



NUTRITION



UNIVERSITY OF
SASKATCHEWAN

INTERESTED IN NUTRITION AND DIETETICS?



Nutrition is the study of nutrients—carbohydrates, proteins, fats, vitamins and minerals—that are essential for life. Students in the nutrition program learn how these nutrients are ingested, digested, absorbed, metabolized, stored and excreted. Nutrition also involves the study of food availability and how the nutrition choices we make affect us.

Dietetics is the profession that translates the science of nutrition into practice. Dietitians play a major role in health care, industry, government, research and education. In Saskatchewan, the designations of registered dietitian (RD), professional dietitian (PDt) and dietitian are protected by law.

Is nutrition for you?

Have you ever wondered about the answers to these questions?

- Should people take multivitamins?
- Does the food an athlete eats affect performance?
- Are there foods that lower the chances of getting cancer?
- Why do people with diabetes need to be careful about when they eat?
- What are GMOs?

If so, we invite you to consider a career in dietetics and nutrition.

Nutrition students:

- enjoy helping people;
- are interested in health care and science;
- have good communication, teamwork, organizational and leadership skills;
- can analyze and problem solve; and
- are willing to accept the responsibilities of a health-care provider.



As a nutrition student, you will:

- work on increasingly challenging projects and activities
- undertake volunteer and leadership activities in the community
- interview, assess and counsel patients
- participate on interprofessional teams
- develop programs and proposals
- work with research teams on nutrition topics
- participate in Speechcraft, Food Safe I & II, field trips and other initiatives

YOUR CAREER OPTIONS

Nutrition and dietetics is an ever-changing and ever-challenging field. Dietitians, as experts in food and nutrition, help individuals, groups, families, organizations and populations achieve their food and nutrition-related goals through assessment, counselling, management, programming and advocacy. Choose to study nutrition and dietetics and you will join a group of professionals who have a positive impact on society and share a gratifying work experience.

- **Clinical dietetics in hospitals and health centres** – Assess nutritional status of patients and provide nutrition care; specialize in pediatrics, geriatrics, eating disorders, intensive care, weight management, diabetes, cardiology, nephrology, HIV/AIDS and other areas.
- **Community health** – Assess nutrition needs of populations and develop health promotion strategies and nutrition education programs.
- **Food services in hospitals, long-term care homes and other institutions** – Manage food production and distribution systems.
- **Private practice** – Provide expertise to individuals, athletes, sports teams, workplaces and the media.
- **Industry and business** – Participate in food and nutrition research and product development, marketing and consumer education.
- **Government and universities** – Develop food and nutrition policies, educate future dietitians and conduct research. Advanced studies are needed for university faculty positions.
- **Community and international agencies** – Work with social programs such as food banks and international agencies on hunger and food security issues.





What you need to practise dietetics:

- bachelor's degree in nutrition
- professional experience (practicum)
- successful completion of the Canadian Dietetic Registration Examination
- registration with a provincial regulatory body, which gives registered dietitian status

OUR PROGRAM

The college's mission is to develop skilled and caring pharmacy and nutrition professionals and scientists, and to create knowledge through excellence in teaching, research, scholarship, outreach and engagement for the health of individuals and communities.



Bachelor of Science in Nutrition [B.Sc.(Nutr.)]

One year of university studies is needed before applying for admission to the Bachelor of Science in Nutrition [B.Sc.(Nutr.)] program in the College of Pharmacy and Nutrition.

The four years you will complete while earning your B.Sc. (Nutr.) include:

YEARS 1, 2 AND 3

- Background courses in biomedical sciences, human body systems, food science, business and statistics.
- Courses in nutritional science, clinical nutrition, community nutrition, nutrition program planning, foods, food-service management and research methods.
- Courses in professional practice that provide the opportunity to work on nutrition projects in the community.

YEAR 4 – PRACTICUM

Year 4 completes the professional series of courses and provides the knowledge and skills required to practise in all areas of nutrition care.

It includes placements in clinical nutrition, community nutrition, food-service management, public health, research and continuing education.

