



Master of Science in Nutrition & Integrative Health

Human Clinical Nutrition AOC

PLAN OF STUDY

Entering Class Spring 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)		
1st Trimester - 2023			2nd Trimester - 2023			3rd Trimester - 2023		
ISCI 522	Foundations of Organic Chemistry	3	IHED 637	Principles & Practice of Health Behavior & Self-Care	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 500	University Orientation for New Students	0	NUTR 682	Cooking with Whole Foods Lab II	0.5	<i>or during another trimester that works with your schedule</i>		
MUIH 550	Academic Research & Scholarship	0				Complete 3 Visits with a Nutritionist		
Trimester credits		8	Trimester credits		8	Trimester credits		9.5
Total credits		8	Total credits		16	Total credits		25.5
4th Trimester - 2024			5th Trimester - 2024			6th Trimester - 2024		
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	<i>OR</i>			NUTR 656d	Clinical Strategies in Nutrition Care II	1.5
<i>or during another trimester that works with your schedule</i>			NUTR 656c	Clinical Strategies in Nutrition Care I	1.5	NUTR 6EXI	Nutrition MSNIH Comprehensive Exam	0
			____	____	3			
			* Complete ServSafe Manager Training					
			<i>Can complete on campus by registering for NUTR001</i>					
Trimester credits		7.5	Trimester credits		8.5	Trimester credits		6.5
Total credits		33	Total credits		41.5	Total credits		48

Course prerequisites are specified in the course description, available in the Academic Catalog at <https://www.muoh.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: 48

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Online or Hybrid

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Spring (January)

Summer (April/May)

Fall (September)

<u>1st Trimester - 2023</u> 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 500 University Orientation for New Students 0 MUIH 550 Academic Research & Scholarship 0 <div style="text-align: right;">Trimester credits 5</div> <div style="text-align: right;">Total credits 5</div>	<u>2nd Trimester - 2023</u> 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 <div style="text-align: right;">Trimester credits 6</div> <div style="text-align: right;">Total credits 11</div>	<u>3rd Trimester - 2023</u> ISCI 626 Nutritional Biochemistry 3 NUTR 614 Human Nutrition I: Macronutrients 2 <div style="text-align: right;">Trimester credits 5</div> <div style="text-align: right;">Total credits 16</div>
<u>4th Trimester - 2024</u> ISCI 647b Physiology II: Movement Away from Health 3 NUTR 612 Human Nutrition II: Micronutrients 3 <div style="text-align: right;">Trimester credits 6</div> <div style="text-align: right;">Total credits 22</div>	<u>5th Trimester - 2024</u> 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 5.5</div> <div style="text-align: right;">Total credits 27.5</div>	<u>6th Trimester - 2024</u> 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 <div style="text-align: right;">Trimester credits 5.5</div> <div style="text-align: right;">Total credits 33</div>
<u>7th Trimester - 2025</u> NUTR 636 Applied Clinical Nutrition II 2 NUTR 651b Clinical Skills II 2 ____ Elective 3 <i>or during another trimester that works with your schedule</i> <div style="text-align: right;">Trimester credits 7</div> <div style="text-align: right;">Total credits 40</div>	<u>8th Trimester - 2025</u> NUTR 622 Advanced Biochem, Pathophys, & Assessment 3 NUTR 654c Clinic I 1.5 OR NUTR 656c Clinical Strategies in Nutrition Care I 1.5 * Complete ServSafe Manager Training <i>Can complete on campus by registering for NUTR001</i> <div style="text-align: right;">Trimester credits 4.5</div> <div style="text-align: right;">Total credits 44.5</div>	<u>9th Trimester - 2025</u> NUTR 654d Clinic II 1.5 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 <div style="text-align: right;">Trimester credits 3.5</div> <div style="text-align: right;">Total credits 48</div>

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CURRICULUM COURSE LIST BY DEPARTMENT

Entering Class Spring 2023

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 0 cr

NUTR 001	SERVSAFE	0 cr	_____
NUTR 6EXI	Nutrition MSNIH Comprehensive Exam	0 cr	_____
MUIH 500	University Orientation for New Students	0 cr	_____
MUIH 550	Academic Research & Scholarship	0 cr	_____
_____	3 Visits with a Nutritionist	0 cr	_____

Human Clinical Nutrition AOC Curriculum

19 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* 3 cr

Choose courses from the list below.

HRB 600	Fundamentals of Herbal Medicine	3 cr	_____
HRB 605	Materia Medica	3 cr	_____

Electives (continued) 3 cr

IHED 610	Fundamentals of Health Education and Health Behavior	3 cr	_____
IHED 615	Health Promotion Administration, Management, and RD	3 cr	_____
IHED 621	Communication Strategies in Health	3 cr	_____
IHM 665	Practice Management for Nutrition Professionals	1 cr	_____
NUTR 625	Introduction to Nutritional Genomics	1 cr	_____
NUTR 634	Diabetes Education: An Integrative	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 668	Culinary Herbs in the Kitchen & Beyond	1 cr	_____
NUTR 671	Food and Culture	1 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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