



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

Entering Class of Spring 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)

Spring (January)				Summer (April/May)				Fall (September)			
<b>1st Trimester - 2025</b>				<b>2nd Trimester - 2025</b>				<b>3rd Trimester - 2025</b>			
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: Healthy 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
<b>4th Trimester - 2026</b>				<b>5th Trimester - 2026</b>				<b>6th Trimester - 2026</b>			
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
								NUTR	651b	Clinical Skills II	2
						Complete 1 Visit 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	10
		Total credits	28.5			Total credits	35.5			Total credits	45.5
<b>7th Trimester - 2027</b>				<b>8th Trimester - 2027</b>							
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	656c	Clinical Strategies in Nutrition Care I	1.5			OR					
NUTR	____	Additional Cooking Lab <i>or during another trimester that works with your schedule</i>	0.5	NUTR	656d	Clinical Strategies in Nutrition Care II	1.5				
				NUTR	698	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**

**Online or Hybrid**



# Master of Science in Nutrition & Integrative Health

## Herbal Medicine AOC

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Spring (January)			Summer (April/May)			Fall (September)		
<b><u>1st Trimester - 2025</u></b>			<b><u>2nd Trimester - 2025</u></b>			<b><u>3rd Trimester - 2025</u></b>		
ISCI 547a	Physiology I: Healthy Function	3	ISCI 522	Foundations of Organic Chemistry	3	IHED 637	Principles & Practice of Hlth Behavior & Self-Care	1.5
ISCI 631	Introduction to Complementary & Integrative Health	1.5	NUTR 614	Human Nutrition I: Macronutrients	2	ISCI 626	Nutritional Biochemistry	3
MUIH 500	University-Wide New Student Orientation	0	NUTR 682	Cooking with Whole Foods Lab II	0.5	NUTR 601	Redefining Nutrition	1
MUIH 550	Academic Research & Scholarship	0						
NUTR 681	Cooking with Whole Foods Lab I	0.5						
	Trimester credits	5		Trimester credits	5.5		Trimester credits	5.5
	Total credits	5		Total credits	10.5		Total credits	16
<b><u>4th Trimester - 2026</u></b>			<b><u>5th Trimester - 2026</u></b>			<b><u>6th Trimester - 2026</u></b>		
HRB 600	Foundations of Herbal Medicine	3	NUTR 635	Applied Clinical Nutrition I	2	HRB 622	Herbal Pharmacy	3
NUTR 612	Human Nutrition II: Micronutrients	3	NUTR 641	Life Cycle Nutrition	3	NUTR 651a	Clinical Skills I	2
	Trimester credits	6		Trimester credits	5		Trimester credits	5
	Total credits	22		Total credits	27		Total credits	32
<b><u>7th Trimester - 2027</u></b>			<b><u>8th Trimester - 2027</u></b>			<b><u>9th Trimester - 2027</u></b>		
HRB 605	Materia Medica I	3	HRB 641	Safety of Botanical Medicine	3	RSCH 601	Research Literacy in Integrative Health	3
NUTR 636	Applied Clinical Nutrition II	2	NUTR 651b	Clinical Skills II	2	NUTR 646	Applied Clinical Nutrition III	2
NUTR ____	Additional Cooking Lab	0.5		Complete 1 Visit 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	37.5		Total credits	42.5		Total credits	48

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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**Continued on page 3**

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Spring (January)	Summer (April/May)	Fall (September)
<b>10th Trimester - 2028</b> HRB 759 Applied Therapeutics 3 NUTR 656c Clinical Strategies in Nutrition Care I 1.5  * Complete ServSafe Manager Training Can complete on campus by registering for NUTR001  <div>Trimester credits4.5</div> <div>Total credits52.5</div>	<b>11th Trimester - 2028</b> NUTR 654d Clinic II 1.5 OR NUTR 656d Clinical Strategies in Nutrition Care II 1.5 NUTR 698 Nutrition MSNIH Comprehensive Exam 0 NUTR 723 Advanced Biochemistry and Labs Assessment 3  <div>Trimester credits4.5</div> <div>Total credits57</div>	

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.

Continued from page 2



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

Entering Class of Spring 2025

Can be completed in eight trimesters

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

Core Curriculum				42 cr
Nutrition				26 cr
NUTR	601	Redefining Nutrition	1 cr	<div></div>
NUTR	612	Human Nutrition II: Micronutrients	3 cr	<div></div>
NUTR	614	Human Nutrition I: Macronutrients	2 cr	<div></div>
NUTR	635	Applied Clinical Nutrition I	2 cr	<div></div>
NUTR	636	Applied Clinical Nutrition II	2 cr	<div></div>
NUTR	641	Life Cycle Nutrition	3 cr	<div></div>
NUTR	646	Applied Clinical Nutrition III	2 cr	<div></div>
NUTR	651a	Clinical Skills I	2 cr	<div></div>
NUTR	651b	Clinical Skills II	2 cr	<div></div>
NUTR	681	Cooking with Whole Foods Lab I	0.5 cr	<div></div>
NUTR	682	Cooking with Whole Foods Lab II	0.5 cr	<div></div>
NUTR	723	Advanced Biochemistry and Labs	3 cr	<div></div>
NUTR	656c	Clinical Strategies in Nutrition Care I	1.5 cr	<div></div>
NUTR	654d	Clinic II	1.5 cr	<div></div>
OR				
NUTR	656d	Clinical Strategies in Nutrition Care II	1.5 cr	<div></div>
Additional Cooking Labs				1 cr
Choose two courses:				
NUTR	683	Cooking with Whole Foods Lab III	0.5 cr	<div></div>
NUTR	684	Cooking with Whole Foods Lab IV	0.5 cr	<div></div>
NUTR	686	Cooking with Whole Foods Lab VI	0.5 cr	<div></div>
NUTR	687	Cooking with Whole Foods Lab VII	0.5 cr	<div></div>
NUTR	688	Cooking with Whole Foods Lab VIII	0.5 cr	<div></div>
Integrative Health Education				1.5 cr
IHED	637	Principles and Practice of Health Behavior and Self-Care	1.5 cr	<div></div>
Integrative Sciences				10.5 cr
ISCI	522	Foundations of Organic Chemistry	3 cr	<div></div>
ISCI	547a	Physiology I: Healthy Function	3 cr	<div></div>
ISCI	626	Nutritional Biochemistry	3 cr	<div></div>
ISCI	631	Introduction to Complementary and Integrative Health	1.5 cr	<div></div>
Non-Academic Requirements				
NUTR	001	SERVSAFE	0 cr	<div></div>
NUTR	698	Nutrition MSNIH Comprehensive Exam	0 cr	<div></div>
MUIH	500	University Orientation	0 cr	<div></div>
MUIH	550	Academic Research & Scholarship	0 cr	<div></div>
		Complete 1 Visit with a Nutritionist	0 cr	<div></div>
Research				3 cr
RSCH	601	Research Literacy in Integrative Health	3 cr	<div></div>

Herbal Studies				15 cr	Herbal Medicine AOC Curriculum		15 cr
HRB	600	Foundations of Herbal Medicine	3 cr	<div></div>			
HRB	605	Materia Medica	3 cr	<div></div>			
HRB	622	Herbal Pharmacy	3 cr	<div></div>			
HRB	641	Safety of Botanical Medicine	3 cr	<div></div>			
HRB	759	Applied Therapeutics	3 cr	<div></div>			