

# SCHOOL OF NATURAL HEALTH ARTS AND SCIENCES

## ADMINISTRATORS OF THE SCHOOL OF NATURAL HEALTH ARTS AND SCIENCES

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Kay Hwang, Program Coordinator, Simkin Center for Allied Birth Vocations

The School of Natural Health Arts and Sciences is comprised of the Department of Basic Sciences, Department of Counseling and Health Psychology, Department of Nutrition and Exercise Science, Department of Midwifery, Simkin Center for Allied Birth Vocations, Laboratory Services, and the Cadaver Anatomy program.

*The mission of the School of Natural Health Arts and Sciences is to facilitate the development of a scientific foundation for students to investigate the individual and the natural world. We inspire students to reach their full potential in education, research and health care.*

*The vision of the School of Natural Health Arts and Sciences is to produce leaders in the art and science of natural health through the development of relevant and innovative programs that build on a foundation of science and integrate mind, body and spirit.*

The core values of the School of Natural Health Arts and Sciences are:

- To practice critical and integrative thinking.
- To honor and celebrate diversity.

- To promote professional ethics and behavior.
- To communicate respectfully.
- To foster a lifelong quest for knowledge.
- To pursue excellence.

The Department of Basic Sciences offers a Bachelor of Science with a Major in Integrated Human Biology. The department also provides science curriculum for most graduate and undergraduate programs. It also houses the University's Laboratory Services and the Cadaver Anatomy program. The courses offered by this department emphasize the scientific knowledge required for success in each of these programs.

The Department of Counseling and Health Psychology offers a Master of Arts degree in Counseling Psychology and a Bachelor of Science with a Major in Health Psychology with tracks in either health psychology and human biology or general health psychology. The department also provides coursework and training for the Master of Science in Nutrition and Clinical Health Psychology (see page 56 for details), and counseling coursework and training for the Department of Naturopathic Medicine and the Department of Acupuncture and Oriental Medicine.

The Department of Nutrition and Exercise Science offers a Bachelor of Science degree with Majors in Nutrition, Nutrition and Exercise Science, Exercise Science and Wellness, and Nutrition and Culinary Arts. In conjunction with the Bachelor of Science with a Major in Nutrition, the department offers a Didactic Program in Dietetics (DPD) that meets Accreditation Council for Nutrition and Dietetics (ACEND) academic requirements leading to eligibility to apply for a dietetic internship. There are three Master of Science offerings in the Department of Nutrition and Exercise Science: the Master of Science in Nutrition (Traditional), the Master of Science in Nutrition with Didactic Program in Dietetics (DPD), and the Master of Science in Nutrition and Clinical Health Psychology (CHP). The Dietetic Internship, based on ACEND's standards of education, is offered to provide performance requirements for entry-level dietitians through supervised practice. The department also provides coursework for students in the School of Naturopathic Medicine and the Department of Acupuncture and Oriental Medicine.

The Department of Midwifery offers a Master of Science degree in Midwifery and a combined

Bachelor/Master of Science degree in Midwifery using a low-residency model. The mission of the Department of Midwifery is to educate and inspire leaders in the profession of midwifery.

## DEPARTMENT OF BASIC SCIENCES

The Department of Basic Sciences offers a Bachelor of Science with a Major in Integrated Human Biology. The department also provides courses for most of Bastyr University's programs. The basic sciences curriculum is designed to meet the specific competencies and learning objectives within each program.

*The basic sciences department's mission is to promote an optimal learning environment in which Bastyr University students can develop a strong foundation of knowledge and skills that will serve their continued development in their chosen fields of endeavor.*

The basic sciences faculty encourages and expects students to advance beyond the simple learning of scientific facts and to systematically integrate the information from basic science disciplines into a unified model of human organization and function. This educational scheme requires students to assume an active role in the learning process and encourages them to adopt this inquisitive behavior for a lifetime. Problem solving, clinical cases and examples are an integral part of the basic science curriculum. This educational process is an expression of Bastyr University's basic philosophy of a holistic approach to human behavior, health and therapeutics. The basic sciences faculty encourages students to become totally absorbed in an integrated approach to learning and understanding. Instructors are readily available to facilitate this process on an individual basis.

## BACHELOR OF SCIENCE WITH A MAJOR IN INTEGRATED HUMAN BIOLOGY

The innovative integrated human biology program is designed to connect concepts from physiology, anatomy, cell biology and genetics, rather than separating the concepts into courses by discipline. This distinct approach allows students to achieve a unified understanding of the structure and function of the human body. The curriculum encourages both individual and collaborative learning and fosters the development of communication

skills. The program emphasizes scientific process and research skills through inquiry-based labs and research-methods courses. Interested students will also have an opportunity to work with a faculty mentor to complete an original research project. Students may also take elective coursework in psychology, nutrition, herbal sciences and other disciplines that provide a broad perspective on human health.

The integrated human biology degree provides a firm foundation in biological science and fosters the development of critical thinking skills that are an excellent foundation for careers in medicine and research.

### ADMISSION

For general information on the admissions process, please refer to the Admissions section in this catalog. The information below refers only to the Bachelor of Science with a Major in Integrated Human Biology.

### PREREQUISITES

Entering undergraduates must have at least a 2.75 cumulative GPA with a grade of C or better in basic proficiency and science requirement courses. Prior to enrolling, students must have completed 90 quarter credits (60 semester credits), including a minimum number of credits in specific proficiencies and general education requirements. Students may apply to the program while completing prerequisite coursework. Students who have not completed all the prerequisites may not be eligible to take some courses.

### BASIC PROFICIENCY AND SCIENCE REQUIREMENTS

English .....	9 quarter credits
Mathematics (through precalculus) .....	4 quarter credits
Psychology .....	3 quarter credits
General Biology (science-major level with labs).....	4 quarter credits
General Chemistry (science-major level with labs)...	8 quarter credits

### GENERAL EDUCATION REQUIREMENTS

Arts and Humanities .....	15 quarter credits
Social Sciences .....	15 quarter credits
Speech Communication or Public Speaking .....	3 quarter credits
Natural Sciences .....	12 quarter credits
Electives.....	17 quarter credits

Total .....90 credits  
 Total prerequisite credits must equal at least 90 quarter credits. Ten credits of organic chemistry are recommended for students planning to apply to allopathic medical schools. The number of elective credits may vary depending upon other coursework.

## EXPECTED LEARNING OUTCOMES

- Demonstrate understanding of the scientific process and describe how scientific knowledge is developed and supported
- Use mathematics and quantitative reasoning appropriately to describe or analyze natural phenomena
- Demonstrate understanding of basic physical principles and apply these principles to living systems
- Demonstrate understanding of basic principles of chemistry and apply these principles to living systems
- Demonstrate knowledge of how biological molecules contribute to the structure and function of cells
- Demonstrate an understanding of the link between structure and function at all levels within a living organism: molecular, microscopic, and macroscopic
- Explain how internal environments are maintained in the face of changing external environments
- Demonstrate an understanding of the theory of evolution by natural selection
- Demonstrate an understanding of the biological basis for human behavior
- Demonstrate an understanding of the connection between the human organism and the biosphere as a whole

## GRADUATION REQUIREMENTS

Upper-division Bachelor of Science students enrolled at Bastyr University must complete a minimum of 180 credits (inclusive of credits transferred into Bastyr). To graduate, Bachelor of Science students must have a minimum 2.0 grade point average with a minimum of 45 credits in residence at Bastyr University.

**The curriculum tables that follow list the tentative schedule of courses each quarter. Next to each course are the number of credits per course (Crdt.), the lecture hours each week (Lec.) and the lab/clinic hours each week (L/C).**

## BACHELOR OF SCIENCE WITH A MAJOR IN INTEGRATED HUMAN BIOLOGY 2013-2014

## JUNIOR YEAR (YEAR I)

Qtr.	Cat. No.	Course Title	Crdt.	Lec.	L/C
F	BC3123	Organic Chemistry Lec/Lab <sup>1</sup>	6	5	2
	BC3139	Human Biology Seminar	2	2	0
	BC3145	Physics 1 Lec/Lab	4	3	2
	IS3111	Interdisciplinary Experiences in Natural Health Arts & Sciences 1	1	1	0
		Programmatic Electives <sup>2</sup>	3	3	0
		Quarterly Totals	16	14	4
W	BC3144	Integrated Biochemistry and Cell Biology Lec/Lab	6	4	4
	BC3146	Physics 2 Lec/Lab	4	3	2
	BC3148	Research Methods in Human Biology 1	3	3	0
		Quarterly Totals	13	10	6
Sp	BC3149	Research Methods in Human Biology 2	3	3	0
	BC3150	Biophysics 1	1	1	0
	BC3151	Integrated Human Biology 1 Lec/Lab	6	4	4
	BC4116	Bioethics	3	3	0
		Quarterly Totals	13	11	4

## SENIOR YEAR (YEAR II)

Qtr.	Cat. No.	Course Title	Crdt.	Lec.	L/C
F	BC3152	Integrated Human Biology 2 Lec/Lab	6	4	4
	BC4100	Microbiology Lec/Lab	4	3	2
	BC4108	Biophysics 2	1	1	0
	BC4119	Introduction to Research Proposals	2	2	0
		Advanced Programmatic Electives <sup>3</sup>	3	3	0
		Quarterly Totals	16	13	6
W	BC4135	Biophysics 3	1	1	0
	BC4153	Integrated Human Biology 3 Lec/Lab	6	4	4
	BC4161	Advanced Cell & Molecular Biology	4	4	0
		Advanced Programmatic Electives <sup>3</sup>	5	5	0
		Quarterly Totals	16	14	4
Sp		Advanced Programmatic Electives <sup>3</sup>	16	16	0
		Quarterly Totals	16	16	0

<sup>1</sup>This course will be waived for students who have previously taken 10 hours of Organic Chemistry. Students who plan to apply to allopathic medical schools should take the two-quarter organic sequence offered in summer.

<sup>2,3</sup>See lists that follow this curriculum table.

<sup>2</sup>Programmatic Electives\*

BC3113	Living Anatomy
BO3108	Introduction to Herbal Sciences
PS3114	Developmental Psychology
PS3123	Health Psychology 1
PS3126	Psychology of Personality
PS3129	Abnormal Psychology
TR3111	Nutrition Throughout Life

<sup>3</sup>Advanced Programmatic Electives\*

BC9104	Immunology
BC9106	Human Biology & Toxicology
BC9107	Virology
BC9108	Pathophysiology
BC9112	Advanced Topics in Human Biology
BC9119	Directed Study Research
BC9801	Internship
EX4100	Physiology of Exercise
TR4107	Advanced Nutrition Principles 1
TR4108	Advanced Nutrition Principles 2

\*Other courses can be taken with approval of program director.

**Total Requirements: BS with a Major in Integrated Human Biology**

	Crdt.	Lec.	L/C <sup>1</sup>
Total Core Course Credits & Hours	63	51	24
Total Programmatic Elective Credits & Hours	3	3	0
Total Advanced Programmatic Elective Credits & Hours	24	24	0
Total Requirements	90	78	24

<sup>1</sup>This is the required number of lab hours, but students may take additional lab courses as advanced electives.

**BASIC SCIENCE COURSES WITHIN OTHER DEPARTMENTS**

Basic science courses within the School of Acupuncture and Oriental Medicine (AOM) include Anatomy and Physiology, Organic Chemistry, Biochemistry, Microbiology, Pathology, and Pharmacology. These courses serve as a foundation for an understanding of the human body and provide students with the necessary skills and competencies to pursue coursework in the School of AOM. In addition, a portion of the AOM Anatomy and Physiology course is taught in Bastyr's cadaver anatomy lab, giving students the unique opportunity to study anatomy in greater depth.

Basic science modules within the naturopathic medicine program provide integration across science disciplines and with clinical coursework. First year basic science modules provide a foundation of core principles in anatomy, histology, embryology, biochemistry and physiology that are integrated in the context of body systems. Second year modules use the systems approach to integrate the principles of pathology, immunology and infectious diseases. Pharmacology is integrated with nutrition and botanical medicine. Throughout the curriculum, science concepts are applied to clinical situations through integrated case discussions. Basic science courses within the herbal sciences program include Anatomy and Physiology, Organic Chemistry, Biochemistry, Microbiology, Pharmacology, and Disease Processes. These courses serve as a foundation for an understanding of the human body and provide students with the necessary skills and competencies to pursue coursework in their chosen field.

Basic science courses within the School of Nutrition and Exercise Science include Anatomy and Physiology, Organic Chemistry, Biochemistry, Microbiology and Disease Processes. (Anatomy/Physiology, Organic Chemistry and Biochemistry are all prerequisite courses for the master's program.)

Basic sciences courses within the clinical health psychology program include Anatomy and Physiology, Living Anatomy, Organic Chemistry, and Biochemistry.

The department also offers science courses that satisfy prerequisite requirements, including courses in General Chemistry, Organic Chemistry and Physics.

**LAB SERVICES**

Laboratory Services provides laboratory set-up and support for all laboratory courses in all academic programs. Laboratory Services also trains TAs and work-study students for academic and research labs and maintains safety oversight of all laboratories.

**CADAVER ANATOMY**

Bastyr University offers a unique opportunity for students and licensed health care practitioners to review anatomy and study the underlying structures of the human body through its Cadaver Anatomy program. Each Cadaver Anatomy course is designed to meet the specific needs of the students attending. There are a variety of options taught by highly experienced, qualified instructors in the Bastyr University cadaver anatomy lab. The course is structured to enhance the student or practitioner's knowledge of anatomy and physiology, as well as kinesiology. Cadaver Anatomy courses specifically benefit students with licensure or who are in training for massage therapy, Roling, physical therapy, yoga, acupuncture, midwifery, sports medicine, rehabilitation medicine, nursing, dental hygiene and allied health care fields.

**PREREQUISITES**

It is highly recommended that the prospective student have preparation in Anatomy and Physiology. For further information contact the cadaver anatomy program director at 425.602.3138.

