

# Dietetic Technology (DT)

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Dietetic technicians are trained in food preparation and nutrition and are an integral part of health care and food service management teams. They promote optimal health through proper nutrition by providing personalized services to meet clients' nutritional needs, and are trained to supervise people who prepare and serve food.

Dietetic technicians work independently or in teams with registered dietitians in a variety of employment settings, including hospitals, nursing care centers, retirement centers, schools, food companies, and community health programs.

Program graduates earn an Associate of Applied Science degree that includes 472 hours of directed practice and practicums. Students are also required to complete an additional 31 hours of professional meetings, food shows, and wellness and program support activities.

### Program Mission and Goals

#### Mission

The program will provide legendary educational experiences in preparing students for entry into positions involving food, nutrition, foodservice management and dietetics. We promise to:

- Be student/customer-centered
- Support success based academic standards
- Provide world-class clinical and experiential learning
- Provide comprehensive academic offerings

#### Goals

**Goal 1:** Prepare graduates who are competent for entry-level dietetic technician positions involving food, nutrition, and foodservice management.

#### Objectives:

- 70% of program graduates will pass the NDTR credentialing exam on the first attempt.
- 70% of program graduates will pass the NDTR credentialing exam within one year of first attempt.
- Within 12 months of graduation from the program, 65% of graduates will obtain nutrition related work.
- 80% of students will complete the degree requirements within 3 years (150% of the two-year program length).

**Goal 2:** Graduates will be prepared to reflect standards of the dietetic technician and meet the employment needs of the tri-state area and the nation.

#### Objectives:

- Completion rates will be 70% or greater for the degree program.
- 80% of employers of program graduates will rate graduates performance at 4 or better on a 5-item scale.
- 80% of program graduates will rate their faculty and academic advising as "satisfied" or "very satisfied."
- 80% of program graduates will rate their satisfaction with clinical or directed practice experience as "satisfied" or "very satisfied."

Program outcomes data are available on request.

More information about the program, such as the process to become a Registered Dietetic Technician (DTR), costs, and completion requirements, is provided in the Student Handbook, which can be downloaded from the Dietetic Technology page of the College website.

The program is accredited by the Accreditation Council for Education in Nutrition and Dietetics, 120 South Riverside, Plaza Suite 2000, Chicago IL 60606. Website [www.eatrightacend.org](http://www.eatrightacend.org) (<https://www.eatrightpro.org/acend/>). Phone (312) 899-0040, extension 5400.

Graduates of the program are eligible to take the Exam for Dietetic Technicians' national exam to become a Dietetic Technician, Registered.

For more information, please contact the Business Technologies Division at (513) 569-1620.

To apply for this program at Cincinnati State, visit the Admissions (<http://www.cincinnati.edu/academics/admission/>) section of the College website.

## Dietetic Technology (DT)

Semester 1		Lec	Lab	Credits
BIO 151	Anatomy and Physiology 1 ( <b>G</b> )	3	2	4
DT 110	Community Nutrition ( <b>T</b> )	2	2	3
CUL 115	Food Service Sanitation ( <b>B</b> )	1	0	1
DT 120	Nutrition for a Healthy Lifestyle ( <b>B</b> )	3	0	3
DT 190	Dietetic Professional Practices ( <b>B</b> )	1	0	1
FYE 1XX	First Year Experience Elective ( <b>B</b> )	1	0	1
Semester 2				
BIO 152	Anatomy and Physiology 2 ( <b>B</b> )	3	2	4
DT 115	Cooking for a Healthy Lifestyle ( <b>T</b> )	1	3	2
DT 125	Nutrition Through the Lifecycle ( <b>T</b> )	3	0	3
DT 130	Nutrition Assessment ( <b>T</b> )	1	2	2
DT 180	Dietetic Directed Practice: Health Care 1 ( <b>T</b> )	0	5	1
ENG 101	English Composition 1 ( <b>G</b> )	3	0	3
Semester 3				
ENG 10X	English Composition Elective ( <b>G</b> )	3	0	3

