



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

Entering Class Spring 2021

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 - 2021 IHED 637 Principles & Practice of Hlth Behavior & Self-Care 1.5 ISCI 547a Physiology I: Healthy Function 3 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	2nd Trimester - 2021 ISCI 647b Physiology II: Movement Away from Health 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	3rd Trimester - 2021 HRB 600 Foundations of Herbal Medicine 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
4th Trimester - 2022 HRB 605 Materia Medica 3 NUTR 612 Human Nutrition II: Micronutrients 3 RSCH 601 Research Literacy in Integrative Health 3 Trimester credits 9 Total credits 31.5	5th Trimester - 2022 HRB 624 Applied Herbalism in Clinical Practice 3 NUTR 635 Applied Clinical Nutrition I 2 NUTR 651a Clinical Skills I 2 Complete 3 Visits with a Nutritionist Trimester credits 7 Total credits 38.5	6th Trimester - 2022 HRB 622 Herbal Pharmacy 3 NUTR 636 Applied Clinical Nutrition II 2 NUTR 651b Clinical Skills II 2 * Complete ServSafe Manager Training <i>Can complete on campus by registering for NUTR001</i> Trimester credits 7 Total credits 45.5
7th Trimester - 2023 HRB 641 Safety of Botanical Medicine 3 NUTR 641 Life Cycle Nutrition 3 NUTR 655c Nutrition/Herbal Therapeutics Clinic 1.5 <i>OR</i> NUTR 656c Clinical Strategies in Nutrition Care 1.5 NUTR ____ Additional Cooking Lab 0.5 <i>or during another trimester that works with your schedule</i> Trimester credits 8 Total credits 53.5	8th Trimester - 2023 NUTR 622 Advanced Biochem., Pathophys., & Assessment 3 NUTR 655d Nutrition/Herbal Therapeutics Clinic 1.5 <i>OR</i> NUTR 656d Clinical Strategies in Nutrition Care 1.5 NUTR 6EXI Nutrition MSNIH Comprehensive Exam 0 Trimester credits 4.5 Total credits 58	

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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Spring (January)			Summer (April/May)			Fall (September)		
<u>1st Trimester - 2021</u>			<u>2nd Trimester - 2021</u>			<u>3rd Trimester - 2021</u>		
ISCI 547a	Physiology I: Healthy Function	3	IHED 637	Principles & Practice of Health Behavior & Self-Care	1.5	HRB 600	Foundations of Herbal Medicine	3
ISCI 631	Introduction to Complementary & Integrative Health	1.5	ISCI 522	Foundations of Organic Chemistry	3	ISCI 626	Nutritional Biochemistry	3
NUTR 681	Cooking with Whole Foods Lab I	0.5	NUTR 682	Cooking with Whole Foods Lab II	0.5			
MUIH 550	Academic Research & Scholarship	0						
	Trimester credits	5		Trimester credits	5		Trimester credits	6
	Total credits	5		Total credits	10		Total credits	16
<u>4th Trimester - 2022</u>			<u>5th Trimester - 2022</u>			<u>6th Trimester - 2022</u>		
HRB 605	Materia Medica	3	NUTR 614	Human Nutrition I: Macronutrients	2	NUTR 612	Human Nutrition II: Micronutrients	3
ISCI 647b	Physiology II: Movement Away from Health	3	RSCH 601	Research Literacy in Integrative Health	3	HRB 622	Herbal Pharmacy	3
			NUTR 601	Redefining Nutrition	1			
	Trimester credits	6		Trimester credits	6		Trimester credits	6
	Total credits	22		Total credits	28		Total credits	34
<u>7th Trimester - 2023</u>			<u>8th Trimester - 2023</u>			<u>9th Trimester - 2023</u>		
HRB 641	Safety of Botanical Medicine	3	HRB 624	Applied Herbalism in Clinical Practice	3	NUTR 641	Life Cycle Nutrition	3
NUTR 651a	Clinical Skills I	2	NUTR 635	Applied Clinical Nutrition I	2	NUTR 651b	Clinical Skills II	2
NUTR	Additional Cooking Lab	0.5		Complete 3 Visits with a Nutritionist		NUTR	Additional Cooking Lab	0.5
	<i>OR during another trimester that works with your schedule</i>						<i>OR during another trimester that works with your schedule</i>	
	Trimester credits	5.5		Trimester credits	5		Trimester credits	5.5
	Total credits	39.5		Total credits	44.5		Total credits	50

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Spring (January)		Summer (April/May)		Fall (September)	
<u>10th Trimester - 2024</u>		<u>11th Trimester - 2024</u>			
NUTR 636 Applied Clinical Nutrition II	2	NUTR 622 Advanced Biochem., Pathophys., & Assessment	3		
NUTR 655c Nutrition/Herbal Therapeutics Clinic	1.5	NUTR 655d Nutrition/Herbal Therapeutics Clinic	1.5		
OR		OR			
NUTR 656c Clinical Strategies in Nutrition Care	1.5	NUTR 656d Clinical Strategies in Nutrition Care	1.5		
* Complete ServSafe Manager Training		NUTR 6EXI Nutrition MSNIH Comprehensive Exam	0		
Can complete on campus by registering for NUTR001					
Trimester credits	3.5	Trimester credits	4.5		
Total credits	53.5	Total credits	58		

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* 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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CURRICULUM COURSE LIST BY DEPARTMENT

Entering Class Spring 2021

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
<i>Choose two courses:</i>				
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	_____
Integrative Health Education				1.5 cr
IHED	637	Principles and Practice of Health Behavior and Self-Care	1.5 cr	_____
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	655c	Nutrition/Herbal Therapeutics Clinic	1.5 cr	_____
<i>OR</i>				
NUTR	656c	Clinical Strategies in Nutrition Care	1.5 cr	_____
NUTR	655d	Nutrition/Herbal Therapeutics Clinic	1.5 cr	_____
<i>OR</i>				
NUTR	656d	Clinical Strategies in Nutrition Care	1.5 cr	_____

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