**CURRICULUM**

In all courses the following topics are discussed and demonstrated in the lab:

- The muscles and structures of the back
- The upper extremity
- The brain and structures of the head and neck
- The thorax and abdomen

**DEPARTMENT OF COUNSELING AND HEALTH PSYCHOLOGY**

The Department of Counseling and Health Psychology offers a Bachelor of Science with a Major in Health Psychology and a Master of Arts in

Counseling Psychology. The department also offers a Master of Science in Nutrition and Clinical Health Psychology, in conjunction with the Department of Nutrition and Exercise Science (for details, see the description under the graduate nutrition program section, page 56), as well as providing coursework and training in counseling for the School of Naturopathic Medicine and the School of Acupuncture and Oriental Medicine.

The Department of Counseling and Health Psychology supports the mission of Bastyr University by providing leadership to enhance the psychological health and well-being of the human community through education, research and community mental health care. Within the study of counseling and health psychology, students apply wellness and preventive approaches to complementary health care practices.

### BACHELOR OF SCIENCE WITH A MAJOR IN HEALTH PSYCHOLOGY

The curriculum in the health psychology program explores the integration of mind, body and spirit. The program is designed to enhance students' capabilities to blend the study of psychology with health, the healing arts, wellness and fitness. This Bachelor of Science (BS) degree also provides a solid undergraduate foundation for pursuing both professional studies and graduate degrees. Graduates are prepared to critically evaluate the scientific literature and to incorporate current research and advances in health psychology as they relate to the fundamental principles of health and healing.

The health psychology track system provides students with options that enable them to tailor their undergraduate experience to meet their needs more fully. Students in the health psychology major enroll in either the health psychology or the psychology and human biology (psychology premed) track. Students in the human biology/premed track have the option of participating in the summer massage training program.

#### EXPECTED LEARNING OUTCOMES

The Bachelor of Science with a Major in Health Psychology program follows the American Psychological Association expected learning outcomes for undergraduate education:

- Knowledge base in psychology
- Research methods
- Critical thinking skills in psychology
- Applications of psychology
- Values in psychology

- Information and technological literacy
- Communication skills oral/written
- Sociocultural and international awareness
- Personal development skills
- Career planning and development
- Understanding of the importance of the biopsychosocial model with emphasis on the topics of stress, coping, social support, health behavior and the role of spirituality in well-being

#### ADMISSION

For general information on the admissions process, please refer to the Admissions section in this catalog. The information below refers only to the Bachelor of Science with a Major in Health Psychology, which has two tracks: general health psychology, and psychology and human biology/psychology premedicine.

#### PREREQUISITES

Entering undergraduates must have at least a 2.75 cumulative GPA with a grade of C or better in basic proficiency and science requirement courses. Prior to enrolling, students must have completed 90 quarter credits (60 semester credits), including a minimum number of credits in specific proficiencies and general education requirements. Students may apply to the program while completing prerequisite coursework.

#### BASIC PROFICIENCY AND SCIENCE REQUIREMENTS

English Literature or Composition.....	9 quarter credits
General Psychology .....	3 quarter credits
College Algebra .....	4 quarter credits
General Biology (with lab) <sup>1</sup> .....	4 quarter credits
General Chemistry (science-major level	
with lab) <sup>2</sup> .....	8 quarter credits

<sup>1</sup>General health psychology will accept Introduction to Biology with lab. Health Psychology and Human Biology requires science-major level with lab

<sup>2</sup>These credits are required for the psychology and human biology track only.

#### GENERAL EDUCATION REQUIREMENTS

Natural Science and Mathematics .....	12 quarter credits
Arts and Humanities .....	15 quarter credits
Social Sciences .....	15 quarter credits
Speech Communication or Public Speaking ...	3 quarter credits
Electives – Basic Track <sup>1</sup> .....	25 quarter credits
Electives – Human Biology Track <sup>1</sup> .....	17 quarter credits

<sup>1</sup>The number of elective credits may vary depending upon the exact number of quarter credits earned in the other prerequisite categories. Total prerequisite credits must equal at least 90 quarter credits.

## GRADUATION REQUIREMENTS

Upper-division BS students enrolled at Bastyr University must complete a minimum of 180 credits (inclusive of credits transferred into Bastyr). To graduate, BS students must have a minimum 2.0 grade point average with a minimum of 45 credits in residence at Bastyr University.

**The curriculum tables that follow list the tentative schedule of courses each quarter. Next to each course are the number of credits per course (Crdt.), the lecture hours each week (Lec.) and the lab/clinic hours each week (L/C). (Students should note that changing tracks may jeopardize finishing their degree program in two years.)**

## BACHELOR OF SCIENCE WITH A MAJOR IN HEALTH PSYCHOLOGY 2013-2014

## JUNIOR YEAR (YEAR I)

Qtr.	Cat. No.	Course Title	Crdt.	Lec.	L/C
F	IS3111	Interdisciplinary Experiences In Natural Health Arts & Sciences 1	1	1	0
	PS3114	Developmental Psychology	4	4	0
	PS3123	Health Psychology 1	4	4	0
	PS3139	Spirituality & Health	3	3	0
	PS4101	Social Psychology	4	4	0
		Quarterly Totals	16	16	0
W	PS3124	Health Psychology 2	4	4	0
	PS3126	Psychology of Personality	4	4	0
	PS3133	Introduction to Statistics	4	3	2
	PS3147	Myth, Ritual & Health	3	3	0
		Quarterly Totals	15	14	2
Sp	PS3129	Abnormal Psychology	4	4	0
	PS3131	Learning, Cognition & Behavior	4	4	0
	PS3134	Research Methods in Psychology	4	4	0
		Quarterly Totals	12	12	0

## SENIOR YEAR (YEAR II)

Qtr.	Cat. No.	Course Title	Crdt.	Lec.	L/C
F	PS4102	Ethical Issues in Psychology	3	3	0
	PS4106	Multicultural Psychology	3	3	0
	PS4117	Experimental Psychology	4	4	0
	PS4126	Research Proposal <sup>1</sup>	(2)	(2)	0
		Quarterly Totals	(12)	(12)	0
W	PS4109	Human Sexuality	3	3	0
	PS4112	Creating Wellness	3	3	0
	PS4128	Research Project <sup>1</sup>	(5)	(5)	0
	PS4149	Psychology & World Religions	5	5	0
		Quarterly Totals	(16)	(16)	0
Sp	PS4124	Biological Psychology	5	5	0
	PS4129	Research Presentation <sup>1</sup>	(3)	(3)	0
	PS4150	Healing: Self, Society & World	3	3	0
		Quarterly Totals	(11)	(11)	0

<sup>1</sup>PS4126, PS4128 and PS4129 are optional.

**Total Requirements: BS with a Major in Health Psychology**

	Crdt.	Lec.	L/C
Total Core Course Credits and Hours	(82)	72 (81)	71 2
Total Elective Credits and Hours	(8)	18 (8)	18 0
Total Requirements	90	89	2

Students interested in graduate study in psychology should complete the Health Psychology track with the research project option.

## BACHELOR OF SCIENCE WITH A MAJOR IN HEALTH PSYCHOLOGY, HUMAN BIOLOGY/PRE-MED TRACK 2013-2014

## JUNIOR YEAR (YEAR I)

Qtr.	Cat. No.	Course Title	Crdt.	Lec.	L/C
F	BC3123	Organic Chemistry Lecture/Lab	6	5	2
	BC3161	Anatomy & Physiology 1 Lec/Lab	3	2	2
	IS3111	Interdisciplinary Experiences In Natural Health Arts & Sciences 1	1	1	0
	PS3123	Health Psychology 1	4	4	0
	PS3139	Spirituality & Health	3	3	0
		Quarterly Totals	17	15	4
W	BC3162	Anatomy & Physiology 2 Lec/Lab	3	2	2
	BC4117	Biochemistry for Life Sciences 1 Lec/lab	5	4	2
	PS3124	Health Psychology 2	4	4	0
	PS3147	Myth, Ritual & Health	3	3	0
		Quarterly Totals	15	13	4
Sp	BC3163	Anatomy & Physiology 3 Lec/Lab	4	3	2
	BC4140	Biochemistry for Life Sciences 2	4	4	0
	PS3134	Research Methods in Psychology	4	4	0
		Quarterly Totals	12	11	2

## SENIOR YEAR (YEAR II)

Qtr.	Cat. No.	Course Title	Crdt.	Lec.	L/C
F	PS3114	Developmental Psychology	4	4	0
	PS4101	Social Psychology	4	4	0
	PS4102	Ethical Issues in Psychology	3	3	0
	PS4106	Multicultural Psychology	3	3	0
		Quarterly Totals	14	14	0
W	PS3126	Psychology of Personality	4	4	0
	PS4109	Human Sexuality	3	3	0
	PS4112	Creating Wellness	3	3	0
	PS4149	Psychology & World Religions	5	5	0
		Quarterly Totals	15	15	0
Sp	PS3129	Abnormal Psychology	4	4	0
	PS3131	Learning, Cognition & Behavior	4	4	0
	PS4150	Healing: Self, Society & World	3	3	0
		Quarterly Totals	11	11	0

**Total Requirements: BS with a Major in Health Psychology, Human Biology/Premed Track<sup>1</sup>**

	Crdt.	Lec.	L/C
Total Core Course Credits and Hours	84	79	12
Total Elective Credits and Hours	6	5	0
Total Requirements	90	84	12

<sup>1</sup>To enroll in this program track, students must have 8 quarter credits in general chemistry.

## SUMMER MESSAGE INTENSIVE

Bastyr University and the Bellevue Massage School Center for Healing Arts offer a summer massage training program. For more information please see page 69.

## GRADUATE PROGRAMS

The Department of Counseling and Health Psychology offers a master's-level graduate program that is consistent with the overall focus and mission of the department. The Master of Arts in Counseling Psychology provides the academic part of the requirements to become a licensed mental health counselor. This program is accredited by the Northwest Commission on Colleges and Universities (NWCCU).

### MASTER OF ARTS IN COUNSELING PSYCHOLOGY (MACP) WITH AN EMPHASIS IN HEALTH PSYCHOLOGY

The MACP prepares students for careers as counselors within the field of mental health and leads to eligibility to obtain licensure as a mental health counselor. This two-year graduate program emphasizes a whole-person approach to wellness and healing that is grounded in the biopsychosocial model of health psychology.

#### EXPECTED LEARNING OUTCOMES

The educational objectives of the Master of Arts in Counseling Psychology are focused on the education and training of our graduates. We support our graduates in becoming:

- Learners who are keenly aware of and invested in themselves as instruments, and as such able to create and follow robust plans of self-care utilizing mind-body-spirit techniques and components, as well as a curiosity and openness about the recognition that graduate school is a profound growth experience, and involves ongoing development and care of the self.
- Skilled in the ethical and professional practice of mental health counseling, including a thorough understanding of one's roles, responsibilities and the practice of ethical decision making.
- Competent in working across cultural differences, including the cultivation of the awareness, knowledge and skills necessary to work with those different than oneself across a wide range of social identities.
- Knowledgeable about human growth and development, including theories of both individuals and groups that support optimal development across the lifespan. Proponents of the knowledge that wellness and wholeness

are about more than alleviation of pain and suffering, and are deeply rooted in love, joy, self-actualization and a life truly worth living.

- Skilled in the practice of mental health counseling with both individuals and groups, including the development of the therapeutic relationship, assessment, and clinical interventions, all informed by theory and research.
- Able to access and critically assess published research in counseling and psychology based on an understanding of statistics and research design.
- Qualified to pass national and state counseling exams.

#### ADMISSIONS

For general information on the admissions process, refer to the Admissions section in this catalog. Exceptional candidates who do not meet this minimum requirement will be reviewed on a case-by-case basis. Qualified applicants will then be invited to campus for an interview.

#### PREREQUISITES

Entering students must have a bachelor's degree from a regionally accredited college/university with an average GPA of 3.0 or higher in their undergraduate degree and an introduction to psychology course with a 3.0 or better in the last seven years.

#### ADMISSION TO CLINICAL TRAINING

To enroll in the Clinic Shift series, students must have successfully completed all prerequisites based on the requirements outlined and must have met the criteria for professional and ethical behavior. Students are also required to pass a national criminal background check (see the *Academic Policy and Procedure Manual* for more information) and must show proof of completion of the clinic entry checklist prior to the first scheduled clinic shift.

#### GRADUATION REQUIREMENTS

MACP students must complete a minimum of 82 credits and must have a minimum 3.0 GPA. MACP students must complete their degree within five years following matriculation into the program. A graduation requirement of the MACP program is that students must complete 570 hours of supervised counseling (including hours in counseling classes at BCNH and its satellites and external practicum sites). In addition to the didactic and

clinical experience, MACP students are required to complete 10 hours of individual counseling or therapy sessions during the first year of the program and before their first counseling shift at BCNH. Counseling may occur with a private counselor of the student's choice or at the Bastyr Counseling Center. Counselors must be licensed psychologists, marriage and family therapists, or mental health counselors. Documentation of these hours is required.

### EXIT EXAM

Successful completion of a clinical competency exit examination is a requirement for students in the second year of the MACP. This examination tests the minimal knowledge and skills required to perform mental health counseling with diverse clients. The examination does not cover the whole curriculum and cannot substitute for any part of regular course requirements. Students are eligible to schedule the exit exam if they are in good academic standing, have completed or are concurrently registered for all required (nonelective) courses by the end of the term in which they want to take the exam and are making satisfactory progress in the practicum.

### EXPECTED COMPETENCIES

Students are required to maintain a 3.0 GPA in their graduate coursework. Bastyr graduates are qualified to provide exceptional counseling services to individuals and institutions and contribute positively to mental health education of the community. Students are expected to stay on track with the counseling curriculum. Students who wish to go off track must have permission from the department chair.

