

BASTYR UNIVERSITY: MASTER OF SCIENCE IN NUTRITION FOR WELLNESS

2014-15

Entering students must have a bachelor's degree and must have completed the following courses or their equivalent:

College-level algebra or pre-calculus	one course
Introductory Psychology	one course
Human Physiology (upper level)*	one course
Chemistry (science major level with lab)	three courses (to include at least one organic chemistry course)
Biochemistry	one course (upper-division, must cover intermediary metabolism)
Nutrition	one course (to include macro& micronutrients, lifecycle and physical activity)
Microbiology (upper level)	one course

*A full anatomy and physiology series will meet this requirement.

Note: Science courses must have been taken within seven years of program start.

<u>YEAR ONE</u>	<u>Credits</u>	<u>Cat. No.</u>	<u>Course</u>
Fall 14 (14 cdt)	3	BC5118	Disease Processes 1
	3	TR5104	Research Methods in Health Sciences
	5	TR5120	Advanced Nutrition: Macronutrients (hybrid/online)
	3	TR5136	Nutrition in the Life Cycle (hybrid/online course)
Winter 15 (13 cdt)	2	BC5132	Disease Processes 2
	5	TR5124	Advanced Nutrition: Micronutrients (hybrid/online)
	3	PS5111	Fundamentals of Motivation & Behavior Change
	3	TR5101	Whole Foods Production
Spring 15 (15 cdt)	3	TR5140	Advanced Nutrition: Bioactive Compounds in Foods (hybrid/online)
	3	TR5105	Nutrition Analysis & Assessment
	4	TR5100	Biostatistics
	3	TR5109	Writing About Food and Nutrition
	2	TR5110	Food in Disease Prevention & Management
YEAR TWO	Credits	Cat. No.	Course
Fall 15 (15 cdt)	2	TR3141	Therapeutic Cooking I: Maintaining Health
	2	TR3152	Cooking Demonstration
	5	TR5115	Food Science
	2	TR6111	Contemporary Nutrition: Global and Ecological Issues (hybrid/online)
	3	EX6101	Physical Activity for Health
	1	TR6119	Nutrition Program Capstone Seminar 1
Winter 16 (13 cdt)	2	TR3142	Therapeutic Cooking 2: Illness & Recovery
	4	TR6100	Nutritional Supplementation (hybrid/online)
	3	TR6122	Contemporary Nutrition: Community and Culture
	3	TR6108	Developing & Evaluating Nutrition Programs
	1	TR6120	Nutrition Program Capstone Seminar 2
Spring 16 (11 cdt)	3	TR6118	Leadership & Business Management (hybrid/online)
	3	TR6121	Nutrition Program Capstone & Presentation
	3	TR6133	Contemporary Nutrition: Public Health
	2	TR6109	Food & Nutrition in Health Systems

M.S. program credits, Nutrition for Wellness Track: 81 Total

NOTE: Course scheduling is based upon the above sequence of courses. Students should be aware that if they go out-of-sequence with one or more courses, the Nutrition Program cannot guarantee that they will not experience a schedule conflict at a later date. This could potentially result in delays in completing the program.