Most practicums are based under the Saskatchewan Health Authority (Saskatoon or Regina based for most placements); however, certain placements may be with other organizations (e.g., tribal councils).



YOUR USASK EXPERIENCE



The College of Pharmacy and Nutrition at the University of Saskatchewan (uSask) offers students:

- a nationally accredited program, leading to an outstanding range of careers
- dedicated faculty who are excellent teachers, scholars and researchers
- knowledgeable and helpful staff
- scholarships and bursaries specifically for nutrition students
- excellent resources at the Nutrition Resource and Volunteer Centre and the Computer Learning Centre
- unique practicum with access to hospitals and community agencies to gain hands-on experience
- opportunities to learn about new graduate studies in nutrition
- a new state-of-the-art, integrated facility including a Nutrition Foods Lab that supports collaboration between students, faculty and researchers in all health sciences disciplines and a team-centered approach

Cultural competency

To develop effective practitioners, the College of Pharmacy and Nutrition provides students a series of opportunities in various communities throughout Saskatchewan and beyond to gain hands-on experience and develop skills in cultural competency.

Education Equity Program

Our Education Equity Program encourages Aboriginal students to enrol in the college. Up to two spaces are available each year for Aboriginal students applying through this program. If there are more applicants to the program than spaces, students are then selected on the basis of admission selection criteria. Applicants who wish to be considered for this program are requested to indicate this on their application forms.

Getting involved

Pharmacy and nutrition students are among the most active students on campus and in the community. The Saskatchewan Pharmacy and Nutrition Students' Society organizes a wide range of social, athletic and professional events, such as the welcome barbeque, action/sports nights, professional enhancement days, Student Awards Night and Nutrition Month promotional activities.

Join the Pre-Nutrition Club

The college offers a Pre-Nutrition Club for students interested in the nutrition program. Members take part in social and educational events and receive information about the program and the profession. Contact prenutritionclub@usask.ca.

Students with disabilities

The college welcomes enquiries from students with disabilities. Please contact our Associate Dean Academic or the university's Access and Equity Services at (306) 966-7273 or at aes@usask.ca for more information on disability services.



Unique practicum

The structure of the University of Saskatchewan's nutrition program is unique in Canada, and is one of only a few that provides students with all of the practical experiences required to practise after graduation. Our practicum program is a partnership with the Saskatchewan Health Authority and tribal councils throughout the province.




READY TO APPLY?



Admission overview

The college admits up to 28 nutrition students each year. These spaces are available primarily for Saskatchewan residents; however, a number of spaces are reserved for out-of-province and international students.

Applicants wishing to enter the program are required to complete one year of pre-nutrition studies. Admission to the program is based on:

- your calculated post-secondary admission average
 **60% weighting**
- Test of Critical Skills
 **30% weighting**
- Personal Video Interview
 **10% weighting**

Prerequisite coursework

Candidates for admission must have completed at least 30 credit units (or equivalent) by April 30 of the year admission is desired, including:

- **Biology:** 6 credit units
(BIOL 120.3 and BIOL 121.3 at uSask)
- **Chemistry:** 3 credit units general and 3 credit units organic
(CHEM 112.3 and CHEM 250.3 at uSask)
- **English:** 6 credit units
(English 110.6 or two of ENG 111.3, 112.3, 113.3, 114.3 at uSask; or

French 121.3 (or 122.3) and 125.3; or Literature 100.6)

- **Introductory psychology and/or sociology:** 6 credit units
- **Unrestricted electives:** 6 credit units

For information on equivalent subjects at other universities, please contact us at the College of Pharmacy and Nutrition at undergrad-pharmacy-nutrition@usask.ca.

