INDIVIDUALIZED SUPERVISED PRACTICE PATHWAY (ISPP) PROGRAM LEADING TO THE RDN CREDENTIAL

Accredited by the Accreditation Council for Education in Nutrition and Dietetics of the Academy of Nutrition and Dietetics

NOVEMBER 12, 2018
RUTGERS NUTRITIONAL SCIENCES GRADUATE PROGRAM AND THE DEPT. OF NUTRITIONAL SCIENCES
26 Nichol Avenue, Room 220, New Brunswick, NJ 08901
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Program Overview

Our recently accredited Individualized Supervised Practice Pathway (ISPP) program is housed within the Department of Nutritional Sciences, School of Environmental and Biological Sciences at Rutgers University. Our ISPP program is designed to provide students with learning and practice opportunities to acquire the required competencies to prepare for the national registration examination to become a Registered Dietitian Nutritionist (RDN). Our program is for students who did not make the computerized match into a dietetic internship program, but who do get accepted into our Rutgers University, School of Graduate Studies, Nutritional Sciences Graduate Program. The program also is designed for those holding a doctorate degree from an accredited and Didactic Program in Dietetics (DPD) verification statement and wish to complete the learning and practice opportunities needed to take the national registration examination to become an RDN.

Our ISPP program is designed to be completed in four consecutive terms comprised of 30 credits of coursework and a minimum of 1200 hours supervised practice at diverse sites in and around New Jersey. All program-related activities have the goal of developing the competencies needed to successfully complete the national RDN examination. Graduation dates may vary due to individual student needs. Up to 12 students will be accepted initially.

Accreditation Status

The Didactic Program in Dietetics (DPD) and Individual Supervised Practice Pathway (ISPP) programs at Rutgers, The State University of New Jersey, are located in the School of Environmental and Biological Sciences, Department of Nutritional Sciences on the New Brunswick Campus and are accredited by the Accreditation Council for Education in Nutrition and Dietetics of the Academy of Nutrition and Dietetics, 120 South Riverside Plaza, Suite 2190, Chicago, Illinois 60606-6995, (312) 899-0040 ext. 5400 http://www.eatright.org/ACEND/ Rutgers, The State University of New Jersey is accredited by the Middle States Association of Colleges and Schools.

For further information on ACEND accreditation, contact:
Accreditation Council for Education in Nutrition and Dietetics
120 South Riverside Plaza
Suite 2190
Chicago, Illinois 60606-6995
Phone (800)-877-1600 ext. 5400 E-mail: acend@eatright.org
www.eatright.org/ACEND

To learn more, please contact our ISPP Coordinator at ISPPCoordinator@sebs.rutgers.edu
Or attend one of our future virtual open houses (TBD)
**Program Highlights**

- Enroll initially 12 students annually with concentration in health promotion and disease prevention.
- Supervised practice rotations are typically in the metropolitan New Jersey area.
- ISPP consists of 30 graduate coursework credits and minimum 1200 hours of supervised practice.
  - Evidence of prior learning may be substituted for up 500 hours of supervised practice, subject to the approval by the Program Director.
  - Evidence of prior graduate-level learning may be substituted for up to 12 semester credit hours for students entering with a baccalaureate (e.g., B.S.) degree as the highest degree earned and up to 23 credits for students entering with a Master’s degree or higher.
- ISPP graduates are eligible to take the CDR credentialing exam for registered dietitian/nutritionist.

**Program Mission**

The mission is to provide a broad educational background incorporating the knowledge, and research and practice skills, needed to prepare students to become competent entry-level registered dietitian nutritionists who apply research skills and evidence-based practice to serve the public and promote health and prevent disease.

**Program Goals and Objectives**

**Goal #1:** Through completion of the ISPP, graduates will be prepared for advanced graduate study and to work in the field of dietetics.

**Objectives:**

- At least 80% of ISPP program students will complete the program within 36 months (150% of the program length).
- At least 75% of ISPP program graduates will take the CDR credentialing exam for dietitian nutritionists within 12 months of program completion.
- Of ISPP program graduates who seek employment, 75% will be employed in the field of dietetics or related field within 12 months of program completion.
- 70% of ISPP program graduates who respond to a survey, will rate their knowledge and skills obtained for entry-level practices as “adequate” (3.0) or better (range 1 to 5).

**Goal #2:** To prepare ISPP program graduates to become competent entry-level RDNs servicing the needs of the public in promoting health and preventing disease.

