



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

Entering Class Spring 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)

1st Trimester - 2022			2nd Trimester - 2022			3rd Trimester - 2022		
IHED 637	Principles & Practice of Hlth Behavior & Self-Care	1.5	ISCI 647b	Physiology II: Movement Away from Health	3	HRB 600	Foundations of Herbal Medicine	3
ISCI 547a	Physiology I: Healthy Function	3	ISCI 522	Foundations of Organic Chemistry	3	ISCI 626	Nutritional Biochemistry	3
ISCI 631	Introduction to Complementary & Integrative Health	1.5	NUTR 682	Cooking with Whole Foods Lab II	0.5	NUTR 614	Human Nutrition I: Macronutrients	2
NUTR 601	Redefining Nutrition	1				NUTR ____	Additional Cooking Lab <i>or during another trimester that works with your schedule</i>	0.5
NUTR 681	Cooking with Whole Foods Lab I	0.5						
MUIH 550	Academic Research & Scholarship	0						
	Trimester credits	7.5		Trimester credits	6.5		Trimester credits	8.5
	Total credits	7.5		Total credits	14		Total credits	22.5
4th Trimester - 2023			5th Trimester - 2023			6th Trimester - 2023		
HRB 605	Materia Medica	3	HRB 624	Applied Herbalism in Clinical Practice	3	HRB 622	Herbal Pharmacy	3
NUTR 612	Human Nutrition II: Micronutrients	3	NUTR 635	Applied Clinical Nutrition I	2	NUTR 636	Applied Clinical Nutrition II	2
RSCH 601	Research Literacy in Integrative Health	3	NUTR 651a	Clinical Skills I	2	NUTR 651b	Clinical Skills II	2
				Complete 3 Visits with a Nutritionist		* Complete ServSafe Manager Training <i>Can complete on campus by registering for NUTR001</i>		
	Trimester credits	9		Trimester credits	7		Trimester credits	7
	Total credits	31.5		Total credits	38.5		Total credits	45.5
7th Trimester - 2024			8th Trimester - 2024					
HRB 641	Safety of Botanical Medicine	3	NUTR 622	Advanced Biochem., Pathophys., & Assessment	3			
NUTR 641	Life Cycle Nutrition	3	NUTR 654d	Clinic II	1.5			
NUTR 654c	Clinic I	1.5		OR				
NUTR 656c	Clinical Strategies in Nutrition Care I	1.5	NUTR 656d	Clinical Strategies in Nutrition Care II	1.5			
NUTR ____	Additional Cooking Lab <i>or during another trimester that works with your schedule</i>	0.5	NUTR 6EXI	Nutrition MSNIH Comprehensive Exam	0			
	Trimester credits	8		Trimester credits	4.5			
	Total credits	53.5		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.

Credits Required for Completion: 58

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Online or Hybrid

Date last revised: 08/12/2021



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Spring (January)			Summer (April/May)			Fall (September)		
<u>1st Trimester - 2022</u>			<u>2nd Trimester - 2022</u>			<u>3rd Trimester - 2022</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 - 2023</u>			<u>5th Trimester - 2023</u>			<u>6th Trimester - 2023</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 - 2024</u>			<u>8th Trimester - 2024</u>			<u>9th Trimester - 2024</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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Master of Science in Nutrition & Integrative Health

Herbal Medicine AOC

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Spring (January)		Summer (April/May)		Fall (September)	
<u>10th Trimester - 2025</u>		<u>11th Trimester - 2025</u>			
NUTR 636 Applied Clinical Nutrition II	2	NUTR 622 Advanced Biochem., Pathophys., & Assessment	3		
NUTR 654c Clinic I	1.5	NUTR 654d Clinic II	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		

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

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

Entering Class Spring 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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