MAT 1XX Mathematics Elective (G)		3	0	3
XXX XXX Social/ Behavioral Science Elective (G)		3	0	3
<b>Semester 4</b>				
DT 205	Cultural Food Production ( T)	0	6	3
DT 211	Food Service Management 1 ( T)	2	0	2
DT 221	Medical Nutrition Therapy 1 ( T)	2	2	3
DT 280	Dietetic Directed Practice: Food Service ( T)	0	6	1
DT 283	Dietetic Directed Practice: Health Care 2 ( T)	0	5	1
DT 285	Dietetic Directed Practice: Health Care 3 ( T)	0	5	1
HRM 110	Food and Beverage Cost Control ( B)	3	0	3
<b>Semester 5</b>				
CHE 110	Fundamentals of Chemistry ( B)	3	3	4
DT 212	Food Service Management 2 ( T)	2	0	2
DT 222	Medical Nutrition Therapy 2 ( T)	2	2	3
DT 287	Dietetic Practicum: Food Service ( T)	1	7	2
DT 289	Dietetic Practicum: Clinical ( T)	1	7	2
DT 290	Dietetic Competencies ( T)	2	0	2
<b>Total</b>		<b>49</b>	<b>59</b>	<b>66</b>
<b>Credits:</b>				

## Electives

### First Year Experience Elective

FYE 100	College Success Strategies: Overview	1
FYE 105	College Success Strategies: Overview and Application	2
FYE 110	College Success Strategies: Practice and Application	3

### English Composition Elective

ENG 102	English Composition 2: Contemporary Issues	3
ENG 103	English Composition 2: Writing about Literature	3
ENG 104	English Composition 2: Technical Communication	3
ENG 105	English Composition 2: Business Communication	3

### Mathematics Elective

MAT 105	Quantitative Reasoning	3
MAT 111	Business Mathematics	3
MAT 131	Statistics 1	3
MAT 151	College Algebra	4

### Social/Behavioral Science Elective

Any PSY, SOC 3

Some courses are offered in alternative versions identified with a letter after the course number-- for example, ENG 101 and ENG 101A.

- This curriculum displays only course numbers without the added letter.
- The alternative version, when available, meets the requirements of the course version without the added letter.

The letters G, B, and T (displayed after course titles or elective descriptions) identify types of courses required by the Ohio Department of Higher Education as part of an associate's degree curriculum.

G = General Education course in this curriculum

B = Basic Skills course in this curriculum

T = Technical course in this curriculum

## Dietetic Technology (DT)

- CNDT 1.1: Access data, references, patient education materials, consumer and other information from credible sources.
- CNDT 1.4: Implement actions based on care plans, protocols, policies and evidence-based practice.
- CNDT 2.1: Adhere to current federal regulations and state statutes and rules, as applicable and in accordance with accreditation standards and the Scope of Dietetics Practice, Standards of Professional Practice and the Code of Ethics for the Dietetics.
- CNDT 2.2: Use clear and effective oral and written communication.
- CNDT 2.3: Prepare and deliver sound food and nutrition presentations to a target audience.
- CNDT 2.4: Demonstrate active participation, teamwork and contributions in group settings.
- CNDT 2.11: Prepare a plan for professional development according to Commission on Dietetic Registration guidelines.
- CNDT 2.12: Participate in advocacy on local, state or national legislative and regulatory issues or policies impacting the nutrition and dietetics profession.
- CNDT 3.1: Perform nutrition screening and identify clients or patients to be referred to a registered dietitian nutritionist.
- CNDT 3.2: Perform specific activities of the Nutrition Care Process as assigned by registered dietitian nutritionists in accordance with the Scope of Nutrition and Dietetics Practice for individuals, groups and populations in a variety of settings.
- CNDT 3.3: Provide nutrition and lifestyle education to well populations.
- CNDT 3.5: Develop nutrition education materials for disease prevention and health improvement that are culturally and age appropriate and designed for the educational level of the audience.
- CNDT 3.6: Perform supervisory functions for purchasing, production and service of food that meets nutrition guidelines, cost parameters and health needs.
- CNDT 3.7: Modify recipes and menus for acceptability and affordability that accommodate the cultural diversity and health status of various populations, groups and individuals.

- CNDT 4.2: Perform supervisory, education and training functions.
- CNDT 4.5: Implement and adhere to budgets.

## Courses

### **DT 110 Community Nutrition**

**3 Credits. 2 Lecture Hours. 2 Lab Hours.**

A study of public health nutrition programs in the U.S. Topics include: food availability; laws, regulations, and policies; and the influence of socioeconomic, cultural, and psychological factors on food and nutrition behavior. Students participate in supervised practice.

Prerequisites: FYE 120 or placement into ENG 101 MAT 093 or MAT 105A or MAT 131A or appropriate Math placement, and instructor consent

Corequisites: DT 190: Dietetic Professional Practices

Instructor Consent Required

### **DT 115 Cooking for a Healthy Lifestyle**

**2 Credits. 1 Lecture Hour. 3 Lab Hours.**

A course on food preparation techniques and healthy food choices for individuals. Topics include: preparing and evaluating healthy foods, modifying recipes, food safety, alternative food choices, and special diet considerations.

