

DIETETIC INTERNSHIP AT STEPHEN F. AUSTIN STATE UNIVERSITY

The Dietetic Internship at Stephen F. Austin State University is currently granted accreditation by the Accreditation Council for Education in Nutrition & Dietetics of the Academy for Nutrition & Dietetics. The next review of the program is in 2023.

This combined master's and dietetic internship program prepares students for entry-level careers in dietetics. The program consists of a minimum of 1,000 hours of supervised practice experience and 24 hours of graduate course work that can be applied toward an optional M.S. degree. Most practice sites are within an 80-mile radius of the Stephen F. Austin State University campus. Upon successful completion of the program, students are eligible to write the CDR Registration Examination for Dietitians.

A screening committee reviews applications. D&D Digital Systems procedures will be used for computer matching. The program accepts a maximum of ten students per class, which begins with an orientation course in mid-summer.

Admission Requirements:

Minimum overall GPA of 3.2 on a 4.0 scale, and at least 3.4 on a 4.0 scale in all DPD courses. Inadequate performance as an undergraduate may be compensated by high quality, post-baccalaureate work in a dietetics related field and/or evidence of above-average performance in graduate-level nutrition course work.

The student must meet the undergraduate requirements for the BS degree and have an ACEND approved verification statement indicating completion (or intent to complete) of the requirements for the Didactic Program in Dietetics.

GRE scores are not required.

Additional Requirements AFTER Admission:

Dietetic interns are required to provide proof of the following immunizations:

- a. MMR (measles, mumps, rubella) immunization or serological confirmation of immunity. If you did not have two doses 28 days apart as a child, you will need to get a series of shots prior to starting the internship.
- b. DTaP (tetanus/diphtheria/pertussis), Tdap booster immunization or serological confirmation of immunity. You should have a DTaP as a child and a TD booster. If the booster was administered more than 10 years ago, you will need another vaccination.
- c. Varicella immunization (you should have 2 vaccinations at least 28 days apart) or serological confirmation of immunity.
- d. Hepatitis B series (you should have 3 doses administered at 0-month, 1 month, and 6 months) or serological confirmation of immunity.
- e. Evidence of 2 negative TB skin test or a negative blood test (must be within the past 12 months) unless they have documented significant reactions (10 mm or more). If an intern has a positive TB skin test or evidence of reaction, the intern must show proof of a chest X-ray and/or negative respiratory examination.
- f. Hospitals will require a flu shot during flu season (typically October through April).

Dietetic interns will be required to have the following to be allowed to participate in supervised practice:

- Drug Screen/Drug Abuse Panel
- Background Check
- Health Insurance card (copy of card)
- Copy of Liability Car Insurance card and copy of Driver's License
- Copy of Academy of Nutrition and Dietetics Membership card

Application Process:

The program uses the on-line Dietetic Internship Centralized Application System (DICAS), which may be accessed at <https://portal.dicas.org>; email DICASinfo@DICAS.org. The on-line application must be completed for our program by 11:59 p.m. Central Time according to the timeline set by D&D Digital. The fee to use DICAS is \$50 for the application and \$25 for each additional application. There is no separate application fee for the SFASU DI.

Applicants who apply to internships using DICAS will be asked to complete a personal statement in 1,000 words or less. Questions to be addressed in the personal statement include:

- Why do you want to enter the dietetics profession?
- What are some experiences that have helped you prepare for your career?
- What are your short-term and long-term goals?
- What are your strengths and weaknesses or areas needing improvement? Note: if your GPA does not meet the minimum requirements, it is important that you discuss why it doesn't and any circumstances that prevented you from meeting the minimum GPA requirements of the program
- What are your reasons for applying to the SFASU Dietetic Internship program?

Official transcripts from all colleges and universities attended should be sent to DICAS according to their instructions.

References will be submitted electronically through the DICAS system. We require 3 letters of reference, preferably from faculty and/or employers that know you well and who can attest to your professional skills. References from friends or family will not be counted.

Applicants must also register online with D&D Digital Systems, www.dnndigital.com. There is a \$55 charge for computer matching. The program has two supervised practice locations: Nacogdoches/Lufkin or Tyler/Longview. Graduate courses are located on the SFA campus but can also be attended via Zoom livestream from a distance. **The computer matching codes for the Stephen F. Austin State University Dietetic Internship is 212 for Nacogdoches/Lufkin and 932 for Tyler/Longview.**

This program participates in the spring match. Important Dates: these dates will change slightly from year to year. The most current date can be found at D&D Digital (www.dnndigital.com), see the following dates below for a general estimate:

- **Mid February** – completion of DICAS application, completion of D&D registration and internship preference ranking.
- **Month of March** – Applicants who have registered with D&D may change their preference rankings
- **First of April** – Notification Day beginning at 6:00 CDT at www.dnndigital.com .

