

DIETETIC INTERNSHIP

Program Document

Department of Nutrition And Food Science



San José State
UNIVERSITY

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The Dietetic Internship Program (DI)

The Dietetic Internship (DI) at San Jose State University (SJSU) is a 6-12 month supervised work experience currently granted Accreditation by The American Dietetic Association, 120 S. Riverside Plaza Suite 2000, Chicago, 60606-6995, (312) 899-4876. Upon completion of the DI, students are eligible to write the registered dietitian's examination administered by The American Dietetic Association. The DI program is only available to graduates of the SJSU.

Philosophy

The Dietetic Internship program at San Jose State University provides an experience which is designed to foster a continuing spirit of inquiry, the ability to think creatively, continued professional involvement, and serves as the foundation for the practical application of the ADA core competencies with a general emphasis. The integration of practical skills, theory, analysis, problem solving, and communication skills is essential in building a career in dietetics. In support of this philosophy, the DI provides for the achievement of the core competency requirements for entry level dietitians through a minimum of 1000 hours of practice under the direct supervision of leaders in the field of dietetics located in facilities located on or near the university. This practice develops skills and sets standards which promote excellence in dietetic practice.

Overview of DI Application Procedure

An application packet may be obtained by attending a mandatory DI orientation meeting. The meeting occurs at the end of every semester. The date and time is posted during the semester throughout the Central Classroom Building (CCB).

Applications are accepted twice annually for placement in the Spring or Summer Semesters. Current deadline dates for submission of application packets may be obtained from the DI office located in CCB 200, (408) 924-3100.

Applicants must enroll in one unit of NuFS 280A for orientation to DI during the semester of application. In addition, students who have completed a B.S. degree must reapply to the university in order to register for the appropriate course units. M.S. students may delay graduation until completion of the DI.

Applicants are interviewed at each cooperating facility of their choice as listed in the application packet. The final placement decision is based on mutual agreement of the applicant, the cooperating facility and the NuFS Department.

Measurable Program Goals

At the end of the Dietetic Internship students will demonstrate the ability to effectively:

Screen, assess, plan, intervene and evaluate diets for optimal nutrition in health and disease for individuals.

Communicate, market, and educate individuals/community using appropriate technology and procedures.

Manage quality, safety, cost effectiveness, and nutrition care/food delivery systems.

Advocate for the profession of dietetics and for the consumer on nutrition issues.

Integrate and coordinate nutrition care and promote positive relationships with others.

Utilize and integrate food, nutrition, and social services in community programs.

Comply with the Standards of Practice and Code of Ethics for the Profession of Dietetics.

Continuously obtain and apply current nutrition research and methods to the delivery of nutrition services.

Plan for lifelong learning.

Upon completion of the program, graduates will:

- **Become** useful members of the dietetic professional and/or academic communities
- **Have acquired** the necessary competence to practice as entry-level dietitians in a wide variety of settings.
- **Commit** to supporting the dietetic profession.

Qualifications for B.S. Degree Applicants

- ❑ Completion of The American Dietetic Association Didactic Program in Dietetics (DPD) academic requirements. You must have a Declaration of Intent, SJSU DPD Verification, or DPD verification from another institution plus additional DPD courses if necessary.
- ❑ Completion of the B.S. degree in Nutritional Science from San Jose State University.
- ❑ Completion of the following courses with a GPA of 3.0 or higher (with no grade lower than C):

| | |
|----------------|----------------------------------|
| NuFS 101A | Food Science |
| NuFS 103 | Food Processing I |
| NuFS 106A | Human Nutrition in The Life Span |
| NuFS 108A/108L | Nutrition & Metabolism |
| NuFS 109 | Advanced Nutrition |
| NuFS 110A/B | Medical Nutr Therapy (MNT) |
| NuFS 111/111L | Foodservice Prod Management |
| NuFS 112 | Foodservice Procurement |
| NuFS 113 | Foodservice Sys Mgmt |
| NuFS 114 | Community Nutrition |
| NuFS 190 | Nutrition Education |
| Chem 132/132L | Biochemistry |
| NuFS 220A | Advanced MNT |
- ❑ Documentation of a minimum of 450 hours of dietetics work/volunteer experience. Dietetic work experience must have been in the United States and within the last five years. A minimum of half, or 225 hours, should be in a hospital setting. Students cannot apply to a DI where they have obtained previous work/volunteer experience.
- ❑ Completion of three multiple choice basic content exams in Nutrition, Food Science and Foodservice Management with individual exam scores of 80% or more.
- ❑ Completion of an additional 13 units of coursework beyond degree requirements to include:
 - A. Edit 116 Material Prep for Teachers (3) or Edit 186 Using Instructional Media (3) or EDCO 215 Intro Counseling & Guidance (3)
 - B. NuFS 220A Advanced MNT (3)
 - C. NuFS 280A DI Application supervision (1) (includes \$25 fee)
 - D. One business course to be elected by advisement from:
Bus 20N, Bus 150, Bus 151, or Bus 130 (3).
 - E. One graduate course to be elected from: NuFS 219A, 219B, 224, 242, 260 or 290 (3); or 134 (3), 193/194 (1) + 180 (2), by advisement.
- ❑ Completion of interview workshop offered through SJSU's Career Planning and Placement Center.

