

Master of Science in Nutrition & Integrative Health Herbal Medicine AOC THREE-YEAR 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> IHED 637 Principles & Practice of Hlth Behavior & Self-Care 1.5 ISCI 631 Introduction to Complementary & Integrative 1.5 ISCI 547a Physiology I: Healthy Function 3 INHS 500 Student Success Seminar 0 RSCH 550 Academic Research & Scholarship 0 NUTR 601 Redefining Nutrition 1 <div>Trimester credits 7</div> <div>Total credits 7</div>
<u>2nd Trimester - 2026</u> HRB 600 Foundations of Herbal Medicine 3 ISCI 522 Foundations of Organic Chemistry 3 NUTR 614 Human Nutrition I: Macronutrients 2 <div>Trimester credits 8</div> <div>Total credits 15</div>	<u>3rd Trimester - 2026</u> HRB 605 Materia Medica 3 ISCI 626 Nutritional Biochemistry 3 RSCH 601 Research Literacy in Integrative Health 3 * Complete ServSafe Manager Training <div>Trimester credits 9</div> <div>Total credits 24.0</div>	<u>4th Trimester - 2026</u> HRB 622 Herbal Pharmacy 3 NUTR 612 Human Nutrition II: Micronutrients 3 NUTR 689 Applied Culinary Nutrition 2 <div>Trimester credits 8</div> <div>Total credits 32.0</div>
<u>5th Trimester - 2027</u> HRB 641 Safety of Botanical Medicine 3 NUTR 635 Applied Clinical Nutrition I 2 NUTR 651a Clinical Skills I 2 Complete 1 Visit with a Nutritionist <div>Trimester credits 7</div> <div>Total credits 39</div>	<u>6th Trimester - 2027</u> NUTR 636 Applied Clinical Nutrition II 2 NUTR 641 Life Cycle Nutrition 3 NUTR 651b Clinical Skills II 2 <div>Trimester credits 7</div> <div>Total credits 46</div>	<u>7th Trimester - 2027</u> NUTR 646 Applied Clinical Nutrition III 2 NUTR 656c Clinical Strategies in Nutrition Care I 1.5 NUTR 723 Advanced Biochemistry and Labs Assessment 3 <div>Trimester credits 6.5</div> <div>Total credits 52.5</div>

*Course prerequisites are specified in the course description, available in the Academic Catalog at <https://www.ndm.edu/academics/registrar/catalogs>

* ServSafe Manager training must be completed prior to NUTR689 Applied Culinary Nutrition

Continued on Page 2

Credits Required for Completion: 57

Online

Entering Class Fall 2025

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.

Continued from Page 1

* ServSafe Manager training must be completed prior to NUTR689 Applied Culinary Nutrition

Master of Science in Nutrition & Integrative Health Herbal Medicine AOC FOUR-YEAR 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)
		1st Trimester - 2025 ISCI 631 Introduction to Complementary & Integrative Health 1.5 ISCI 547a Physiology I: Healthy Function 3 INHS 500 Student Success Seminar 0 RSCH 550 Academic Research & Scholarship 0 Trimester credits 4.5 Total credits 4.5
2nd Trimester - 2026 HRB 600 Foundations of Herbal Medicine 3 NUTR 614 Human Nutrition I: Macronutrients 2 Trimester credits 5 Total credits 9.5	3rd Trimester - 2026 IHED 637 Principles & Practice of Hlth Behavior & Self-Care 1.5 ISCI 522 Foundations of Organic Chemistry 3 NUTR 601 Redefining Nutrition 1 Trimester credits 5.5 Total credits 15	4th Trimester - 2026 HRB 622 Herbal Pharmacy 3 ISCI 626 Nutritional Biochemistry 3 Trimester credits 6 Total credits 21
5th Trimester - 2027 HRB 605 Materia Medica 3 NUTR 612 Human Nutrition II: Micronutrients 3 Trimester credits 6 Total credits 27	6th Trimester - 2027 NUTR 635 Applied Clinical Nutrition I 2 NUTR 641 Life Cycle Nutrition 3 Trimester credits 5 Total credits 32	7th Trimester - 2027 NUTR 651a Clinical Skills I 2 RSCH 601 Research Literacy in Integrative Health 3 * Complete ServSafe Manager Training Trimester credits 5 Total credits 37.0

*Course prerequisites are specified in the course description, available in the Academic Catalog at <https://www.ndm.edu/academics/registrar/catalogs>

* ServSafe Manager training must be completed prior to NUTR689 Applied Culinary Nutrition

Continued on Page 4

Credits Required for Completion: 57

Online

Entering Class Fall 2025

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.