**Objectives:**

- 75% of employers who respond to a survey, will answer “average” (3.0) or better (range 1 to 5) when rating ISPP program graduates entry-level competence in their first year of employment.
- The program’s one-year pass rate on the CDR credentialing exam for dietitian nutritionists is at least 80%.
- 50% of all ISPP graduates who respond to a survey 12 months post-graduation, will report they have participated in one or more health promotion or professional service activity in the last year.

**Program Concentration: Health Promotion and Disease Prevention**

The specific competencies students will develop are integrated throughout the program. These include the ability to:

- Educate individuals on evidence-based food choices that will optimize health and prevent disease.
- Apply evidence-based nutrition principles to promote health and prevent and treat nutrition-related diseases.
- Apply research principles and methods to examine current problems in nutrition and disease.
- Provide nutrition care and services in a variety of practice settings.

Program outcome data is available on request by contacting the ISPP Coordinator by e-mail at: ISPPCoordinator@sebs.rutgers.edu; please state OUTCOMES DATA in the subject line.
Admission Criteria
Enrollment into the ISPP will be on-going.

Computer Matching Requirements
To be considered for this program, all applicants, except doctoral degree holders, must participate in computer matching and not make the computerized match into a supervised practice program. The non-match can be in the current or any previous cycle. Information on Computer Matching can be found below.

Additional contact information for D & D Digital Systems:
https://www.dnddigital.com/ada/index.php
304 Main St., Suite 301, Ames, IA 50010-6148; phone 515-292-0490.

Students with a Baccalaureate or Master’s Degree as the Highest Degree Earned:
- Bachelor’s degree from an accredited institution
- Didactic Program in Dietetics (DPD) verification statement. If a Declaration of Intent to complete an ACEND-accredited DPD program is provided during the application process, a DPD verification statement will be required before beginning the program.
- Participated in Dietetic Internship match process and did not receive a match in any match cycle
- For students not matched in the current match cycle: Acceptance into the Rutgers-New Brunswick Dietetics Supervised Practice Pathway. For students not matched in a previous match cycle, submission of all components required in the current DICAS application by email to the ISPP Coordinator by February 15.
- Acceptance into the Rutgers School of Graduate Studies
- GRE: 304 or above (minimum verbal 153; minimum quantitative 151)
- TOEFL (if English is a second language): 560 or above (paper-based test); 220 or above (computer-based test); 83 or above (internet-based test; minimum individual test scores: writing 22, speaking 23, reading 21, listening 17)
- GPA: minimum 3.2 (B average or above)
- Three letters of recommendation
- Personal Statement of 1000 words or less, describing interests in dietetics and how they fit with our program’s concentration area (health promotion and disease prevention); personally identified strengths and areas for improvement; experiences (school, work, volunteer) and preparation for a dietetics supervised practice leading to the RDN credential, and why our ISPP program would be a good fit.
- An interview in-person or by Internet (e.g., Skype)

Doctoral Students or Doctoral Degree Holders:
- Transcripts confirming current matriculation as doctoral student and/or receipt of doctoral degree from an accredited institution
- Didactic Program in Dietetics (DPD) verification statement. If a Declaration of Intent to complete an ACEND-accredited DPD program is provided during the application process, a DPD verification statement will be required before beginning the program.
- Curriculum vita describing your educational background, work and volunteer experiences, awards, and publications and presentations
- Acceptance into the Rutgers School of Graduate Studies
- GRE: 304 or above (minimum verbal 153; minimum quantitative 151)
- TOEFL (if English is a second language): 560 or above (paper-based test); 220 or above (computer-based test); 83 or above (internet-based test; minimum individual test scores: writing 22, speaking 23, reading 21, listening 17)
- GPA: minimum 3.2 (B average or above)
- Three letters of recommendation
- Personal Statement of 1000 words or less, describing interests in dietetics and how they fit with our program’s concentration area (health promotion and disease prevention); personally identified strengths and areas for improvement; experiences (school, work, volunteer) and preparation for the supervised practice leading to the RDN credential, and why our ISPP program would be a good fit.
- An interview in-person or by Internet (e.g., Skype)

Selection Process
The Rutgers ISPP selection committee is comprised of the DPD Director, ISPP Coordinator, faculty, and Preceptors who review applications, score on a 10-point scale and provide feedback for selection consideration. Selection criteria evaluated include academic record with special emphasis on science and dietetics/nutrition coursework, work and volunteer experiences, awards, scholarship, service, oral and verbal communication skills, letters of recommendation, personal statement, interest in our ISPP program with a focus on how the program is a suitable match for your professional goals, professional potential, and interview. Student selection for admission is a competitive process and is the responsibility of the Rutgers University-New Brunswick Nutritional Sciences Graduate Program Admissions Committee, ISPP Coordinator, and DPD Director.