**The following curriculum tables list the tentative schedule of courses each quarter. Next to each course are the number of credits per course (Crdt.), the lecture hours each week (Lec.) and the lab/clinic hours each week (L/C).**

### MASTER OF ARTS IN COUNSELING PSYCHOLOGY (MACP) WITH AN EMPHASIS IN HEALTH PSYCHOLOGY 2013-2014

#### YEAR I

Qtr.	Cat. No.	Course Title	Crdt.	Lec.	L/C
F	PS5100	Psychological Foundations: Personality	4	4	0
	PS5101	Psychological Foundations: Lifespan Development	4	4	0
	PS5102	Biopsychosocial Approaches and Complementary and Alternative Medicine	4	4	0
		Quarterly Totals	12	12	0

W	PS5104	Professional Orientation, Ethics and Law Proseminar	4	4	0
	PS5105	Psychological Foundations: Multiculturalism, Diversity And Social Justice and Social Justice	4	4	0
	PS5302	Counseling Theory and Practice	4	4	0
		Quarterly Totals	12	12	0
Sp	PS5206	Psychological Foundations: Psychopathology	4	4	0
	PS5106	Statistics	4	4	0
	PS5108	Introduction to Health Psychology	3	3	0
	PS5802	Clinic Entry	1	1	0
		Quarterly Totals	12	12	0
Su	PS6204	Substance/Chemical Addictions	4	4	0
	PS6312	Counseling Chronic and Terminal Illness	3	3	0
	PS6401	Mind-Body Approaches for Health	2	0	0
	PS6800	Clinic Shift 1	2	0	4
		Quarterly Totals	11	9	4

#### YEAR II

Qtr.	Cat. No.	Course Title	Crdt.	Lec.	L/C
F	PS6320	Psychological Testing and Assessment	4	4	0
	PS6325	Counseling and Spirituality	3	3	0
	PS6115	Human Sexuality	3	3	0
	PS6801	Internship 1	2	0	4
	PS6810	Internship seminar I	1	0	1
		Quarterly Totals	13	10	5
W	PS6330	Group Counseling	4	4	0
	PS6102	Research Methods and Program Evaluation	4	4	0
	PS6802	Internship 2	2	0	4
	PS6811	Internship seminar 2	1	0	1
		Quarterly Totals	11	8	5
Sp	PS6332	Psychotherapy Methods and Behavioral Medicine	4	4	0
	PS6112	Family Systems	4	4	0
	PS6803	Internship 3	2	0	4
	PS6812	Internship seminar 3	1	0	1
		Quarterly Totals	11	8	5

### Total Requirements: Master of Arts in Counseling Psychology (MACP)

	Crdt.	Lec.	L/C
Total Core Course Credits and Hours	71	71	0
Clinic/Intern Totals	11	0	19
Total Requirements	82	71	19

## NATUROPATHIC MEDICINE/ COUNSELING PSYCHOLOGY DUAL DEGREE

Students in the Bastyr University naturopathic medicine program who are in good academic standing may apply to the Master of Arts in Counseling Psychology (MACP) program in their second year. This requires a formal application through the admissions department, followed by a joint interview with both the School of Natural Health Arts and Sciences and the School of Naturopathic Medicine. Please see page 75 in the "School of Naturopathic Medicine" section for a complete program description for dual-degree studies.

# DEPARTMENT OF MIDWIFERY

## MISSION STATEMENT

*The mission of the Department of Midwifery is to educate and inspire leaders in the profession of midwifery.*

## EXPECTED LEARNING OUTCOMES

The Department of Midwifery educates midwives to conform to national and international standards of midwifery competence and to do the following:

- Practice autonomously in a variety of settings, which may include homes, birth centers, clinics and hospitals.
- Promote birth as a normal process requiring a minimum of intervention.
- Function within the health care system, consulting and referring appropriately.
- Qualify for licensure or registration in a variety of jurisdictions, including certification by the North American Registry of Midwives (NARM).
- Promote midwifery through state, provincial and national professional organizations, the political process, research activities and policy development.
- Work in partnership with the women they serve in a way that promotes personal responsibility, validates knowledge and experience, and encourages lifelong learning.
- Promote the Midwives Model of Care™.

## PROGRAM OVERVIEW

Bastyr's direct-entry midwifery program trains students in all aspects of midwifery practice, preparing them to offer safe, high-quality maternity care to women and their families.

The rigorous, proven curriculum makes use of state-of-the-art technologies and a well-qualified, approved network of clinical training sites, including the opportunity for foreign clinical experience. The curriculum meets all of the core competencies and skills as identified by the Midwives Alliance of North America (MANA) and the North American Registry of Midwives (NARM).

Studies in related fields such as epidemiology, nutrition, pharmacology, genetics, embryology, counseling and education as well as anti-racism training build skills necessary for the practice of culturally versatile competent midwifery.

The department welcomes students who have previous midwifery training or practicing midwives who have not attended a formal midwifery

educational program and/or want to earn a degree. All students in the program must meet the transfer credit requirements and complete at least two-thirds of the program and all of the practicum while enrolled at Bastyr.

Graduates qualify for national certification as a Certified Professional Midwife (CPM) and, depending on regional requirements, may sit for licensure or provincial registration.

## REQUIRED ABILITIES AND SKILLS FOR MIDWIFERY PROGRAM ADMISSION

The Department of Midwifery welcomes applicants who are differently-abled. Applicants will have the opportunity to discuss the impact that their limitations may have on both their ability to successfully complete the midwifery program at Bastyr and their ability to practice midwifery after graduation.

The Americans with Disabilities Act (ADA) is designed to protect persons with disabilities from discrimination. It recommends that the essential functions necessary for performing the proposed job or schooling be fully described so that the candidate can determine if he or she can perform these functions.

The following is a list of the essential functions of a midwife and a midwifery student in our program:

### Observation

A midwifery applicant should be able to:

- Use reflective skills to perform self-evaluation of midwifery knowledge and skills and preceptor/site evaluation of clinical skills and suitable learning environment.
- Observe/ visually assess a patient accurately at a distance and close at hand.

### Communication

A midwifery applicant should be able to:

- Speak to, hear and understand clients and their families.
- Perceive non-verbal cues and, describe changes in mood or emotion.
- Communicate sensitively and effectively with clients using verbal, non-verbal and written methods regarding clinical issues.
- Communicate verbally and in writing with classmates, instructors, staff, preceptors and professional colleagues.

### Motor

A midwifery applicant should be able to:

- Perform general clinical skills for conducting a complete physical examination, including pelvic assessments.

- Perform fine motor skills such as suturing, starting IVs, , injecting, performing venipuncture.
- Lift and reposition clients.
- Correctly administer medications.
- Execute motor skills necessary in emergency treatment such as resuscitation and control of hemorrhage.

### **Intellectual-Conceptual, Integrative and Quantitative Abilities**

A midwifery applicant should be able to:

- Read, understand/interpret and apply technical and scientific material.
- Memorize facts and test successfully for them.
- Solve complex problems by synthesizing knowledge obtained from books, classes and clinical experiences.
- Write coherent essays.
- Research topics relevant to midwifery practice and present findings.
- Develop and exercise clinical judgment and decision-making skills.

### **Behavioral and Social Attributes**

A midwifery applicant should be able to:

- Maintain own mental and physical health.
- Function effectively under stress.
- Display flexibility in the face of uncertainty.
- Demonstrate compassion, maturity, integrity, motivation and interest.
- Not use illegal or legal medications, drugs, or alcohol that may impair judgment.
- While in a clinical site, preceptor at all times of the day or night for work as a midwifery student.
- Work long and irregular hours, sometimes with little break, or for days at a time.

The ADA allows employers, schools or adjunct clinical faculty to ask if applicants can perform these essential functions. They can ask applicants to describe or demonstrate how they will perform an essential function. They can also test applicants for aptitude, physical agility, intelligence and specific skills.

Bastyr and Department of Midwifery staff are available to help applicants, students and preceptors propose reasonable accommodations for those with disabilities.

## **MIDWIFERY MASTER'S, COMBINED BACHELOR'S/MASTER'S PROGRAM**

The Master of Science (MS) in Midwifery is available to students who already hold a bachelor's degree

from a regionally accredited college/university and who complete the program prerequisites prior to entering the program. The combined Bachelor/Master of Science (BS/MS) in Midwifery option is available to students who have completed at least two years at the undergraduate level (60 semester or 90 quarter credits), including the basic science and proficiency prerequisites and general education requirements. Both degrees are awarded simultaneously at the completion of the program.

### **BLENDED CURRICULUM MODEL**

One of the most exciting aspects of the program is its blended curriculum. This hybrid delivery system allows students to remain in their communities and commute to the Bastyr campus three times each quarter. Each cohort of students (determined by year of entry) attends the same onsite weeks together, which allows for the face-to-face learning experience that is vital to midwifery training and allows students to build strong relationships with classmates and faculty.

When not physically on campus, students use the Internet classroom to correspond with classmates and instructors, conduct post discussions, turn in homework and take tests.

### **MIDWIFERY CURRICULUM**

The midwifery program addresses both the art and science of midwifery by integrating theory with clinical experience. The Midwifery Care courses are the foundation of the program. All courses build skills necessary for the practice of midwifery through the use of case questions, skills-practice labs, role-playing, discussion, student presentations and research projects. Clinical skills and judgment are honed during practicum with practicing midwives. The midwifery curriculum is enhanced by studies in related fields such as epidemiology, nutrition, pharmacology, genetics, embryology, counseling and education.

### **CLINICAL EXPERIENCE**

The Department of Midwifery places all students in qualified clinical training sites. The program replicates the age-old apprenticeship model in which students work side-by-side with experienced preceptors who are licensed midwives and other professionals. Students are placed with preceptors in the community to integrate the skills learned in the classroom. At least two years of clinical training is required at a minimum of two clinical sites in North

America. Optimal training sites include homebirth settings, birth centers, clinics and hospitals.

Department staff works closely with each student to arrange these clinical placements. Students must live within a one-hour commute of a qualified preceptor site and may be required to relocate temporarily in order to meet graduation requirements if the community in which they reside does not have adequate clinical training opportunities. Personal flexibility and the support of family members are essential to manage possible separation and economic challenges.

In quarter two, prior to being placed in an approved clinical site, students are required to complete a non-credit-bearing course titled Introduction to Practicum. This course includes an introduction to clinical tracking and requirements necessary for the midwifery program's clinical placements as well as an orientation designed to prepare students to work effectively in a midwifery clinical preceptorship.

The clinical practicum begins in the third quarter of the program. Students may begin Practicum slowly, primarily observing for the first few months. Student participation in their preceptorships mirrors what they are learning in the classroom. Basic clinical skills, such as performing blood draws, IVs, physical and pelvic exams, pap smears, neonatal resuscitation, etc., are all taught in the classroom first. Students will be required to obtain training in adult CPR, have a TB test, be rubella immune and pass a criminal background check. A fee will be charged in MW4810 for the background check. Students returning from a leave of absence will be required to have clinical skills assessed and may need remedial skills training before becoming eligible for a practicum assignment.

Students may obtain their clinical experience in gynecology/family planning clinics, prenatal/postpartum clinics, homebirth settings, birth centers and hospitals in North America as well as overseas. (See Graduation Requirements below for specifics about clinical training requirements.) Students may work with licensed midwives, certified professional midwives, certified nurse-midwives, nurse practitioners, foreign midwives, naturopathic doctors, physician assistants or physicians. Preceptors must be practicing legally and serve a large enough obstetrical/gynecological population to adequately instruct, supervise and evaluate students' clinical training. The Department of Midwifery screens and approves all potential clinical preceptors before students are placed in clinical training sites.

## ADMISSION

For general information on the admissions process, please refer to the Admissions section in this catalog. The information below refers only to the Department of Midwifery's Master of Science in Midwifery and Bachelor/Master of Science in Midwifery degree.

## PREREQUISITES

Entering undergraduates must have a minimum cumulative GPA of 2.75 to be considered for admission. Graduate applicants must have a minimum cumulative GPA of 2.25. A grade of C or better is also required in all basic proficiency courses. Students may apply to the program while completing prerequisite coursework, but all prerequisites must be completed prior to enrollment in the program.

## MASTER OF SCIENCE IN MIDWIFERY (FOR APPLICANTS WITH A BACHELOR'S DEGREE IN ANY FIELD<sup>1</sup>)

Psychology .....	3 quarter credits
Introductory Nutrition .....	3 quarter credits
General Biology w/ lab .....	4 quarter credits
General Chemistry w/ lab (allied-health-major level) .....	4 quarter credits
Microbiology .....	4 quarter credits
Anatomy and Physiology series .....	8 quarter credits
College Algebra or Statistics .....	4 quarter credits
Labor support course/doula training (DONA or ALACE approved) .....	not a college course
Childbirth educator training (ICEA or Lamaze approved) .....	not a college course

<sup>1</sup> from a regionally accredited college/university

## BACHELOR/MASTER OF SCIENCE IN MIDWIFERY (FOR UNDERGRADUATE APPLICANTS) BASIC SCIENCE AND PROFICIENCY PREREQUISITES

English Literature or Composition .....	9 quarter credits
General Psychology .....	3 quarter credits
Public Speaking .....	3 quarter credits
Introductory Nutrition .....	3 quarter credits
General Biology w/ lab (science-major level) ...	4 quarter credits
General Chemistry w/ lab (allied-health-major level) .....	4 quarter credits
Microbiology .....	4 quarter credits
Anatomy & Physiology series .....	8 quarter credits
College Algebra .....	4 quarter credits
Labor support course/doula training (DONA or ALACE approved) .....	not a college course
Childbirth educator training (ICEA or Lamaze approved) .....	not a college course

## GENERAL EDUCATION REQUIREMENTS

Social Sciences .....	15 quarter credits
Arts and Humanities .....	15 quarter credits
Electives .....	18 quarter credits <sup>1</sup>

<sup>1</sup>The number of elective credits may vary depending on the exact number of quarter credits earned in the other prerequisite categories. Total prerequisite credits must equal at least 90 quarter credits.

For BS/MS applicants, please visit the Bastyr University undergraduate admissions page for information about transfer credits at [www.bastyr.edu/admissions/transfer-students/undergraduate-transfer-info](http://www.bastyr.edu/admissions/transfer-students/undergraduate-transfer-info).

## GRADUATION REQUIREMENTS

Graduates must demonstrate proficiency in the midwifery program Core Competencies as shown by:

- Satisfactory completion of all didactic and clinical courses with a grade of 80 percent (B- or 2.7 GPA) or better (Some non-core courses may be passed with a grade of 75 percent or better).
- Satisfactory completion and presentation of a master's project, which will be electronically deposited in a publicly available (open access) repository (see Policy/Procedure #11-C55).
- Satisfactory completion of all sections of the comprehensive written and clinical exams in the last year of the program.
- Completion of 40 hours of community service for the University or the profession of midwifery
- Demonstration of the qualities of a professional midwife as determined by the Student Progress Committee.

