



# Master of Science in Nutrition & Integrative Health

## Human Clinical Nutrition AOC

### PLAN OF STUDY

Entering Class Fall 2020

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)
		<b>1st Trimester - 2020</b> ISCI 522 Foundations of Organic Chemistry 3 ISCI 547a Physiology I: Healthy Function 3 ISCI 631 Introduction to Complementary & Integrative Hlth 1.5 NUTR 681 Cooking with Whole Foods Lab I 0.5 MUIH 550 Academic Research & Scholarship 0  Trimester credits 8 Total credits 8
<b>2nd Trimester - 2021</b> IHED 637 Principles & Practice of Health Behavior & Self-Care 1.5 ISCI 626 Nutritional Biochemistry 3 NUTR 601 Redefining Nutrition 1 NUTR 614 Human Nutrition I: Macronutrients 2 NUTR 682 Cooking with Whole Foods Lab II 0.5  Trimester credits 8 Total credits 16	<b>3rd Trimester - 2021</b> ISCI 647b Physiology II: Movement Away from Health 3 RSCH 601 Research Literacy in Integrative Health 3 NUTR 612 Human Nutrition II: Micronutrients 3 NUTR ____ Additional Cooking Lab 0.5 <i>or during another trimester that works with your schedule</i>  Complete 3 Visits with a Nutritionist  Trimester credits 9.5 Total credits 25.5	<b>4th Trimester - 2021</b> NUTR 635 Applied Clinical Nutrition I 2 NUTR 641 Life Cycle Nutrition 3 NUTR 651a Clinical Skills I 2 NUTR ____ Additional Cooking Lab 0.5 <i>or during another trimester that works with your schedule</i>  Trimester credits 7.5 Total credits 33
<b>5th Trimester - 2022</b> NUTR 636 Applied Clinical Nutrition II 2 NUTR 651b Clinical Skills II 2 NUTR 654c Clinic I 1.5 OR NUTR 656c Clinical Strategies in Nutrition Care I 1.5 ____ ____ Elective 3  * Complete ServSafe Manager Training Can complete on campus by registering for NUTR001  Trimester credits 8.5 Total credits 41.5	<b>6th Trimester - 2022</b> NUTR 622 Advanced Biochem, Pathophys, & Assessment 3 NUTR 672 Mindful Eating and Nourishment 2 NUTR 654d Clinic II 1.5 OR NUTR 656d Clinical Strategies in Nutrition Care II 1.5 NUTR 6EXI Nutrition MSNIH Comprehensive Exam 0 ____ ____ Elective 2  Trimester credits 8.5 Total credits 50	

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: 50**

**Online, On Campus, or Hybrid**



# Master of Science in Nutrition & Integrative Health Human Clinical Nutrition AOC PLAN OF STUDY

Entering Class Fall 2020

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)
		<b>1st Trimester - 2020</b> ISCI 547a Physiology I: Healthy Function 3 ISCI 631 Introduction to Complementary & Integrative Hlth 1.5 NUTR 681 Cooking with Whole Foods Lab I 0.5 MUIH 550 Academic Research & Scholarship 0  Trimester credits 5 Total credits 5
<b>2nd Trimester - 2021</b> IHED 637 Principles & Practice of Hlth Behavior & Self-Care 1.5 ISCI 522 Foundations of Organic Chemistry 3 NUTR 601 Redefining Nutrition 1 NUTR 682 Cooking with Whole Foods Lab II 0.5  Trimester credits 6 Total credits 11	<b>3rd Trimester - 2021</b> ISCI 626 Nutritional Biochemistry 3 NUTR 614 Human Nutrition I: Macronutrients 2  Trimester credits 5 Total credits 16	<b>4th Trimester - 2021</b> ISCI 647b Physiology II: Movement Away from Health 3 NUTR 612 Human Nutrition II: Micronutrients 3  Trimester credits 6 Total credits 22
<b>5th Trimester - 2022</b> NUTR 641 Life Cycle Nutrition 3 NUTR 651a Clinical Skills I 2 NUTR ____ Additional Cooking Lab 0.5 <i>or during another trimester that works with your schedule</i>  Trimester credits 5.5 Total credits 27.5	<b>6th Trimester - 2022</b> RSCH 601 Research Literacy in Integrative Health 3 NUTR 635 Applied Clinical Nutrition I 2 NUTR ____ Additional Cooking Lab 0.5 <i>or during another trimester that works with your schedule</i>  Complete 3 Visits with a Nutritionist  Trimester credits 5.5 Total credits 33	<b>7th Trimester - 2022</b> NUTR 636 Applied Clinical Nutrition II 2 NUTR 651b Clinical Skills II 2 ____ ____ Elective 2  Trimester credits 6 Total credits 39

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.

**Continued on Page 3**

**Credits Required for Completion: 50**

Page 2 of 4

**Online or Hybrid**  
Date last revised: 12/04/2019



# Master of Science in Nutrition & Integrative Health

## Human Clinical Nutrition AOC

### PLAN OF STUDY

Entering Class Fall 2020

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>8th Trimester - 2023</u>			<u>9th Trimester - 2023</u>					
NUTR 622	Advanced Biochem, Pathophys, & Assessment	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			
_____	Elective	1	NUTR 672	Mindful Eating and Nourishment	2			
* Complete ServSafe Manager Training			NUTR 6EXI	Nutrition MSNIH Comprehensive Exam	0			
Can complete on campus by registering for NUTR001			_____	Elective	2			
Trimester credits		5.5	Trimester credits		5.5			
Total credits		44.5	Total credits		50			

Course prerequisites are specified in the course description, available in the Academic Catalog at <https://www.muhi.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.

