



Master of Science in Nutrition & Integrative Health

Human Clinical Nutrition AOC

PLAN OF STUDY

Entering Class of Spring 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.

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 - 2024 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	2nd Trimester - 2024 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	3rd Trimester - 2024 RSCH 601 Research Literacy in Integrative Health 3 NUTR 612 Human Nutrition II: Micronutrients 3 NUTR 630 Dietary Supplements in Nutrition Practice 3 NUTR ____ Additional Cooking Lab 0.5 <i>or during another trimester that works with your schedule</i> Trimester credits 9.5 Total credits 25.5
4th Trimester - 2025 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 33	5th Trimester - 2025 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 723 Advanced Biochemistry and Labs Assessment 3 * Complete ServSafe Manager Training <i>Can complete on campus by registering for NUTR001</i> Trimester credits 8.5 Total credits 41.5	6th Trimester - 2025 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 6EXI 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.muhi.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 Degree Completion: 47

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Online or Hybrid

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Spring (January)

Summer (April/May)

Fall (September)

<u>1st Trimester - 2024</u>				<u>2nd Trimester - 2024</u>				<u>3rd Trimester - 2024</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 Hlth	1.5	ISCI	522	Foundations of Organic Chemistry	3	NUTR	614	Human Nutrition I: Macronutrients	2	
MUIH	500	University Orientation	0	NUTR	601	Redefining Nutrition	1					
MUIH	550	Academic Research & Scholarship	0	NUTR	682	Cooking with Whole Foods Lab II	0.5					
NUTR	681	Cooking with Whole Foods Lab I	0.5									
Trimester credits			5	Trimester credits			6	Trimester credits			5	
Total credits			5	Total credits			11	Total credits			16	
<u>4th Trimester - 2025</u>				<u>5th Trimester - 2025</u>				<u>6th Trimester - 2025</u>				
NUTR	630	Dietary Supplements in Nutrition Practice	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	0.5	NUTR	____	Additional Cooking Lab	0.5	
				or during another trimester that works with your schedule				or during another trimester that works with your schedule				
Trimester credits			6	Trimester credits			5.5	Complete 1 Visit with a Nutritionist				
Total credits			22	Total credits			27.5	Trimester credits			5.5	
								Total credits			33	
<u>7th Trimester - 2026</u>				<u>8th Trimester - 2026</u>				<u>9th Trimester - 2026</u>				
NUTR	636	Applied Clinical Nutrition II	2	NUTR	646	Applied Clinical Nutrition III	2	NUTR	654d	Clinic II	1.5	
NUTR	651b	Clinical Skills II	2	NUTR	654c	Clinic I	1.5	OR				
NUTR	723	Advanced Biochemistry and Labs Assessment	3	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	
				* Complete ServSafe Manager Training				NUTR	6EXI	Nutrition MSNIH Comprehensive Exam	0	
				Can complete on campus by registering for NUTR001								
Trimester credits			7	Trimester credits			3.5	Trimester credits			3.5	
Total credits			40	Total credits			43.5	Total credits			47	

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CURRICULUM COURSE LIST BY DEPARTMENT

Entering Class of Spring 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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