Graduates must also meet the following minimum clinical requirements:

- Participation in 60 births<sup>1</sup>, including at least the following:
- 30 births in which the student functions in the role of primary midwife under supervision
  - 20 births in which the student is actively involved in the client's care
  - 10 births in which the student is observing
  - 30 births in an out-of-hospital setting
  - 25 births in the U.S. or the student's country of origin

<sup>1</sup>An additional 40 births (total of 100 births) are required for Washington state licensure.

Participation in a minimum of 1,500 hours of clinical work, including at least the following:

- 400 hours of intrapartum experience
- 800 hours of clinic time in prenatal, postpartum and gynecological care

- Participation in 720 client contacts, including at least:
  - ◆ 300 prenatal exams
  - ◆ 100 postpartum visits
  - ◆ 50 newborn exams
  - ◆ 50 follow-up newborn exams
  - ◆ 50 gynecological exams

Completion of at least 15 Continuity of Care contacts as the primary midwife under supervision as follows:

- 5 Full Continuity of Care contacts that include:
  - ◆ At least 5 prenatal visits (spanning two trimesters)
  - ◆ The birth
  - ◆ The newborn exam
  - ◆ At least 2 postpartum visits
- 10 Other Continuity of Care contacts that include:
  - ◆ At least two prenatal visits
  - ◆ The birth
  - ◆ The newborn exam
  - ◆ At least 1 postpartum visit

Note: Continuity of Care requirements are different for registration as a midwife in Canada. Students planning to apply for Canadian registration should know the requirements and be documenting these births appropriately.

Clinical training for at least one year at a minimum of two clinical sites in the U.S. or the student's home country is required. All clinical training is supervised by preceptors who are practicing legally in their region and incorporates the following:

- At least one preceptorship in which the clinical faculty member is a midwife
- One site for at least six months and 15 births (involved and supervised primary) in an out-of-hospital setting
- One site for at least three months and 10 births (involved and supervised primary)
- Satisfactory completion of all levels of clinical evaluation

**The following curriculum table that follows lists the tentative schedule of courses each quarter. Next to each course are the number of credits per course (Crdt.), the approximate hours spent in the onsite and virtual classroom with faculty each quarter (Clsm), the lab/practical hours each quarter (L/P), and the total contact hours for the course over the entire quarter.**

## MASTER OF SCIENCE IN MIDWIFERY 2013-2014

## MSMW YEAR I

Qtr	Cat. No.	Course Title	Crdt.	Clsm	L/P	Tot
F		Orientation <sup>1</sup>	0			
	MW3101	Midwifery Care 1: Introduction to the Midwives Model of Care	3	33	0	33
	MW3104	Introduction to Epidemiology for Midwives	3	33	0	33
	MW3301	Well Woman Health & Assessment	4	44	44	88
	MW3311	Perinatal Nutrition 1: Pre-conception & Prenatal	2	22	0	22
	MW4104	Professional Issues Seminar: Undoing Racism	1	11	0	11
	MW4305	Gynecology	3.5	38.5	0	38.5
		Quarterly Totals	16.5	181.5	44	225.5
W	MW4100	Genetics & Embryology	2	22	0	22
	MW4302	Midwifery Care 2: Pregnancy & Prenatal Care	4	44	0	44
	MW4310	Pharmacology & Treatments 1	1.5	16.5	0	16.5
	MW4311	Pharmacology & Treatments 2	1.5	16.5	0	16.5
	MW4313	Counseling for the Childbearing Year 1	1	11	0	11
	MW4320	Clinical Skills 1	1.5	16.5	16.5	33
	MW5101	Master's Project 1	0.5	5.5	0	5.5
		Quarterly Totals	12	132	16.5	148.5
Sp	MW4101	Professional Issues Seminar: Cultural Competency for Midwives	2	22	0	22
	MW4303	Midwifery Care 3: Advanced Pregnancy & Prenatal Care	4	44	0	44
	MW4314	Counseling for the Childbearing Year 2	1	11	0	11
	MW4322	Clinical Skills 2	1	0	22	22
	MW4331	Clinical Seminar 1	1	11	0	11
	MW4810	Midwifery Practicum	2.5	0	75	75
	MW5100	Research Methods for Midwifery	3	33	0	33
		Quarterly Totals	14.5	121	97	218
Su	MW4810	Midwifery Practicum	6	0	180	180
		Quarterly Totals	6	0	180	180

<sup>1</sup> Orientation begins online approximately six weeks before the onset of the quarter, with the intention of building group cohesion and introducing students to all aspects of the program.

## MSMW YEAR II

Qtr	Cat. No.	Course Title	Crdt.	Clsm	L/P	Tot
F	MW4102	Professional Issues Seminar: Modern Midwifery, History, Politics & Activism	2	22	0	22
	MW4323	Clinical Skills 3	0.5	0	11	11
	MW4332	Clinical Seminar 2	1	11	0	11
	MW5110	Master's Project 2	1.5	16.5	0	16.5
	MW5304	Midwifery Care 4: Labor & Birth	6	66	0	66
	MW5315	Counseling for the Childbearing Year 3	1.5	16.5	0	16.5
	MW5810	Midwifery Practicum	4.5	0	135	135
		Quarterly Totals	17	132	146	278

W	MW4307	Breastfeeding & Lactation Education	2	22	0	22
	MW4333	Clinical Seminar 3	1	11	0	11
	MW5111	Master's Project 3	2	22	0	22
	MW5114	Professional Issues Seminar: Health Care Systems & Health Policy	2	22	0	22
	MW5308	Midwifery Care 5: Postpartum & Newborn Care	5	55	0	55
	MW5316	Counseling for the Childbearing Year 4: Postpartum	1.5	16.5	0	16.5
	MW5324	Clinical Skills 4	0.5	0	11	11
	MW5810	Midwifery Practicum	3	0	90	90
		Quarterly Totals	17	148.5	101	249.5
Sp	MW4105	Professional Issues Seminar: Midwifery Legal, Ethical & Professional Frameworks	2	22	0	22
	MW5112	Master's Project 4	2	22	0	22
	MW5309	Midwifery Care 6: Challenges in Practice	4	44	0	44
	MW5326	Clinical Skills 5	1	0	22	22
	MW5334	Clinical Seminar 4	1	11	0	11
	MW6810	Midwifery Practicum	4	0	120	120
		Quarterly Totals	14	99	142	241
Su	MW6110	Master's Project 5	2	22	0	22
	MW6810	Midwifery Practicum	4	0	120	120
		Quarterly Totals	6	22	120	142

## MSMW YEAR III

Qtr	Cat. No.	Course Title	Crdt.	Clsm	L/P	Tot
F	MW6111	Master's Project 6	2	22	0	22
	MW6307	Midwifery Care 7: Synthesis & Application	2	22	0	22
	MW6335	Clinical Seminar 5	1	11	0	11
	MW6810	Midwifery Practicum	7	0	210	210
		Quarterly Totals	12	55	210	265
W	MW6112	Master's Project 7	1	11	0	11
	MW6336	Clinical Seminar 6	1	11	0	11
	MW6810	Midwifery Practicum	10	0	300	300
		Quarterly Totals	12	22	300	322
Sp	MW6115	Professional Issues Seminar: The Business of Midwifery	2.5	27.5	0	27.5
	MW6337	Clinical Seminar 7	1	11	0	11
	MW6810	Midwifery Practicum	8.5	0	250	250
		Quarterly Totals	12	38.5	250	288.5

**Total Requirements: MSMW**

	Crdt	Clsm	L/P	Tot.
Total Course Credits & Hours	89.5	951.5	126.5	1078
Total Practicum Hours	49.5	0	1485	1485
Total Requirements	139	951.5	1611.5	2563

## DEPARTMENT OF NUTRITION AND EXERCISE SCIENCE

*The mission of Bastyr University's Department of Nutrition and Exercise Science is to promote well-being, through food and activity, that nourishes and sustains the individual, the community and the earth. The department's vision is to be the leader in advancing a holistic view of nutrition and exercise through excellence in education, research and clinical practice.*

The Department of Nutrition and Exercise Science prepares graduates to critically evaluate scientific literature and to incorporate current research and advances in nutrition and exercise science. The nutrition program within the Department of Nutrition and Exercise Science is unique in its emphasis on whole foods and multicultural, political and ecological dimensions of food. These aspects of nutrition, blended with biochemistry and physiology, reflect the University's natural health sciences philosophy.

The concept of food as medicine and the concept of diet as a critical component in healing are fundamental to natural therapeutics, optimal health and whole-person healing. The Exercise Science and Wellness program approaches health and wellness from a holistic perspective unique to Bastyr University. This focus on overall wellness, combined with the science behind it, provides students with a broad education in health and wellness from a preventative viewpoint.

The Department of Nutrition and Exercise Science offers bachelor's of science degrees with majors in nutrition, exercise science and wellness, nutrition and culinary arts, and nutrition and exercise science. In conjunction with the Bachelor of Science in Nutrition, the department offers a Didactic Program in Dietetics (DPD) that meets the Academy of Nutrition and Dietetics (the Academy) academic requirements leading to eligibility to apply for a dietetic internship.

There are three Master of Science offerings in the Department of Nutrition and Exercise Science: the Master of Science in Nutrition (Traditional), the Master of Science in Nutrition with Didactic Program in Dietetics (DPD) and the Master of Science in Nutrition and Clinical Health Psychology (CHP).

In addition, the Dietetic Internship based on the Academy's standards of education is offered to provide performance requirements for entry-level dietitians through supervised practice.

For information about each of these programs, refer to the following pages:

Bachelor of Science with a Major in Exercise Science and Wellness page 50

Bachelor of Science with a Major in Nutrition page 49

Bachelor of Science with a Major in Nutrition and Culinary Arts page 53

Bachelor of Science with a Major in Nutrition and Exercise Science page 53

Bachelor of Science with a Major in Nutrition with DPD page 51

Master of Science in Nutrition (Traditional) page 55

Master of Science in Nutrition and Clinical Health Psychology page 56

Master of Science in Nutrition with DPD page 58

Dietetic Internship page 60

#### REQUIRED ABILITIES/SKILLS FOR NUTRITION/ EXERCISE SCIENCE PROGRAM STUDENTS

A nutrition and/or exercise science student must be able to demonstrate appropriate communication skills; intellectual-conceptual, integrative and quantitative abilities, and behavioral and social maturity. A student should be able to perform in a reasonably independent manner.

**Communication:** A student must be able to communicate effectively and sensitively with others, including with patients if the student is in a clinical program and with preceptors in a practicum or internship. Ability to communicate respectfully and thoughtfully, even in situations of disagreement or stress, is important. Communication includes not only speech but also reading and writing. The student must be able to communicate effectively and efficiently in both oral and written form.

**Intellectual-Conceptual, Integrative and Quantitative Abilities:** These abilities include measurement, calculation, reasoning, analysis and synthesis. Problem solving, which is a critical skill for nutritionists or exercise scientists in both clinical and research settings, requires all of these intellectual abilities.

**Behavioral and Social Attributes:** A student must possess the emotional health required for full utilization of her/his intellectual abilities, the exercise of good judgment, the prompt completion of all responsibilities attendant to the academic and clinical program, and the development of mature, sensitive and effective relationships with others. A student must be able to tolerate physically taxing workloads and to function effectively under stress. The student must be able to adapt to changing environments, to display flexibility and to learn to function in the face of uncertainties inherent in clinical, practicum and research problems the student may face. Compassion, a caring attitude, interpersonal skills, emotional maturity and initiative are all personal qualities that are assessed during the admissions and education processes.

## UNDERGRADUATE PROGRAMS

The Department of Nutrition and Exercise Science offers four bachelor's-level undergraduate programs that are consistent with the overall focus and mission of the department.

After initial selection of a degree program, students must receive approval from the chair of the department in order to change programs.

### EXPECTED LEARNING OUTCOMES

The Department of Nutrition and Exercise Science has established the following expected learning outcome categories for all its Bachelor of Science programs:

- Biological/medical sciences
- Quantitative and qualitative reasoning
- Research
- Critical thinking skills
- Communication
- General health and wellness
- Nutrition
- Whole foods
- Exercise science
- Professionalism
- Promotion of the University's and the department's missions and visions

## BACHELOR OF SCIENCE WITH A MAJOR IN NUTRITION

The Bachelor of Science with a Major in Nutrition prepares students for positions such as dietetic technicians and nutrition educators, under the supervision of health care professionals, or for graduate work in related health science fields.

### ADMISSIONS

For general information on the admissions process, please refer to the Admissions section in this catalog. The information below refers only to the nutrition undergraduate programs.

### PREREQUISITES

Entering undergraduates must have at least a 2.75 cumulative GPA with a grade of C or better in all basic proficiency and science requirement courses. Prior to enrolling, students must have completed 90 quarter credits (60 semester credits), including a minimum number of credits in the basic proficiency, science and general education categories. Surplus credits not used to satisfy basic proficiency or science requirements may be applied to the appropriate general education requirements.

Note: Students may apply to the program while completing prerequisite coursework.

### BASIC PROFICIENCY AND SCIENCE REQUIREMENTS

English Literature or Composition.....	9 quarter credits
General Psychology .....	3 quarter credits
College Algebra .....	4 quarter credits
General Chemistry (science-major level with lab) .....	8 quarter credits
General Biology (with lab) .....	4 quarter credits
Introductory Nutrition <sup>1</sup> .....	5 quarter credits
Microbiology (upper level) <sup>2</sup> .....	3 quarter credits

<sup>1</sup>The nutrition course must include macro- and micronutrients, lifecycle and physical activity.  
<sup>2</sup>Microbiology prerequisite required only for nutrition and nutrition with DPD majors.

### GENERAL EDUCATION REQUIREMENTS

Natural Science and Mathematics <sup>1</sup> .....	5 quarter credits
Arts and Humanities .....	15 quarter credits
Social Sciences .....	15 quarter credits
Speech Communication or Public Speaking...3	quarter credits
Electives <sup>2</sup> .....	16 quarter credits

<sup>1</sup>For nutrition basic, 5 quarter credits are required. For all other nutrition and exercise science programs, eight natural science credits are required.

<sup>2</sup>The number of elective credits may vary depending upon the exact number of quarter credits earned in the other prerequisite categories. Total prerequisite credits must equal at least 90 quarter credits.