Prerequisites: FYE 120 or placement into ENG 101

Instructor Consent Required

### **DT 120 Nutrition for a Healthy Lifestyle**

**3 Credits. 3 Lecture Hours. 0 Lab Hour.**

An introduction to nutrition concepts and diets for healthy living. Topics include: health risks; socioeconomic, cultural, psychological, and environmental influences; health promotion; disease prevention; complementary, alternative, and herbal therapies; dietary supplements; and lifecycle nutrition.

Prerequisites: FYE 120 or placement into ENG 101 MAT 093 or MAT 105A or MAT 131A or appropriate Math placement

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### **DT 125 Nutrition Through the Lifecycle**

**3 Credits. 3 Lecture Hours. 0 Lab Hour.**

A course on nutritional needs from preconception through maturity. Topics include: influence of age, growth, and normal development on nutritional requirements; diet planning principles for diverse age groups; and promoting healthy eating to reduce age-related nutrition problems.

Prerequisites: DT 120 (minimum grade C)

### **DT 130 Nutrition Assessment**

**2 Credits. 1 Lecture Hour. 2 Lab Hours.**

A course on principles of assessment for normal nutrition. Topics include: the nutrition care process, anthropometrics, drug/nutrient interactions, collecting and interpreting lab values, computerized analysis, and interviewing and counseling skills.

Prerequisites: DT 120 (minimum grade C) and instructor consent

Corequisites: DT 180

Instructor Consent Required

### **DT 135 Sports Nutrition**

**3 Credits. 3 Lecture Hours. 0 Lab Hour.**

A course on the nutrition needs of active people and athletes. Topics include: nutrient requirements for optimal health, fitness, and sports; weight control; popular nutrition supplements; and ergogenic aids.

Prerequisites: DT 120 (minimum grade C)

### **DT 180 Dietetic Directed Practice: Health Care 1**

**1 Credit. 0 Lecture Hour. 5 Lab Hours.**

Students participate in supervised practice in health care and acute care settings. Topics include: nutrition care process, assessment techniques, lifecycle nutrition, interviewing skills, screening, monitoring food and nutrient intake, and menu modification.

Prerequisites: DT 120 (minimum grade C) and instructor consent

Corequisites: DT 130

Instructor Consent Required

### **DT 190 Dietetic Professional Practices**

**1 Credit. 1 Lecture Hour. 0 Lab Hour.**

A course that prepares Dietetic Technology students for clinical and management practices and practicums. Topics include: dietetic professional practice requirements, review of student handbook, dietetic licensure, Code of Ethics, HIPAA, universal precautions, and blood-borne pathogen safety training.

Prerequisites: FYE 120 or placement into ENG 101, and instructor consent

Corequisites: DT 110: Community Nutrition

Instructor Consent Required

### **DT 200 Introduction to Food Science**

**3 Credits. 2 Lecture Hours. 2 Lab Hours.**

Introduction to the science of foods in relation to chemical composition, nutritional value, processing methods, quality, safety, and standards of identity through the use of experimentation and research.

Prerequisites: DT 120 and instructor consent

Instructor Consent Required

### **DT 205 Cultural Food Production**

**3 Credits. 1 Lecture Hour. 4 Lab Hours.**

A course on food production practices while considering cultural food preferences of specific populations. Topics include: cultural food choice; identification, care, and use of institutional food service equipment; standardized recipes; quality assurance; work efficiency; costing; and food evaluation.

Prerequisites: CUL 115

### **DT 211 Food Service Management 1**

**3 Credits. 3 Lecture Hours. 0 Lab Hour.**

A course on fundamental concepts of food service management.

Topics include: the foodservice business, food preparation, menu planning and development, meal service and delivery systems, evaluation of meal production, recipe standardization, and food safety and sanitation. This course is offered through online delivery only.

Prerequisites: DT 120 (minimum grade C) and instructor consent

Instructor Consent Required

### **DT 212 Food Service Management 2**

**3 Credits. 3 Lecture Hours. 0 Lab Hour.**

A continuation of DT 211. Topics include: management responsibilities including food, beverage, supply chain, and general management; human resource management; leadership management; internal control; operational analyses; marketing; and customer service. This course is offered through online delivery only.

Prerequisites: DT 211 (minimum grade C) and instructor consent

Instructor Consent Required

**DT 215 Nutrition for Dietary Managers****2 Credits. 2 Lecture Hours. 0 Lab Hour.**

A course on nutrition concepts related to the Dietary Manager's scope of practice. Topics include: medical nutrition therapy, documentation, care planning, nutrition education, and healthcare regulations.

