



# Master of Science in Nutrition & Integrative Health

## Human Clinical Nutrition AOC

### PLAN OF STUDY

Entering Class of Spring 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)   |   |      |
|--|--|-----|--|--|------|--|---|------|
| <b>1st Trimester - 2025</b>                                      |  |     | <b>2nd Trimester - 2025</b>  |  |      | <b>3rd Trimester - 2025</b>                                      |   |      |
| ISCI 522   | Foundations of Organic Chemistry                   | 3   | IHED 637   | Principles & Practice of Health Behavior & Self-Care | 1.5  | RSCH 601   | Research Literacy in Integrative Health   | 3    |
| ISCI 547a  | Physiology I: Healthy Function                     | 3   | ISCI 626   | Nutritional Biochemistry                             | 3    | NUTR 612   | Human Nutrition II: Micronutrients        | 3    |
| ISCI 631   | Introduction to Complementary & Integrative Health | 1.5 | NUTR 601   | Redefining Nutrition                                 | 1    |  |   |      |
| NUTR 681   | Cooking with Whole Foods Lab I                     | 0.5 | NUTR 614   | Human Nutrition I: Macronutrients                    | 2    | NUTR 630   | Dietary Supplements in Nutrition Practice | 3    |
| MUIH 500   | University Orientation for New Students            | 0   | NUTR 682   | Cooking with Whole Foods Lab II                      | 0.5  | NUTR ____  | Additional Cooking Lab                    | 0.5  |
| MUIH 550   | Academic Research & Scholarship                    | 0   |  |  |      | <i>or during another trimester that works with your schedule</i> |   |      |
|  | Trimester credits                                  | 8   |  | Trimester credits                                    | 8    |  | Trimester credits                         | 9.5  |
|  | Total credits                                      | 8   |  | Total credits  | 16   |  | Total credits                             | 25.5 |
| <b>4th Trimester - 2026</b>                                      |  |     | <b>5th Trimester - 2026</b>  |  |      | <b>6th Trimester - 2026</b>                                      |   |      |
| NUTR 635   | Applied Clinical Nutrition I                       | 2   | NUTR 636   | Applied Clinical Nutrition II                        | 2    | NUTR 646   | Applied Clinical Nutrition III            | 2    |
| 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 656c  | Clinical Strategies in Nutrition Care I              | 1.5  | NUTR 654d  | Clinic II                                 | 1.5  |
| NUTR ____  | Additional Cooking Lab                             | 0.5 | NUTR 723   | Advanced Biochemistry and Labs Assessment            | 3    | OR   |   |      |
| <i>or during another trimester that works with your schedule</i> |  |     |  |  |      | NUTR 656d  | Clinical Strategies in Nutrition Care II  | 1.5  |
|  |  |     |  |  |      | NUTR 698   | Nutrition MSNIH Comprehensive Exam        | 0    |
|  | Complete 1 Visit with a Nutritionist               |     | * Complete ServSafe Manager Training<br><i>Can complete on campus by registering for NUTR001</i> |  |      |  |   |      |
|  | Trimester credits                                  | 7.5 |  | Trimester credits                                    | 8.5  |  | Trimester credits                         | 5.5  |
|  | Total credits                                      | 33  |  | Total credits  | 41.5 |  | 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 Degree Completion: 47**



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| Spring (January)  | Summer (April/May)  | Fall (September)   |
|---|---|--|
| <b><u>1st Trimester - 2025</u></b><br>ISCI 547a Physiology I: Healthy Function 3<br>ISCI 631 Introduction to Complementary & Integrative Hlth 1.5<br>MUIH 500 University Orientation 0<br>MUIH 550 Academic Research & Scholarship 0<br>NUTR 681 Cooking with Whole Foods Lab I 0.5<br><br>Trimester credits 5<br>Total credits 5 | <b><u>2nd Trimester - 2025</u></b><br>IHED 637 Principles & Practice of Hlth Behavior & Self-Care 1.5<br>ISCI 522 Foundations of Organic Chemistry 3<br>NUTR 601 Redefining Nutrition 1<br>NUTR 682 Cooking with Whole Foods Lab II 0.5<br><br>Trimester credits 6<br>Total credits 11              | <b><u>3rd Trimester - 2025</u></b><br>ISCI 626 Nutritional Biochemistry 3<br>NUTR 614 Human Nutrition I: Macronutrients 2<br><br>Trimester credits 5<br>Total credits 16   |
| <b><u>4th Trimester - 2026</u></b><br>NUTR 630 Dietary Supplements in Nutrition Practice 3<br>NUTR 612 Human Nutrition II: Micronutrients 3<br><br>Trimester credits 6<br>Total credits 22  | <b><u>5th Trimester - 2026</u></b><br>NUTR 641 Life Cycle Nutrition 3<br>NUTR 651a Clinical Skills I 2<br>NUTR ____ Additional Cooking Lab 0.5<br><i>or during another trimester that works with your schedule</i><br><br>Trimester credits 5.5<br>Total credits 27.5                               | <b><u>6th Trimester - 2026</u></b><br>RSCH 601 Research Literacy in Integrative Health 3<br>NUTR 635 Applied Clinical Nutrition I 2<br>NUTR ____ Additional Cooking Lab 0.5<br><i>or during another trimester that works with your schedule</i><br><br>Complete 1 Visit with a Nutritionist<br><br>Trimester credits 5.5<br>Total credits 33 |
| <b><u>7th Trimester - 2027</u></b><br>NUTR 636 Applied Clinical Nutrition II 2<br>NUTR 651b Clinical Skills II 2<br>NUTR 723 Advanced Biochemistry and Labs Assessment 3<br><br>Trimester credits 7<br>Total credits 40   | <b><u>8th Trimester - 2027</u></b><br>NUTR 646 Applied Clinical Nutrition III 2<br>NUTR 656c Clinical Strategies in Nutrition Care I 1.5<br><br>* Complete ServSafe Manager Training<br><i>Can complete on campus by registering for NUTR001</i><br><br>Trimester credits 3.5<br>Total credits 43.5 | <b><u>9th Trimester - 2027</u></b><br>NUTR 654d Clinic II 1.5<br>OR<br>NUTR 656d Clinical Strategies in Nutrition Care II 1.5<br>NUTR 672 Mindful Eating and Nourishment 2<br>NUTR 698 Nutrition MSNIH Comprehensive Exam 0<br><br>Trimester credits 3.5<br>Total credits 47   |

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

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Page 2 of 3

**Online or Hybrid**

Date last revised: 10/09/2024



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

Entering Class of Spring 2025

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                    | 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 |       |
| 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 |       |

|                              |      |  |        |         |
|------------------------------|------|--|--------|---------|
| 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   |         |
| 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   |         |

|           |     |   |      |      |   |  |      |
|-----------|-----|---|------|------|---|--|------|
| Nutrition |     |   |      | 5 cr | Human Clinical Nutrition AOC Curriculum |  | 5 cr |
| NUTR      | 630 | Dietary Supplements in Nutrition Practice | 3 cr |      |   |  |      |
| NUTR      | 672 | Mindful Eating & Nourishment              | 2 cr |      |   |  |      |

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