



### **Understanding the Power of Food**

Mounting scientific evidence is demonstrating the role of quality nutrition in helping to prevent and manage many chronic conditions. It is also documenting the destructive impact of poor nutrition.

In fact, the World Health Organization (WHO) advocates putting nutrition at the forefront of public health policies and programs to combat chronic conditions such as obesity, type 2 diabetes, cardiovascular disease, cancer, dental issues and osteoporosis.

This growing understanding – in conjunction with an aging population, concerns about food safety and a rise in nutrition-related disorders – is fueling demand for nutrition experts.



### **Key Healthcare Team Members**

Registered dietitians are highly skilled clinical professionals who translate the science of nutrition into real-world solutions to improve the health of their communities.

Clinical dietitians with the Registered Dietitian (R.D.) credential work in hospitals, nursing care facilities, correctional facilities and outpatient settings, and work with individual patients to meet specific needs. A clinical dietitian may see a wide variety of patients or specialize in one area, such as pediatric nutrition, renal medical nutrition therapy or nutritional support in critical care.

Registered dietitians provide pre-surgical nutritional assessments and plans, develop diet plans for individuals with diabetes, cancer, and kidney and liver disease, and specify intravenous nutrition regimens as needed. They may also provide outpatient nutrition counseling as an independent consultant, often via referrals from physicians. Registered Dietitians (RD) can also be employed as health coaches by insurance companies, where they not only provide nutritional services to their clients, but also help clients find the best possible care in a cost-effective manner.

RDs can also become Medicare providers, receiving patient referrals from insurance companies and physicians.

The Bureau of Labor Statistics projects demand to be particularly high for dietetics professionals who specialize in renal, diabetic and gerontological nutrition, and for employment of dietitians in outpatient settings, physicians' offices and with contract providers of food services to grow rapidly.

The Academy of Nutrition and Dietetics also predicts growth in the areas of complementary care and dietary supplements (such as herbal remedies), food supply and biotechnology issues.

Opportunities also exist in the food industry in new product development, and in sales and public relations, creating informational materials for public education. Clinical dietitians may also manage the food service department of an institution, and individuals with a master's or doctoral degree may conduct research.

The U.S. Department of Agriculture (USDA) and the Food and Drug Administration (FDA) also employ registered dietitians to monitor food production and nutrient content and to develop food-related legislation and nutrient intake recommendations.

# Studying Nutrition at LIFE

Life University is *the* place to be for students interested in health, wellness and human performance.



## **A Strong Wellness Philosophy**

As a dietetics major at LIFE, you'll study in a program accredited by the Accreditation Council for Education in Nutrition and Dietetics (ACEND) of the American Dietetic Association, with students and faculty who share your passion.

You'll also be surrounded by like-minded people across campus in varied majors. LIFE students are awed by the function of the human body and its inborn capacity to develop, heal and maintain itself for optimum health. They also have a profound respect for the important role nutrition plays in enhancing health and human performance.

Even our on-campus dining facility, Socrates Café, offers extensive selections of locally grown, organic food, and our students have formed a CSA (Community Supported Agriculture) program that brings fresh, local produce to students, faculty and staff every two weeks from regional farms.

## **Excellent Facilities**

The Nutrition Department has six state-of-the-art teaching kitchens where students receive hands-on training and group learning. Nutrition students also enjoy classes in the new culinary demonstration amphitheater, where chef instructors can show in real time the concepts being taught in class. Stadium seating and projection capabilities make it easy to see exactly what the instructor is demonstrating.



The department also has a nutrition counseling room that is equipped with the latest technology such as the Bioelectrical Impedance (which determines body composition) and the Body Gem (which determines basal energy expenditure). These tools help students determine the nutritional status of their clients, so that they can then provide proper nutritional care to assist those clients in achieving their optimal nutritional status.

The Department also collaborates with other programs across the University through direct curricular offerings open to non-majors and outreach efforts such as an annual nutrition fair, interaction with our child care center, and scholarship that supports students in disciplines such as Chiropractic, Psychology and Sport Health Science.



# Earning Your Registered Dietitian (R.D.) Credential at LIFE

## Credentialing Process for Dietetics Professionals

Students must complete several steps to earn the Registered Dietitian (R.D.) credential.

# 1.

Complete a Bachelor of Science in Nutrition/Dietetics from a program accredited by the Accreditation Council for Education in Nutrition and Dietetics (ACEND) of the American Dietetic Association, **OR** earn a Verification Statement from an accredited program along with a B.S. in an allied health field.

# 2.

Complete an ACEND-accredited Dietetic Internship program.

