

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

Entering Class Spring 2026

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 - 2026</u>			<u>2nd Trimester - 2026</u>			<u>3rd Trimester - 2026</u>		
ISCI 631	Introduction to Complementary & Integrative	1.5	IHED 637	Principles & Practice of Hlth Behavior & Self-Care	1.5	HRB 622	Herbal Pharmacy	3
ISCI 547a	Physiology I: Healthy Function	3	ISCI 522	Foundations of Organic Chemistry	3	ISCI 626	Nutritional Biochemistry	3
INHS 500	Student Success Seminar	0	NUTR 614	Human Nutrition I: Macronutrients	2	RSCH 601	Research Literacy in Integrative Health	3
RSCH 550	Academic Research & Scholarship	0	NUTR 601	Redefining Nutrition	1	* Complete ServSafe Manager Training		
HRB 600	Foundations of Herbal Medicine	3						
	Trimester credits	7.5		Trimester credits	7.5		Trimester credits	9
	Total credits	7.5		Total credits	15		Total credits	24.0
<u>4th Trimester - 2027</u>			<u>5th Trimester - 2027</u>			<u>6th Trimester - 2027</u>		
HRB 605	Materia Medica	3	HRB 641	Safety of Botanical Medicine	3	NUTR 636	Applied Clinical Nutrition II	2
NUTR 612	Human Nutrition II: Micronutrients	3	NUTR 635	Applied Clinical Nutrition I	2	NUTR 641	Life Cycle Nutrition	3
NUTR 689	Applied Culinary Nutrition	2	NUTR 651a	Clinical Skills I	2	NUTR 651b	Clinical Skills II	2
			Complete 1 Visit with a Nutritionist					
	Trimester credits	8		Trimester credits	7		Trimester credits	7
	Total credits	32.0		Total credits	39		Total credits	46.0
<u>7th Trimester - 2028</u>			<u>8th Trimester - 2028</u>					
NUTR 646	Applied Clinical Nutrition III	2	HRB 759	Applied Therapeutics	3			
NUTR 656c	Clinical Strategies in Nutrition Care I	1.5	NUTR 654d	Clinic II	1.5			
NUTR 723	Advanced Biochemistry and Labs Assessment	3	OR					
			NUTR 656d	Clinical Strategies in Nutrition Care II	1.5			
			NUTR 698	Nutrition MSNIH Comprehensive Exam	0			
	Trimester credits	6.5		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.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

Page 1 of 4

Online

Date last revised: 11/10/2025

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

Entering Class Spring 2026

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 - 2026</u>			<u>2nd Trimester - 2026</u>			<u>3rd Trimester - 2026</u>		
ISCI 631	Introduction to Complementary & Integrative Health	1.5				IHED 637	Principles & Practice of Hlth Behavior & Self-Care	1.5
ISCI 547a	Physiology I: Healthy Function	3	NUTR 614	Human Nutrition I: Macronutrients	2	HRB 600	Foundations of Herbal Medicine	3
INHS 500	Student Success Seminar	0	ISCI 522	Foundations of Organic Chemistry	3	NUTR 601	Redefining Nutrition	1
RSCH 550	Academic Research & Scholarship	0						
	Trimester credits	4.5		Trimester credits	5		Trimester credits	5.5
	Total credits	4.5		Total credits	9.5		Total credits	15
<u>4th Trimester - 2027</u>			<u>5th Trimester - 2027</u>			<u>6th Trimester - 2027</u>		
HRB 622	Herbal Pharmacy	3	HRB 605	Materia Medica	3	NUTR 635	Applied Clinical Nutrition I	2
ISCI 626	Nutritional Biochemistry	3	NUTR 612	Human Nutrition II: Micronutrients	3	NUTR 641	Life Cycle Nutrition	3
	Trimester credits	6		Trimester credits	6		Trimester credits	5
	Total credits	21		Total credits	27		Total credits	32
<u>7th Trimester - 2028</u>			<u>8th Trimester - 2028</u>			<u>9th Trimester - 2028</u>		
NUTR 636	Applied Clinical Nutrition II	2	HRB 641	Safety of Botanical Medicine	3	NUTR 651b	Clinical Skills II	2
RSCH 601	Research Literacy in Integrative Health	3	NUTR 651a	Clinical Skills I	2	NUTR 646	Applied Clinical Nutrition III	2
				Complete 1 Visit with a Nutritionist		NUTR 689	Applied Culinary Nutrition	2
	* Complete ServSafe Manager Training							
	Trimester credits	5		Trimester credits	5		Trimester credits	6
	Total credits	37.0		Total credits	42		Total credits	48

*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 3

Credits Required for Completion: 57

Online

Master of Science in Nutrition & Integrative Health

Herbal Medicine AOC

FOUR-YEAR PLAN OF STUDY

Entering Class Spring 2026

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>10th Trimester - 2029</u>				<u>11th Trimester - 2029</u>							
NUTR	723	Advanced Biochemistry and Labs Assessment	3	HRB	759	Applied Therapeutics	3				
NUTR	656c	Clinical Strategies in Nutrition Care I	1.5	NUTR	654d	Clinic II	1.5				
				<i>OR</i>							
				NUTR	656d	Clinical Strategies in Nutrition Care II	1.5				
				NUTR	698	Nutrition MSNIH Comprehensive Exam	0				
Trimester credits			4.5	Trimester credits			4.5				
Total credits			52.5	Total credits			57				

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

Entering Class Spring 2026

Can be completed in six trimesters

Name _____
ID# _____

Core Curriculum 42 cr

Nutrition				27 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 689	Applied Culinary Nutrition	2 cr		
NUTR 723	Advanced Biochemistry and Labs Assessment	3 cr		
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 698	Nutrition MSNIH Comprehensive Exam	0 cr		
INHS 500	Student Success Seminar	0 cr		
RSCH 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		

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