



# Master of Science in Nutrition & Integrative Health

## Human Clinical Nutrition AOC

### PLAN OF STUDY

Entering Class Summer 2021

**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 - 2021</b><br>ISCI 522 Foundations of Organic Chemistry 3<br>ISCI 547a Physiology I: Healthy Function 3<br>ISCI 631 Introduction to Complementary & Integrative Health 1.5<br><br>NUTR 681 Cooking with Whole Foods Lab I 0.5<br>MUIH 550 Academic Research & Scholarship 0<br><br>Trimester credits 8<br>Total credits 8 | <b>2nd Trimester - 2021</b><br>IHED 637 Principles & Practice of Health Behavior & Self- 1.5<br>ISCI 626 Nutritional Biochemistry 3<br>NUTR 601 Redefining Nutrition 1<br><br>NUTR 614 Human Nutrition I: Macronutrients 2<br>NUTR 682 Cooking with Whole Foods Lab II 0.5<br><br>Trimester credits 8<br>Total credits 16                                                           |
| <b>3rd Trimester - 2022</b><br>ISCI 647b Physiology II: Movement Away from Health 3<br>RSCH 601 Research Literacy in Integrative Health 3<br>NUTR 612 Human Nutrition II: Micronutrients 3<br>NUTR ____ Additional Cooking Lab 0.5<br><i>or during another trimester that works with your schedule</i><br><br>Complete 3 Visits with a Nutritionist<br><br>Trimester credits 9.5<br>Total credits 25.5 | <b>4th Trimester - 2022</b><br>NUTR 635 Applied Clinical Nutrition I 2<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 7.5<br>Total credits 33                                    | <b>5th Trimester - 2022</b><br>NUTR 636 Applied Clinical Nutrition II 2<br>NUTR 651b Clinical Skills II 2<br>NUTR 654c Clinic I 1.5<br>OR<br>NUTR 656c Clinical Strategies in Nutrition Care I 1.5<br>____ ____ Elective 3<br><br>Complete ServSafe Manager Training<br><i>Can complete on campus by registering for NUTR001</i><br><br>Trimester credits 8.5<br>Total credits 41.5 |
| <b>6th Trimester - 2023</b><br>NUTR 622 Advanced Biochem, Pathophys, & Assessment 3<br>NUTR 672 Mindful Eating and Nourishment 2<br>NUTR 654d Clinic II 1.5<br>OR<br>NUTR 656d Clinical Strategies in Nutrition Care II 1.5<br>NUTR 6EXI Nutrition MSNIH Comprehensive Exam 0<br>____ ____ Elective 2<br><br>Trimester credits 8.5<br>Total credits 50                                                 |                                                                                                                                                                                                                                                                                                                                            |                                                                                                                                                                                                                                                                                                                                                                                     |

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.



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| Spring (January)                                                                                                                                                                                                                                                                                                                                                 | Summer (April/May)                                                                                                                                                                                                                                                                                              | Fall (September)                                                                                                                                                                                                                                                                                                                                                                          |
|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
|                                                                                                                                                                                                                                                                                                                                                                  | <b><u>1st Trimester - 2021</u></b><br>ISCI 547a Physiology I: Healthy Function 3<br>ISCI 631 Introduction to Complementary & Integrative Hlth 1.5<br>NUTR 681 Cooking with Whole Foods Lab I 0.5<br>MUIH 550 Academic Research & Scholarship 0<br><br><div>Trimester credits 5</div> <div>Total credits 5</div> | <b><u>2nd Trimester - 2021</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><div>Trimester credits 6</div> <div>Total credits 11</div>                                                                                 |
| <b><u>3rd Trimester - 2022</u></b><br>ISCI 626 Nutritional Biochemistry 3<br>NUTR 614 Human Nutrition I: Macronutrients 2<br><br><div>Trimester credits 5</div> <div>Total credits 16</div>                                                                                                                                                                      | <b><u>4th Trimester - 2022</u></b><br>ISCI 647b Physiology II: Movement Away from Health 3<br>NUTR 612 Human Nutrition II: Micronutrients 3<br><br><div>Trimester credits 6</div> <div>Total credits 22</div>                                                                                                   | <b><u>5th Trimester - 2022</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><div>Trimester credits 5.5</div> <div>Total credits 27.5</div>                                                                                                  |
| <b><u>6th Trimester - 2023</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 3 Visits with a Nutritionist<br><br><div>Trimester credits 5.5</div> <div>Total credits 33</div> | <b><u>7th Trimester - 2023</u></b><br>NUTR 636 Applied Clinical Nutrition II 2<br>NUTR 651b Clinical Skills II 2<br>____ ____ Elective 2<br><br><div>Trimester credits 6</div> <div>Total credits 39</div>                                                                                                      | <b><u>8th Trimester - 2023</u></b><br>NUTR 622 Advanced Biochem, Pathophys, & Assessment 3<br>NUTR 654c Clinic I 1.5<br>OR<br>NUTR 656c Clinical Strategies in Nutrition Care I 1.5<br>____ ____ Elective 1<br><br>* Complete ServSafe Manager Training<br><i>Can complete on campus by registering for NUTR001</i><br><br><div>Trimester credits 5.5</div> <div>Total credits 44.5</div> |