- **Approximately 2-3 days after notification** – Appointment Day. Matched applicants must contact the Dietetic Internship Director before 5:00 p.m. (time zone of the program) to confirm acceptance of their appointment.

AFTER acceptance into the SFASU DI, the intern must apply for admission to the SFA Graduate School: <http://www.sfasu.edu/graduate/>. The fee for applying to the SFASU Graduate School is currently \$50. Both the Graduate School AND the Dietetic Internship Director will need an official copy of your FINAL transcript indicating that you received your B.S. degree. The Internship Director will also need an original copy of your DPD verification statement. You will be notified by the DI Director of all other required materials.

DI Program Costs: The following cost figures are offered as approximations only with the intent to give an estimation of expenses:

1. Information relative to campus housing is available from the Housing Office, Stephen F. Austin State University, P.O. Box 13054, SFA Station, Nacogdoches, Texas 75962. Phone (936) 468-2601 or Email: <http://www.sfasu.edu/housing>. A one-bedroom apartment is between \$450-800 per month.

Off-campus housing information is provided by the Nacogdoches Chamber of Commerce at the following address: Nacogdoches Convention Center & Visitors Bureau, P.O. Drawer 631918, Nacogdoches, Texas 75963. Phone (936) 564-7351 or E-mail <http://www.visitnacogdoches.org>. You can also access Daily Sentinel newspaper classified ads online at <http://www.dailysentinel.com>.

2. To estimate tuition and fees, please visit the SFA Tuition website: http://www.sfasu.edu/controller/businessoffice/students/exp_fees.asp. You will be required to complete 24 graduate course credits to complete the internship program. To complete the MS program, you will take additional courses to equal 36 hours. Please see the graduate tuition and fees rate tables for a cost breakdown per credit hour.

For financial aid information see <http://www.sfasu.edu/admissions-and-aid/financial-aid/how-aid-works>. To receive full financial aid, you will need to attend summer classes full-time for 9 credit hours and fall/spring courses for 9 credit hours.

Note: One unique feature of our program is that you start the graduate program and supervised practice in mid-summer and complete supervised practice the following May/June. At this time you will have completed 21 of the 36 hours of graduate coursework. The rest of the graduate coursework will be online, which will enable you to take the RD exam that summer and then seek and secure a job. This will help ease the financial burden since you will be able to work the rest of the summer and Fall while you are finishing the graduate coursework.

3. Other estimated expenses include:

Item	Cost (\$)
Graduate application/Graduation	100
Uniforms/Lab coats/professional clothing	300
Educational materials	500-1000

Background check	40
HIPAA Training	15
Drug screen (repeat drug screens may be required)	20-30
Vaccinations/TB test/titers	10-100
Academy membership	58
Miscellaneous (transcript requests, student ID, parking permit)	130
Health and car insurance	Variable expenses

- The student is responsible for his/her transportation to and from the practice sites and the University. Every effort is made to reduce the distance between the student's home base and sites. Most sites are located in either the Nacogdoches/Lufkin area or the Tyler/Longview area. All sites are within a 90-mile commuting distance of Stephen F. Austin State University unless the student chooses an elective site outside of this area.

Program Description

The SFA Dietetic Internship program is divided into two components: graduate education (24 semester credit hours required for verification statement of completion) and supervised practice (minimum of 1,000 hours) at specific approved rotation sites.

Graduate Coursework

The graduate courses are designed to expand the knowledge base used by a competent, entry-level Registered Dietitian. During the long semesters (Fall and Spring) the classes meet on Monday only unless online. Some classes are hybrid and can be attended via in person or Zoom livestream. To complete the MS degree, 36 hours of graduate credit are required.

Graduate Course Schedule

Summer

NUTR 5311- Introductory Dietetics Practice (3 cr hrs) - Historical, philosophical, ethical and legal basis of dietetics practice. Beginning integration of normal and clinical nutrition, community nutrition, foods and foodservice management into dietetic practice.

Fall

NUTR 5431 Supervised Practice for Dietetic Interns (4 cr hrs) and NUTR 5231 Seminar (2 cr hrs) – Educationally supervised practice under the direct supervision of a Registered Dietitian. Students complete experiences in clinical, community, and foodservice. Prerequisite: Admission to SFA Dietetic Internship Program.