### GRADUATION REQUIREMENTS

Upper division Bachelor of Science students enrolled at Bastyr University must complete a minimum of 180 credits (inclusive of credits transferred into Bastyr). To graduate, Bachelor of Science students must have a minimum 2.0 grade point average with a minimum of 45 quarter credits in residence at Bastyr University.

**The following curriculum table lists the tentative schedule of courses each quarter. Next to each course are the number of credits per course (Crdt.), the lecture hours each week (Lec.) and the lab/clinic hours each week (L/C).**

### BACHELOR OF SCIENCE WITH A MAJOR IN NUTRITION 2013-2014

#### JUNIOR YEAR (YEAR I)

Qtr.	Cat. No.	Course Title	Crdt.	Lec.	L/C
F	BC3123	Organic Chemistry for Life Sciences Lec/Lab	6	5	2
	BC3161	Anatomy & Physiology 1 Lec/Lab	3	2	2
	IS3111	Interdisciplinary Experiences in Natural Health Arts & Sciences 1	1	1	0
	TR4103	Whole Foods Production	3	1.5	3
	TR4118	Cultural Perspectives on Food	2	2	0
		Quarterly Totals	15	11.5	7

W	BC3162	Anatomy & Physiology 2 Lec/Lab	3	2	2
	BC4117	Biochemistry for Life Sciences 1	5	4	2
	TR3111	Nutrition Throughout Life	3	3	0
	TR3115	Introduction to Food Science	2	2	0
		Quarterly Totals	13	11	4
Sp	BC3163	Anatomy & Physiology 3 Lec/Lab	4	3	2
	BC4140	Biochemistry for Life Sciences 2	4	4	0
	EX3105	Physical Activity & Wellness	2	2	0
	TR3120	Experimental Foods Lec/Lab	5	3.5	3
		Quarterly Totals	15	12.5	5

**SENIOR YEAR (YEAR II)**

Qtr.	Cat. No.	Course Title	Crdt.	Lec.	L/C
F	PS3601	Psychology of Nourishment	3	3	0
	TR4107	Advanced Nutrition Principles 1	4	4	0
	TR4805	Nutrition Education Practicum <sup>1</sup>	2	0	4
		Quarterly Totals	9	7	4
W	TR4100	Introduction to Research Methods	3	2	2
	TR4108	Advanced Nutrition Principles 2	2	2	0
	TR4113	Nutritional Supplements & Herbs	3	3	0
	TR4205	Nutritional Analysis & Assessment	3	2	2
		Quarterly Totals	11	9	4
Sp	TR4117	Nutrition, Physical Activity & Disease	5	5	0
	TR4126	Community Nutrition/Nutrition Education	5	5	0
	TR4140	Ecological Aspects of Nutrition	2	2	0
		Quarterly Totals	12	12	0

<sup>1</sup>TR4805 Nutrition Education Practicum may be taken in any quarter except summer during year two.

**Elective Requirements: Bachelor of Science with a Major in Nutrition**

Qtr.	Cat. No.	Course Title	Crdt.	Lec.	L/C
variable	variable	Electives <sup>1</sup>	15	15	0
		Elective Totals	15	15	0

<sup>1</sup>Of the 15 elective credits required, students must take a minimum of six (6) elective credits in nutrition program courses.

**Total Requirements: Bachelor of Science with a Major in Nutrition**

	Crdt.	Lec.	L/C
Total Core Course Credits and Hours	75	63	24
Total Elective Credits and Hours	15	15	0
Total Requirements	90	78	24

*Curriculum and course changes in the 2013-2014 Bastyr University Catalog are applicable to students entering during the 2013-2014 academic year. Please refer to the appropriate catalog if interested in curriculum and courses required for any other entering year.*

**BACHELOR OF SCIENCE WITH A MAJOR IN EXERCISE SCIENCE AND WELLNESS**

The Exercise Science and Wellness program provides a strong foundation in traditional exercise physiology, supplemented by study in nutritional, mental and emotional aspects of wellness. One of the primary goals of the program is to prepare graduates to sit for the certification examinations of the American College of Sports Medicine and the National Strength and Conditioning

Association. This preparation is accomplished through the rigorous scientific study and subsequent application of physiological changes and adaptations that occur during various modes of physical activity in clinical, preventative and performance settings.

A graduate of the Exercise Science and Wellness major may develop a career as cardiac/pulmonary rehabilitation physiologist, exercise physiologist, group exercise coordinator, exercise specialist, corporate wellness manager, strength and conditioning coach or personal trainer.

**ADMISSIONS**

The admissions standards and prerequisites are the same as those outlined on page 49 for the undergraduate nutrition program with the exception that Microbiology is not required for Bachelor of Science in Nutrition and Exercise Science applicants. Consequently, eight natural science credits are required (rather than five).

**GRADUATION REQUIREMENTS**

Please see the graduation requirements for the undergraduate nutrition program on page 49.

**The following curriculum table lists the tentative schedule of courses each quarter. Next to each course are the number of credits per course (Crdt.), the lecture hours each week (Lec.) and the lab/clinic hours each week (L/C).**

**BACHELOR OF SCIENCE WITH A MAJOR IN EXERCISE SCIENCE AND WELLNESS 2013-2014****JUNIOR YEAR (YEAR I)**

Qtr.	Cat. No.	Course Title	Crdt.	Lec.	L/C
F	BC3123	Organic Chemistry for Life Sciences Lec/Lab	6	5	2
	BC3161	Anatomy/Physiology 1 Lec/Lab	3	2	2
	EX4115	Motor Learning & Development	3	2	2
	IS3111	Interdisciplinary Experiences in Natural Health Arts & Sciences 1	1	1	0
	PS3128	Psychology of Sports & Exercise	2	2	0
		Quarterly Totals	15	12	6
W	BC3113	Living Anatomy	3	3	0
	BC3162	Anatomy/Physiology 2 Lec/Lab	3	2	2
	BC4117	Biochemistry for Life Sciences 1	5	4	2
	TR4100	Introduction to Research Methods	3	2	2
		Quarterly Totals	14	11	6
Sp	BC3163	Anatomy/Physiology 3 Lec/Lab	4	3	2
	BC4140	Biochemistry for Life Sciences 2	4	4	0
	EX3101	Biomechanics 1	2	1	2
	EX3105	Physical Activity & Wellness	2	2	0
		Quarterly Totals	12	10	4

**SENIOR YEAR (YEAR II)**

Qtr.	Cat. No.	Course Title	Crdt.	Le.	L/C
F	EX4100	Physiology of Exercise	5	4	2
	EX4102	Biomechanics 2	3	3	0
	EX4107	Sports Nutrition	5	5	0
	EX4119	Principles of Resistance Training	3	2	2
		Quarterly Totals	16	14	4
W	EX4105	Business Practices in Health Promotion	2	2	0
	EX4112	Seminar in Ergogenic Aids	1	1	0
	EX4123	Exercise Prescrip & Testing	5	4	2
	EX4133	Exercise Prescrip for Special Populations	2	2	0
	EX4140	Community Health Promotion	2	2	0
	PS4112	Creating Wellness	3	3	0
		Quarterly Totals	15	14	2
Sp	EX4810	Intern for Exercise Sci & Wellness	12	0	36
		Quarterly Totals	12	0	36

**Elective and Activity Requirements: Bachelor of Science with a Major in Exercise Science and Wellness**

Qtr.	Cat. No.	Course Title	Crdt.	Le.	L/C
variable	variable	General Electives <sup>1</sup>	4	4	0
		Activity Credits <sup>2</sup>	2	0	4
		Elective and Activity Totals	6	4	4

**Total Requirements: Bachelor of Science with a Major in Exercise Science and Wellness**

	Crdt.	Le.	L/C
Total Core Course Credits and Hours	84	61	58
Total Elective and Activity Credits and Hours	6	4	4
Total Requirements	90	65	62

<sup>1</sup>General elective courses may be from any program or department. There is also a graduation requirement of Advanced First Aid and CPR.

<sup>2</sup>Two one-credit activity courses are required (e.g. tai chi, aerobics, yoga, tennis, etc.).

*Curriculum and course changes in the 2013-2014 Bastyr University Catalog are applicable to students entering during the 2013-2014 academic year. Please refer to the appropriate catalog if interested in curriculum and courses required for any other entering year.*

**BACHELOR OF SCIENCE WITH A MAJOR IN NUTRITION WITH DIDACTIC PROGRAM IN DIETETICS (BSN/DPD)**

The Didactic Program in Dietetics (DPD) is a term used by the Academy of Nutrition and Dietetics (the Academy) to describe a program that is accredited by the Accreditation Council for Education in Nutrition and Dietetics (ACEND), which meets academic competencies. Currently, in the United States, the registered dietitian (RD) is the only professional credential in nutrition recognized by all 50 states and with reciprocity in five countries. Verified completion of the DPD and a minimum of a bachelor's degree from a regionally accredited institution enable a student to apply for a dietetic internship, to write the registration examination to

become an RD after completing the Dietetic Internship and to become an RD after successfully passing the registration examination.

The mission of the program is to graduate students who will promote nutrition and well-being through food that sustains the individual, the community and the earth.

**ADMISSION REQUIREMENTS AND PREREQUISITES**

Application for admission to the BSN/DPD at Bastyr University is separate from application to the degree programs. BSN/DPD application packets can be requested from the Bastyr University Office of Admissions at the beginning of spring quarter between the junior and senior year. Acceptance requires the following prerequisites *in addition* to those for the Bachelor of Science with a Major in Nutrition: public speaking (if general or speech communication, then must provide evidence of public speaking practice; this requirement is independent of any curriculum standards of the student's prior institution) and current enrollment at Bastyr University. To be eligible for acceptance into the BSN/DPD, students must have completed their junior year and must meet all prerequisites for the BSN completion degree. To be competitive for priority admission into the BSN/DPD, the following GPAs are recommended (cumulative from all colleges and universities attended):

- 3.25 Cumulative overall GPA – total of all courses
- 3.25 Cumulative science GPA – biology, organic chemistry, anatomy and physiology, microbiology and biochemistry courses only
- 3.00 Cumulative nutrition GPA – all nutrition courses

A minimum of 150 hours of volunteer and/or paid work experience is required prior to being admitted to the BSN/DPD. Documentation of hours with signature of sponsor is required. Specific information and forms for documenting these experiences is available from the admissions department.

The following is a breakdown of the volunteer and/or paid work hours required for admission:

- Minimum of 50 hours clinical nutrition (in-patient hospital and/or long-term care)
- Minimum of 50 hours food service management
- Minimum of 50 hours community nutrition

**GRADUATION REQUIREMENTS**

In their final year, it is recommended that BSN/DPD students meet with the DPD director for academic advising each quarter prior to registration to

discuss academic progress and as part of the Dietetic Internship application process. A total of 300 hours of volunteer and/or paid work experience is required to graduate from the BSN/DPD (inclusive of the 150 hours obtained prior to admission to the program). The following is a breakdown of those hours:

Total of 100 hours clinical nutrition (in-patient and/or long-term care direct patient contact)

Total of 100 hours food service management

Total of 100 hours community nutrition

Leadership by participation in the Bastyr University Student Nutrition Association (SNA) is strongly encouraged, and becoming a student member of the Academy of Nutrition and Dietetics is required.

A signed verification statement is required to enable students to be eligible for entry into an accredited dietetic internship. In order to receive a signed verification statement, 300 nutrition-related volunteer and/or paid hours must first be completed, signed and verified by the DPD director. Second, students must pass the DPD exit exam with a passing grade of 70 percent. Third, students must complete all the required coursework with a graduating cumulative GPA of  $\geq 3.0$ . Completion of the DPD program does not guarantee acceptance into a dietetic internship. All other policies and procedures related to the BSN/DPD program are located on MyBU under the Department of Nutrition and Exercise Science.

#### ACCREDITATION

The Bachelor of Science Didactic Program in Dietetics (DPD) at Bastyr University is accredited by the Accreditation Council for Education in Nutrition and Dietetics (ACEND) (120 South Riverside Plaza, Suite 2000, Chicago, IL, 60606-6995, 800.877.1600, ext. 5400, [acend@eatright.org](mailto:acend@eatright.org)), a specialized accrediting body recognized by the U.S. Department of Education. Program outcomes data are available upon request.

The following curriculum table lists the tentative schedule of courses each quarter. Next to each course are the number of credits per course (Crdt.), the lecture hours each week (Lec.) and the lab/clinic hours each week (L/C).

### BACHELOR OF SCIENCE WITH A MAJOR IN NUTRITION WITH DIDACTIC PROGRAM IN DIETETICS (DPD) 2013-2014

#### JUNIOR YEAR (YEAR I)

Qtr.	Cat. No.	Course Title	Crdt.	Lec.	L/C
F	BC3123	Organic Chemistry for Life Sciences Lec/Lab	6	5	2
	BC3161	Anatomy & Physiology 1 Lec/Lab	3	2	2
	IS3111	Interdisciplinary Experiences in Natural Health Arts & Sciences 1	1	1	0
	TR4103	Whole Foods Production	3	1.5	3
	TR4118	Cultural Perspectives on Food	2	2	0
		Quarterly Totals	15	11.5	7
W	BC3162	Anatomy & Physiology 2 Lec/Lab	3	2	2
	BC4117	Biochemistry for Life Sciences 1	5	4	2
	TR3111	Nutrition Throughout Life	3	3	0
	TR3115	Introduction to Food Science	2	2	0
		Quarterly Totals	13	11	4
Sp	BC3163	Anatomy & Physiology 3 Lec/Lab	4	3	2
	BC4140	Biochemistry for Life Sciences 2	4	4	0
	EX3105	Physical Activity & Wellness	2	2	0
	TR3120	Experimental Foods Lec/Lab	5	3.5	3
	TR4140	Ecological Aspects of Nutrition	2	2	0
		Quarterly Totals	17	14.5	5

#### SENIOR YEAR (YEAR II)

Qtr.	Cat. No.	Course Title	Crdt.	Lec.	L/C
F	BC4114	Disease Processes	4	4	0
	PS3127	Foundations of Counseling for Dietitians	3	3	0
	RD4105	Introduction to Dietetics	1	0	2
	RD4301	Medical Nutrition Therapy 1: Assessment & Diagnosis	5	4	2
	TR4107	Advanced Nutrition Principles 1	4	4	0
		Quarterly Totals	17	15	4
W	RD4130	Quantity Food Production	3	3	0
	RD4302	Medical Nutrition Therapy 2: Chronic Disease Management	5	4	2
	TR4100	Introduction to Research Methods	3	2	2
	TR4108	Advanced Nutrition Principles 2	2	2	0
	TR4113	Nutritional Supplements & Herbs	3	3	0
	TR4207	Nutritional Counseling	2	2	0
		Quarterly Totals	18	16	4
Sp	RD4120	Perspectives in Leadership & Mgmt	3	3	0
	RD4303	Medical Nutrition Therapy 3: Critical Care	3	3	0
	RD4410	Clinical Dietetic Practicum	2	0	4
	TR4126	Community Nutrition/Nutrition Educ	5	5	0
		Quarterly Totals	13	11	4

#### Total Requirements: Bachelor of Science with a Major in Nutrition with DPD

	Crdt.	Lec.	L/C
Total Core Course Credits and Hours	91	79	24
Total Clinic Credits and Hours	2	0	4
Total Requirements	93	79	28

**Boldface classes are in addition to those currently required for Bachelor of Science with a Major in Nutrition degree.**

*Curriculum and course changes in the 2013-2014 Bastyr University Catalog are applicable to students entering during the 2013-2014 academic year. Please refer to the appropriate catalog if interested in curriculum and courses required for any other entering year.*

## BACHELOR OF SCIENCE WITH A MAJOR IN NUTRITION AND EXERCISE SCIENCE

A graduate of the Bachelor of Science degree with a major in nutrition and exercise science may develop a career in community health and fitness, as a strength and conditioning coach, or as a personal trainer. This degree also prepares students for graduate work in related health science fields.

