

Human Nutrition and Food, B.S.

Degree Offered

- Bachelor of Science

Nature of the Program

BECOMING A DIETITIAN

The path to become a registered dietitian nutritionist includes a bachelor's and master's degree, completing a dietetic internship from an ACEND-accredited program, and passing the national registration exam. At WVU, students who wish to become a registered dietitian nutritionist must:

1. earn a bachelor's degree and complete the Didactic Program in Dietetics with a cumulative GPA of 2.75;
2. apply for and complete an ACEND-accredited dietetic internship program or Individual Supervised Practice Pathway;
3. pass the Commission on Dietetic Registration's dietetic registration exam;
4. gain licensure if required in your state of practice;
5. maintain continuing education. Note that in 2024, a graduate degree will be required to be eligible to take the Commission on Dietetic Registration exam. In addition to the ACEND-accredited DPD, WVU offers an ACEND-accredited dietetic internship associated with a master's degree. An undergraduate degree from WVU does not guarantee acceptance into the WVU dietetic internship

This program of study is additionally a good pre-professional option for students who wish to pursue the professional school programs of human medicine and the allied health professions, such as physician assistant school and medical school.

Students are required to complete core courses as well as courses in food science, nutrition, food service management, psychology, chemistry, biology, physiology, and microbiology. Students are encouraged to select electives in areas that support anticipated career preferences, e.g., business, food science, nutritional biochemistry, advertising, writing, and exercise physiology. There are required electives for the Didactic Program in Dietetics, and students who wish to pursue a registered dietitian nutritionist pathway should declare the Area of Emphasis (AoE) in Dietetics during their sophomore year.

Students must meet cumulative GPA requirements of 2.75 or higher to receive a verification statement. After completion of the Didactic Program in Dietetics requirements and receiving a verification statement, seniors are eligible to apply for competitive dietetic internships by participating in a national match. Acceptance into an internship is not guaranteed. The dietetic internship involves an additional one to two years of education and supervised practice, depending on the site and whether graduate study is included. Upon completion of the internship (and a graduate degree beginning in 2024), the graduate is eligible to take the examination to become a Registered Dietitian Nutritionist (RDN). Students are also able to receive a verification statement to take the DTR (Diet Tech Registered) exam after graduation from our program with a 2.75 GPA or greater.

FACULTY

CHAIR

- Christopher M. Ashwell - Ph.D. (Wake Forest University)
Functional genomics

PROFESSORS

- Jacek Jaczynski - Ph.D. (Oregon State University)
Food science and technology
- Kristen Matak - Ph.D. (Virginia Tech)
Food science and human nutrition
- Melissa Olfert - Dr.P.H., M.S., R.D. (Loma Linda University)
Human nutrition and foods
- Janet C. L. Tou - Ph.D. (University of Toronto)
Nutrition in bone health and chronic diseases

ASSOCIATE PROFESSORS

- Melissa D. Ventura-Marra - Ph.D., R.D. (Florida International University)
Diet related health disparities
- Cangliang Shen - Ph.D. (Colorado State University)
Safety of meat and fresh produce

TEACHING ASSOCIATE PROFESSOR

- Nettie Freshour - M.S., R. D. (West Virginia University)
Dietetics (L.D.N.)

TEACHING ASSISTANT PROFESSOR

- Kelli George - Ph.D. (Florida State University)
Dietetics

Admissions for 2025-2026

- First-Time Freshman must meet WVU's first time freshman requirements (<https://admissions.wvu.edu/how-to-apply/first-time-freshmen/admission-requirements/>).
- Students transferring from another major within WVU must have a GPA >2.0.
- Students transferring from another institution must meet WVU's transfer admission requirements (<https://admissions.wvu.edu/how-to-apply/transfer-students/#anchor-transferreqs>).

Major Code: 1704

General Education Foundations

Please use this link to view a list of courses that meet each GEF requirement. (<http://registrar.wvu.edu/gef/>)

NOTE: Some major requirements will fulfill specific GEF requirements. Please see the curriculum requirements listed below for details on which GEFs you will need to select.

Code	Title	Hours
General Education Foundations		
F1 - Composition & Rhetoric		3-6
ENGL 101 & ENGL 102 or ENGL 103	Introduction to Composition and Rhetoric and Composition, Rhetoric, and Research Accelerated Academic Writing	
F2A/F2B - Science & Technology		4-6
F3 - Math & Quantitative Reasoning		3-4
F4 - Society & Connections		3
F5 - Human Inquiry & the Past		3
F6 - The Arts & Creativity		3
F7 - Global Studies & Diversity		3
F8 - Focus (may be satisfied by completion of a minor, double major, or dual degree)		9
Total Hours		31-37

Please note that not all of the GEF courses are offered at all campuses. Students should consult with their advisor or academic department regarding the GEF course offerings available at their campus.

