

Nutrition and Dietetics Education Pathway: Years 1 & 2 Associate Level Degree with DT Option

COMPETENCIES (skills/abilities to be assessed)		PERFORMANCE INDICATORS (skills/abilities that define/describe the competency to be addressed)	
Unit 1: Foundational Knowledge			
1.1.	Apply foundational knowledge in nutrition and dietetics (K)	1.1.1	Perform food and nutrition calculations using math skills (S)
		1.1.2	Apply knowledge of microbiology to food safety principles (K)
		1.1.3	Demonstrate knowledge of chemistry to the fundamentals of nutrition (K)
		1.1.4	Apply knowledge of basic food science to food preparation techniques and culinary nutrition (S)
		1.1.5	Differentiate normal and abnormal anatomy and physiology related to disease, wellness, and nutrition (K)
		1.1.6	Demonstrate knowledge of psychology, sociology, or anthropology to human behavior (K)
		1.1.7	Integrate principles of nutrition across the lifespan (K)
		1.1.8	Demonstrate appropriate use of medical terminology (K)
		1.1.9	Recognize the components of the Nutrition Care Process (K)
		1.1.10	Compare health care delivery systems that impact nutrition and dietetics (K)
Unit 2: Community Services			
2.1	Promote health and wellness for individuals and groups (D)	2.1.1	Plan meals that promote health for individuals and target groups (D)
		2.1.2	Use nutrition and health coaching strategies to co-create a shared vision and goals with individuals (S)
		2.1.3	Refer clients to other professionals when their needs exceed personal competence and they would benefit from additional resources (S)
		2.1.4	Perform waived point-of-care tests and basic anthropometric measures (D)
		2.1.5	Discuss the influence of the determinants of health on nutrition and the well-being of individuals and communities (D)
		2.1.6	Demonstrate an understanding of cultural differences that impact food and nutrition (D)
2.2	Develop, modify, and deliver education for individuals and groups (S)	2.2.1	Select current evidence-based educational materials based on audience needs (D)
		2.2.2	Modify and present culturally and age-appropriate education for the audience's literacy level (S)
		2.2.3	Apply learning and behavior change principles to modify and deliver education and information based on the learners' determinants of health (S)

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Unit 3: Leadership			
3.1	Advocate for opportunities in the nutrition and dietetic profession (K)	3.1.1	Understand the impact of local, state and national legislation and policy on nutrition and dietetics (K)
		3.1.2	Identify community and organizational support services and resources (K)
3.2	Work collaboratively with teams to achieve desired outcomes (S)	3.2.1	Identify the roles and responsibilities of interprofessional team members (S)
		3.2.2	Demonstrate active participation and promote teamwork, respecting opinions and experiences. (S)
		3.2.3	Resolve differences and manage conflict (S)
3.3	Engage in management and continuous quality activities (S)	3.3.1	Understand budgeting principles to achieve financial targets (K)
		3.3.2	Incorporate marketing principles in the promotion of services and products (S)
		3.3.3	Promote sustainability, minimize waste, and protect the environment in accordance with established standards (K)
		3.3.4	Collect data to inform program planning, evaluation, and quality improvement (S)
Unit 4: Professional Behaviors			
4.1	Demonstrate ethical and professional behaviors (S)	4.1.1	Demonstrate ethical behaviors in accordance with the professional Code of Ethics (D)
		4.1.2	Maintain confidentiality and security when sharing, transmitting, storing, and managing protected health information (K)
		4.1.3	Perform self-reflection to identify skills, strengths, knowledge, and experiences and develop goals for self-improvement (D)
		4.1.4	Organize activities to manage time and workload (S)
		4.1.5	Demonstrate self-advocacy for financial and professional opportunities and advancement (S)
4.2	Demonstrate effective professional communication skills (D)	4.2.1	Communicate in a clear, effective, and respectful manner (D)
		4.2.2	Identify and address barriers to communication (S)
		4.2.3	Adapt communications for a target audience (D)
		4.2.4	Ensure timely, clear, accurate, and valid documentation using correct spelling and grammar (D)
		4.2.5	Use communication skills to influence or produce a desired outcome during negotiations or conflict resolution discussions (D)
4.3		4.3.1	Recognize the problem and determine steps for resolution (S)
		4.3.2	Identify nutrition resources and apply evidence-based guidelines to inform decisions (S)