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**Credits Required for Degree Completion: 50**

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**Online, On Campus, or Hybrid**

Date last revised: 12/9/20





# Master of Science in Nutrition & Integrative Health

## Human Clinical Nutrition AOC

### CURRICULUM COURSE LIST BY DEPARTMENT

Entering Class Summer 2021

Can be completed in six 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

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 | _____ |

#### 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

|           |                                    |      |       |
|-----------|------------------------------------|------|-------|
| NUTR 001  | SERVSAFE                           | 0 cr | _____ |
| NUTR 6EXI | Nutrition MSNIH Comprehensive Exam | 0 cr | _____ |
| MUIH 550  | Academic Research & Scholarship    | 0 cr | _____ |
| _____     | 3 Visits with a Nutritionist       | 0 cr | _____ |

#### Human Clinical Nutrition AOC Curriculum

21 cr

| Nutrition |                                                      |        | 16 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<br>OR                                       | 1.5 cr | _____ |
| NUTR 656c | Clinical Strategies in Nutrition Care I              | 1.5 cr | _____ |
| NUTR 654d | Clinic II<br>OR                                      | 1.5 cr | _____ |
| NUTR 656d | Clinical Strategies in Nutrition Care II             | 1.5 cr | _____ |
| NUTR 672  | Mindful Eating & Nourishment                         | 2 cr   | _____ |

#### Electives\*

5 cr

Choose courses from the list below.

|         |                                  |      |       |
|---------|----------------------------------|------|-------|
| APP 606 | Becoming a Healing Presence      | 3 cr | _____ |
| APP 607 | Introduction to Healing Presence | 1 cr | _____ |
| HRB 600 | Fundamentals of Herbal Medicine  | 3 cr | _____ |
| HRB 605 | Materia Medica                   | 3 cr | _____ |
| HRB 622 | Herbal Pharmacy                  | 3 cr | _____ |

#### Electives (continued)

5 cr

|          |                                                      |      |       |
|----------|------------------------------------------------------|------|-------|
| HRB 633  | Medicinal Plants and Cultures                        | 2 cr | _____ |
| IHED 615 | Health Promotion Administration, Management, and RD  | 3 cr | _____ |
| IHED 621 | Communication Strategies in Health                   | 3 cr | _____ |
| IHED 610 | Fundamentals of Health Education and Health Behavior | 3 cr | _____ |
| IHM 620  | Marketing for Health & Wellness Professionals        | 1 cr | _____ |
| IHM 665  | Practice Management for Nutrition                    | 1 cr | _____ |
| ISCI 615 | Mind Body Science                                    | 3 cr | _____ |
| NUTR 625 | Introduction to Nutritional Genomics                 | 1 cr | _____ |
| NUTR 634 | Diabetes Education: An Integrative Approach          | 1 cr | _____ |
| NUTR 637 | Nutrition and Digestive Health                       | 1 cr | _____ |
| NUTR 643 | Public Health Nutrition                              | 2 cr | _____ |
| NUTR 663 | Sports Nutrition                                     | 1 cr | _____ |
| NUTR 664 | Food Systems & Policy                                | 2 cr | _____ |
| NUTR 665 | The Dynamics of Food & Healing                       | 1 cr | _____ |
| NUTR 668 | Culinary Herbs in the Kitchen & Beyond               | 1 cr | _____ |
| NUTR 671 | Food and Culture                                     | 1 cr | _____ |
| NUTR 675 | Chinese Nutrition Therapy                            | 2 cr | _____ |
| NUTR 722 | Advanced Laboratory Assessment                       | 2 cr | _____ |

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Electives may have prerequisites outside of your required courses.

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