



Master of Science in Nutrition & Integrative Health Herbal Medicine AOC PLAN OF STUDY

Entering Class Spring 2023

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 - 2023				2nd Trimester - 2023				3rd Trimester - 2023			
IHED	637	Principles & Practice of Hlth Behavior & Self-Care	1.5	ISCI	647b	Physiology II: Movement Away from Health	3	HRB	600	Foundations of Herbal Medicine	3
ISCI	547a	Physiology I: Healthv Function	3	ISCI	522	Foundations of Organic Chemistry	3	ISCI	626	Nutritional Biochemistry	3
ISCI	631	Introduction to Complementary & Integrative Health	1.5	NUTR	682	Cooking with Whole Foods Lab II	0.5	NUTR	614	Human Nutrition I: Macronutrients	2
NUTR	601	Redefining Nutrition	1					NUTR	___	Additional Cooking Lab	0.5
NUTR	681	Cooking with Whole Foods Lab I	0.5					or during another trimester that works with your schedule			
MUIH	500	University Orientation for New Students	0								
MUIH	550	Academic Research & Scholarship	0								
		Trimester credits	7.5			Trimester credits	6.5			Trimester credits	8.5
		Total credits	7.5			Total credits	14			Total credits	22.5
4th Trimester - 2024				5th Trimester - 2024				6th Trimester - 2024			
HRB	605	Materia Medica	3	HRB	641	Safety of Botanical Medicine	3	HRB	622	Herbal Pharmacy	3
NUTR	612	Human Nutrition II: Micronutrients	3	NUTR	635	Applied Clinical Nutrition I	2	NUTR	636	Applied Clinical Nutrition II	2
RSCH	601	Research Literacy in Integrative Health	3	NUTR	651a	Clinical Skills I	2	NUTR	651b	Clinical Skills II	2
				Complete 3 Visits with a Nutritionist				* Complete ServSafe Manager Training Can complete on campus by registering for NUTR001			
		Trimester credits	9			Trimester credits	7			Trimester credits	7
		Total credits	31.5			Total credits	38.5			Total credits	45.5
7th Trimester - 2025				8th Trimester - 2025							
NUTR	622	Advanced Biochem., Pathophys., & Assessment	3	HRB	624	Applied Herbalism in Clinical Practice	3				
NUTR	641	Life Cycle Nutrition	3	NUTR	654d	Clinic II	1.5				
NUTR	654c	Clinic I	1.5			OR					
		OR		NUTR	656d	Clinical Strategies in Nutrition Care II	1.5				
NUTR	656c	Clinical Strategies in Nutrition Care I	1.5	NUTR	6EXI	Nutrition MSNIH Comprehensive Exam	0				
NUTR	___	Additional Cooking Lab	0.5								
		or during another trimester that works with your schedule									
		Trimester credits	8			Trimester credits	4.5				
		Total credits	53.5			Total credits	58				

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, NUTR691c Practicum I, or before applying for graduation.

Credits Required for Completion: 58

Page 1 of 4

Online or Hybrid

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Spring (January)

Summer (April/May)

Fall (September)

Spring (January)				Summer (April/May)				Fall (September)			
1st Trimester - 2023				2nd Trimester - 2023				3rd Trimester - 2023			
ISCI	547a	Physiology I: Healthy Function	3	IHED	637	Principles & Practice of Health Behavior & Self-Care	1.5	HRB	600	Foundations of Herbal Medicine	3
ISCI	631	Introduction to Complementary & Integrative Health	1.5	ISCI	522	Foundations of Organic Chemistry	3	ISCI	626	Nutritional Biochemistry	3
NUTR	681	Cooking with Whole Foods Lab I	0.5	NUTR	682	Cooking with Whole Foods Lab II	0.5				
MUIH	500	University Orientation for New Students	0								
MUIH	550	Academic Research & Scholarship	0								
Trimester credits			5	Trimester credits			5	Trimester credits			6
Total credits			5	Total credits			10	Total credits			16
4th Trimester - 2024				5th Trimester - 2024				6th Trimester - 2024			
HRB	605	Materia Medica	3	NUTR	614	Human Nutrition I: Macronutrients	2	NUTR	612	Human Nutrition II: Micronutrients	3
ISCI	647b	Physiology II: Movement Away from Health	3	RSCH	601	Research Literacy in Integrative Health	3	HRB	622	Herbal Pharmacy	3
				NUTR	601	Redefining Nutrition	1				
Trimester credits			6	Trimester credits			6	Trimester credits			6
Total credits			22	Total credits			28	Total credits			34
7th Trimester - 2025				8th Trimester - 2025				9th Trimester - 2025			
HRB	641	Safety of Botanical Medicine	3	NUTR	651b	Clinical Skills II	2	NUTR	636	Applied Clinical Nutrition II	2
NUTR	651a	Clinical Skills I	2	NUTR	635	Applied Clinical Nutrition I	2	NUTR	641	Life Cycle Nutrition	3
NUTR		Additional Cooking Lab	0.5			Complete 3 Visits with a Nutritionist		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			5.5	Trimester credits			4	Trimester credits			5.5
Total credits			39.5	Total credits			43.5	Total credits			49

