



Master of Science in Nutrition & Integrative Health

Human Clinical Nutrition AOC

TWO-YEAR PLAN OF STUDY

Entering Class Fall 2023

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 - 2023</u> ISCI 522 Foundations of Organic Chemistry 3 ISCI 547a Physiology I: Healthy Function 3 ISCI 631 Introduction to Complementary & Integrative Health 1.5 MUIH 500 University Orientation 0 MUIH 550 Academic Research & Scholarship 0 NUTR 681 Cooking with Whole Foods Lab I 0.5 Trimester credits 8 Total credits 8		
<u>2nd Trimester - 2024</u> 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			<u>3rd Trimester - 2024</u> RSCH 601 Research Literacy in Integrative Health 3 NUTR 612 Human Nutrition II: Micronutrients 3 NUTR 672 Mindful Eating and Nourishment 2 NUTR ____ Additional Cooking Lab 0.5 <i>or during another trimester that works with your schedule</i> Trimester credits 8.5 Total credits 24.5			<u>4th Trimester - 2024</u> 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> Complete 1 Visit with a Nutritionist Trimester credits 7.5 Total credits 32		
<u>5th Trimester - 2025</u> 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 NUTR 646 Applied Clinical Nutrition III 2 * Complete ServSafe Manager Training <i>Can complete on campus by registering for NUTR001</i> Trimester credits 7.5 Total credits 39.5			<u>6th Trimester - 2025</u> NUTR 723 Advanced Biochemistry and Labs Assessment 3 NUTR 630 Dietary Supplements in Nutrition Practice 3 NUTR 654d Clinic II 1.5 OR NUTR 656d Clinical Strategies in Nutrition Care II 1.5 NUTR 6EX1 Nutrition MSNIH Comprehensive Exam 0 Trimester credits 7.5 Total credits 47					

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: 47

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THREE-YEAR PLAN OF STUDY

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Spring (January)	Summer (April/May)	Fall (September)
		1st Trimester - 2023 ISCI 547a Physiology I: Healthy Function 3 ISCI 631 Introduction to Complementary & Integrative Hlth 1.5 MUIH 500 University 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 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 - 2024 ISCI 626 Nutritional Biochemistry 3 NUTR 614 Human Nutrition I: Macronutrients 2 Trimester credits 5 Total credits 16	4th Trimester - 2024 NUTR 672 Mindful Eating and Nourishment 2 NUTR 612 Human Nutrition II: Micronutrients 3 Trimester credits 5 Total credits 21
5th Trimester - 2025 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 26.5	6th Trimester - 2025 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 1 Visit with a Nutritionist Trimester credits 5.5 Total credits 32	7th Trimester - 2025 NUTR 636 Applied Clinical Nutrition II 2 NUTR 651b Clinical Skills II 2 NUTR 723 Advanced Biochemistry and Labs Assessment 3 Trimester credits 7 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 or before applying for graduation.

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Spring (January)		Summer (April/May)		Fall (September)
8th Trimester - 2026		9th Trimester - 2026		
NUTR 646 Applied Clinical Nutrition III	2	NUTR 654d Clinic II	1.5	
NUTR 654c Clinic I	1.5	OR		
OR		NUTR 656d Clinical Strategies in Nutrition Care II	1.5	
NUTR 656c Clinical Strategies in Nutrition Care I	1.5	NUTR 630 Dietary Supplements in Nutrition Practice	3	
		NUTR 6EXI Nutrition MSNIH Comprehensive Exam	0	
* Complete ServSafe Manager Training Can complete on campus by registering for NUTR001				
Trimester credits	3.5	Trimester credits	4.5	
Total credits	42.5	Total credits	47	

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* ServSafe Manager training must be completed prior to NUTR686 Cooking with Whole Foods Lab VI or before applying for graduation.

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CURRICULUM COURSE LIST BY DEPARTMENT

Entering Class Fall 2023

Can be completed in six 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	

Human Clinical Nutrition AOC Curriculum 5 cr

Nutrition			5 cr
NUTR 630	Dietary Supplements in Nutrition Practice	3 cr	
NUTR 672	Mindful Eating & Nourishment	2 cr	

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