Qualifications for DPD Applicants with BS/BA Degree

- Completion of an Undergraduate BS/BA degree from:
 - an accredited US institution of higher learning or
 - a non US college/university that is recognized by the International Education Research Foundation

- Must be enrolled in the MS program and meet the graduate program application requirements.

- Completion of The American Dietetic Association DPD academic requirements at SJSU. You must have a Declaration of Intent, SJSU DPD Verification, or DPD verification from another institution plus additional DPD courses if necessary.
 - Support courses may be taken at other accredited institutions
 - Only NuFS 008 can be taken at another institution NuFS.

- Completion of additional courses beyond the DPD coursework to include:
 - A. Undergraduate courses:
 1. NuFS 106B Research Methods (3)
 2. NuFS 139 Science of Hunger (3)and
 - B. An additional 15 hours of graduate courses:
 1. NuFS 201 Colloquium (2 semesters) (2)
 2. NuFS 220A Advanced MNT (3)
 3. Two NUFS graduate courses by advisement. (6)
 4. EDCO 215 Intro Counseling & Guidance (3)
 5. NuFS 280A DI Application supervision (1) (includes a \$25 fee)and
 - C. Writing requirement: NUFS 100W or NUFS 217

- Completion of three multiple choice basic content exams in Nutrition, Food Science and Foodservice Management with scores of 80% or more.

- Documentation of a minimum of 450 hours of dietetics work/volunteer experience is required. Dietetic work experience must have been in the United States and within the last five years. Half or 225 hours should be in a hospital setting. Students cannot apply to a DI where they have obtained previous work experience.

- Completion of interview workshop offered through SJSU's Career Planning and Placement Center.

Qualifications for M.S. Degree Applicants

- ❑ Completion of the M.S. degree in Nutritional Science from San Jose State University (SJSU). A draft of the masters thesis or master's project must be completed before completing the DI application.
- ❑ Completion of the multiple choice sections of a third graduate content exam with a score of 80% or higher. Both the essay and multiple choice sections of two content exams would have been satisfied in the requirements for the M.S. degree from San Jose State University.
- ❑ Completion of The American Dietetic Association Didactic Program in Dietetics academic requirements. You must have a Declaration of Intent, SJSU DPD Verification, or DPD verification from another institution plus additional DPD courses if necessary.
- ❑ Documentation of a minimum of 450 hours of dietetics work/volunteer experience. Dietetic work experience must have been in the United States and within the last five years. A minimum of half, or 225 hours, should be in a hospital setting. Students cannot apply to a DI where they have obtained previous work/volunteer experience.
- ❑ Completion of the equivalent coursework listed under the B.S. qualifications with a GPA of 3.0 or higher, including NuFS 220A.
- ❑ Completion of 12 additional units listed under the B.S. qualifications is not required.
- ❑ Enrollment in NuFS 280A (1) is required.
- ❑ Completion of interview workshop offered through SJSU's Career Planning and Placement Center.

Curriculum

While enrolled in the DI, the curriculum requires:

- Students will enroll in 18 units (full-time and part-time) of NuFS 280A to meet the requirements of continuous enrollment during the DI. Students will enroll as graduate students for 12 units will be in the fall or spring semester and as special session students for 6 units in the summer. Note: Foreign students will enroll for all units as special session.
- Professional work experience is based on ADA core competencies for entry-level dietitian education and a general emphasis, which includes the areas of clinical dietetics, community nutrition, and foodservice management. This work is conducted on a rotation basis under the supervision of registered dietitians, nutritionists, and other professionals. A general full time internship consists of 3 months of food service, 3 months of MNT (clinical) and 1 month of relief work. Community nutrition is included in the food service and clinical rotations. The rotations may be done at one facility or split between two facilities, one for food service and one for clinical.
- Additional written assignments will be required to fulfill the ADA core competencies.
- Monthly evaluation conferences will be held with the student, facility instructor, and a university DI coordinator.
- Completion of learning activities which may include a spectrum of experiences: nutritional assessment, development, implementation, and evaluation of nutritional care plans; preparation of written case studies of surgical, medical, and other types of patients; charting in the patient's medical chart; planning and implementing nutrition education programs for clients and in-service training programs for staff; food production management, delivery, and service; personnel management; application of principles of finance; and utilization of computers.
- Development of a Poster Session is required, as well as membership in ADA.

