

Master of Science in Nutrition and Human Performance

2025-2026 Academic Degree Plan

Student Name: _____ Date: _____

Program Total Credit Hour Requirements = 36-39

Core Courses (24 credit hours)	Credit(s)	Term & Year
NUTR 05202 Lifecycle Nutrition	3	
NUTR 06201 Nutritional Science	3	
NUTR 06102 Natural Therapies: Herbology and Detox	3	
NUTR 06104 Clinical Nutrition in Human Systems I (pre-req NUTR 06201)	3	
NUTR 06202 Clinical Nutrition in Human Systems II (pre-req NUTR 06104)	3	
NUTR 05301 Nutrigenetics and Nutrigenomics	3	
RMET 05101 Research Methods in Healthcare	3	
NUTR 06204 Nutrition Epidemiology & Health Promotion (pre-req NUTR 06104)	3	
Total Credits	24	

Choose one of the Following Listed Tracks:

Integrative Nutrition & Practice (13 credit hours) (DC)	Credit	Term & Year
IDIS20501 Internal Disorders I	4	
PSYH30701 Clinical Psychology	3	
NUTR 05104 Gut Microbiome, Nutrition, & Behavior	3	
CAPS 08105 Nutrition Capstone (must be taken DC Tri 10 or after its successful completion)	3	
Total Credits	13	

Integrative Nutrition & Practice (15 credit hours) (Other Professional Degree)	Credit	Term & Year
Course Transfer #1 Pending PD Approval	3	
Course Transfer #2 Pending PD Approval	3	
Course Transfer #3 Pending PD Approval	3	
NUTR 05104 Gut Microbiome, Nutrition, & Behavior	3	
CAPS 08105 Nutrition Capstone	3	
Total Credits		15

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

Sports & Fitness Nutrition - CHOOSE 3 courses plus the applicable Capstone (12-15 credit hours)	Credit	Term & Year
NUTR 05104 Gut Microbiome, Nutrition, & Behavior	3	
NUTR 05103 Nutrition & Physical Performance	3	
NUTR 06203 Nutrition in Pain and Inflammation	3	
NUTR 06101 Nutritional Assessment of Athletes	3	
PYSCH 06202 Psychology of the Athlete	3	
CAPS 08105 Nutrition Capstone	3	
NUTR 08103 Thesis	3	
NUTR 08101 Internship	6	
Total Credits		

Student Signature: _____ Date: _____

Advisor Signature: _____ Date: _____

*Director Signature: _____ Date: _____

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