



Master of Science in Nutrition & Integrative Health

Human Clinical Nutrition AOC

PLAN OF STUDY

Entering Class Summer 2022

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 - 2022 ISCI 522 Foundations of Organic Chemistry 3 ISCI 547a Physiology I: Healthy Function 3 ISCI 631 Introduction to Complementary & Integrative Health 1.5 NUTR 681 Cooking with Whole Foods Lab I 0.5 MUIH 550 Academic Research & Scholarship 0 Trimester credits 8 Total credits 8	2nd Trimester - 2022 IHED 637 Principles & Practice of Health Behavior & Self- 1.5 ISCI 626 Nutritional Biochemistry 3 NUTR 601 Redefining Nutrition 1 NUTR 614 Human Nutrition I: Macronutrients 2 NUTR 682 Cooking with Whole Foods Lab II 0.5 Trimester credits 8 Total credits 16
3rd Trimester - 2023 ISCI 647b Physiology II: Movement Away from Health 3 RSCH 601 Research Literacy in Integrative Health 3 NUTR 612 Human Nutrition II: Micronutrients 3 NUTR ____ Additional Cooking Lab 0.5 <i>or during another trimester that works with your schedule</i> Complete 3 Visits with a Nutritionist Trimester credits 9.5 Total credits 25.5	4th Trimester - 2023 NUTR 635 Applied Clinical Nutrition I 2 NUTR 641 Life Cycle Nutrition 3 NUTR 651a Clinical Skills I 2 NUTR ____ Additional Cooking Lab 0.5 <i>or during another trimester that works with your schedule</i> Trimester credits 7.5 Total credits 33	5th Trimester - 2023 NUTR 636 Applied Clinical Nutrition II 2 NUTR 651b Clinical Skills II 2 NUTR 654c Clinic I 1.5 OR NUTR 656c Clinical Strategies in Nutrition Care I 1.5 ____ Elective 3 Complete ServSafe Manager Training <i>Can complete on campus by registering for NUTR001</i> Trimester credits 8.5 Total credits 41.5
6th Trimester - 2024 NUTR 622 Advanced Biochem, Pathophys, & Assessment 3 NUTR 672 Mindful Eating and Nourishment 2 NUTR 654d Clinic II 1.5 OR NUTR 656d Clinical Strategies in Nutrition Care II 1.5 NUTR 6EXI Nutrition MSNIH Comprehensive Exam 0 ____ Elective 2 Trimester credits 8.5 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)
	1st Trimester - 2022 ISCI 547a Physiology I: Healthy Function 3 ISCI 631 Introduction to Complementary & Integrative Hlth 1.5 NUTR 681 Cooking with Whole Foods Lab I 0.5 MUIH 550 Academic Research & Scholarship 0 Trimester credits 5 Total credits 5	2nd Trimester - 2022 IHED 637 Principles & Practice of Hlth Behavior & Self-Care 1.5 ISCI 522 Foundations of Organic Chemistry 3 NUTR 601 Redefining Nutrition 1 NUTR 682 Cooking with Whole Foods Lab II 0.5 Trimester credits 6 Total credits 11
3rd Trimester - 2023 ISCI 626 Nutritional Biochemistry 3 NUTR 614 Human Nutrition I: Macronutrients 2 Trimester credits 5 Total credits 16	4th Trimester - 2023 ISCI 647b Physiology II: Movement Away from Health 3 NUTR 612 Human Nutrition II: Micronutrients 3 Trimester credits 6 Total credits 22	5th Trimester - 2023 NUTR 641 Life Cycle Nutrition 3 NUTR 651a Clinical Skills I 2 NUTR ____ Additional Cooking Lab 0.5 <i>or during another trimester that works with your schedule</i> Trimester credits 5.5 Total credits 27.5
6th Trimester - 2024 RSCH 601 Research Literacy in Integrative Health 3 NUTR 635 Applied Clinical Nutrition I 2 NUTR ____ Additional Cooking Lab 0.5 <i>or during another trimester that works with your schedule</i> Complete 3 Visits with a Nutritionist Trimester credits 5.5 Total credits 33	7th Trimester - 2024 NUTR 636 Applied Clinical Nutrition II 2 NUTR 651b Clinical Skills II 2 ____ ____ Elective 2 Trimester credits 6 Total credits 39	8th Trimester - 2024 NUTR 622 Advanced Biochem, Pathophys, & Assessment 3 NUTR 654c Clinic I 1.5 OR NUTR 656c Clinical Strategies in Nutrition Care I 1.5 ____ ____ Elective 1 * Complete ServSafe Manager Training <i>Can complete on campus by registering for NUTR001</i> Trimester credits 5.5 Total credits 44.5

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Credits Required for Degree Completion: 50

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Online or Hybrid

Date last revised: 1/5/2022



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Spring (January)			Summer (April/May)			Fall (September)		
<u>9th Trimester - 2025</u>								
NUTR 654d	Clinic II	1.5						
<i>OR</i>								
NUTR 656d	Clinical Strategies in Nutrition Care II	1.5						
NUTR 672	Mindful Eating and Nourishment	2						
NUTR 6EXI	Nutrition MSNIH Comprehensive Exam	0						
_____	_____ Elective	2						
Trimester credits		5.5						
Total credits		50						

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CURRICULUM COURSE LIST BY DEPARTMENT

Entering Class Summer 2022

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	
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Integrative Health Education 1.5 cr

IHED 637	Principles and Practice of Health Behavior and Self-Care	1.5 cr	
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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 OR	1.5 cr	
NUTR 656c	Clinical Strategies in Nutrition Care I	1.5 cr	
NUTR 654d	Clinic II 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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