### ADMISSIONS

The admissions standards and prerequisites are the same as those outlined on page 49 for the undergraduate nutrition program with the exception that microbiology is not required for Bachelor of Science in Exercise Science and Wellness applicants. Consequently, eight natural science credits are required (rather than five).

### GRADUATION REQUIREMENTS

Please see the graduation requirements for the undergraduate nutrition program on page 49.

**The following curriculum table lists the tentative schedule of courses each quarter. Next to each course are the number of credits per course (Crdt.), the lecture hours each week (Lec.) and the lab/clinic hours each week (L/C).**

### BACHELOR OF SCIENCE WITH A MAJOR IN NUTRITION AND EXERCISE SCIENCE 2013-2014

#### JUNIOR YEAR (YEAR II)

Qtr.	Cat. No.	Course Title	Crdt.	Lec.	L/C
F	BC3123	Organic Chemistry for Life Sciences Lec/Lab	6	5	2
	BC3161	Anatomy & Physiology 1 Lec/Lab	3	2	2
	EX4115	Motor Learning & Development	3	2	2
	IS3111	Interdisciplinary Experiences in Natural Health Arts & Sciences 1	1	1	0
	TR4103	Whole Foods Production	3	1.5	3
		Quarterly Totals	16	11.5	9
W	BC3113	Living Anatomy	3	3	0
	BC3162	Anatomy & Physiology 2 Lec/Lab	3	2	2
	BC4117	Biochemistry for Life Sciences 1	5	4	2
	TR3111	Nutrition Throughout Life	3	3	0
		Quarterly Totals	14	12	4
Sp	BC3163	Anatomy & Physiology 3 Lec/Lab	4	3	2
	BC4140	Biochemistry for Life Sciences 2	4	4	0
	EX3101	Biomechanics 1	2	1	2
	EX3105	Physical Activity & Wellness	2	2	0
		Quarterly Totals	12	10	4

#### SENIOR YEAR (YEAR II)

Qtr.	Cat. No.	Course Title	Crdt.	Lec.	L/C
F	EX4100	Physiology of Exercise	5	4	2
	EX4107	Sports Nutrition	5	5	0
	EX4119	Principles of Resistance Training	3	2	2
	TR4107	Advanced Nutrition Principles 1	4	4	0
		Quarterly Totals	17	15	4
W	EX4105	Business Practices in Health Promotion	2	2	0
	EX4112	Seminar in Ergogenic Aids	1	1	0
	EX4124	Exercise Science Lab Techniques	2	0	4
	TR4100	Introduction to Research Methods	3	2	2
	TR4108	Advanced Nutrition Principles 2	2	2	0
	TR4205	Nutritional Analysis & Assessment	3	2	2
	Quarterly Totals	13	9	8	
Sp	EX4800	Exercise/Nutrition Practicum <sup>1</sup>	2	0	4
	TR4117	Nutrition, Physical Activity & Disease	5	5	0
	TR4126	Community Nutrition/Nutrition Education	5	5	0
		Quarterly Totals	12	10	4

<sup>1</sup>EX4800 may be taken in any quarter during year two.

### *Elective and Activity Requirements: Bachelor of Science with a Major in Nutrition and Exercise Science*

Qtr.	Cat. No.	Course Title	Crdt.	Lec.	L/C
variable	variable	General Electives <sup>1</sup>	4	4	0
		Activity Credits <sup>2</sup>	2	0	4
		Elective and Activity Totals	6	4	4

### *Total Requirements: Bachelor of Science with a Major in Nutrition and Exercise Science*

	Crdt.	Lec.	L/C
Total Core Course Credits and Hours	84	67.5	33
Total Elective Credits and Hours	6	4	4
Total Requirements	90	71.5	37

<sup>1</sup>General elective courses may be from any program or department. There is also a graduation requirement of Advanced First Aid and CPR.

<sup>2</sup>Two one-credit activity courses are required (e.g. tai chi, aerobics, yoga, tennis, etc.).

*Curriculum and course changes in the 2013-2014 Bastyr University Catalog are applicable to students entering during the 2013-2014 academic year. Please refer to the appropriate catalog if interested in curriculum and courses required for any other entering year.*

## BACHELOR OF SCIENCE WITH A MAJOR IN NUTRITION AND CULINARY ARTS

The Bachelor of Science degree with a Major in Nutrition and Culinary Arts is designed to provide rigorous training in nutrition science while applying whole-food principles to the preparation of nourishing food. Graduates of this program may have enhanced career opportunities in areas requiring both nutrition and culinary skills.

### ADMISSIONS

The admissions standards and prerequisites are the same as those outlined on page 49 for the undergraduate nutrition program with the exception

that microbiology is not required for Bachelor of Science in Nutrition and Culinary Arts applicants. Consequently, eight natural science credits are required (rather than five).

### GRADUATION REQUIREMENTS

Please see the graduation requirements for the undergraduate nutrition major on page 49. Students must achieve a “C” grade or higher in each of the culinary arts courses.

**The following curriculum table lists the tentative schedule of courses each quarter. Next to each course are the number of credits per course (Crdt.), the lecture hours each week (Lec.) and the lab/clinic hours each week (L/C).**

### BACHELOR OF SCIENCE WITH A MAJOR IN NUTRITION AND CULINARY ARTS 2013-2014

#### JUNIOR YEAR (YEAR I)

Qtr.	Cat. No.	Course Title	Crdt.	Lec.	L/C
F	BC3123	Organic Chemistry for Life Sciences Lec/Lab	6	5	2
	BC3161	Anatomy & Physiology 1 Lec/Lab	3	2	2
	IS3111	Interdisciplinary Experiences in Natural Health Arts & Sciences I	1	1	0
	TR4103	Whole Foods Production I	3	1.5	3
	TR4118	Cultural Perspectives on Food	2	2	0
		Quarterly Totals	15	11.5	7
W	BC3162	Anatomy & Physiology 2 Lec/Lab	3	2	2
	BC4117	Biochemistry for Life Sciences	5	4	2
	TR3111	Nutrition Throughout Life	3	3	0
	TR3115	Introduction to Food Science	2	2	0
	TR3121	Culinary Skills 1: Soups & Seasonings with Intuition	2	0.5	3
		Quarterly Totals	15	11.5	7
Sp	BC3163	Anatomy & Physiology 3 Lec/Lab	4	3	2
	BC4140	Biochemistry for Life Sciences 2	4	4	0
	TR3120	Experimental Foods Lec/Lab	5	3.5	3
	TR3122	Culinary Skills 2: Suppers & Desserts with Originality	2	0.5	3
		Quarterly Totals	15	11	8

#### SENIOR YEAR (YEAR II)

Qtr.	Cat. No.	Course Title	Crdt.	Lec.	L/C
F	TR4107	Advanced Nutrition Principles 1	4	4	0
	TR3141	Therapeutic Cooking 1: Maintaining Health	2	0.5	3
	TR4132	Quantity Food Production	3	3	0
	TR4820	Culinary Practicum <sup>1</sup>	4	0	8
		Quarterly Totals	13	7.5	11
W	TR3142	Therapeutic Cooking 2: Illness and Recovery	2	0.5	3
	TR3152	Cooking Demonstration	2	1.5	1
	TR4100	Introduction to Research Methods	3	2	2
	TR4108	Advanced Nutrition Principles 2	2	2	0
	TR4205	Nutritional Analysis & Assessment	3	2	2
		Quarterly Totals	12	8	8

Sp	TR3153	Writing about Food and Health	2	2	0
	TR3163	The Business of Cooking	3	3	0
	TR4117	Nutrition, Physical Activity & Disease	5	5	0
	TR4123	Culinary Skills 3: Appetizers & Entrees with Beauty	2	0.5	3
	TR4140	Ecological Aspects of Nutrition	2	2	0
		Quarterly Totals	14	12.5	3

<sup>1</sup>TR4820 Culinary practicum may be taken in any quarter of year two.

### Elective Requirements: Bachelor of Science with a Major in Nutrition and Culinary Arts

Qtr.	Cat. No.	Course Title	Crdt.	Lec.	L/C
variable	variable	Electives	6	6	0
		Elective Totals	6	6	0

### Total Requirements: Bachelor of Science with a Major in Nutrition and Culinary Arts

	Crdt.	Lec.	L/C
Total Core Course Credits and Hours	84	62	44
Total Elective Credits and Hours	6	6	0
Total Requirements	90	68	44

*Curriculum and course changes in the 2013-2014 Bastyr University Catalog are applicable to students entering during the 2013-2014 academic year. Please refer to the appropriate catalog if interested in curriculum and courses required for any other entering year.*

### SUMMER MESSAGE INTENSIVE

Bastyr University and the Bellevue Massage School Center for Healing Arts offer a summer massage training program. For more information please see page 69.

## GRADUATE PROGRAMS

The Department of Nutrition and Exercise Science offers three master's-level graduate programs that are consistent with the overall focus and mission of the department. The first option is the Master of Science in Nutrition (MSN/Traditional), which culminates in a research thesis. The second option is the Master of Science in Nutrition and Clinical Health Psychology (MSN/CHP), which combines training in nutrition and clinical health psychology. The third option is the Master of Science in Nutrition with the Didactic Program in Dietetics (MSN/DPD). This option provides the academic part of the requirements to become a registered dietitian.

The MSN/DPD at Bastyr University is accredited by the Accreditation Council for Education in Nutrition and Dietetics (ACEND) (120 Riverside Plaza, Suite 2000, Chicago, IL 60606-6995, 800.877.1600, ext. 5400, email: acend@atright.org), a specialized accrediting body recognized by the U.S. Department of Education.

After initial selection of a degree program, a student must receive approval from the chair of the department in order to change programs.

**EXPECTED LEARNING OUTCOMES**

The Department of Nutrition and Exercise Science has established the following expected learning outcome categories for all its master’s of science programs:

- Biological/medical sciences
- Quantitative reasoning/critical thinking/research
- Nutrition
- Whole foods
- Natural medicine
- Communication
- Physical activity
- Promotion of the University’s and the department’s missions and visions

**MASTER OF SCIENCE IN NUTRITION (TRADITIONAL)**

The purpose of the Master of Science in Nutrition (Traditional) is to provide students with a solid overview of nutritional science, theory and research in preparation for future doctoral study or for employment in research and development, public policy, or the prevention and wellness field. Graduates with this degree are eligible in some states for certification as nutritionists with a limited scope of practice. Training in critically evaluating and conducting nutrition-related research is emphasized.

**ADMISSIONS**

For general information on the admissions process, refer to the Admissions section in this catalog. Information below refers only to the nutrition program.

**PREREQUISITES**

Entering students must have a bachelor’s degree from a regionally accredited college/university and a minimum GPA of 3.0 in their undergraduate degree. Priority consideration will be given to applicants with a 3.0 GPA in nutrition prerequisites, a 3.25 cumulative GPA in all prerequisites, and a 3.25 cumulative GPA in science prerequisites with a B or better in Human Physiology, Organic Chemistry, Biochemistry and Microbiology. Exceptional candidates who do not meet these priority standards will be reviewed on a case-by-case basis.

Human Physiology (upper level)<sup>1</sup> ..... 1 course  
 Chemistry (science-major level with lab) .....3 courses  
 (must include at least one organic chemistry course)

Biochemistry<sup>2</sup> ..... 1 course  
 Introductory Nutrition<sup>3</sup> ..... 1 course  
 College Algebra ..... 1 course  
 Microbiology ..... 1 course

<sup>1</sup>A full anatomy and physiology series will meet this requirement.

<sup>2</sup>The biochemistry course must be upper-level and must cover intermediary metabolism.

<sup>3</sup>The nutrition course must include macro-and micronutrients, lifecycle and physical activity.

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

**GRADUATION REQUIREMENTS**

MSN (Traditional) students must complete a minimum of 78 credits. All MSN (Traditional) students must have a minimum 3.0 GPA with a minimum of 52 credits in residence. MSN (Traditional) students must complete their degree within five years following matriculation into the program. A research thesis is required for graduation, which will be electronically deposited in a publicly available (open access) repository (see Policy/Procedure #11-C55).

**THESIS CREDIT AND CONTINUATION POLICY**

Students must be registered for at least one credit each quarter (except summer quarter) in order to continue in the program. If a student completes the credit requirements for the degree but requires more time to complete the thesis, that student will have two options.

Option 1 – The student can register for Thesis Continuation. Thesis Continuation is a 0.0 credit “course” that maintains the student’s enrollment at Bastyr University. The fee for Thesis Continuation is equivalent to the tuition for one credit. The registration and payment deadlines for Thesis Continuation are the same as those published for regular registration activities. Students who do not register for Thesis Continuation or fail to pay the fee are not permitted to utilize faculty time or other University resources.