If selected into the ISPP program, admission is conditional and final approval will be dependent on the following:
- A signed DPD verification statement from an ACEND-accredited DPD program.
- An official transcript from an accredited institution indicating receipt of a baccalaureate degree (or matriculation in a doctoral program or receipt of a doctoral degree).
- Acceptance by the Rutgers School of Graduate Studies into the Nutritional Sciences Graduate Program.
- Criminal background check. The ISPP Coordinator will provide specific instructions for completing the background check.

Requirements for Graduation and Completion of the Program
For completion of the program, students must meet the following requirements within 36 months (150% of the program length).

a. Completion of all required graduate level ISPP coursework.
b. Completion of a minimum of 1200 hours of supervised practice (either solely in the ISPP or in a combination of prior learning and ISPP hours).
c. Obtain an average rating of "competent" on all supervised practice rotations and at least Grade B in all coursework.
d. Upon completion of steps a, b, and c above, students will receive a verification statement that enables them to take the registered dietitian/nutritionist exam.
e. To receive a MS-Dietetics degree, ISPP students also must satisfy all requirements of the Rutgers University School of Graduate Studies, including completion of 30-semester hours of graduate level coursework (including a maximum of 12 credits for prior learning at the graduate level); completion of thesis requirements; achievement of a grade B or better in all coursework; and compliance with Rutgers School of Graduate Studies policies on double counting of credits toward requirements for a graduate degree.
Tuition and Fees
Students shall refer to the Rutgers University School of Graduate Studies website for information about withdrawal and refund of graduate school tuition and fees. The $18,000 ISPP program fee (which is in addition to graduate school tuition and student fees) will be billed in 2 equal payments, each due within 10 days of billing: at the start of the ISPP program and at the start of month 5 of enrollment. The ISPP program fee is non-refundable, even if the student drops out of the ISPP program and continues in the graduate program. The ISPP Program Fee covers the costs associated with practice exams for the registration exam for RDNs, a portion of ISPP staff salaries, supplemental student training materials, professional development for Preceptors, ACEND accreditation fees, professional development related expenses for program director and students and printing, telephone, other supplies related to the ISPP program.

<table>
<thead>
<tr>
<th>Students: Estimates based on 2017/2018; Estimates for 4 terms</th>
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</thead>
<tbody>
<tr>
<td>Graduate Application Fee</td>
</tr>
<tr>
<td>30 credits Rutgers University, School of Graduate Studies Tuition</td>
</tr>
<tr>
<td>NJ Resident: $702/cr (Non Resident: $1194/cr $35820)</td>
</tr>
<tr>
<td>Campus Fee</td>
</tr>
<tr>
<td>Computer Fee</td>
</tr>
<tr>
<td>School Fee</td>
</tr>
<tr>
<td>Health Insurance</td>
</tr>
<tr>
<td>Criminal Background Check</td>
</tr>
<tr>
<td>Clinical Fee--including drug testing</td>
</tr>
<tr>
<td>ISPP Program Fee</td>
</tr>
<tr>
<td>Travel to Rotation Sites</td>
</tr>
<tr>
<td>Supplies (e.g., books, lab coats, software)</td>
</tr>
<tr>
<td>Academy of Nutrition &amp; Dietetics Membership Dues $60/year x 2 years</td>
</tr>
<tr>
<td>In State</td>
</tr>
<tr>
<td>Out of state</td>
</tr>
<tr>
<td>Additional costs include housing, board, and optional study abroad costs.</td>
</tr>
<tr>
<td>Students are strongly recommended to plan to attend FNCE; estimated cost $2500.</td>
</tr>
</tbody>
</table>

*Students covered under another health care plan may be able to waive this fee; health insurance must be maintained for at least the duration of participation in this program. Fee estimates are for 2 years.

**Students must maintain membership at least until completing the program. Fee estimates are for 2 years.

Financial Aid
For general financial aid information please see: [www.financialaid.rutgers.edu](http://www.financialaid.rutgers.edu)
Graduate financial aid is available in three general categories:
- Merit-based aid such as fellowships, assistantships, and scholarships
- Need-based grants and employment
- Non-need based loans.

