

Post-Baccalaureate Certificate in Culinary Heath and Healing PLAN OF STUDY - 2 Trimesters

Entering Class Fall 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)
		<u>1st Trimester - 2025</u> INHS 500 Student Success Seminar 0 RSCH 550 Academic Research & Scholarship 0 NUTR 601 Redefining Nutrition 1 NUTR 668 Culinary Herbs in the Kitchen and Beyond 1 NUTR 671 Food and Culture 1 NUTR 672 Mindful Eating and Nourishment 2 NUTR 681 Whole Foods Cooking Lab I 0.5 NUTR 682 Whole Foods Cooking Lab II 0.5 * Complete ServSafe Food Manager Training 0 <div>Trimester credits 6</div> <div>Total credits 6</div>
<u>2nd Trimester - 2026</u> NUTR 678 Culinary Educator 2 NUTR 683 Whole Foods Cooking Lab III 0.5 NUTR 684 Whole Foods Cooking Lab IV 0.5 NUTR 687 Whole Foods Cooking Lab VII 0.5 NUTR 688 Whole Foods Cooking Lab VIII 0.5 NUTR 680 Behavior Change in Selection and Preparation of Meals 2 <div>Trimester credits 6</div> <div>Total credits 12</div>		

* Course prerequisites are specified in the course description, available in the Academic Catalog at <https://www.ndm.edu/academics/registrar/catalogs>

Credits Required for Completion: 12

Online

Post-Baccalaureate Certificate in Culinary Heath and Healing PLAN OF STUDY - 3 Trimesters

Entering Class Fall 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)
		1st Trimester - 2025 INHS 500 Student Success Seminar 0 RSCH 550 Academic Research & Scholarship 0 NUTR 668 Culinary Herbs in the Kitchen and Beyond 1 NUTR 681 Whole Foods Cooking Lab I 0.5 NUTR 682 Whole Foods Cooking Lab II 0.5 NUTR 671 Food and Culture 1 * Complete ServSafe Food Manager Training 0 Trimester credits 3 Total credits 3
2nd Trimester - 2026 NUTR 678 Culinary Educator 2 NUTR 680 Behavior Change in Selection and Preparation of Meals 2 NUTR 683 Whole Foods Cooking Lab III 0.5 NUTR 684 Whole Foods Cooking Lab IV 0.5 Trimester credits 5 Total credits 8	3rd Trimester - 2026 NUTR 601 Redefining Nutrition 1 NUTR 687 Whole Foods Cooking Lab VII 0.5 NUTR 688 Whole Foods Cooking Lab VIII 0.5 NUTR 672 Mindful Eating and Nourishment 2 Trimester credits 4 Total credits 12	

*Course prerequisites are specified in the course description, available in the Academic Catalog at <https://www.ndm.edu/academics/registrar/catalogs>

Credits Required for Completion: 12

Online

Post-Baccalaureate Certificate in Culinary
Health and Healing
CURRICULUM COURSE LIST BY DEPARTMENT

Entering Class Fall 2025

Can be completed in two trimesters

Name _____
ID# _____

Core Curriculum					12 cr	
Nutrition				12 cr		
NUTR	601	Redefining Nutrition	1 cr			
NUTR	668	Culinary Herbs in the Kitchen and Beyond	1 cr			
NUTR	671	Food and Culture	1 cr			
NUTR	672	Mindful Eating and Nourishment	2 cr			
NUTR	678	Culinary Educator	2 cr			
NUTR	680	Behavior Change in Selection and Preparation of Meals	2 cr			
NUTR	681	Whole Foods Cooking Lab I	0.5 cr			
NUTR	682	Whole Foods Cooking Lab II	0.5 cr			
NUTR	683	Whole Foods Cooking Lab III	0.5 cr			
NUTR	684	Whole Foods Cooking Lab IV	0.5 cr			
NUTR	687	Whole Foods Cooking Lab VII	0.5 cr			
NUTR	688	Whole Foods Cooking Lab VIII	0.5 cr			
Non-Academic Requirements					0 cr	
INHS	500 Student Success Seminar			0 cr		
RSCH	550 Academic Research & Scholarship			0 cr		
ServSafe Manager Training				0 cr		

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