

## Masters of Science in Nutrition and Human Performance 2022-2023 Academic Degree Plan

Student Name:

Date:

| <b>Core Courses (24 credit hours)</b>                                    | <b>Credit</b>        | <b>Term &amp; Year</b> |
|--|----------------------|------------------------|
| NUTR 05202 Lifecycle Nutrition   | 3                    |                        |
| NUTR 06201 Nutritional Science   | 3                    |                        |
| NUTR 06104 Clinical Nutrition in Human Systems I (Pre-req NUTR06201)     | 3                    |                        |
| NUTR 06202 Clinical Nutrition in Human Systems II (Pre-req NUTR06104)    | 3                    |                        |
| NUTR 06102 Natural Therapies: Herbology and Detox                        | 3                    |                        |
| NUTR 05301 Nutrigenetics and Nutrigenomics                               | 3                    |                        |
| RMET05101 Research Methods in Healthcare                                 | 3                    |                        |
| NUTR 06204 Nutrition Epidemiology & Health Promotion (Pre-req NUTR06104) | 3                    |                        |
|  | <b>Total Credits</b> |                        |

### ***Choose one of the Following Listed Tracks:***

| <b>Integrative Nutrition &amp; Practice (13 credit hours) (DC)</b>                         | <b>Credit</b>        | <b>Term &amp; Year</b> |
|--|----------------------|------------------------|
| IDIS20501 Internal Disorders I   | 4                    |                        |
| PSYH30701 Clinical Psychology  | 3                    |                        |
| NUTR 05104 Gut Microbiome, Nutrition, & Behavior   | 3                    |                        |
| CAPS 08105 Professional Track (must be taken DC Tri 10 or after its successful completion) | 3                    |                        |
|  | <b>Total Credits</b> |                        |
| <b>Integrative Nutrition &amp; Practice ( 15 credit hours) (Other Professional Degree)</b> | <b>Credit</b>        | <b>Term &amp; Year</b> |
| Course Transfer #1   | 3                    |                        |
| Course Transfer #2   | 3                    |                        |
| Course Transfer #3   | 3                    |                        |
| NUTR 05104 Gut Microbiome, Nutrition, & Behavior   | 3                    |                        |
| CAPS 08105 Professional Track  | 3                    |                        |
|  | <b>Total Credits</b> |                        |
| <b>Health Education &amp; Promotion (12-15 credit hours)</b>                               | <b>Credit</b>        | <b>Term &amp; Year</b> |
| HLTS 06103 Program Planning & Assessment   | 3                    |                        |
| HLTS 06101 Health Education Concepts & Theories  | 3                    |                        |
| HLTS 06102 Media, Technology, & Public Health/<br>HLTS06106 Health Policy                  | 3                    |                        |
| NUTR 08103 Thesis (3) & MATH 06101 Statistics (3) or                                       | 6                    |                        |
| NUTR 08101 Internship <b>OR</b>  | 6                    |                        |
| CAPS 08105 Professional Track  | 3                    |                        |
|  | <b>Total Credits</b> |                        |

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| <b>Nutritional Wellness - <u>CHOOSE 3 courses plus the applicable Capstone (12-15 credit hours)</u></b> | Credit               | Term & Year |
|---|----------------------|-------------|
| NUTR 05103 Nutrition & Physical Performance   | 3                    |             |
| NUTR 05201 Survey of Sustainable Food Systems   | 3                    |             |
| HLTS 06103 Program Planning & Assessment  | 3                    |             |
| NUTR 06203 Nutrition in Pain and Inflammation   | 3                    |             |
| NUTR 06301 Geriatric Nutrition  | 3                    |             |
| NUTR 05104 Gut Microbiome, Nutrition, & Behavior  | 3                    |             |
| NUTR 08103 Thesis (3) & MATH 06101 Statistics (3) or  | 6                    |             |
| NUTR 08101 Internship <b><u>or</u></b>  | 6                    |             |
| CAPS 08105 Professional Track   | 3                    |             |
|   | <b>Total Credits</b> |             |

| <b>Sports &amp; Fitness Nutrition - <u>CHOOSE 3 courses plus the applicable Capstone (12-15 credit hours)</u></b> | Credit               | Term & Year |
|---|----------------------|-------------|
| NUTR 05103 Nutrition & Physical Performance   | 3                    |             |
| PSYH 06202 Psychology of the Athlete  | 3                    |             |
| NUTR 06101 Nutritional Assessment of Athletes   | 3                    |             |
| NUTR 06203 Nutrition in Pain and Inflammation   | 3                    |             |
| NUTR 05104 Gut Microbiome, Nutrition, & Behavior  | 3                    |             |
| NUTR 08103 Thesis (3) & MATH 06101 Statistics (3) or  | 6                    |             |
| NUTR 08101 Internship <b><u>or</u></b>  | 6                    |             |
| CAPS 08105 Professional Track   | 3                    |             |
|   | <b>Total Credits</b> |             |

Student Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Advisor Signature: \_\_\_\_\_ Date: \_\_\_\_\_

\*Director Signature: \_\_\_\_\_ Date: \_\_\_\_\_

\*Director signature only required for approval of courses not on the standard ADP