

MAJOR IN NUTRITION AND FOOD SCIENCE, NUTRITION AND FITNESS CONCENTRATION

The Nutrition and Fitness concentration prepares students for employment as nutrition and fitness counselors and personal lifestyle coaches in health care settings, commercial establishments, public health settings, or private practice. The curriculum blends a strong science base with course work in nutrition, exercise science, teaching, and counseling. The concentration also provides an excellent background for a graduate program. By the addition of several elective courses, students can meet the Accreditation Council for Education in Nutrition and Dietetics (ACEND) (<https://www.eatrightpro.org/acend/>) didactic course requirements if they meet requirements for FSHN 392.

Please note: To become a registered dietitian, one must: 1) complete the required ACEND coursework and obtain the B.S. degree in Nutrition and Food Science; 2) complete an 8-12 month accredited dietetic internship AFTER finishing the B.S. degree; and 3) earn a master's degree (*effective January 2024*). Internships are facilitated separately from obtaining the B.S. degree, and all internships require a vigorous application process. Earning the B.S. degree in Nutrition and Food Science at CSU along with the additional didactic courses requirements established by ACEND, is one step toward becoming a registered dietitian. But it is insufficient without then completing the internship and earning a master's degree. After completion of an internship and master's degree, one is then eligible to take the registration exam, the final step toward becoming a registered dietitian. The registered dietitian credential is awarded after successfully passing the registration exam and is facilitated by the Commission on Dietetic Registration (CDR) of the Academy of Nutrition and Dietetics (AND).

Learn more about the Nutrition and Fitness concentration on the Department of Food Science and Human Nutrition website (<https://www.chhs.colostate.edu/fshn/programs-and-degrees/b-s-in-nutrition-and-food-science/nutrition-and-fitness-concentration/>).