



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

Entering Class Fall 2021

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 - 2021 ISCI 522 Foundations of Organic Chemistry 3 ISCI 547a Physiology I: Healthy Function 3 ISCI 631 Introduction to Complementary & Integrative 1.5 NUTR 681 Cooking with Whole Foods Lab I 0.5 MUIH 550 Academic Research & Scholarship 0 <div style="text-align: right;">Trimester credits 8</div> <div style="text-align: right;">Total credits 8</div>	
2nd Trimester - 2022 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 <div style="text-align: right;">Trimester credits 8</div> <div style="text-align: right;">Total credits 16</div>		3rd Trimester - 2022 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 <div style="text-align: right;">Trimester credits 9.5</div> <div style="text-align: right;">Total credits 25.5</div>		4th Trimester - 2022 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> <div style="text-align: right;">Trimester credits 7.5</div> <div style="text-align: right;">Total credits 33</div>	
5th Trimester - 2023 NUTR 636 Applied Clinical Nutrition II 2 NUTR 651b Clinical Skills II 2 NUTR 654c Clinic I 1.5 <i>OR</i> NUTR 656c Clinical Strategies in Nutrition Care I 1.5 ____ ____ Elective 3 * Complete ServSafe Manager Training <i>Can complete on campus by registering for NUTR001</i> <div style="text-align: right;">Trimester credits 8.5</div> <div style="text-align: right;">Total credits 41.5</div>		6th Trimester - 2023 NUTR 622 Advanced Biochem, Pathophys, & Assessment 3 NUTR 672 Mindful Eating and Nourishment 2 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 ____ ____ Elective 2 <div style="text-align: right;">Trimester credits 8.5</div> <div style="text-align: right;">Total credits 50</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, NUTR691c Practicum I, or before applying for graduation.

Credits Required for Completion: 50

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Online, On Campus, or Hybrid

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Spring (January)	Summer (April/May)	Fall (September)
		1st Trimester - 2021 ISCI 547a Physiology I: Healthy Function 3 ISCI 631 Introduction to Complementary & Integrative 1.5 NUTR 681 Cooking with Whole Foods Lab I 0.5 MUIH 550 Academic Research & Scholarship 0 Trimester credits 5 Total credits 5
2nd Trimester - 2022 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	3rd Trimester - 2022 ISCI 626 Nutritional Biochemistry 3 NUTR 614 Human Nutrition I: Macronutrients 2 Trimester credits 5 Total credits 16	4th Trimester - 2022 ISCI 647b Physiology II: Movement Away from Health 3 NUTR 612 Human Nutrition II: Micronutrients 3 Trimester credits 6 Total credits 22
5th Trimester - 2023 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	6th Trimester - 2023 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	7th Trimester - 2023 NUTR 636 Applied Clinical Nutrition II 2 NUTR 651b Clinical Skills II 2 ____ ____ Elective 2 Trimester credits 6 Total credits 39

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Spring (January)			Summer (April/May)			Fall (September)		
8th Trimester - 2024			9th Trimester - 2024					
NUTR 622	Advanced Biochem, Pathophys, & Assessment	3	NUTR 654d	Clinic II	1.5			
NUTR 654c	Clinic I	1.5	<i>OR</i>					
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 <i>Can complete on campus by registering for NUTR001</i>			NUTR 6EXI	Nutrition MSNIH Comprehensive Exam	0			
			_____	Elective	2			
Trimester credits		5.5	Trimester credits		5.5			
Total credits		44.5	Total credits		50			

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CURRICULUM COURSE LIST BY DEPARTMENT

Entering Class Fall 2021

Can be completed in six 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	_____

Human Clinical Nutrition AOC Curriculum 21 cr

Nutrition 16 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	_____
<i>OR</i>			
NUTR 656c	Clinical Strategies in Nutrition Care I	1.5 cr	_____
NUTR 654d	Clinic II	1.5 cr	_____
<i>OR</i>			
NUTR 656d	Clinical Strategies in Nutrition Care II	1.5 cr	_____
NUTR 672	Mindful Eating & Nourishment	2 cr	_____

Electives* 5 cr

Choose courses from the list below.

APP 606	Becoming a Healing Presence	3 cr	_____
APP 607	Introduction to Healing Presence	1 cr	_____
HRB 600	Fundamentals of Herbal Medicine	3 cr	_____
HRB 605	Materia Medica	3 cr	_____
HRB 622	Herbal Pharmacy	3 cr	_____

Electives (continued) 5 cr

HRB 633	Medicinal Plants and Cultures	2 cr	_____
IHED 615	Health Promotion Administration, Management, and RD	3 cr	_____
IHED 621	Communication Strategies in Health	3 cr	_____
IHED 610	Fundamentals of Health Education and Health Behavior	3 cr	_____
IHM 620	Marketing for Health & Wellness Professionals	1 cr	_____
IHM 665	Practice Management for Nutrition	1 cr	_____
ISCI 615	Mind Body Science	3 cr	_____
NUTR 625	Introduction to Nutritional Genomics	1 cr	_____
NUTR 634	Diabetes Education: An Integrative Approach	1 cr	_____
NUTR 637	Nutrition and Digestive Health	1 cr	_____
NUTR 643	Public Health Nutrition	2 cr	_____
NUTR 663	Sports Nutrition	1 cr	_____
NUTR 664	Food Systems & Policy	2 cr	_____
NUTR 665	The Dynamics of Food & Healing	1 cr	_____
NUTR 668	Culinary Herbs in the Kitchen & Beyond	1 cr	_____
NUTR 671	Food and Culture	1 cr	_____
NUTR 675	Chinese Nutrition Therapy	2 cr	_____
NUTR 722	Advanced Laboratory Assessment	2 cr	_____

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Electives may have prerequisites outside of your required courses.

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