8th Trimester - 2027				9th Trimester - 2027				10th Trimester - 2027			
NUTR	651b	Clinical Skills II	2	HRB	641	Safety of Botanical Medicine	3	NUTR	723	Advanced Biochemistry and Labs Assessment	3
NUTR	636	Applied Clinical Nutrition II	2	NUTR	646	Applied Clinical Nutrition III	2	NUTR	656c	Clinical Strategies in Nutrition Care I	1.5
NUTR	689	Applied Culinary Nutrition Complete 1 Visit with a Nutritionist	2								
Trimester credits			6	Trimester credits			5	Trimester credits			4.5
Total credits			43	Total credits			48	Total credits			52.5
11th Trimester - 2028											
HRB	759	Applied Therapeutics	3								
NUTR	654d	Clinic II	1.5								
OR											
NUTR	656d	Clinical Strategies in Nutrition Care II	1.5								
NUTR	698	Nutrition MSNIH Comprehensive Exam	0								
Trimester credits			4.5								
Total credits			57								

* Course prerequisites are specified in the course description, available in the Academic Catalog at <https://www.ndm.edu/academics/registrar/catalogs>
* ServSafe Manager training must be completed prior to NUTR689 Applied Culinary Nutrition

Continued from Page 3

Master of Science in Nutrition & Integrative Health Herbal Medicine AOC CURRICULUM COURSE LIST BY DEPARTMENT

Entering Class Fall 2025

Can be completed in six trimesters

Name _____
ID# _____

Core Curriculum 42 cr

Nutrition 27 cr				Integrative Health Education 1.5 cr			
NUTR	601	Redefining Nutrition	1 cr	IHED	637	Principles and Practice of Health Behavior and Self-Care	1.5 cr
NUTR	612	Human Nutrition II: Micronutrients	3 cr	Integrative Sciences 10.5 cr			
NUTR	614	Human Nutrition I: Macronutrients	2 cr	ISCI	522	Foundations of Organic Chemistry	3 cr
NUTR	635	Applied Clinical Nutrition I	2 cr	ISCI	547a	Physiology I: Healthy Function	3 cr
NUTR	636	Applied Clinical Nutrition II	2 cr	ISCI	626	Nutritional Biochemistry	3 cr
NUTR	641	Life Cycle Nutrition	3 cr	ISCI	631	Introduction to Complementary and Integrative Health	1.5 cr
NUTR	646	Applied Clinical Nutrition III	2 cr	Non-Academic Requirements			
NUTR	651a	Clinical Skills I	2 cr	NUTR	001	SERVSAFE	0 cr
NUTR	651b	Clinical Skills II	2 cr	NUTR	698	Nutrition MSNIH Comprehensive Exam	0 cr
NUTR	689	Applied Culinary Nutrition	2 cr	INHS	500	Student Success Seminar	0 cr
NUTR	723	Advanced Biochemistry and Labs Assessment	3 cr	RSCH	550	Academic Research & Scholarship	0 cr
NUTR	656c	Clinical Strategies in Nutrition Care I	1.5 cr	_____	_____	Complete 1 Visit with a Nutritionist	0 cr
NUTR	654d	Clinic II	1.5 cr	Research 3 cr			
		<i>OR</i>		RSCH	601	Research Literacy in Integrative Health	3 cr
NUTR	656d	Clinical Strategies in Nutrition Care II	1.5 cr				

Herbal Medicine AOC Curriculum 15 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	641	Safety of Botanical Medicine	3 cr
HRB	759	Applied Therapeutics	3 cr

*Course prerequisites are specified in the course description, available in the Academic Catalog at <https://www.ndm.edu/academics/registrar/catalogs>

Credits Required for Degree Completion: 57