Continued from Page 2

Credits Required for Completion: 50

Page 3 of 4

Online or Hybrid

Date last revised: 12/04/2019



# Master of Science in Nutrition & Integrative Health

## Human Clinical Nutrition AOC

### CURRICULUM COURSE LIST BY DEPARTMENT

Entering Class Fall 2020

*Can be completed in six trimesters*

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

Core Curriculum					29 cr				
Nutrition			10 cr		Integrative Health Education		1.5 cr		
NUTR	601	Redefining Nutrition	1 cr	<div></div>	IHED	637	Principles and Practice of Health Behavior and Self-Care	1.5 cr	<div></div>
NUTR	612	Human Nutrition II: Micronutrients	3 cr	<div></div>					
NUTR	614	Human Nutrition I: Macronutrients	2 cr	<div></div>	Integrative Sciences				
NUTR	641	Life Cycle Nutrition	3 cr	<div></div>	13.5 cr				
NUTR	681	Cooking with Whole Foods Lab I	0.5 cr	<div></div>	ISCI	522	Foundations of Organic Chemistry	3 cr	<div></div>
NUTR	682	Cooking with Whole Foods Lab II	0.5 cr	<div></div>	ISCI	547a	Physiology I: Healthy Function	3 cr	<div></div>
Additional Cooking Labs			1 cr		ISCI	626	Nutritional Biochemistry	3 cr	<div></div>
Choose two courses:					ISCI	631	Introduction to Complementary and Integrative Health	1.5 cr	<div></div>
NUTR	683	Cooking with Whole Foods Lab III	0.5 cr	<div></div>	ISCI	647b	Physiology II: Movement Away from Health	3 cr	<div></div>
NUTR	684	Cooking with Whole Foods Lab IV	0.5 cr	<div></div>	Non-Academic Requirements				
NUTR	686	Cooking with Whole Foods Lab VI	0.5 cr	<div></div>	NUTR	001	SERVSAFE	0 cr	<div></div>
NUTR	687	Cooking with Whole Foods Lab VII	0.5 cr	<div></div>	NUTR	6EXI	Nutrition MSNIH Comprehensive Exam	0 cr	<div></div>
NUTR	688	Cooking with Whole Foods Lab VIII	0.5 cr	<div></div>	MUIH	550	Academic Research & Scholarship	0 cr	<div></div>
Research			3 cr		—	—	3 Visits with a Nutritionist	0 cr	<div></div>
RSCH	601	Research Literacy in Integrative Health	3 cr	<div></div>					

Human Clinical Nutrition AOC Curriculum					21 cr		
Nutrition			16 cr	Electives (continued)		5 cr	
NUTR	622	Advanced Biochemistry, Pathophysiology, & Assessment	3 cr	HRB	633	Medicinal Plants and Cultures	2 cr
NUTR	635	Applied Clinical Nutrition I	2 cr	IHED	615	Health Promotion Administration, Management, and RD	3 cr
NUTR	636	Applied Clinical Nutrition II	2 cr	IHED	621	Communication Strategies in Health	3 cr
NUTR	651a	Clinical Skills I	2 cr	IHED	610	Fundamentals of Health Education and Health Behavior	3 cr
NUTR	651b	Clinical Skills II	2 cr	IHM	620	Marketing for Health & Wellness Professionals	1 cr
NUTR	654c	Clinic I	1.5 cr	IHM	665	Practice Management for Nutrition	1 cr
		OR		ISCI	615	Mind Body Science	3 cr
NUTR	656c	Clinical Strategies in Nutrition Care I	1.5 cr	NUTR	625	Introduction to Nutritional Genomics	1 cr
NUTR	654d	Clinic II	1.5 cr	NUTR	634	Diabetes Education: An Integrative Approach	1 cr
		OR		NUTR	637	Nutrition and Digestive Health	1 cr
NUTR	656d	Clinical Strategies in Nutrition Care II	1.5 cr	NUTR	643	Public Health Nutrition	2 cr
NUTR	672	Mindful Eating & Nourishment	2 cr	NUTR	663	Sports Nutrition	1 cr
Electives*			5 cr	NUTR	664	Food Systems & Policy	2 cr
Choose courses from the list below.				NUTR	665	The Dynamics of Food & Healing	1 cr
APP	606	Becoming a Healing Presence	3 cr	NUTR	668	Culinary Herbs in the Kitchen & Beyond	1 cr
APP	607	Introduction to Healing Presence	1 cr	NUTR	671	Food and Culture	1 cr
HRB	600	Fundamentals of Herbal Medicine	3 cr	NUTR	675	Chinese Nutrition Therapy	2 cr
HRB	605	Materia Medica	3 cr	NUTR	722	Advanced Laboratory Assessment	2 cr
HRB	622	Herbal Pharmacy	3 cr				

\* Course prerequisites are specified in the course description, available in the Academic Catalog at <https://www.muih.edu/academics/academic-catalog>  
Electives may have prerequisites outside of your required courses.

**Credits Required for Degree Completion: 50**

Page 4 of 4

**Online, On Campus, or Hybrid**

Date last revised: 12/04/2019