Prerequisites: DT 125 (minimum grade C) and instructor consent  
Instructor Consent Required

**DT 220 Culinary Nutrition Therapy****3 Credits. 1 Lecture Hour. 4 Lab Hours.**

A course on fundamental skills and concepts of culinary nutrition therapy, also known as "culinary medicine," which combines evidence-based nutrition and medical knowledge with culinary food preparation skills and food science principles. Topics include: modifying recipes for optimal health and to provide snacks and meals that are appropriate for individuals with chronic health conditions such as food allergies, Celiac disease, gastrointestinal disorders, renal disease, heart disease, diabetes, hypertension, and cancer.

Prerequisites: DT 120 and DT 200 and instructor consent  
Instructor Consent Required

**DT 221 Medical Nutrition Therapy 1****3 Credits. 2 Lecture Hours. 2 Lab Hours.**

A course on nutrition care processes and diet modification for various disease states. Topics include: weight management, upper and lower gastrointestinal tract, diabetes, parenteral and enteral nutrition, swallowing, and feeding disorders.

Prerequisites: DT 130 (minimum grade C) and instructor consent  
Corequisites: DT 285  
Instructor Consent Required

**DT 222 Medical Nutrition Therapy 2****3 Credits. 2 Lecture Hours. 2 Lab Hours.**

A continuation of DT 221. Topics include: nutrition in severe stress; renal disease; liver disease; cancer; HIV and AIDS; heart, lung, and blood vessel diseases; and pressure ulcers and burns.

Prerequisites: DT 221 (minimum grade C) and instructor consent  
Corequisites: DT 289  
Instructor Consent Required

**DT 225 Dietary Manager Exam Review****1 Credit. 1 Lecture Hour. 0 Lab Hour.**

A course that prepares students to take the Certified Dietary Manager exam, covering topics on foodservice, sanitation, management, and human resources. Students complete several pretests and must pass a final competency exam with a score of 80% or better to receive verification of eligibility to sit for the Certified Dietary Manager exam.

Prerequisites: DT 211 and DT 215 and DT 280 (minimum grade C for all), and instructor consent  
Instructor Consent Required

**DT 280 Dietetic Directed Practice: Food Service****1 Credit. 0 Lecture Hour. 6 Lab Hours.**

Students participate in supervised practice in a noncommercial food service setting. Topics include: food service management, human resources, sanitation, procurement, distribution and food cost, menu cost, recipe development, and equipment specifications.

Prerequisites: DT 110 and instructor consent  
Instructor Consent Required

**DT 283 Dietetic Directed Practice: Health Care 2****1 Credit. 0 Lecture Hour. 5 Lab Hours.**

Students participate in supervised practice in a health care setting. Topics include: pediatrics, applying the Nutrition Care Process (NCP), care plans, enteral and parenteral nutrition, transitional feeding, stress, and medical nutrition therapy (MNT) for various medical conditions.

Prerequisites: DT 180 (minimum grade C) and instructor consent  
Corequisites: DT 221:Medical Nutrition Therapy 1  
Instructor Consent Required

**DT 285 Dietetic Directed Practice: Health Care 3****1 Credit. 0 Lecture Hour. 5 Lab Hours.**

Students participate in supervised practice in a health care setting while building on previous directed practice experience. Topics include: quality improvement, health care regulations, and pediatric nutrition assessment.

Prerequisites: DT 180 and instructor consent  
Corequisites: DT 221  
Instructor Consent Required

**DT 287 Dietetic Practicum: Food Service****2 Credits. 1 Lecture Hour. 7 Lab Hours.**

Students participate in unpaid work experience in a noncommercial food service management setting and complete an individualized final project agreed upon by the student and instructor.

Prerequisites: DT 280 (minimum grade C) and instructor consent  
Instructor Consent Required

**DT 289 Dietetic Practicum: Clinical****2 Credits. 1 Lecture Hour. 7 Lab Hours.**

Students participate in unpaid work experience in a health care setting, complete individual curriculum goals, and review Academy of Nutrition and Dietetics competencies.

Prerequisites: DT 283 and DT 285 and instructor consent  
Corequisites: DT 222: Medical Nutrition Therapy 2  
Instructor Consent Required

**DT 290 Dietetic Competencies****2 Credits. 2 Lecture Hours. 0 Lab Hour.**

A course that prepares students for the Dietetic Technician Registration Exam and entry into the dietetic profession. Topics include: exam review, clinical and food service review, and professional portfolio development. Students must pass a final competency exam with a score of 80% or better to receive a verification statement indicating eligibility to sit for the Dietetic Technician Registration exam.

Prerequisites: Complete all required DT courses (minimum grade C for all), and instructor consent  
Instructor Consent Required