Option 2 – The student can apply for a leave of absence from the University until s/he is ready to complete and present the thesis. Students may consult with the Office of the Registrar or see Student Policies and Procedures for details about applying for a leave of absence. Students on a leave of absence are not permitted to utilize faculty time or other University resources. When the student is ready to complete and present the thesis, s/he will need to register for Thesis Continuation.

The following curriculum table lists the tentative schedule of courses each quarter. Next to each course are the number of credits per course (Crdt.), the lecture hours each week (Lec.) and the lab/clinic hours each week (L/C).

### MASTER OF SCIENCE IN NUTRITION (TRADITIONAL) 2013-2014

#### YEAR I

Qtr.	Cat. No.	Course Title	Crdt.	Lec.	L/C
F	BC5118	Disease Processes 1	3	3	0
	TR5120	Advanced Nutrition: Macronutrients	5	5	0
	TR5136	Nutrition in the Life Cycle (hybrid online course)	3	3	0
	TR5104	Research Methods in Health Sciences	3	2	2
		Quarterly Totals	14	13	2
W	BC5132	Disease Processes 2	2	2	0
	TR5101	Whole Foods Production	3	1.5	3
	TR5124	Advanced Nutrition: Micronutrients	5	5	0
	TR5320	Nutrition Assessment & Therapy 1	5	4	2
		Quarterly Totals	15	12.5	5
Sp	TR5128	Applied Research Skills	3	3	0
	TR5100	Biostatistics	4	3	2
	TR5140	Advanced Nutrition: Bioactive Compounds in Foods	3	3	0
	TR5321	Nutrition Assessment & Therapy 2	5	4	2
		Quarterly Totals	15	13	4

#### YEAR II

Qtr.	Cat. No.	Course Title	Crdt.	Lec.	L/C
F	TR5115	Food Science	5	3.5	3
	TR6111	Contemporary Nutrition: Global & Ecological Issues	2	2	0
	TR6114	Thesis <sup>1</sup>	4	0	8
	TR6116	Thesis Seminar 1 <sup>2</sup>	1	1	0
		Quarterly Totals	12	6.5	11
W	TR5132	Applied Statistical Analysis	2	1	2
	TR6122	Contemporary Nutrition: Community & Culture	3	3	0
	TR6114	Thesis <sup>1</sup>	4	0	8
	TR6116	Thesis Seminar 2 <sup>2</sup>	1	1	0
		Quarterly Totals	10	5	10
Sp	TR6133	Contemporary Nutrition: Public Health	3	3	0
	TR6114	Thesis <sup>1</sup>	4	0	8
	TR6116	Thesis Seminar 3 <sup>2</sup>	1	1	0
		Quarterly Totals	8	4	8

<sup>1</sup>These credits may vary. Students may register for thesis as early as summer quarter of the first year and in any quarter in which the student receives thesis advising. Twelve (12) thesis credits are required to graduate. One (1) thesis credit must be earned in the quarter in which the degree is to be received. If all thesis credits have been earned, then Thesis Continuation (TR6199) is required in the final quarter.

<sup>2</sup>Thesis seminar classes should be taken in the same quarter as thesis credits.

### Elective Requirements: Master of Science in Nutrition (Traditional) Program

Qtr.	Cat. No.	Course Title	Crdt.	Lec.	L/C
variable	variable	Electives	4	4	0
		Elective Totals	4	4	0

Of the four (4) elective credits required, students must have a minimum of two (2) elective credits in nutrition program courses.

### Total Requirements: Master of Science in Nutrition (Traditional) Program

	Crdt.	Lec.	L/C
Total Core Course Credits and Hours	74	54	40
Total Elective Credits and Hours	4	4	0
Total Requirements	78	58	40

Curriculum and course changes in the 2013-2014 Bastyr University Catalog are applicable to students entering during the 2013-2014 academic year. Please refer to the appropriate catalog if interested in curriculum and courses required for any other entering year.

## MASTER OF SCIENCE IN NUTRITION AND CLINICAL HEALTH PSYCHOLOGY (MSN/CHP)

The MSN/CHP was developed to respond to the need for an integrated program that provides opportunities to ultimately obtain licensure as a mental health counselor and credentials to practice as a nutritionist with a limited scope of practice in some states. This three-year graduate program provides interdisciplinary education in nutrition and clinical health psychology for students who want a fully integrated mind-body approach to human health.

### ADMISSIONS

For general information on the admissions process, refer to the Admissions section in this catalog. Information below refers only to the MSN/CHP program.

### PREREQUISITES

Entering students must have a bachelor's degree from a regionally accredited college/university with a minimum cumulative GPA of 3.0 in their undergraduate degree. Priority consideration will be given to applicants with a 3.0 GPA in nutrition prerequisites, a 3.25 cumulative GPA in all prerequisites, and a 3.25 cumulative GPA in science prerequisites with a B or better in Human Physiology, Organic Chemistry, Biochemistry and Microbiology. Exceptional candidates who do not meet these priority standards will be reviewed on a case-by-case basis. Human Physiology (upper level)<sup>1</sup> 1 course

Chemistry (science-major level with lab).....3 courses  
(must include at least one organic chemistry course)

Biochemistry<sup>2</sup> ..... 1 course

Introductory Nutrition<sup>3</sup>..... 1 course

Abnormal psychology ..... 1 course

Developmental psychology ..... 1 course

College Algebra ..... 1 course

Microbiology ..... 1 course

<sup>1</sup>A full anatomy and physiology series will meet the physiology prerequisite requirements.

<sup>2</sup>The biochemistry course must be upper-level and must cover intermediary metabolism.

<sup>3</sup>The nutrition course must include macro- and micronutrients, lifecycle and physical activity.

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

### ADMISSION TO CLINICAL TRAINING

In order to enroll in the Clinic Shift series, students must have successfully completed all pre-requisites, based on the clinic track outlined below and under course descriptions for Clinic Nutrition Practicum, and must have met the criteria for professional behavior and attitudes. Students are also required to pass a national criminal background check (see “Background Checks” in the *Academic Policy and Procedure Manual* for more information) and must show proof of completion of the clinic entry checklist prior to the first scheduled clinic shift.

### GRADUATION REQUIREMENTS

MSN/CHP students must complete a minimum of 118 credits and must have a minimum 3.0 GPA with a minimum of 79 credits in residence. MSN/CHP students must complete their degree within six years following matriculation into the program. A graduation requirement of the MSN/CHP program is that students must complete 600 hours of supervised counseling (including hours in counseling classes at BCNH and its satellites and external practicum sites), of which 100 hours need to be in nutrition counseling.

In addition to the didactic and clinical experience, MSN/CHP students are required to complete 10 hours of individual counseling or therapy sessions during the first year of the program and before their first counseling shift at BCNH. Counseling may occur at the Bastyr Counseling Center or with a private counselor of the student's choice. Documentation of these hours is required.

### EXIT EXAM

Successful completion of a clinical competency exit examination is a requirement for students in the third year of the MSN/CHP. This examination tests the minimal knowledge and skills required to perform nutritional and mental health counseling with diverse clients. The examination does not cover the whole curriculum and cannot substitute for any part of regular course requirements. Students are eligible to take the exit exam if they are in good academic standing, have completed or are concurrently registered for all required (non-elective) courses by the

end of the term in which the exam is scheduled and are making satisfactory progress in the practicum.

### EXPECTED COMPETENCIES

Students are required to maintain a 3.0 GPA in their graduate coursework. Bastyr graduates are qualified to provide exceptional counseling services to individuals and institutions and contribute positively to the nutritional and mental health education of the community.

Students are expected to stay on track with the counseling curriculum. Students who wish to go off track must have permission from the director of clinical training.

**The following curriculum table lists the tentative schedule of courses each quarter. Next to each course are the number of credits per course (Crdt.), the lecture hours each week (Lec.) and the lab/clinic hours each week (L/C).**

### MASTER OF SCIENCE IN NUTRITION AND CLINICAL HEALTH PSYCHOLOGY 2013-2014

#### YEAR I

Qtr.	Cat. No.	Course Title	Crdt.	Lec.	L/C
F	BC5118	Disease Processes 1	3	3	0
	PS5301	Fundamentals of Counseling: Basic Skills	3	3	0
	TR5120	Advanced Nutrition: Macronutrients	5	5	0
	TR5136	Nutrition in the Life Cycle (hybrid online course)	3	3	0
	TR5104	Research Methods in Health Sciences	3	2	2
		Quarterly Totals	17	16	2
W	BC5132	Disease Processes 2	2	2	0
	PS5113	Theories of Counseling & Psychotherapy	3	3	0
	TR5124	Advanced Nutrition: Micronutrients	5	5	0
	TR5320	Nutrition Assessment & Therapy 1	5	4	2
	TR5101	Whole Foods Production	3	1.5	3
		Quarterly Totals	18	15.5	5
Sp	PS5202	Psychopathology & Biomedical Conditions	3	3	0
	PS6315	Counseling Adults 1: Assessment & Treatment	3	3	0
	TR5140	Advanced Nutrition: Bioactive Compounds in Foods	3	3	0
	TR5321	Nutrition Assessment & Therapy 2	5	4	2
	TR5803	Nutrition Clinic Entry	1	0	2
		Quarterly Totals	15	13	4

#### YEAR II

Qtr.	Cat. No.	Course Title	Crdt.	Lec.	L/C
F	PS5110	Fundamentals of Counseling: Group Dynamics	3	2	2
	PS7801	Clinic Shift 1: Nutrition/ Clinical Health Psychology	2	0	4
	PS6310	Nutritional & Pharmacological Approaches to Mental Health	3	3	0
	TR5115	Food Science	5	3.5	3
	TR6111	Contemporary Nutrition: Global & Ecological Issues	2	2	0
		Quarterly Totals	15	10.5	9

W	PS5115	Fundamentals of Counseling: Systems, Families & Couples	4	3	2
	PS6105	Diversity & Multicultural Issues in Health Psychology	3	3	0
	PS7802	Clinic Shift 2: Nutrition/ Clinical Health Psychology	2	0	4
	TR6100	Nutritional Supplementation	4	4	0
		Quarterly Totals	13	10	6
Sp	PS6130	Psychological Testing	3	3	0
	PS6323	Assessment/Treatment of Children/ Adolescents in Health Psychology	3	2	2
	PS7105	Alcohol & Substance Abuse	2	2	0
	PS7803	Clinic Shift 3: Nutrition/ Clinical Health Psychology	2	0	4
	TR5100	Biostatistics	4	4	0
		Quarterly Totals	14	11	6

**YEAR III**

Qtr.	Cat. No.	Course Title	Crdt.	Lec.	L/C
F	PS6317	Counseling Adults 2: Assessment & Treatment	3	2	2
	PS7101	Professional, Ethical & Legal Issues	3	3	0
	PS7805	MSN/CHP Practicum 1	2	0	4
	PS7811	Practicum Seminar 1: Nutrition/ Clinical Health Psychology	1	1	0
		Quarterly Totals	9	6	6
W	PS6207	Counseling for Eating Disorders	2	1	2
	PS7103	Mind Body Techniques for Stress Reduction	3	3	0
	PS7806	MSN/CHP Practicum 2	2	0	4
	PS7812	Practicum Seminar 2: Nutrition/ Clinical Health Psychology	1	1	0
		Quarterly Totals	8	5	6
Sp	PS7115	Developing & Evaluating Counseling Programs	3	3	0
	PS7129	Career Counseling	3	3	0
	PS7807	MSN/CHP Practicum 3	2	0	4
	PS7813	Practicum Seminar 3: Nutrition/ Clinical Health Psychology	1	1	0
		Clinical Competency Exam	0	0	0
		Quarterly Totals	9	7	4

**Total Requirements: Master of Science in Nutrition and Clinical Health Psychology Program**

	Crdt.	Lec.	L/C
Total Core Course Credits and Hours	103	91	24
Clinic/Practicum Totals	15	3	24
Total Requirements	118	94	48

*Curriculum and course changes in the 2013-2014 Bastyr University Catalog are applicable to students entering during the 2013-2014 academic year. Please refer to the appropriate catalog if interested in curriculum and courses required for any other entering year.*

**MASTER OF SCIENCE IN NUTRITION WITH DIDACTIC PROGRAM IN DIETETICS (MSN/DPD)**

The purpose of the MSN/DPD is to train students who are primarily interested in becoming registered dietitians. The program's mission is to educate future dietetic professionals who will be agents of change in bringing the perspective of whole foods, environmen-

tal awareness of food choices and complementary medicine into their dietetic-related practices. The MSN/DPD program at Bastyr University is accredited by the Accreditation Council for Education in Nutrition and Dietetics (ACEND). The competencies outlined by ACEND are over and above the requirements for a master's in nutrition as outlined by the University and prepare dietetic students to be eligible to apply for a dietetic internship accredited by ACEND and, subsequently, to be eligible to sit for the registration examination for dietitians.

**ADMISSIONS**

For general information on the admissions process, refer to the Admissions section in this catalog. Information below refers only to the graduate nutrition program.

To be competitive for priority admission into the MSN/DPD, the following minimum cumulative GPAs are required:

- 3.25 in prerequisite coursework (classes listed as specific prerequisites)
- 3.25 cumulative in science prerequisite coursework
- 3.0 cumulative undergraduate coursework
- 3.0 in nutrition prerequisite coursework

**PREREQUISITES**

Please see prerequisites for the Master of Science in Nutrition listed on page 55. In addition to the prerequisites listed on page 55, Introduction to Psychology is also required.

It is highly recommended that all students receive a B or better in all major prerequisite classes to be most competitive for accredited dietetic internships. Students must maintain a GPA of 3.0 or higher to remain in the program.

**ADMISSION TO CLINICAL TRAINING**

In order to enroll in the Clinic Nutrition Practicums (TR6811 and TR6812), students must have successfully completed all prerequisites based on clinic track outline below and must have met the criteria for behavior and attitudes as outlined in the *Nutrition Student Clinician Handbook*. Students are also required to pass a national criminal background check (see "Background Checks" in the *Academic Policy and Procedure Manual* for more information) and must show proof of completion of the clinic entry checklist prior to the first scheduled clinic shift.

