.csus.edu/aba/bursars-office/fees_deadlines_refunds.html](https://www.csus.edu/aba/bursars-office/fees_deadlines_refunds.html).

Costs for travel and housing vary. Student housing close to campus is readily available and ranges from $350 - $1200 per month.

Cost for books and supplies vary depending on whether books are purchased new or used. Cost for all new books for a semester may be approximately $200-830. Additional charges may be accessed on a class-by-class basis for such items as laboratory and breakage fees ($10 or more). An additional cost is for the purchase of a laboratory coat ($35).
A student membership in the Academy of Nutrition and Dietetics may be beneficial at some point for your courses. The cost for student membership in the Academy of Nutrition and Dietetics is $50/yr. ([http://www.eatright.org/BecomeanRDorDTR/content.aspx?id=8141](http://www.eatright.org/BecomeanRDorDTR/content.aspx?id=8141)). You may want to consider joining the Northern Area Dietetic Association (NADA) of the California Dietetic Association. Membership is $15/yr. ([http://www.dietitian.org/d_nada/nada_index.html](http://www.dietitian.org/d_nada/nada_index.html)).

Academic Calendar can be accessed at [https://www.csus.edu/acaf/calendars/](https://www.csus.edu/acaf/calendars/)

Graduation and program completion requirements for all degrees, including general education requirements, are available online at [https://www.csus.edu/registrar/graduation/](https://www.csus.edu/registrar/graduation/)

In addition access to advisors and the additional degree requirements for the dietetic emphasis students can be found online at: [https://www.csus.edu/facs/nutrition-and-food/nufd%20adv.%20info..html](https://www.csus.edu/facs/nutrition-and-food/nufd%20adv.%20info..html)

Family and Consumer Sciences (FACS) is part of the California State University, Sacramento College of Social Sciences and Interdisciplinary Studies