



# Master of Science in Nutrition & Integrative Health

## Human Clinical Nutrition AOC

### TWO-YEAR PLAN OF STUDY

Entering Class Fall 2024

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.

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Spring (January)			Summer (April/May)			Fall (September)		
						<b>1st Trimester - 2024</b>		
						ISCI 522	Foundations of Organic Chemistry	3
						ISCI 547a	Physiology I: Healthy Function	3
						ISCI 631	Introduction to Complementary & Integrative Health	1.5
						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		8
						Total credits		8
<b>2nd Trimester - 2025</b>			<b>3rd Trimester - 2025</b>			<b>4th Trimester - 2025</b>		
IHED 637	Principles & Practice of Health Behavior & Self-Care	1.5	RSCH 601	Research Literacy in Integrative Health	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
NUTR 601	Redefining Nutrition	1	NUTR 630	Dietary Supplements in Nutrition Practice	3	NUTR 651a	Clinical Skills I	2
NUTR 614	Human Nutrition I: Macronutrients	2	NUTR ____	Additional Cooking Lab	0.5	NUTR ____	Additional Cooking Lab	0.5
NUTR 682	Cooking with Whole Foods Lab II	0.5	<i>or during another trimester that works with your schedule</i>			<i>or during another trimester that works with your schedule</i>		
						Complete 1 Visit with a Nutritionist		
						Trimester credits		7.5
						Total credits		33
<b>5th Trimester - 2026</b>			<b>6th Trimester - 2026</b>					
NUTR 636	Applied Clinical Nutrition II	2	NUTR 646	Applied Clinical Nutrition III	2			
NUTR 651b	Clinical Skills II	2	NUTR 672	Mindful Eating and Nourishment	2			
NUTR 654c	Clinic I	1.5	NUTR 654d	Clinic II	1.5			
OR			OR					
NUTR 656c	Clinical Strategies in Nutrition Care I	1.5	NUTR 656d	Clinical Strategies in Nutrition Care II	1.5			
NUTR 723	Advanced Biochemistry and Labs Assessment	3	NUTR 6EXI	Nutrition MSNIH Comprehensive Exam	0			
* Complete ServSafe Manager Training Can complete on campus by registering for NUTR001								
						Trimester credits		5.5
						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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**Online or Hybrid**  
Date last revised: 03/12/2024



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#### Spring (January)

#### Summer (April/May)

#### Fall (September)

				<b><u>1st Trimester - 2024</u></b> 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	
<b><u>2nd Trimester - 2025</u></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><u>3rd Trimester - 2025</u></b> ISCI 626 Nutritional Biochemistry 3 NUTR 614 Human Nutrition I: Macronutrients 2  Trimester credits 5 Total credits 16		<b><u>4th Trimester - 2025</u></b> NUTR 630 Dietary Supplements in Nutrition Practice 3 NUTR 612 Human Nutrition II: Micronutrients 3  Trimester credits 6 Total credits 22	
<b><u>5th Trimester - 2026</u></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><u>6th Trimester - 2026</u></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 1 Visit with a Nutritionist  Trimester credits 5.5 Total credits 33		<b><u>7th Trimester - 2026</u></b> 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 40	

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## Human Clinical Nutrition AOC

### THREE-YEAR PLAN OF STUDY

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Spring (January)		Summer (April/May)		Fall (September)	
<b>8th Trimester - 2027</b>		<b>9th Trimester - 2027</b>			
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 672 Mindful Eating and Nourishment	2		
		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	3.5		
Total credits	43.5	Total credits	47		

Course prerequisites are specified in the course description, available in the Academic Catalog at <https://www.muih.edu/academics/academic-catalog>

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Credits Required for Completion: 47

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# Master of Science in Nutrition & Integrative Health

## Human Clinical Nutrition AOC

### FOUR-YEAR PLAN OF STUDY

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Spring (January)	Summer (April/May)	Fall (September)
		<b>1st Trimester - 2024</b> ISCI 547a Physiology I: Healthy Function 3 NUTR 601 Redefining Nutrition 1 MUIH 500 University Orientation 0 MUIH 550 Academic Research & Scholarship 0  Trimester credits 4 Total credits 4
<b>2nd Trimester - 2025</b> ISCI 522 Foundations of Organic Chemistry 3 IHED 637 Principles & Practice of Hlth Behavior & Self- 1.5  Trimester credits 4.5 Total credits 8.5	<b>3rd Trimester - 2025</b> ISCI 626 Nutritional Biochemistry 3 NUTR 681 Cooking with Whole Foods Lab I 0.5  Trimester credits 3.5 Total credits 12	<b>4th Trimester - 2025</b> ISCI 631 Introduction to Complementary & Integrative Hlth 1.5 NUTR 614 Human Nutrition I: Macronutrients 2  Trimester credits 3.5 Total credits 15.5
<b>5th Trimester - 2026</b> NUTR 682 Cooking with Whole Foods Lab II 0.5 NUTR 612 Human Nutrition II: Micronutrients 3 * Complete ServSafe Manager Training <i>Can complete on campus by registering for NUTR001</i>  Trimester credits 3.5 Total credits 19	<b>6th Trimester - 2026</b> NUTR 641 Life Cycle Nutrition 3 NUTR ____ Additional Cooking Lab 0.5 <i>or during another trimester that works with your schedule</i>  Trimester credits 3.5 Total credits 22.5	<b>7th Trimester - 2026</b> RSCH 601 Research Literacy in Integrative Health 3 NUTR ____ Additional Cooking Lab 0.5 <i>or during another trimester that works with your schedule</i>  Trimester credits 3.5 Total credits 26

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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# **Master of Science in Nutrition & Integrative Health Human Clinical Nutrition AOC FOUR-YEAR PLAN OF STUDY**

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<b>Spring (January)</b>		<b>Summer (April/May)</b>		<b>Fall (September)</b>	
<b><u>8th Trimester - 2027</u></b>		<b><u>9th Trimester - 2027</u></b>		<b><u>10th Trimester - 2027</u></b>	
NUTR 630 Dietary Supplements in Nutrition Practice	3	NUTR 651a Clinical Skills I	2	NUTR 646 Applied Clinical Nutrition III	2
NUTR 635 Applied Clinical Nutrition I	2	NUTR 636 Applied Clinical Nutrition II	2	NUTR 651b Clinical Skills II	2
				Complete 1 Visit with a Nutritionist	
Trimester credits	5	Trimester credits	4	Trimester credits	4
Total credits	31	Total credits	35	Total credits	39
<b><u>11th Trimester - 2028</u></b>		<b><u>12th Trimester - 2028</u></b>			
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 672 Mindful Eating and Nourishment	2		
		NUTR 6EXI Nutrition MSNIH Comprehensive Exam	0		
Trimester credits	4.5	Trimester credits	3.5		
Total credits	43.5	Total credits	47		

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# Master of Science in Nutrition & Integrative Health

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### CURRICULUM COURSE LIST BY DEPARTMENT

Entering Class Fall 2024

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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