Curriculum Requirements

Code	Title	Hours
	University Requirements	33
	Human Nutrition and Food Program Requirements	46
	Human Nutrition and Food Major Requirements	41
Total Hours		120

University Requirements

Code	Title	Hours
	General Education Foundations (GEF) 1, 2, 3, 4, 5, 6, 7, and 8 (31-37 Credits)	
	Outstanding GEF Requirements 1, 6, and 7	12
ANRD 191	First-Year Seminar	1

General Electives	20
Total Hours	33

Human Nutrition and Food Program Requirements

Code	Title	Hours
MATH 124	Algebra with Applications (or higher math placement; minimum grade of C-)	3
STAT 211 or ECON 225	Elementary Statistical Inference Elementary Business and Economics Statistics	3
Biology Requirement:		4
BIOL 101 & 101L & BIOL 102 & BIOL 102L	General Biology 1 and General Biology 1 Laboratory and General Biology 2 and General Biology 2 Laboratory	
Or		
BIOL 115 & 115L	Principles of Biology and Principles of Biology Laboratory	
CHEM 115 & 115L	Fundamentals of Chemistry 1 and Fundamentals of Chemistry 1 Laboratory	4
CHEM 116 & 116L	Fundamentals of Chemistry 2 and Fundamentals of Chemistry 2 Laboratory	4
Select one of the following:		4
CHEM 231 & 231L	Organic Chemistry: Brief Course and Organic Chemistry: Brief Course Laboratory	
CHEM 233 & 233L	Organic Chemistry 1 and Organic Chemistry 1 Laboratory	
AGBI 410 or BMM 339	Introductory Biochemistry Introduction to Human Biochemistry	3
FDST 200	Food Science and Technology	3
MICB 200 or AEM 341 & 341L	Medical Microbiology General Microbiology and General Microbiology Laboratory	3
ANPH 301 or PSIO 241 or PSIO 441	Introduction to Animal Physiology Elementary Physiology Mechanisms of Body Function	3
AGEE 421 or WVUE 270	Agricultural and Natural Resource Communications Effective Public Speaking	3
BCOR 370 or ARE 204 or AGEE 220	Principles of Management Agribusiness Management Group Organization and Leadership	3
PSYC 101	Introduction to Psychology	3
PSYC 241 or PSYC 251	Introduction to Human Development Introduction to Social Psychology	3
Total Hours		46

Human Nutrition and Food Major Requirements

Code	Title	Hours
A minimum grade of C- required for all HN&F and HN&F elective courses.		
HN&F 171	Introduction to Human Nutrition	3
HN&F 201	Professional Development in Dietetics	3
HN&F 250 & 250L	Cross-Cultural Cuisine and Cross-Cultural Cuisine Laboratory	3
HN&F 271	Fundamentals of Nutrition	3

HN&F 348 & 348L	Science of Food Preparation and Science of Food Preparation Laboratory	3
HN&F 355	Nutritional Assessment	3
HN&F 364	Nutrition Education & Counseling	3
HN&F 401	Senior Seminar in Nutrition (Capstone)	2
Area of Emphasis or HN&F Electives *		18
HN&F 200	Nutrition/Activity/Health	
HN&F 353 & 353L	Food Service Systems Management and Food Service Systems Management Laboratory	
HN&F 460	Advanced Nutrition	
HN&F 472	Community Nutrition	
HN&F 473	Medical Nutrition Therapy 1	
HN&F 474	Medical Nutrition Therapy 2	
HN&F 491	Professional Field Experience	
HN&F 495	Independent Study	
HN&F 496	Senior Thesis	
HN&F 497	Research	
HN&F 512	Maternal and Child Nutrition	
FDST 308	Food Plant Sanitation	
FDST 365	Muscle Foods Technology	
FDST 365L	Muscle Foods Technology Laboratory	
FDST 445	Food Microbiology	
FDST 445L	Food Microbiology Laboratory	
FDST 450	Food Chemistry	
HN&F 490	Teaching Practicum	
AGBI 512	Nutritional Biochemistry	
ANNU 361	Applied Nutrition	
ANNU 362	Applied Nutrition 2	

