

Master of Science in Nutrition & Integrative Health

Human Clinical Nutrition AOC

TWO-YEAR PLAN OF STUDY

Entering Class Fall 2025

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 - 2025 ISCI 522 Foundations of Organic Chemistry 3 ISCI 547a Physiology I: Healthy Function 3 ISCI 631 Introduction to Complementary & Integrative Health 1.5 INHS 500 Student Success Seminar 0 RSCH 550 Academic Research & Scholarship 0 Trimester credits 7.5 Total credits 7.5
2nd Trimester - 2026 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 Trimester credits 7.5 Total credits 15	3rd Trimester - 2026 RSCH 601 Research Literacy in Integrative Health 3 NUTR 612 Human Nutrition II: Micronutrients 3 NUTR 630 Dietary Supplements in Nutrition Practice 3 <i>* Complete ServSafe Manager Training</i> Trimester credits 9 Total credits 24	4th Trimester - 2026 NUTR 635 Applied Clinical Nutrition I 2 NUTR 641 Life Cycle Nutrition 3 NUTR 651a Clinical Skills I 2 NUTR 689 Applied Culinary Nutrition 2 Complete 1 Visit with a Nutritionist Trimester credits 9 Total credits 33
5th Trimester - 2027 NUTR 636 Applied Clinical Nutrition II 2 NUTR 651b Clinical Skills II 2 NUTR 656c Clinical Strategies in Nutrition Care I 1.5 NUTR 723 Advanced Biochemistry and Labs Assessment 3 Trimester credits 8.5 Total credits 41.5	6th Trimester - 2027 NUTR 646 Applied Clinical Nutrition III 2 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 698 Nutrition MSNIH Comprehensive Exam 0 Trimester credits 5.5 Total credits 47	

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.

Credits Required for Completion: 47

Online

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

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Spring (January)	Summer (April/May)	Fall (September)
		<u>1st Trimester - 2025</u> ISCI 547a Physiology I: Healthy Function 3 ISCI 631 Introduction to Complementary & Integrative Health 1.5 INHS 500 Student Success Seminar 0 RSCH 550 Academic Research & Scholarship 0 <div style="text-align: right;">Trimester credits 4.5 Total credits 4.5</div>
<u>2nd Trimester - 2026</u> IHED 637 Principles & Practice of Hlth Behavior & Self-Care 1.5 ISCI 522 Foundations of Organic Chemistry 3 NUTR 601 Redefining Nutrition 1 <div style="text-align: right;">Trimester credits 5.5 Total credits 10</div>	<u>3rd Trimester - 2026</u> ISCI 626 Nutritional Biochemistry 3 NUTR 614 Human Nutrition I: Macronutrients 2 <div style="text-align: right;">Trimester credits 5 Total credits 15</div>	<u>4th Trimester - 2026</u> NUTR 630 Dietary Supplements in Nutrition Practice 3 NUTR 612 Human Nutrition II: Micronutrients 3 <div style="text-align: right;">Trimester credits 6 Total credits 21</div>
<u>5th Trimester - 2027</u> NUTR 641 Life Cycle Nutrition 3 NUTR 651a Clinical Skills I 2 * Complete ServSafe Manager Training <div style="text-align: right;">Trimester credits 5 Total credits 26</div>	<u>6th Trimester - 2027</u> RSCH 601 Research Literacy in Integrative Health 3 NUTR 635 Applied Clinical Nutrition I 2 NUTR 689 Applied Culinary Nutrition 2 Complete 1 Visit with a Nutritionist <div style="text-align: right;">Trimester credits 7 Total credits 33</div>	<u>7th Trimester - 2027</u> NUTR 636 Applied Clinical Nutrition II 2 NUTR 651b Clinical Skills II 2 NUTR 723 Advanced Biochemistry and Labs Assessment 3 <div style="text-align: right;">Trimester credits 7 Total credits 40</div>

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Online

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

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Spring (January)			Summer (April/May)			Fall (September)		
8th Trimester - 2028			9th Trimester - 2028					
NUTR 646	Applied Clinical Nutrition III	2	NUTR 654d	Clinic II	1.5			
NUTR 656c	Clinical Strategies in Nutrition Care I	1.5	OR					
			NUTR 656d	Clinical Strategies in Nutrition Care II	1.5			
			NUTR 672	Mindful Eating and Nourishment	2			
			NUTR 698	Nutrition MSNIH Comprehensive Exam	0			
Trimester credits		3.5	Trimester credits		3.5			
Total credits		43.5	Total credits		47			

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

Entering Class Fall 2025

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Spring (January)	Summer (April/May)	Fall (September)
		1st Trimester - 2025 ISCI 547a Physiology I: Healthy Function 3 NUTR 601 Redefining Nutrition 1 INHS 500 Student Success Seminar 0 RSCH 550 Academic Research & Scholarship 0 Trimester credits 4 Total credits 4
2nd Trimester - 2026 ISCI 522 Foundations of Organic Chemistry 3 IHED 637 Principles & Practice of Hlth Behavior & Self-Care 1.5 Trimester credits 4.5 Total credits 8.5	3rd Trimester - 2026 ISCI 626 Nutritional Biochemistry 3 Trimester credits 3 Total credits 11.5	4th Trimester - 2026 ISCI 631 Introduction to Complementary & Integrative Health 1.5 NUTR 614 Human Nutrition I: Macronutrients 2 Trimester credits 3.5 Total credits 15
5th Trimester - 2027 NUTR 612 Human Nutrition II: Micronutrients 3 Trimester credits 3 Total credits 18	6th Trimester - 2027 NUTR 641 Life Cycle Nutrition 3 * Complete ServSafe Manager Training Trimester credits 3 Total credits 21	7th Trimester - 2027 NUTR 689 Applied Culinary Nutrition 2 RSCH 601 Research Literacy in Integrative Health 3 Trimester credits 5 Total credits 26

Course prerequisites are specified in the course description, available in the Academic Catalog at <https://www.ndm.edu/academics/registrar/catalogs>

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Credits Required for Completion: 47

Online

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

Entering Class Fall 2025

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Spring (January)			Summer (April/May)			Fall (September)		
<u>8th Trimester - 2028</u>			<u>9th Trimester - 2028</u>			<u>10th Trimester - 2028</u>		
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
<u>11th Trimester - 2029</u>			<u>12th Trimester - 2029</u>					
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 698	Nutrition MSNIH Comprehensive Exam	0			
Trimester credits		4.5	Trimester credits		3.5			
Total credits		43.5	Total credits		47			

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Credits Required for Completion: 47

Online

Master of Science in Nutrition & Integrative Health Human Clinical Nutrition AOC CURRICULUM COURSE LIST BY DEPARTMENT

Entering Class Fall 2025

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	_____
<hr/>			
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	_____

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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Date last revised: 10/23/2025