



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

Entering Class of Spring 2024

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 - 2024			2nd Trimester - 2024			3rd Trimester - 2024		
IHED 637	Principles & Practice of Hlth Behavior & Self-Care	1.5	ISCI 522	Foundations of Organic Chemistry	3	HRB 600	Foundations of Herbal Medicine	3
ISCI 547a	Physiology I: Health Function	3	NUTR 614	Human Nutrition I: Macronutrients	2	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 ____	Additional Cooking Lab <i>or during another trimester that works with your schedule</i>	0.5
NUTR 601	Redefining Nutrition	1						
NUTR 681	Cooking with Whole Foods Lab I	0.5						
MUIH 500	University Orientation for New Students	0						
MUIH 550	Academic Research & Scholarship	0						
	Trimester credits	7.5		Trimester credits	5.5		Trimester credits	6.5
	Total credits	7.5		Total credits	13		Total credits	19.5
4th Trimester - 2025			5th Trimester - 2025			6th Trimester - 2025		
HRB 605	Materia Medica	3	HRB 641	Safety of Botanical Medicine	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 641	Life Cycle Nutrition	3
				Complete 1 Visit with a Nutritionist		NUTR 651b	Clinical Skills II	2
						* Complete ServSafe Manager Training <i>Can complete on campus by registering for NUTR001</i>		
	Trimester credits	9		Trimester credits	7		Trimester credits	10
	Total credits	28.5		Total credits	35.5		Total credits	45.5
7th Trimester - 2026			8th Trimester - 2026					
HRB 759	Applied Therapeutics	3	NUTR 723	Advanced Biochemistry and Labs Assessment	3			
NUTR 646	Applied Clinical Nutrition III	2	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	7		Trimester credits	4.5			
	Total credits	52.5		Total credits	57			

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 or before applying for graduation.

Credits Required for Completion: 57

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Online or Hybrid

Date last revised: 10/06/2023



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Spring (January)	Summer (April/May)	Fall (September)
1st Trimester - 2024 ISCI 547a Physiology I: Healthy Function 3 ISCI 631 Introduction to Complementary & Integrative Health 1.5 MUIH 500 University-Wide New Student Orientation 0 MUIH 550 Academic Research & Scholarship 0 NUTR 681 Cooking with Whole Foods Lab I 0.5 Trimester credits 5 Total credits 5	2nd Trimester - 2024 ISCI 522 Foundations of Organic Chemistry 3 NUTR 614 Human Nutrition I: Macronutrients 2 NUTR 682 Cooking with Whole Foods Lab II 0.5 Trimester credits 5.5 Total credits 10.5	3rd Trimester - 2024 IHED 637 Principles & Practice of Hlth Behavior & Self-Care 1.5 ISCI 626 Nutritional Biochemistry 3 NUTR 601 Redefining Nutrition 1 Trimester credits 5.5 Total credits 16
4th Trimester - 2025 HRB 600 Foundations of Herbal Medicine 3 NUTR 612 Human Nutrition II: Micronutrients 3 Trimester credits 6 Total credits 22	5th Trimester - 2025 NUTR 635 Applied Clinical Nutrition I 2 NUTR 641 Life Cycle Nutrition 3 Trimester credits 5 Total credits 27	6th Trimester - 2025 HRB 622 Herbal Pharmacy 3 NUTR 651a Clinical Skills I 2 Trimester credits 5 Total credits 32
7th Trimester - 2026 HRB 605 Materia Medica I 3 NUTR 636 Applied Clinical Nutrition II 2 NUTR ____ Additional Cooking Lab 0.5 <i>OR during another trimester that works with your schedule</i> Trimester credits 5.5 Total credits 37.5	8th Trimester - 2026 HRB 641 Safety of Botanical Medicine 3 NUTR 651b Clinical Skills II 2 Complete 1 Visit with a Nutritionist Trimester credits 5 Total credits 42.5	9th Trimester - 2026 NUTR 646 Applied Clinical Nutrition III 2 NUTR ____ Additional Cooking Lab 0.5 <i>OR during another trimester that works with your schedule</i> RSCH 601 Research Literacy in Integrative Health 3 Trimester credits 5.5 Total credits 48

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Spring (January)	Summer (April/May)	Fall (September)
10th Trimester - 2027 HRB 759 Applied Therapeutics 3 NUTR 654c Clinic I 1.5 <i>OR</i> NUTR 656c Clinical Strategies in Nutrition Care I 1.5 * Complete ServSafe Manager Training <i>Can complete on campus by registering for NUTR001</i> Trimester credits 4.5 Total credits 52.5	11th Trimester - 2027 NUTR 654d Clinic II 1.5 <i>OR</i> NUTR 656d Clinical Strategies in Nutrition Care II 1.5 NUTR 6EXI Nutrition MSNIH Comprehensive Exam 0 NUTR 723 Advanced Biochemistry and Labs Assessment 3 Trimester credits 4.5 Total credits 57	

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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CURRICULUM COURSE LIST BY DEPARTMENT

Entering Class of Spring 2024

Can be completed in eight trimesters

Name _____
ID# _____

Core Curriculum 42 cr

Nutrition			26 cr
NUTR 601	Redefining Nutrition	1 cr	_____
NUTR 612	Human Nutrition II: Micronutrients	3 cr	_____
NUTR 614	Human Nutrition I: Macronutrients	2 cr	_____
NUTR 635	Applied Clinical Nutrition I	2 cr	_____
NUTR 636	Applied Clinical Nutrition II	2 cr	_____
NUTR 641	Life Cycle Nutrition	3 cr	_____
NUTR 646	Applied Clinical Nutrition III	2 cr	_____
NUTR 651a	Clinical Skills I	2 cr	_____
NUTR 651b	Clinical Skills II	2 cr	_____
NUTR 681	Cooking with Whole Foods Lab I	0.5 cr	_____
NUTR 682	Cooking with Whole Foods Lab II	0.5 cr	_____
NUTR 723	Advanced Biochemistry and Labs	3 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	_____

Integrative Health Education			1.5 cr
IHED 637	Principles and Practice of Health Behavior and Self-Care	1.5 cr	_____

Integrative Sciences			10.5 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	_____

Non-Academic Requirements			
NUTR 001	SERVSAFE	0 cr	_____
NUTR 6EXI	Nutrition MSNIH Comprehensive Exam	0 cr	_____
MUIH 500	University Orientation	0 cr	_____
MUIH 550	Academic Research & Scholarship	0 cr	_____
_____	Complete 1 Visit with a Nutritionist	0 cr	_____

Research			3 cr
RSCH 601	Research Literacy in Integrative Health	3 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	_____

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	_____

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