

Master of Science in Nutrition & Integrative Health

Human Clinical Nutrition AOC

TWO-YEAR PLAN OF STUDY

Entering Class Spring 2026

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 - 2026</u>			<u>2nd Trimester - 2026</u>			<u>3rd Trimester - 2026</u>		
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 614	Human Nutrition I: Macronutrients	2	NUTR 630	Dietary Supplements in Nutrition Practice	3
INHS 500	Student Success Seminar	0				<i>* Complete ServSafe Manager Training</i>		
RSCH 550	Academic Research & Scholarship	0						
	Trimester credits	7.5		Trimester credits	7.5		Trimester credits	9
	Total credits	7.5		Total credits	15		Total credits	24
<u>4th Trimester - 2027</u>			<u>5th Trimester - 2027</u>			<u>6th Trimester - 2027</u>		
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 689	Applied Culinary Nutrition	2	NUTR 723	Advanced Biochemistry and Labs Assessment	3			
						OR		
						NUTR 656d	Clinical Strategies in Nutrition Care II	1.5
						NUTR 698	Nutrition MSNIH Comprehensive Exam	0
	Complete 1 Visit with a Nutritionist							
	Trimester credits	9		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.ndm.edu/academics/registrar/catalogs>

* ServSafe Manager training must be completed prior to NUTR689 Applied Culinary Nutrition.

Credits Required for Completion: 47

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Human Clinical Nutrition AOC

THREE-YEAR PLAN OF STUDY

Entering Class Spring 2026

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Spring (January)	Summer (April/May)	Fall (September)
<u>1st Trimester - 2026</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>Trimester credits 4.5</div> <div>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>Trimester credits 5.5</div> <div>Total credits 10</div>	<u>3rd Trimester - 2026</u> ISCI 626 Nutritional Biochemistry 3 NUTR 614 Human Nutrition I: Macronutrients 2 <div>Trimester credits 5</div> <div>Total credits 15</div>
<u>4th Trimester - 2027</u> NUTR 630 Dietary Supplements in Nutrition Practice 3 NUTR 612 Human Nutrition II: Micronutrients 3 <div>Trimester credits 6</div> <div>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>Trimester credits 5</div> <div>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>Trimester credits 7</div> <div>Total credits 33</div>
<u>7th Trimester - 2028</u> NUTR 636 Applied Clinical Nutrition II 2 NUTR 651b Clinical Skills II 2 NUTR 723 Advanced Biochemistry and Labs Assessment 3 <div>Trimester credits 7</div> <div>Total credits 40</div>	<u>8th Trimester - 2028</u> NUTR 646 Applied Clinical Nutrition III 2 NUTR 656c Clinical Strategies in Nutrition Care I 1.5 Complete 1 Visit with a Nutritionist <div>Trimester credits 3.5</div> <div>Total credits 43.5</div>	<u>9th Trimester - 2028</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 698 Nutrition MSNIH Comprehensive Exam 0 <div>Trimester credits 3.5</div> <div>Total credits 47</div>

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* ServSafe Manager training must be completed prior to NUTR689 Applied Culinary Nutrition.

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Spring (January)				Summer (April/May)				Fall (September)			
<u>1st Trimester - 2026</u>				<u>2nd Trimester - 2026</u>				<u>3rd Trimester - 2026</u>			
ISCI	547a	Physiology I: Healthy Function	3	ISCI	522	Foundations of Organic Chemistry	3	ISCI	626	Nutritional Biochemistry	3
NUTR	601	Redefining Nutrition	1	IHED	637	Principles & Practice of Hlth Behavior & Self-Care	1.5				
INHS	500	Student Success Seminar	0								
RSCH	550	Academic Research & Scholarship	0								
Trimester credits			4	Trimester credits			4.5	Trimester credits			3
Total credits			4	Total credits			8.5	Total credits			11.5
<u>4th Trimester - 2027</u>				<u>5th Trimester - 2027</u>				<u>6th Trimester - 2027</u>			
ISCI	631	Introduction to Complementary & Integrative Health	1.5	NUTR	612	Human Nutrition II: Micronutrients	3	NUTR	641	Life Cycle Nutrition	3
NUTR	614	Human Nutrition I: Macronutrients	2					* <i>Complete ServSafe Manager Training</i>			
Trimester credits			3.5	Trimester credits			3	Trimester credits			3
Total credits			15	Total credits			18	Total credits			21
<u>7th Trimester - 2028</u>				<u>8th Trimester - 2028</u>				<u>9th Trimester - 2028</u>			
NUTR	689	Applied Culinary Nutrition	2	NUTR	630	Dietary Supplements in Nutrition Practice	3	NUTR	651a	Clinical Skills I	2
RSCH	601	Research Literacy in Integrative Health	3	NUTR	635	Applied Clinical Nutrition I	2	NUTR	636	Applied Clinical Nutrition II	2
Trimester credits			5	Trimester credits			5	Trimester credits			4
Total credits			26	Total credits			31	Total credits			35

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A diagram showing three adjacent rectangular regions, each with a small square at the bottom center. The regions are separated by vertical lines, and the small squares are positioned at the bottom of each region.

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Credits Required for Completion: 47

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

Entering Class Spring 2026

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	_____
	<i>OR</i>		
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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