

# Dietetic Technology (DT)

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## Dietetic Technology (DT)

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.

Students are required to complete 472 hours of directed practice and practicum during the program. Students are also required to complete an additional 31 hours of professional meetings, food show, and wellness and program support information.

## Dietary Management Certificate (DMC)

Dietary managers work in teams with registered dietitians and are an integral part of health care and food service management teams. The Dietary Management Certificate program provides courses in food service management, nutrition, sanitation, and human resources. Students are required to complete 252 hours of directed practice and practicum during the program. Students are also required to complete an additional 26 hours of professional meetings, food show, and wellness and program support information.

## Dietetic Technology (DT)

All degree-seeking students must complete a First Year Experience (FYE) course as part of the first 12 credit hours taken at Cincinnati State.

<b>Semester 1</b>		<b>Lec</b>	<b>Lab</b>	<b>Credits</b>
ENG 101	English Composition 1	3	0	3
BIO 151	Anatomy and Physiology 1	3	2	4
DT 110	Community Nutrition	2	2	3
DT 120	NUTRITION FOR A HEALTHY LIFESTYLE	3	0	3
DT 190	Dietetic Professional Practices	1	0	1
HRM 105	Food Service Sanitation	1	0	1
<b>Semester 2</b>				
DT 125	Nutrition Through the Lifecycle	3	0	3
DT 130	NUTRITION ASSESSMENT	1	2	2
MAT XXX Mathematics Elective				3
BIO 152	Anatomy and Physiology 2	3	2	4
DT 180	Dietetic Directed Practice: Health Care 1	0	5	1
DT 115	Cooking for a Healthy Lifestyle	1	3	2
<b>Semester 3</b>				
COMM 1XX Communication Elective				3
ENG 1XX English Composition Elective				3
XXX XXX Social Science Elective				3
ECO 1XX Economics Elective				3
<b>Semester 4</b>				
DT 205	Quantity Food Production	0	6	3
DT 211	FOOD SERVICE MANAGEMENT 1	2	0	2
DT 221	MEDICAL NUTRITION THERAPY 1	2	2	3

DT 280	Dietetic Directed Practice: Food Service	0	6	1
DT 283	Dietetic Directed Practice: Health Care 2	0	5	1
DT 285	Dietetic Directed Practice: Health Care 3	0	5	1
HRM 110	Food and Beverage Cost Control	3	0	3
<b>Semester 5</b>				
DT 212	FOOD SERVICE MANAGEMENT 2	2	0	2
DT 222	MEDICAL NUTRITION THERAPY 2	2	2	3
DT 287	Dietetic Practicum: Food Service	1	7	2
DT 289	Dietetic Practicum: Clinical	1	7	2
DT 290	Dietetic Competencies	2	0	2
CHE 110	Fundamentals of Chemistry	3	3	4
Total Credits:		39	59	71

## Electives

### Economics Elective

ECO 105	Principles of Microeconomics	3
ECO 110	Principles of Macroeconomics	3

### Communication Elective

COMM 105	Interpersonal Communication	3
COMM 110	Public Speaking	3

### Social Science Elective

Any PSY, SOC

### English Composition Elective

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

### Mathematics Elective

MAT 111	Business Mathematics	3
MAT 130	Intermediate Algebra for Statistics	4
MAT 151	College Algebra	4

## Dietary Management Certificate (DMC)

### Semester 1

		Lec	Lab	Credits
HRM 105	Food Service Sanitation	1	0	1
DT 120	NUTRITION FOR A HEALTHY LIFESTYLE	3	0	3
DT 110	Community Nutrition	2	2	3
DT 190	Dietetic Professional Practices	1	0	1

### Semester 2

DT 115	Cooking for a Healthy Lifestyle	1	3	2
DT 125	Nutrition Through the Lifecycle	3	0	3
DT 130	NUTRITION ASSESSMENT	1	2	2

DT 180	Dietetic Directed Practice: Health Care 1	0	5	1
<b>Semester 3</b>				
DT 211	FOOD SERVICE MANAGEMENT 1	2	0	2
DT 215	Nutrition for Dietary Managers	2	0	2
DT 280	Dietetic Directed Practice: Food Service	0	6	1
DT 205	Quantity Food Production	0	6	3
<b>Semester 4</b>				
DT 225	Dietary Manager Exam Review	1	0	1
DT 287	Dietetic Practicum: Food Service	1	7	2
DT 212	FOOD SERVICE MANAGEMENT 2	2	0	2
HRM 110	Food and Beverage Cost Control	3	0	3
Total Credits:		23	31	32

## Courses

### DT 105 GERIATRIC NUTRITION

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

A course on nutrition-related concerns of the geriatric population. Topics include: basic nutrition needs, diet modification and preparation, nutrition related to disease states, and ethical issues.

