



# Master of Science in Nutrition & Integrative Health Herbal Medicine AOC PLAN OF STUDY

Entering Class Fall 2022

**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)
		<b>1st Trimester - 2022</b> HRB 600 Foundations of Herbal Medicine 3 IHED 637 Principles & Practice of Hlth Behavior & Self-Care 1.5 ISCI 631 Introduction to Complementary & Integrative Health 1.5 NUTR 601 Redefining Nutrition 1 NUTR 681 Cooking with Whole Foods Lab I 0.5 MUIH 550 Academic Research & Scholarship 0  Trimester credits 7.5 Total credits 7.5
<b>2nd Trimester - 2023</b> HRB 605 Materia Medica 3 ISCI 522 Foundations of Organic Chemistry 3 NUTR 682 Cooking with Whole Foods Lab II 0.5  Trimester credits 6.5 Total credits 14	<b>3rd Trimester - 2023</b> ISCI 547a Physiology I: Healthy Function 3 ISCI 626 Nutritional Biochemistry 3 NUTR 614 Human Nutrition I: Macronutrients 2 NUTR ____ Additional Cooking Lab 0.5 <i>or during another trimester that works with your schedule</i>  Trimester credits 8.5 Total credits 22.5	<b>4th Trimester - 2023</b> ISCI 647b Physiology II: Movement Away from Health 3 HRB 622 Herbal Pharmacy 3 NUTR 612 Human Nutrition II: Micronutrients 3  Trimester credits 9 Total credits 31.5
<b>5th Trimester - 2024</b> NUTR 635 Applied Clinical Nutrition I 2 HRB 641 Safety of Botanical Medicine 3 NUTR 651a Clinical Skills I 2  Complete 3 Visits with a Nutritionist  Trimester credits 7 Total credits 38.5	<b>6th Trimester - 2024</b> HRB 624 Applied Herbalism in Clinical Practice 3 NUTR 651b Clinical Skills II 2 RSCH 601 Research Literacy in Integrative Health 3 * Complete ServSafe Manager Training <i>Can complete on campus by registering for NUTR001</i>  Trimester credits 8 Total credits 46.5	<b>7th Trimester - 2024</b> NUTR 636 Applied Clinical Nutrition II 2 NUTR 641 Life Cycle Nutrition 3 NUTR 654c Clinic I 1.5 OR NUTR 656c Clinical Strategies in Nutrition Care I 1.5 NUTR ____ Additional Cooking Lab 0.5 <i>or during another trimester that works with your schedule</i>  Trimester credits 7 Total credits 53.5

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

\* ServSafe Manager training must be completed prior to NUTR686 Cooking with Whole Foods Lab VI, NUTR691c Practicum I, or before applying for graduation.

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**Credits Required for Completion: 58**

**Online or Hybrid**

# Master of Science in Nutrition & Integrative Health

## Herbal Medicine AOC

### PLAN OF STUDY



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		<b>1st Trimester - 2022</b> HRB 600 Foundations of Herbal Medicine 3 ISCI 631 Introduction to Complementary & Integrative Health 1.5 NUTR 681 Cooking with Whole Foods Lab I 0.5 MUIH 550 Academic Research & Scholarship 0  Trimester credits 5 Total credits 5
<b>2nd Trimester - 2023</b> HRB 605 Materia Medica 3 IHED 637 Principles & Practice of Hlth Behavior & Self-Care 1.5 NUTR 601 Redefining Nutrition 1  Trimester credits 5.5 Total credits 10.5	<b>3rd Trimester - 2023</b> ISCI 522 Foundations of Organic Chemistry 3 ISCI 547a Physiology I: Healthy Function 3 NUTR 682 Cooking with Whole Foods Lab II 0.5  Trimester credits 6.5 Total credits 17	<b>4th Trimester - 2023</b> ISCI 626 Nutritional Biochemistry 3 HRB 622 Herbal Pharmacy 3  Trimester credits 6 Total credits 23
<b>5th Trimester - 2024</b> HRB 641 Safety of Botanical Medicine 3 NUTR 614 Human Nutrition I: Macronutrients 2  Trimester credits 5 Total credits 28	<b>6th Trimester - 2024</b> ISCI 647b Physiology II: Movement Away from Health 3 NUTR 612 Human Nutrition II: Micronutrients 3  Trimester credits 6 Total credits 34	<b>7th Trimester - 2024</b> RSCH 601 Research Literacy in Integrative Health 3 NUTR 651a Clinical Skills I 2 NUTR Additional Cooking Lab 0.5 <i>OR during another trimester that works with your schedule</i>  Trimester credits 5.5 Total credits 39.5