NUTR 5335 Integrative and Functional Nutrition I (3 cr hrs) - This course provides an in-depth study of the metabolic processes and nutrition therapy as it relates to integrative and functional nutrition. Analysis and interpretation of research studies will be emphasized. Nutrient supplementation, elimination diets and dietary modifications as part of the therapeutic management of gastrointestinal conditions, weight management, cardiovascular disease, and other nutrition-related conditions will be covered.

Spring

NUTR 5431 Supervised Practice for Dietetic Interns (4 cr hrs) and NUTR 5231 Seminar (2 cr hrs) – Educationally supervised practice under the direct supervision of a Registered Dietitian. Students complete experiences in clinical, community, and foodservice. Prerequisite: Admission to SFA Dietetic Internship Program.

NUTR 5339 Integrative and Functional Nutrition II (3 cr hours) - This course provides an in-depth study of the metabolic processes and nutrition therapy as it relates to integrative and functional nutrition. Analysis and interpretation of research studies will be emphasized. The integration of nutrigenomics and dietary modifications as part of the therapeutic management of autoimmune and neurological conditions, cancer, and other conditions will be covered. Prerequisite: none required.

Summer

NUTR 5332 Public Health Nutrition (3 cr hours) - Survey of food and nutrition issues pertinent to public health and consumerism. Investigation of food and nutrition assistance programs; research and analysis of current policies and goals. Prerequisite: 6 hours in foods/nutrition courses.

Variable, Electives to meet 36 hours

Fall

KINE 5350 Intro to Research in Health & Kinesiology (online)- Research methods.

Variable, Electives to meet 36 hours (suggested, NUTR 5329 Sports Nutrition online)

Graduate Comprehensive Project

Throughout your supervised practice experience, you will be required to maintain an ePortfolio. The ePortfolio will be due during your last fall semester. It will contain the following, but not limited to your best 2 case studies (out of the 6 required), top PPT presentation (out of 4), blog assignment, grant proposal, IRB proposal, and 3 of the best work samples from your supervised practice. The ePortfolio will be presented to the DI Director as your comprehensive project component to complete the MS degree requirements.

Supervised Practice: All interns are required by the Accreditation Council for Education in Nutrition & Dietetics to complete a minimum of 1,000 hours of supervised practice. This component is divided into rotations at specifically approved sites which will allow you to achieve the core competencies that have been. Days for supervised practice are generally Tuesday - Friday from 8:00 - 5:00, although days and hours may vary with the facility. Some weekend work may be required. The facility preceptor may require earlier or later times. To find out more information about various sites, please see the Dietetic Internship Handbook.

Interns will have earned 24 graduate credits that may be applied to an M.S. degree. After successful completion of the DI, interns would need additional hours to meet the requirements for either of the following graduate degree programs:

Thesis option: M.S. with a major in Human Sciences

Completion of graduate coursework to provide 30 credit hours total, including classes from the DI, and 6 hours of thesis work/writing with a successful defense of the thesis before a faculty committee. Due to the supervised practice requirement, the thesis option will go over a minimum of 30 credit hours.

Non-Thesis option: M.S. with a major in Human Sciences

Completion of 36 hours of graduate coursework including classes from the DI. Upon successful completion of the required graduate courses, you may elect to take additional hours of graduate

coursework to equal 36 hours to complete an M.S. degree. In addition to the comprehensive project described in a previous section.

Where to find the Computer Matching Calendar

- DICAS Website
 - <https://portal.dicas.org/>
- D&D Digital Website
 - <https://www.dnndigital.com/ada/index.php>
- ACEND website:
 - <http://www.eatright.org/ACEND/content.aspx?id=186>

Websites

Academy of Nutrition and Dietetics

The Academy of Nutrition and Dietetics has many resources for students. To access this information, go to www.eatright.org. Click on the top tab, eatrightPro, scroll down and click on "I am a student." You will find information about scholarships, mentoring, etc.

To find ACEND accredited internship programs in the US, go to the ACEND website: <https://www.eatrightpro.org/acend/accredited-programs/about-accredited-programs> and click on "Accredited Program Directory"

Dietetic Internship Centralized Application System

www.portal.dicas.org

You must register as a user. This is the site for online applications.

D & D Digital

www.dnndigital.com

Website for computer matching application.

All Access Internship

www.allaccessinternships.com

A student-developed site about dietetic internships.

Applicant Guide to Supervised Practice

Available for purchase at the www.eatrightstore.org

For more information contact:

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or Ms. Sarah Drake, Didactic Program Director via email: drakes@sfasu.edu, Phone: (936) 468-5560