Generally, fellowships and assistantships are not available to ISPP program students. For graduate financial aid details, please visit [https://financialaid.rutgers.edu/information-for-graduate-professional-students/](https://financialaid.rutgers.edu/information-for-graduate-professional-students/).
Curriculum
Students will earn a MS-Dietetics degree dependent on satisfying all requirements of the Rutgers University School of Graduate Studies, including completion of 30-semester hours of graduate level coursework (including a maximum of 12 credits for prior learning at the graduate level); completion of thesis requirements; achievement of a grade B or better in all coursework; and compliance with Rutgers School of Graduate Studies policies on double counting of credits toward requirements for a graduate degree.

Required Coursework
ISPP graduate level coursework is described here:

<table>
<thead>
<tr>
<th>Course #</th>
<th>Title &amp; Brief Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>16:709:505</td>
<td>Medical Nutrition Therapy Application of pathophysiology of disease states addressing prevention and treatment of patients at risk of nutritional complications.</td>
</tr>
<tr>
<td>16:709:503</td>
<td>Introduction to Applied Nutrition Research Skills in the conduct and interpretation of research. Emphasis given to study design, instrumentation, analysis, and ethical issues.</td>
</tr>
<tr>
<td>16:709:524</td>
<td>Health Promotion in Nutrition &amp; Dietetics 1 Evidence-based practice with emphasis on accurate interpretation of scientific information and translation into actionable nutrition behaviors for varied consumer and professional audiences.</td>
</tr>
<tr>
<td>16:709:510</td>
<td>Advanced Topics in Disease Prevention Advanced topics in disease prevention including those related to professional practice, development, and leadership</td>
</tr>
<tr>
<td>16:709:526</td>
<td>Health Promotion in Nutrition &amp; Dietetics 2 Advanced skills in evidence-based nutrition practice with emphasis on communicating with professional audiences using an array of communication modes.</td>
</tr>
<tr>
<td>16:709:844</td>
<td>Research Supervised Practice Links the expertise acquired in the classroom with the application of research skills leading to completion of an independent, original directed nutrition research project.</td>
</tr>
<tr>
<td>16:709:818</td>
<td>Dietetics Supervised Practice Links the expertise acquired in the classroom with supervised learning experiences in an array of professional practice settings (i.e., community and clinical nutrition, food service management, and student-defined specialty area).</td>
</tr>
</tbody>
</table>
Supervised Practice Sites and Rotations

Supervised practice occurs in a variety of settings such as clinical (inpatient and outpatient), community nutrition, food service, and research. Each student will have the opportunity to plan and complete a two-week specialty supervised practice rotation, with approval of the ISPP Coordinator.

The ISPP Coordinator identifies and schedules supervised practice sites around the NJ metropolitan area. Students will be responsible for identifying sites and Preceptors for specialty rotations and may provide input for sites and Preceptors for other rotations.

<table>
<thead>
<tr>
<th>Supervised Practice Rotations</th>
<th>Hours</th>
</tr>
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<tbody>
<tr>
<td>Community Nutrition (Cooperative Extension, WIC, Wellness Centers, Retail, other)</td>
<td>300</td>
</tr>
<tr>
<td>Management (Institutional Food Service)</td>
<td>210</td>
</tr>
<tr>
<td>Clinical (general, Long-term care, specialty)</td>
<td>280</td>
</tr>
<tr>
<td>Research</td>
<td>110</td>
</tr>
<tr>
<td>Specialty* (could be international)</td>
<td>80</td>
</tr>
<tr>
<td>Didactic (orientation, evaluation, other)</td>
<td>70</td>
</tr>
<tr>
<td>Alternate Experiences (simulations, case studies, role playing)</td>
<td>160</td>
</tr>
<tr>
<td><strong>Total</strong></td>
<td><strong>1,210</strong></td>
</tr>
</tbody>
</table>

Schedule

ISPP program students observe the Rutgers academic calendar for term start/end dates and holidays. The academic calendar is updated yearly and is available at [https://scheduling.rutgers.edu/scheduling/academic-calendar](https://scheduling.rutgers.edu/scheduling/academic-calendar). The ISPP Coordinator and DPD Director reserve the right to alter the calendar in response to unforeseen circumstances, including weather emergencies and unique learning experiences (e.g., events or speakers pertinent to the ISPP program).