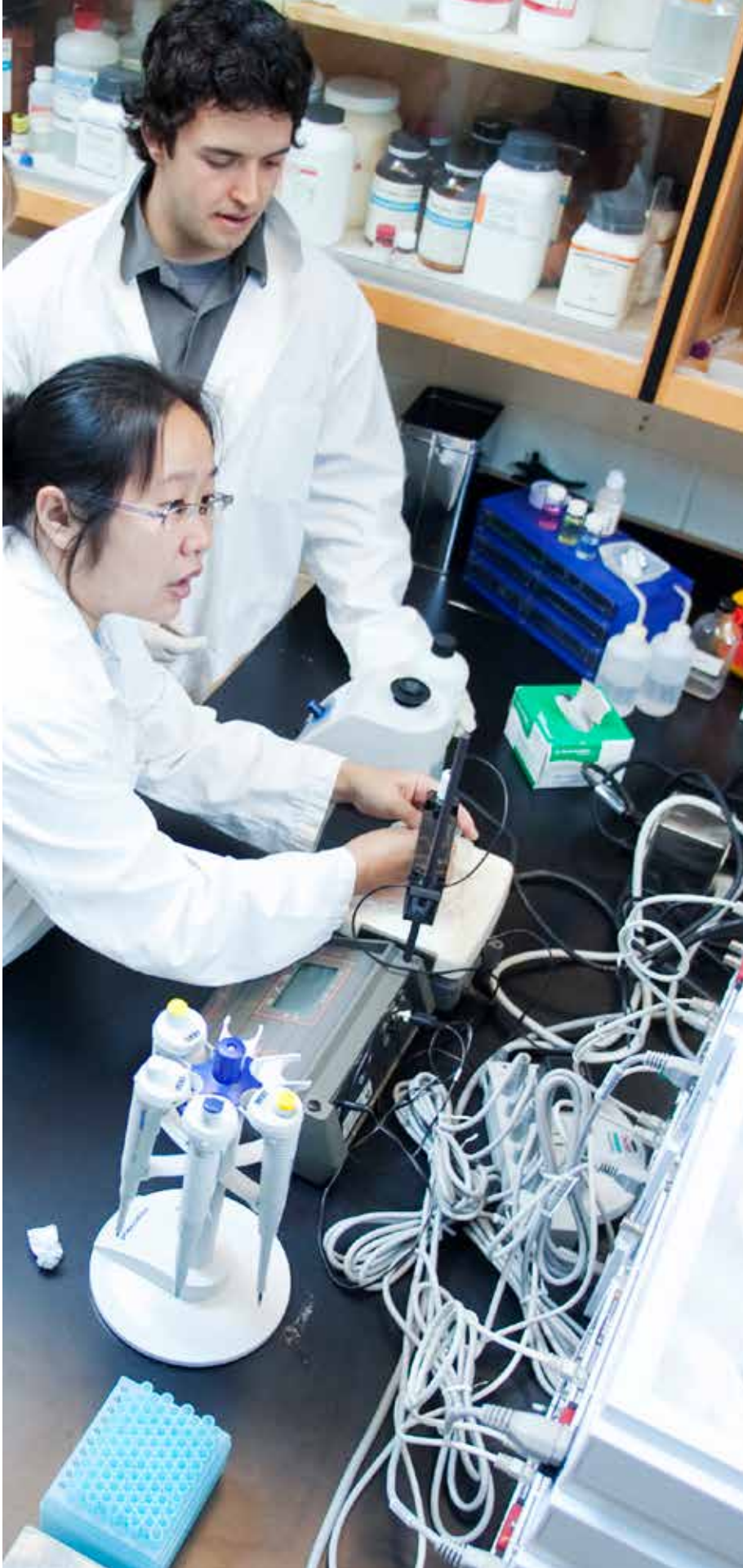
High school subjects for pre-nutrition

There are no specific high school subjects required for this non-direct entry program. However, the following subjects are often required for university-level pre-nutrition courses:

- Grade 12 level mathematics (pre-calculus recommended)
- Grade 12 level biology
- Grade 12 level chemistry

Province-specific subjects can be found at admissions.usask.ca.

For comprehensive, up-to-date admission requirements, visit pharmacy-nutrition.usask.ca.



Important dates for admission



APPLICATION DEADLINE



**TEST OF CRITICAL SKILLS AND
PERSONAL VIDEO INTERVIEW**



**DEADLINE FOR SUBMISSION OF
TRANSCRIPTS**

ADMISSIONS. USASK.CA



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College of Pharmacy
and Nutrition

USASK.CA/PHARMACY-NUTRITION