The Way Of The Skeptical Nutritionist: A Strategy For Designing Your Own Nutritional Profile

Michael A Weiner

Students in nutrition programs take courses in both science and nutrition. Science courses may include anatomy and physiology, chemistry, microbiology, and biochemistry. Nutrition courses may include food science, nutrition and disease, nutrition assessment, counseling strategies, and nutrition in the life cycle. Prospective RDNs must complete an internship after they graduate. Licensure requirements for nutritionists vary by state, but most states set some standards to deter abuse of the nutritionist title. In many states, licensed dietitians and nutritionists must either be RDNs or meet standards similar to the requirements for becoming an RDN, such as completing a bachelor’s degree in nutrition and an 800- or 900-hour supervised work experience. Our nutrition courses are carefully structured so each study unit builds upon the previous one, allowing students to develop their confidence and skills, and reach their full potential as professional nutritionists. Nutrition students are strongly encouraged to develop their own unique style of consultation and practice, through 200 hours of practical clinics. What our students say: “Loving it.”