Total Hours

41

Suggested Plan of Study

First Year

Fall	Hours	Spring	Hours
ANRD 191		1 BIOL 102 & 102L (GEF 8)	4
BIOL 101 & 101L (GEF 2B)		4 PSYC 101 (GEF 4)	3
HN&F 171 (GEF 8)		3 General Elective	3
MATH 124 (GEF 3)		3 General Elective	3
ENGL 101 (GEF 1)		3 General Elective	2
General Elective		1	
		15	15

Second Year

Fall	Hours	Spring	Hours
HN&F 201		3 HN&F 355	3
HN&F 271		3 PSYC 241	3
ENGL 102 (GEF 1)		3 CHEM 116	3
FDST 200		3 CHEM 116L	1
CHEM 115		3 General Elective	3
CHEM 115L		1 General Elective	1
		16	14

Third Year

Fall	Hours	Spring	Hours
HN&F 348 & 348L		3 HN&F 250 & 250L (GEF 5)	3
ANPH 301		3 AGEE 421	3
AEM 341		3 GEF 6	3
AEM 341L		1 HN&F Elective	3
HN&F 364		3 CHEM 231	3
General Elective		1 CHEM 231L	1
		14	16

Fourth Year

Fall	Hours	Spring	Hours
BCOR 370		3 HN&F 401	2
AGBI 410		3 STAT 211	3
HN&F Elective		3 GEF 7	3
HN&F Elective		3 HN&F Elective	3
HN&F Elective		3 HN&F Elective	3
		General Elective	1
		15	15

Total credit hours: 120

Area of Emphasis

- Dietetics

AREA OF EMPHASIS IN DIETETICS

Code	Title	Hours
A grade of C- or higher is required in all coursework*		
HN&F 353 & 353L	Food Service Systems Management and Food Service Systems Management Laboratory	3
HN&F 460	Advanced Nutrition	3
HN&F 472	Community Nutrition	3
HN&F 473	Medical Nutrition Therapy 1	3
HN&F 474	Medical Nutrition Therapy 2	3
Total Hours		15

*

Students must have a minimum GPA of 2.5 and have completed HN&F 201, 271 and CHEM 115 and 115L to be eligible for the Area of Emphasis in Dietetics. Students must declare the Area of Emphasis no later than September 1 of the academic year in which they will be requesting a verification statement. To receive a Didactic Program in Dietetics Verification Statement to sit for the Nutrition and Dietetics Technician Registered (NDTR) exam or to apply for dietetic internships students must graduate from the Human Nutrition & Foods major with a minimum GPA of 2.5, complete the Area of Emphasis in Dietetics, and earn a minimum grade of C- in all HN&F courses.

First Year

Fall	Hours	Spring	Hours
ANRD 191		1 BIOL 102 & 102L (GEF 8)	4
BIOL 101 & 101L (GEF 2B)		4 General Elective	3
HN&F 171 (GEF 8)		3 General Elective	2
MATH 124 (GEF 3)		3 PSYC 101 (GEF 4)	3
ENGL 101 (GEF 1)		3 General Elective	3
General Elective		1	
		15	15

Second Year

Fall	Hours	Spring	Hours
HN&F 201		3 HN&F 355	3
HN&F 271		3 PSYC 241	3
ENGL 102 (GEF 1)		3 General Elective	3
FDST 200		3 General Elective	1
CHEM 115		3 CHEM 116	3
CHEM 115L		1 CHEM 116L	1
		16	14

Third Year

Fall	Hours	Spring	Hours
HN&F 348 & 348L		3 HN&F 353 & 353L	3
ANPH 301		3 HN&F 250 & 250L (GEF 5)	3
AEM 341 & 341L		4 AGEE 421	3
HN&F 364		3 GEF 6	3
General Elective		2 CHEM 231 & 231L	4
		15	16

Fourth Year

Fall	Hours	Spring	Hours
HN&F 473		3 HN&F 474	3
HN&F 472		3 HN&F 460	3
BCOR 370		3 HN&F 401	2
HN&F Elective		3 STAT 211	3
AGBI 410		3 GEF 7	3
		15	14

Total credit hours: 120

Major Learning Outcomes**HUMAN NUTRITION AND FOODS**

1. Graduates will acquire a high level of competency in the basic sciences required for disciplinary competency.
2. Graduates will integrate basic knowledge and managerial skills related to the nutritional and food science disciplines.
3. Graduates will acquire sufficient written and oral communication skills, problem solving and critical thinking skills to effectively impact lifelong societal and professional developments critical to their respective discipline of interest.
4. Graduates will attain depth of knowledge relative to the scope of subfields of human nutritional sciences.