



Master of Science in Nutrition & Integrative Health

Human Clinical Nutrition AOC

PLAN OF STUDY

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

Credits Required for Degree Completion: 50

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Online, On Campus, or Hybrid

Date last revised: 01/04/2020



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Spring (January)			Summer (April/May)			Fall (September)		
<u>1st Trimester - 2021</u>			<u>2nd Trimester - 2021</u>			<u>3rd Trimester - 2021</u>		
ISCI 547a	Physiology I: Healthy Function	3	IHED 637	Principles & Practice of Hlth Behavior & Self-Care	1.5	ISCI 626	Nutritional Biochemistry	3
ISCI 631	Introduction to Complementary & Integrative	1.5	ISCI 522	Foundations of Organic Chemistry	3	NUTR 614	Human Nutrition I: Macronutrients	2
NUTR 681	Cooking with Whole Foods Lab I	0.5	NUTR 601	Redefining Nutrition	1			
MUIH 550	Academic Research & Scholarship	0	NUTR 682	Cooking with Whole Foods Lab II	0.5			
Trimester credits		5	Trimester credits		6	Trimester credits		5
Total credits		5	Total credits		11	Total credits		16
<u>4th Trimester - 2022</u>			<u>5th Trimester - 2022</u>			<u>6th Trimester - 2022</u>		
ISCI 647b	Physiology II: Movement Away from Health	3	NUTR 641	Life Cycle Nutrition	3	RSCH 601	Research Literacy in Integrative Health	3
NUTR 612	Human Nutrition II: Micronutrients	3	NUTR 651a	Clinical Skills I	2	NUTR 635	Applied Clinical Nutrition I	2
			NUTR ____	Additional Cooking Lab <i>or during another trimester that works with your schedule</i>	0.5	NUTR ____	Additional Cooking Lab <i>or during another trimester that works with your schedule</i>	0.5
Trimester credits		6	Trimester credits		5.5	Trimester credits		5.5
Total credits		22	Total credits		27.5	Total credits		33
<u>7th Trimester - 2023</u>			<u>8th Trimester - 2023</u>			<u>9th Trimester - 2023</u>		
NUTR 636	Applied Clinical Nutrition II	2	NUTR 622	Advanced Biochem, Pathophys, & Assessment	3	NUTR 654d	Clinic II	1.5
NUTR 651b	Clinical Skills II	2	NUTR 654c	Clinic I	1.5	OR		
____	Elective	2	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
						NUTR 6EXI	Nutrition MSNIH Comprehensive Exam	0
						____	Elective	2
Trimester credits		6	Trimester credits		5.5	Trimester credits		5.5
Total credits		39	Total credits		44.5	Total credits		50

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

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* ServSafe Manager training must be completed prior to NUTR686 Cooking with Whole Foods Lab VI, NUTR691c Practicum I, or before applying for graduation.

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

Entering Class Spring 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		
<i>Choose two courses:</i>		
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

Integrative Health Education 1.5 cr		
IHED 637	Principles and Practice of Health Behavior and Self-Care	1.5 cr

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		
<i>Choose courses from the list below.</i>		
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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