# 3.

Pass the National Dietetic Registration Examination.



## LIFE is ACEND-Accredited

Life University provides opportunities for students to complete steps one and two of R.D. accreditation through its ACEND-accredited programs. Our intensive didactic program in Dietetics provides students with a diverse curricular experience in the biochemical and physiological knowledge necessary to be accepted into and successful in a Dietetic Internship program.

## Earning a Verification Statement

Graduates of non ACEND-accredited nutrition and dietetics programs who want to sit for the National Dietetic Registration Examination and earn the R.D. credential may complete additional coursework at LIFE to prepare for this step. After successfully completing approximately 38 to 68 credit hours in our accredited program, students receive a verification statement that makes them eligible to apply for an internship and then sit for the exam.

## Dietetic Internships

Obtaining a Dietetic Internship position is a competitive process administered through a national program that matches the most motivated and qualified students with internship opportunities across the country.

Life University admits 16 students annually to its Dietetic Internship program. These students begin the program in August and complete some 14 or 15 rotations under the guidance of a registered dietitian, medical doctor or other allied health professional.

## Opportunity for M.S. in Clinical Nutrition

LIFE is also planning to implement a unique option for students, if accepted; both the M.S. and the Dietetic Internship Program can be completed in a 2-year period. If already a Registered Dietitian, then one can pursue a Master's Degree in Clinical Nutrition and receive nine credit hours of the Dietetic Internship Program transferred to the Master's Program, leaving only 43 credit hours for completion of the graduate degree.

## “On the Ground” Field Experience

Advanced classroom and laboratory instruction is linked with hands-on field experience to best prepare students for satisfying careers. Unlike students in many programs whose first real-world experience is the Dietetic Internship, LIFE students roll up their sleeves throughout their studies with three field experiences. Field rotations in community, clinical and management settings enable students to shadow dietitians, interact with patients and clients, and connect theory with practice.

## Small Classes, Individual Attention

Although classes with hundreds of students might be the norm at many large, public universities, at LIFE you'll enjoy classes of 15 to 20 students (the average student to teacher ratio is 16:1) working closely with faculty mentors. The focus is on engaged and active learning, such as small-group work, one-on-one interaction with faculty, and hands-on experience both on and off campus. Faculty members also provide individual advisement regarding course selection and career preparation.



*“The professors are wonderful and the classes really interesting, but one of the best parts of the program is the Field Experience. I did field work in a nursing home and seeing how the dietitian worked with her patients, how the patients reacted, and how their health improved was really powerful.”*



## Student Scholarships

Outstanding students applying to any major in LIFE's College of Undergraduate Studies are eligible to apply for institutional scholarships for their superior performance and promise. Georgia resident students earning a Georgia HOPE Scholarship and/or Tuition Equalization Grant for attending private schools can also apply those toward further reducing their tuition costs. Contact the Enrollment Office at (800) 543-3202 or [Admissions@LIFE.edu](mailto:Admissions@LIFE.edu) to learn more.



Life University is a proud partner of the Yellow Ribbon Program for military veterans. For information about this program and to see if you qualify, please visit: [Gibill.va.gov/benefits/post\\_911\\_gibill](http://Gibill.va.gov/benefits/post_911_gibill)

## Accelerated Course Options

Because LIFE follows the quarter system, you can enroll throughout the year and finish more quickly by taking courses year round. You can also select from the University's many accelerated courses in the sciences to complete your degree more quickly. Accelerated course options in chemistry, physics and general biology each quarter (in addition to traditional course offerings) are available for those students wishing to fulfill pre-requisites, double-major or otherwise complete required coursework more quickly.

## Dig Deeper – Talk to Alums and Students, Visit Campus

Prospective students tell us the most important thing they did while considering which school to attend was actually visiting the campus. To learn more about a successful career in dietetics, talk to our faculty or schedule a campus visit, check out our website at [www.LIFE.edu](http://www.LIFE.edu) or contact our Admissions Department at [Admissions@LIFE.edu](mailto:Admissions@LIFE.edu); 800-543-3202.

Call or email us and we'll connect you with a working professional you can email, call or even visit. We are also happy to connect you with current dietetics students.

## Who We Are

Life University educates more than 2,600 students in bachelor's degree programs in Biology, Biopsychology, Business Administration, Health Coaching, Computer Information Management, Exercise Science, General Studies, Nutrition, Dietetics and Psychology; our Master of Science in Sport Health Science; our Master of Science in Clinical Nutrition; and our Doctor of Chiropractic programs. All programs are uniquely focused on a positive, wellness-centered approach to health and human performance, and students are actively engaged in a diverse and highly supportive academic community.



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