

Post-Master's Certificate in Nutrition & Integrative Health

PLAN OF STUDY

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 ISCI 626 Nutritional Biochemistry 3 NUTR 614 Macronutrients 2 Trimester credits 5 Total credits 5
2nd Trimester - 2026 NUTR 612 Micronutrients 3 Elective(s) - 3 total credits taken in the _____ trimester(s) of your choice 3 <u>Choose from available electives:</u> NUTR 601 Redefining Nutrition 1 cr NUTR 630* Dietary Supplements for Nutrition Practice 3 cr NUTR 672 Mindful Eating and Nourishment 2 cr NUTR 681 Whole Foods Cooking Lab I .5 cr NUTR 682* Cooking with Whole Foods Lab II .5 cr Trimester credits 6 Total credits 11	3rd Trimester - 2026 NUTR 633 Integrative Client Care: Nutrition Assessment, Applied Biochemistry, and Treatment Planning 4 <u>Choose from available electives:</u> NUTR 601 Redefining Nutrition 1 cr NUTR 630* Dietary Supplements for Nutrition Practice 3 cr NUTR 641* Life Cycle Nutrition 3 cr NUTR 672 Mindful Eating & Nourishment 2 cr Trimester credits 4 Total credits 15	4th Trimester - 2026 (OPTIONAL) <u>Choose from available electives:</u> NUTR 601 Redefining Nutrition 1 cr NUTR 630* Dietary Supplements for Nutrition Practice 3 cr NUTR 641* Life Cycle Nutrition 3 cr NUTR 723* Advanced Biochemistry and Labs Assessment 3 cr NUTR 672 Mindful Eating & Nourishment 2 cr

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

Post-Master's Certificate in Nutrition & Integrative Health
CURRICULUM COURSE LIST BY DEPARTMENT

Entering Class Fall 2025

Can be completed in three trimesters

Name _____
ID# _____

Core Curriculum					15 cr		
Nutrition			9 cr	Integrative Sciences		3 cr	
NUTR	612	Micronutrients	3 cr	ISCI	626	Nutritional Biochemistry	3 cr
NUTR	614	Macronutrients	2 cr				
NUTR	633	Integrative Client Care: Nutrition Assessment, Applied Biochemistry, and Treatment Planning	4 cr				
Electives*			3 cr	Non-Academic Requirements		0 cr	
Choose courses from the list below.				INHS	500	Student Success Seminar	0 cr
NUTR	601	Redefining Nutrition	1 cr	RSCH	550	Academic Research & Scholarship	0 cr
NUTR	630	Dietary Supplements for Nutrition Practice	3 cr				
NUTR	641	Life Cycle Nutrition	3 cr				
NUTR	723	Advanced Biochemistry and Labs Assessment	3 cr				
NUTR	672	Mindful Eating & Nourishment	2 cr				
NUTR	681	Cooking with Whole Foods Lab I	.5 cr				
NUTR	682	Cooking with Whole Foods Lab II	.5 cr				

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Electives may have prerequisites outside your required courses.