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Spring (January)		Summer (April/May)		Fall (September)	
<b>8th Trimester - 2025</b>		<b>9th Trimester - 2025</b>		<b>10th Trimester - 2025</b>	
NUTR 651b Clinical Skills II	2	HRB 624 Applied Herbalism in Clinical Practice	3	NUTR 641 Life Cycle Nutrition	3
NUTR 635 Applied Clinical Nutrition I	2	NUTR 636 Applied Clinical Nutrition II	2	NUTR 654c Clinic I	1.5
Complete 3 Visits with a Nutritionist		NUTR ____ Additional Cooking Lab	0.5	OR	
		OR during another trimester that works with your schedule		NUTR 656c Clinical Strategies in Nutrition Care I	1.5
				* Complete ServSafe Manager Training	
				Can complete on campus by registering for NUTR001	
Trimester credits	4	Trimester credits	3	Trimester credits	4.5
Total credits	43.5	Total credits	46.5	Total credits	51
<b>11th Trimester - 2026</b>					
NUTR 622 Advanced Biochem., Pathophys., & Assessment	3				
NUTR 654d Clinic II	1.5				
OR					
NUTR 656d Clinical Strategies in Nutrition Care II	1.5				
NUTR 6EXI Nutrition MSNIH Comprehensive Exam	0				
Trimester credits	4.5				
Total credits	58				

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# Master of Science in Nutrition & Integrative Health

## Herbal Medicine AOC

### CURRICULUM COURSE LIST BY DEPARTMENT

Entering Class Fall 2022

*Can be completed in eight trimesters*

Name \_\_\_\_\_  
ID# \_\_\_\_\_

#### Core Curriculum 29 cr

##### Nutrition 10 cr

NUTR 601	Redefining Nutrition	1 cr	
NUTR 612	Human Nutrition II: Micronutrients	3 cr	
NUTR 614	Human Nutrition I: Macronutrients	2 cr	
NUTR 641	Life Cycle Nutrition	3 cr	
NUTR 681	Cooking with Whole Foods Lab I	0.5 cr	
NUTR 682	Cooking with Whole Foods Lab II	0.5 cr	

##### Additional Cooking Labs 1 cr

*Choose two courses:*

NUTR 683	Cooking with Whole Foods Lab III	0.5 cr	
NUTR 684	Cooking with Whole Foods Lab IV	0.5 cr	
NUTR 686	Cooking with Whole Foods Lab VI	0.5 cr	
NUTR 687	Cooking with Whole Foods Lab VII	0.5 cr	
NUTR 688	Cooking with Whole Foods Lab VIII	0.5 cr	

##### Research 3 cr

RSCH 601	Research Literacy in Integrative Health	3 cr	
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##### Integrative Health Education 1.5 cr

IHED 637	Principles and Practice of Health Behavior and Self-Care	1.5 cr	
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##### Integrative Sciences 13.5 cr

ISCI 522	Foundations of Organic Chemistry	3 cr	
ISCI 547a	Physiology I: Healthy Function	3 cr	
ISCI 626	Nutritional Biochemistry	3 cr	
ISCI 631	Introduction to Complementary and Integrative Health	1.5 cr	
ISCI 647b	Physiology II: Movement Away from Health	3 cr	

##### Non-Academic Requirements

NUTR 001	SERVSAFE	0 cr	
NUTR 6EXI	Nutrition MSNIH Comprehensive Exam	0 cr	
MUIH 550	Academic Research & Scholarship	0 cr	
_____	3 Visits with a Nutritionist	0 cr	

#### Herbal Medicine AOC Curriculum 29 cr

##### Herbal Studies 15 cr

HRB 600	Foundations of Herbal Medicine	3 cr	
HRB 605	Materia Medica	3 cr	
HRB 622	Herbal Pharmacy	3 cr	
HRB 624	Applied Herbalism in Clinical Practice	3 cr	
HRB 641	Safety of Botanical Medicine	3 cr	

##### Nutrition 14 cr

NUTR 622	Advanced Biochemistry, Pathophysiology, & Assessment	3 cr	
NUTR 635	Applied Clinical Nutrition I	2 cr	
NUTR 636	Applied Clinical Nutrition II	2 cr	
NUTR 651a	Clinical Skills I	2 cr	
NUTR 651b	Clinical Skills II	2 cr	
NUTR 654c	Clinic I	1.5 cr	
OR			
NUTR 656c	Clinical Strategies in Nutrition Care I	1.5 cr	
NUTR 654d	Clinic II	1.5 cr	
OR			
NUTR 656d	Clinical Strategies in Nutrition Care II	1.5 cr	

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Date last revised: 1/21/22