Fees

Costs include, but may not be limited to the following:

- SJSU registration fees for regular Graduate enrollment (18 units) \$3000-3200
- D&D Computer Matching \$50
- ADA membership fees \$49
- Application fee \$43
- Internet Access (1 yr) \$0-120
- Student Liability Insurance \$35
- Lab Coats \$25-50
- RD Examination Fee \$125
- Registration Maintenance Fee \$40
- Background Check Fee \$60

For a current schedule of SJSU costs, check with the Cashier's office (408) 924-1630, or the Schedule of Classes, and the Office of Admissions and Records (408) 924-2012.

SJSU and DI Program Background Information

- SJSU is California's oldest public institution of higher learning.
- SJSU is one of the largest institutions in the California State University and College system offering baccalaureate and masters degree programs.
- SJSU Department of Nutrition and Food Science (NuFS) is the first of the California State University Campuses to offer a M.S. degree in Nutritional Science.
- Over 95% of the DI graduates have successfully written the ADA registration examination.
- Graduates of the program have become clinical and administrative dietitians, educators in food and nutrition, private practice and consultant dietitians, and foodservice administrators in private industry and contract foodservices.
- Prior to becoming a developmental accredited dietetic internship, the Applied Preprofessional Practice Program (AP4) at San Jose State University was one of three programs nationwide to be granted initial approval by ADA.
- The DI provides equal opportunity to all and does not discriminate against any applicant because of race, religion, national origin, sex, age or marital status.

Cooperating Facilities

Currently the DI program includes 38 sites in the San Francisco Bay area. Some sites are only for clinical or foodservice rotations; others include both at the same facility. Not all sites are available for DI placement during a given application period. A list of available sites will be given to you by the DI director. Representative sites include:

In San Jose:

Choices For Children
Good Samaritan Hospital
Kaiser Medical Center-Santa Clara/Santa Teresa
O'Connor Hospital
San Jose Medical Center/Health Dimensions
San Jose Regional Medical Center
San Jose State University
Santa Clara County Senior Nutrition
Santa Clara Office of Education/Head Start
Santa Clara Valley Medical Center

Peninsula:

Cupertino Elementary School District
Meals on Wheels, San Francisco
San Mateo County General Hospital
San Mateo/Foster City School District, San Mateo
Sequoia Hospital, Redwood City
Seton Medical Center, Daly City
VA Medical Center, Palo Alto
VA Medical Center, San Francisco

East Bay:

Alameda County Medical Center, Oakland
Diablo Valley Unified School District, Concord
Fremont Unified School District
Hayward Unified School District
Kaiser Foundation Hospital, Oakland
Milpitas Unified School District
Newark Unified School District
Oakland Unified School District
St. Rose Hospital, Hayward
Vallejo Kaiser Medical Center
Valley Care Medical Center, Pleasanton
Walnut Creek Kaiser Medical Center

South Bay and Beyond:

Community Hospital of Monterey Peninsula, Monterey
Pajaro School District, Watsonville
Salinas Memorial Hospital, Salinas
Sutter Maternity & Surgical Center, Santa Cruz
Watsonville Community Hospital
Mariner Post Acute Network

Frequently Asked Questions

1. Can I apply for a SJSU Dietetic Internship (DI) if I am not an SJSU student?

The Internal Dietetic Internship Program in the Nutrition and Food Science Department at SJSU is only available to graduates of our program.

2. When do I submit the application for the DI?

Deadlines for application submission occur in the first 2 weeks of the semester in which you are applying.

3. If I already have a BA degree, do I need to complete the MS degree in order to apply for the DI?

No, you may complete the DPD requirements and a dietetic internship without receiving a master's degree. Completion of an additional 15 units beyond the DPD coursework is required. (See pg. 6 of the detailed dietetic internship program pdf on the website for specific requirements.)

4. How do I get a DPD verification statement?

DPD transcript evaluation and DPD verification is conducted by Dr. Nancy Lu. It is the student's responsibility to contact Dr. Lu at least 2 semesters before applying to the internship to have your DPD transcripts evaluated.

5. Can I apply for an internship at the same hospital where I did my work experience?

No, you can not do an internship at a hospital where you worked or volunteered and counted as your 450 experience hours.

6. Do I get paid to do my internship?

Unfortunately, only a few locations pay students during their internship.

7. Do I apply need to enroll as a student to do my internship?

Yes, all students enroll as a graduate student in regular or special session for 2 semesters, including a summer session.

8. Will my internship be at only one location?

Depending on the facility, your dietetic internship may be at one location for both clinical and food service or it may be split among 2 locations.

9. Are the requirements the same for both an Internal and External Dietetic Internship?

If you are only applying for an external internship you are not required to fulfill 450 hours of work/volunteer experience. Dr. Nancy Lu conducts an external internship meeting at the end of every semester which will address specific requirements and application procedures.

10. Can I apply for both external and an internal internship?

Yes, you may apply for both. It will be important to indicate your preferences in order of priority when you apply