



Masters in Integrative Health Studies PLAN OF STUDY

Entering Class Fall 2025

This Plan of Study shows the sequence and schedule of courses in your program which are designed to optimize your learning opportunities and experiences, and to ensure timely completion of your program, and achievement of your professional and personal goals. Students are expected to follow this Plan of Study. Failure to follow this plan may result in significant delays in completing your program, including limited course availability in some trimesters that could delay your progress and/or impact your financial aid eligibility. If you are unable to follow this Plan of Study due to extenuating circumstances, it is your responsibility to immediately contact your Academic Advisor, who will guide you through the full impact of deviating from this plan and discuss the extent to which options exist for a modified Plan of Study. In this case, you are also responsible for verifying your remaining requirements, prerequisites and when courses will be offered.

Spring (January)	Summer (April/May)	Fall (September)
		<u>1st Trimester - 2025</u> Survey of Complementary Health ISCI 630a Approaches 3 Research Literacy in Integrative RSCH 601 Health 3 RSCH 550 Academic Research and Scholarship 0 Trimester credits 6 Total credits 6
<u>2nd Trimester - 2026</u> INHS 610 Complementary & Integrative Health 3 Interventions for Conditions INHS 620 Integrative Care Models 3 Trimester credits 6 Total credits 12	<u>3rd Trimester - 2026</u> Elective(s) 6 Trimester credits 6 Total credits 18	<u>4th Trimester 2026</u> APP 606 Becoming a Healing Presence 3 Elective(s) 3 Trimester credits 6 Total credits 24
<u>5th Trimester 2027</u> INHS 710 Seminar in Integrative Health Studies 3 Elective(s) 3 Trimester credits 6 Total credits 30		

Credits Required for Masters Completion: 30

Online



Masters in Integrative Health Studies Curriculum Course List by Department

Entering Class Fall 2025

Can be completed in five trimesters

Name _____
ID# _____

Core Curriculum 18 cr

Applied Philosophy and Practices 3 cr
APP 606 Becoming a Healing Presence 3 cr

Research 3 cr
RSCH 601 Research Literacy in Integrative H 3 cr

Integrative Health Sciences 3 cr
ISCI 630a Survey of Complementary Health Approaches 3 cr

Non Academic Requirements 0 cr
RSCH 550 Academic Research and Scholarship 0 cr

Integrative Health Studies 9 cr
INHS 610 Complementary & IH Interventions for conditior 3 cr
INHS 620 Integrative Care Models 3 cr
INHS 710 Seminar in Integrative Health Studies 3 cr

Elective Choices 12 cr

Electives- 12 Credits Required 12 cr
APP 700 Mindfulness, Meditation and Health 3 cr
AYUR 630 Foundations of Ayurveda and Medical Theory 3 cr
AYUR 631 Ayurveda and The Mind and Mindbody Wellness 3 cr
COA 605 Foundations of Healthy Lifestyles 3 cr
COA 610 Fundamentals of Health and Wellness Coaching 3 cr
HRB 600 Foundations of Herbal Medicine 3 cr
HRB 605 Materia Medica I 3 cr
IHED 610 Fundamentals of Health Education and Health B 3 cr
IHED 615 Health Promotion Leadership, Administration an 3 cr
IHED 621 Communication Strategies in Health Education 3 cr
IHED 626 Needs Assessment & Program Planning 3 cr
IHED 637 Principles & Practices of Health Behavior 1.5 cr
IHED 777 Health Care Systems: From Macro to Micro 3 CR
ISCI 671 Physical Activity and Health 3 cr
NUTR 601 Redefining Nutrition 1 cr
NUTR 672 Mindful Eating and Nourishment 2 cr

Online

* Course prerequisites are specified in the course description, available in the Academic Catalog at <https://www.muih.edu/academics/academic-catalog>