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	Apply critical thinking to make ethical and evidence-based decisions (S)	4.3.3	Determine the credibility of information and sources (D)
		4.3.4	Make decisions based on evidence-based practice and ethical principles (S)
		4.3.5	Identify fundamental research concepts that inform evidence-based practice (K)
Unit 5: Associate Degree DT Competencies - Patient/Care Services			
5.1	Conduct nutrition screening to identify health and nutrition-related problems (D)	5.1.1	Interview clients/patients and gather information from other sources to identify a nutrition-related problem following established tools and guidelines (D)
		5.1.2	Identify priority needs based on screening results (D)
5.2	Participate in nutrition assessment, intervention, and the monitoring of nutrition care (S)	5.2.1	Assist the RD/RDN in nutrition assessment and nutrition diagnosis (S)
		5.2.2	Obtain diet history and the level of physical activity (D)
		5.2.3	Recognize abnormal laboratory values and their impact on health and nutrition (D)
		5.2.4	Address food-medication interactions and food allergies to ensure client/patient safety (S)
		5.2.5	Identify medication classifications, categories and indicators for commonly used prescription and over-the-counter medications and dietary supplements. (e.g., weight loss, hypertension, diuretics, diabetes) (K for DT/S for DPD)
		5.2.6	Develop an intervention to effect change and enhance wellness in stable health conditions and predictable nutritional needs (S)
		5.2.7	Assist the RD/RDN in implementing and monitoring nutrition interventions (S)
		5.2.8	Refer situations outside of personal competence to a registered dietitian nutritionist or other professional (S)
		5.2.9	Document data collection, interventions, monitoring, education provided, and interactions with client/patient or other professionals (S)
Unit 6: Associate Degree DT Competencies - Foodservice			
6.1	Design meals that promote health and disease management for various individuals and groups across the lifespan (D)	6.1.1	Develop and modify menus and meal plans to ensure acceptability and affordability, accommodating age, dietary patterns, preferences, and health status (D)
		6.1.2	Evaluate recipe acceptance using sensory evaluation methods (D)
		6.1.3	Modify recipes and ingredients based on preferences, dietary needs, trends, seasonality and product availability (D)
		6.1.4	Prepare infant formula and human milk safely and accurately for the right patient/client (S)
6.2	Manage the production, distribution, and service of	6.2.1	Integrate principles of chemistry and food science as they pertain to food and nutrition product development and modification (D)
		6.2.2	Adjust recipes to scale for the desired quantity (D)

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	quantity and quality food systems (S)	6.2.3	Perform supervisory functions for purchasing, production, and service of food that meets nutrition guidelines, cost parameters and health needs (S)
		6.2.4	Perform human resource functions and processes to achieve organizational goals (S)
		6.2.5	Perform food service budget activities to achieve financial goals (D)
		6.2.6	Apply workplace safety principles to identify and mitigate safety hazards (S)
		6.2.7	Analyze organizational needs, including workforce, equipment, space, and technology, to ensure sustainability (S)
		6.2.8	Analyze the workflow design and make recommendations to improve system efficiency (S)
6.3	Apply sanitation and food safety principles in compliance with state and federal regulations (D)	6.3.1	Adhere to policies and procedures to optimize food and water safety in compliance with state and federal regulations (D)
		6.3.2	Apply sanitation principles related to food safety, personnel, and consumers (D)
		6.3.3	Demonstrate awareness of food regulations specific to the practice settings (K)