Prerequisites: AFL 085 and AFM 095, or appropriate placement test scores

### 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: ALF 085 and AFM 095, or appropriate placement test scores

### 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: AFL 085 or appropriate placement test scores

### DT 120 NUTRITION FOR A HEALTHY LIFESTYLE

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

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

Prerequisites: AFL 085 and AFM 095 or appropriate placement test scores

### 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

### 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

**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: requirements of nutrients for optimal health, fitness, and sports; weight control; popular nutrition supplements; and ergogenic aids.

Prerequisites: DT 120

**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, life cycle nutrition, interviewing skills, screening, monitoring food and nutrient intake, and menu modification.

Prerequisites: DT 120

**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, HIPAA, and blood borne pathogen and safety training.

Prerequisites: AFL 080 and AFM 095 or appropriate placement test scores

**DT 198 First Year Special Topics in Dietetics**

**1-9 Credits. 0 Lecture Hour. 0 Lab Hour.**

A course on selected topics related to Dietetics, which gives students opportunities to study information not currently covered in other courses. Grades issued are A, B, C, or F.

Prerequisites: Vary by section

**DT 199 First Year Independent Project in Dietetics**

**1-9 Credits. 0 Lecture Hour. 0 Lab Hour.**

A project related to Dietetics that is completed by one or more students to meet specific educational goals. Projects must have prior approval and supervision by Dietetics faculty. Grades issued are Satisfactory or Unsatisfactory.

Prerequisites: Vary by section

**DT 205 Quantity Food Production**

**3 Credits. 0 Lecture Hour. 6 Lab Hours.**

A course on quantity food production practices. Topics include: identification, care, and use of institutional food service equipment; standardized recipes; quality assurance; work efficiency; costing; and food evaluation.

Prerequisites: HRM 105

**DT 211 FOOD SERVICE MANAGEMENT 1**

**2 Credits. 2 Lecture Hours. 0 Lab Hour.**

A course on fundamental concepts of food service management. Topics include: meal service and delivery systems, evaluating meal production, performance standards, scheduling, and staffing.

Prerequisites: DT 120

**DT 212 FOOD SERVICE MANAGEMENT 2**

**2 Credits. 2 Lecture Hours. 0 Lab Hour.**

A continuation of DT 211. Topics include: management responsibilities, interviewing and recruiting, performance review, productivity, work simplification, budgeting, and professional ethics.

Prerequisites: DT 211

**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

**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, swallowing and feeding disorders, pressure ulcers, and burns.

Prerequisites: DT 130

**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; and heart, lung, and blood vessel diseases.

Prerequisites: DT 221

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

A course that prepares students to take the Dietary Manager credentialing examination.

Prerequisites: Complete all DT program courses

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

Students participate in supervised practice in a health care 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

**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: applying the nutrition care process, care plans, enteral and parenteral nutrition, transitional feeding, severe stress, and disorders of lower and upper gastrointestinal tract.

Prerequisites: DT 180

**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 upon previous directed practice experience. Topics include: quality improvement, health care regulations, and pediatric nutrition assessment.

Prerequisites: DT 180

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

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

Prerequisites: DT 280

**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

**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 foodservice review, personal and professional portfolio. Students must pass a final competency exam to pass the course.

Prerequisites: DT 190 and DT 285

**DT 298 Second Year Special Topics in Dietetics****1-9 Credits. 0 Lecture Hour. 0 Lab Hour.**

A course on selected topics related to Dietetics, which gives students opportunities to study information not currently covered in other courses. Grades issued are A, B, C, or F.

Prerequisites: Vary by section

**DT 299 Second Year Independent Project in Dietetics****1-9 Credits. 0 Lecture Hour. 0 Lab Hour.**

A project related to Dietetics that is completed by one or more students to meet specific educational goals. Projects must have prior approval and supervision by Dietetics faculty. Grades issued are Satisfactory or Unsatisfactory.

Prerequisites: Vary by section