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* ServSafe Manager training must be completed prior to NUTR686 Cooking with Whole Foods Lab VI, NUTR691c Practicum I, or before applying for graduation.

Continued on page 3

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Page 2 of 4

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Herbal Medicine AOC

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Spring (January)	Summer (April/May)	Fall (September)
10th Trimester - 2026 NUTR 622 Advanced Biochem., Pathophys., & Assessment 3 NUTR 654c Clinic I 1.5 <i>OR</i> NUTR 656c Clinical Strategies in Nutrition Care 1.5 * Complete ServSafe Manager Training <i>Can complete on campus by registering for NUTR001</i> Trimester credits 4.5 Total credits 53.5	11th Trimester - 2026 HRB 624 Applied Herbalism in Clinical Practice 3 NUTR 654d Clinic II 1.5 <i>OR</i> NUTR 656d Clinical Strategies in Nutrition Care 1.5 NUTR 6EXI Nutrition MSNIH Comprehensive Exam 0 Trimester credits 4.5 Total credits 58	

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* ServSafe Manager training must be completed prior to NUTR686 Cooking with Whole Foods Lab VI, NUTR691c Practicum I, or before applying for graduation.

Continued from page 2

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Master of Science in Nutrition & Integrative Health Herbal Medicine AOC CURRICULUM COURSE LIST BY DEPARTMENT

Entering Class Spring 2023

Can be completed in eight trimesters

Name _____
ID# _____

Core Curriculum 29 cr

Nutrition 10 cr		
NUTR 601	Redefining Nutrition	1 cr
NUTR 612	Human Nutrition II: Micronutrients	3 cr
NUTR 614	Human Nutrition I: Macronutrients	2 cr
NUTR 641	Life Cycle Nutrition	3 cr
NUTR 681	Cooking with Whole Foods Lab I	0.5 cr
NUTR 682	Cooking with Whole Foods Lab II	0.5 cr
Additional Cooking Labs 1 cr		
<i>Choose two courses:</i>		
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
Research 3 cr		
RSCH 601	Research Literacy in Integrative Health	3 cr

Integrative Health Education 1.5 cr		
IHED 637	Principles and Practice of Health Behavior and Self-Care	1.5 cr
Integrative Sciences 13.5 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
ISCI 647b	Physiology II: Movement Away from Health	3 cr
Non-Academic Requirements 0 cr		
NUTR 001	SERVSAFE	0 cr
NUTR 6EXI	Nutrition MSNIH Comprehensive Exam	0 cr
MUIH 500	University Orientation for New Students	0 cr
MUIH 550	Academic Research & Scholarship	0 cr
—	3 Visits with a Nutritionist	0 cr

Herbal Medicine AOC Curriculum 29 cr

Herbal Studies 15 cr		
HRB 600	Foundations of Herbal Medicine	3 cr
HRB 605	Materia Medica	3 cr
HRB 622	Herbal Pharmacy	3 cr
HRB 624	Applied Herbalism in Clinical Practice	3 cr
HRB 641	Safety of Botanical Medicine	3 cr

Nutrition 14 cr		
NUTR 622	Advanced Biochemistry, Pathophysiology, & Assessment	3 cr
NUTR 635	Applied Clinical Nutrition I	2 cr
NUTR 636	Applied Clinical Nutrition II	2 cr
NUTR 651a	Clinical Skills I	2 cr
NUTR 651b	Clinical Skills II	2 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

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Page 4 of 4

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