## GRADUATION REQUIREMENTS

MSN/DPD students must complete a minimum of 78 credits. All MSN/DPD students must have a minimum 3.0 GPA with a minimum of 52 credits in residence. MSN/DPD students must complete their degree within five years following matriculation into the program. MSN/DPD students are recommended to meet with the DPD director for academic advising each quarter prior to registration to discuss academic progress. A total of 300 hours of approved paid and/or volunteer nutrition-related work is required to graduate from the MSN/DPD. The following is a breakdown of those hours:

- Total of 100 hours clinical nutrition (in-patient, ambulatory care, and/or long-term care direct patient contact)
- Total of 100 hours food service management
- Total of 100 hours community nutrition

Leadership in the area of dietetics by participating in the Bastyr University Student Nutrition Association (SNA) is strongly encouraged, and becoming a student member of the Academy of Nutrition and Dietetics is required.

Once coursework for the MSN/DPD and the 300 volunteer and/or paid required hours are completed, signed and verified by the DPD director, the student is eligible to sit for the DPD exit exam. A pass rate of 70 percent on the DPD exit exam is required to receive the verification statement that will enable the student to be eligible to complete an accredited dietetic internship. Completion of the DPD program does not guarantee acceptance into a dietetic internship. All other policies and procedures related to the MSN/DPD program are located on MyBU under the Department of Nutrition and Exercise Science.

## ACCREDITATION

The MSN/Didactic Program in Dietetics (MSN/DPD) at Bastyr University is accredited by the Accreditation Council for Education in Nutrition and Dietetics (ACEND), 120 South Riverside Plaza, Suite 2000, Chicago, IL 60606-6995, 800.877.1600, ext. 5400, email: [acend@eatright.org](mailto:acend@eatright.org), website: [www.eatright.org/acend](http://www.eatright.org/acend), a specialized accrediting body recognized by the U.S. Department of Education. Program outcomes data are available upon request.

**The following curriculum table lists the tentative schedule of courses each quarter. Next to each course are the number of credits per course (Crdt.), the lecture hours each week (Lec.) and the lab/clinic hours each week (L/C).**

## MASTER OF SCIENCE IN NUTRITION/DIDACTIC PROGRAM IN DIETETICS 2013-2014

## YEAR I

Qtr.	Car. No.	Course Title	Crdt.	Lec.	L/C
F	BC5118	Disease Processes 1	3	3	0
	PS5301	Fundamentals of Counseling: Basic Skills	3	3	0
	TR5120	Advanced Nutrition: Macronutrients	5	5	0
	TR5136	Nutrition in the Life Cycle (hybrid online course)	3	3	0
	TR5104	Research Methods in Health Sciences	3	2	2
		Quarterly Totals	17	16	2
W	BC5132	Disease Processes 2	2	2	0
	TR5124	Advanced Nutrition: Micronutrients	5	5	0
	TR5207	Nutritional Counseling	2	2	0
	TR5320	Nutrition Assessment & Therapy 1	5	4	2
		Quarterly Totals	14	13	2
Sp	TR5101	Whole Foods Production	3	1.5	3
	TR5140	Advanced Nutrition: Bioactive Compounds in Foods	3	3	0
	TR5321	Nutrition Assessment & Therapy 2	5	4	2
	TR5803	Nutrition Clinic Entry	1	0	2
	TR5100	Biostatistics	4	3	2
		Quarterly Totals	16	11.5	9

## YEAR II

Qtr.	Car. No.	Course Title	Crdt.	Lec.	L/C
F	RD6105	Introduction to Dietetics	1	0	2
	RD6131	Food Service Management 1	2	2	0
	TR5115	Food Science	5	3.5	3
	TR6111	Contemporary Nutrition: Global & Ecological Issues	2	2	0
		Quarterly Totals	10	7.5	5
W	RD6135	Food Service Management 2	2	2	0
	TR6100	Nutritional Supplementation	4	4	0
	TR6122	Contemporary Nutrition: Community & Culture	3	3	0
	TR6811	Clinic Nutrition Practicum 1 <sup>1</sup>	2	0	4
		Quarterly Totals	11	9	4
Sp	RD6140	Food Service Management 3	2	2	0
	RD6403	Medical Nutrition Therapy	3	3	0
	TR6133	Contemporary Nutrition: Public Health	3	3	0
	TR6812	Clinic Nutrition Practicum 2 <sup>1</sup>	2	0	4
		DPD Exit Exam	0	0	0
		Quarterly Totals	10	8	4

<sup>1</sup>TR6811 Clinic Nutrition Practicum 1, and subsequently Clinic Nutrition Practicum 2, will be assigned after prerequisites are completed any time after spring of year 1. Each practicum is a total of 44 hours during each quarter. In addition, a total of eight hours are required during the interim period. See the *Student Clinical Handbook* for details.

**Total Requirements: Master of Science in Nutrition/Didactic Program in Dietetics**

	Crdt.	Lec.	L/C
Total Core Course Credits and Hours	74	65	18
Clinic Totals	4	0	8
Total Requirements	78	65	26

## DIETETIC INTERNSHIP

The philosophy of the Bastyr University Dietetic Internship is to effectively deliver an internship that meets the accreditation standards set by the Academy of Nutrition and Dietetics (the Academy) while supporting the mission statement of the Department of Nutrition and Exercise Science. The Mission of Bastyr University internship is to educate future leaders in the dietetic profession who will integrate whole foods, environmental nutrition and complementary medicine perspectives into their nutrition practice. The program is designed to meet the eligibility requirements and accreditation standards for dietetic internship programs as defined by the Academy, with the intention that those who successfully complete the program will have met the performance requirements for entry-level dietitians through supervised practice. The internship provides an interactive set of educational experiences in which participants perform the Nutrition Care Process in a variety of settings, demonstrate professional skills, perform continuous self-assessment and develop collaborative relationships to achieve desired outcomes. The program includes didactic coursework via seminars, group projects and individual self-enrichment experiences.

Interns gain experience in medical nutrition therapy, community nutrition and food service administration. Interns develop insight into the unique nutritional needs of populations from all stages of the life cycle and in various degrees of health through rotation sites that include acute care and outpatient clinics, WIC programs and food service departments.

The Bastyr University Dietetic Internship has a concentration in natural medicine and whole food nutrition. Interns have the opportunity to practice with clinicians in the naturopathic program and in the acupuncture and Oriental medicine program at the University's teaching clinic, Bastyr Center for Natural Health. Interns create whole-food menus and consider the environmental impacts of food choices.

The internship is a full-time program (minimum of 40 hours per week) meeting the requirements for 1200 minimum supervised practice hours. The program also includes didactic hours, enrichment hours, and hours for orientation and evaluation, as well as vacation and holidays.

Interns are required to register for 15 graduate credits, which may be applied toward the elective requirements of the Master of Science in Nutrition degree at Bastyr University upon acceptance into the master's program. The graduate course content

is structured to complement the supervised practice component of the internship. The internship graduate courses follow, listed in the order taken:

Cat. No.	Course Title	Crdt.	Qtr.
DI5100	Introduction to the Practice of Dietetics	1	F
DI5101	Community Nutrition	1	
DI5801	Community Practicum <sup>1</sup>	2	
DI5103	Food Service Administration	1	
DI5104	Medical Nutrition Therapy	1	W
DI5814	Food Service Practicum <sup>1</sup>	4	
DI5820	Medical Nutrition Therapy Practicum <sup>1</sup>	5	Sp
Total Credits		15	

<sup>1</sup>Community Practicum, Medical Nutrition Therapy Practicum and Food Service Practicum are incorporated into the supervised practice experience.

### ADMISSION REQUIREMENTS FOR DIETETIC INTERNSHIP

Applicants must have a minimum of a baccalaureate degree in nutrition, dietetics or an equivalent program from an accredited educational institution. A strong background in science and high academic performance are essential. A GPA of 3.0 or higher is required for acceptance into the program.

It is highly recommended that students have paid or volunteer experience in all three areas of clinical nutrition, community nutrition and food service administration.

All applicants must complete an internship application via the Dietetic Internship Centralized Application Services (DICAS) system. The following items will be uploaded by each applicant to the DICAS site:

- Completed the Academy Dietetic Internship application
- One-page typed letter of application/personal statement
- Three letters of recommendation (the Academy Waiver and Recommendation Forms are to be included): one reference should be related to work experience and two references should be related to academic performance
- All official transcripts
- DPD Verification Statement or Declaration of Intent

Supplemental application materials to be sent directly to the Bastyr University admissions office include:

- Completed Bastyr University application for certificate and nondegree programs, available for download on the Bastyr University website.
- Nonrefundable \$75 application fee, with check written to "Bastyr University."

All application materials must be received by the February application deadline date established by the Academy of Nutrition and Dietetics. Interns begin the program in September and complete the program in June. Applicants are informed of acceptance through the designated computer matching system.

#### EXPECTED LEARNING OUTCOMES

The Department of Nutrition and Exercise Science has established the following expected learning outcomes for all its Dietetic Internship students:

- Meet eligibility requirements to write the registration examination to become a registered dietitian (RD)
- Demonstrate all the competencies required to practice as a competent entry-level dietitian
- Provide exceptional nutrition and dietetic practice to individuals and institutions that effectively supports integrated health care, incorporating whole foods, complementary medicine perspectives and environmental considerations into nutrition care and protocols

#### EXPECTED COMPETENCIES

Interns are required to pass all internship graduate courses with a grade of achieved competency (AC) and must have demonstrated competency in all learning outcomes. (The achieved-competency based grading system is explained on page 20 of this catalog.) Graduates of the program meet eligibility requirements to write the registration examination to become a registered dietitian (RD). Bastyr internship graduates are qualified to provide exceptional nutrition and dietetic services to individuals and institutions and contribute positively to the nutrition awareness and health education of the community.

#### ACCREDITATION STATUS

The Bastyr University Dietetic Internship is accredited by the Accreditation Council for Education in Nutrition and Dietetics (ACEND), 120 South Riverside Plaza, Suite 2000, Chicago, IL, 60606-6995, (800) 877-1600, ext. 5400, email: [acend@eatright.org](mailto:acend@eatright.org), website: [www.eatright.org/acend](http://www.eatright.org/acend), a specialized accrediting body recognized by the U.S. Department of Education.

Additional program information, including goals and objectives measured to assess program effectiveness, costs to interns and the program content may be found at [www.Bastyr.edu/Academics/Areas-Study/Study-Nutrition/Nutrition-Dietetic-Internship](http://www.Bastyr.edu/Academics/Areas-Study/Study-Nutrition/Nutrition-Dietetic-Internship). Program policies and procedures are made available

to accepted applicants in the annually revised *Bastyr University Dietetic Internship Handbook*. Program outcomes data are available upon request.

## FACULTY

### WITH HIGHEST DEGREES, LICENSES OBTAINED AND DEPARTMENTAL AFFILIATION

#### Key

(AOM)	Acupuncture & Oriental Medicine
(AY)	Ayurvedic Sciences
(BS)	Basic Sciences
(BTM)	Botanical Medicine
(EXS)	Exercise Science
(HO)	Homeopathy
(HS)	Herbal Sciences
(IS)	Interdisciplinary Studies
(MW)	Midwifery
(NM)	Naturopathic Medicine
(NTR)	Nutrition
(PM)	Physical Medicine
(PSY)	Psychology

#### CORE

- Bartok, Cynthia, PhD, RD, University of Wisconsin, Madison (NTR)
- Brown, Scott, PhD, University of Minnesota (EXS, NTR)
- Boutin, Debra, MS, RD, Case Western Reserve University (NTR)
- Cho, Young, PhD, University of Wisconsin, Madison (BS-BUC)
- Davis, Amy, PsyD, Antioch University (PSY)
- Dominguez Rieg, Jessica, PhD, University of Arizona (BS-BUC)
- Elson-Schwab, Lev, PhD, University of California, San Diego (BS)
- Frasieur, Amy, MS, RD, Oregon State University (NTR)
- Golden, Lynelle, PhD, University of Tennessee, Knoxville (BS)
- Gordon, Wendy, MPH, LDM, CPM, Oregon Health & Science University (MW)
- Harris, Cristen, PhD, RD, LD/N, Florida International University (NTR)
- Hofsess, Christy, PhD, Arizona State University (PSY)
- Kazaks, Alexandra, PhD, RD, University of California, Davis (NTR)
- Kirk, Elizabeth, PhD, RD, University of Washington (NTR)
- Kloubec, June, PhD, University of Minnesota, (EXS, NTR)
- Lair, Cynthia, BA, CHN, Wichita State University (NTR)
- Lester, Naomi, PhD, Uniformed Services University of the Health Services (PSY)

- Lichtenstein, Brad, ND, Bastyr University (PSY)
- Lin, Nan, MD, Peking University Health Science Center, PhD, University of Mississippi (BS-BUC)
- Littleton, Kent, ND, Bastyr University, MS, University of Washington (BS)
- Love, Rebecca, DVM, Washington State University (BS)
- Martzen, Mark, PhD, University of South Dakota School of Medicine (BS, MW)
- Messner, Don, PhD, University of Washington (BS)
- Modell, Harold, PhD, University of Mississippi Medical Center (BS)
- Morrow, Kelly, MS, RD, CD, Bastyr University (NTR, MW)
- Myers, Suzy, LM, CPM, MPH, University of Washington (MW)
- Riedesel, Brian, PhD, University of Utah (PSY)
- Rosen, Daniel, PhD, Arizona State University (PSY)
- Rude, Steven, PhD, Northwestern University (BS)
- Savery, Patrice, MA, New York University, AAS Seattle Culinary Academy (NTR)
- Schultz, Caitlin, PhD, University of North Dakota, Grand Forks (PSY)
- Smith, Charles, PhD, Ball State University (PSY)
- Spicer, Diane, MIT, University of Washington, MS, University of Wisconsin (BS)
- Thomas, Aleyamma, PhD, University of Manitoba (BS)
- Wenner, Cynthia, PhD, Washington University, St. Louis, MO (BS)
- ADJUNCT**
- Adler, Jennifer, MS, CN, Bastyr University (NTR)
- Allshouse, Katherine, ND, Bastyr University (BS)
- Bean, Jessica, ND, Bastyr University (BS)
- Biery, Nancy, PhD, Johns Hopkins University (BS)
- Buono, Laura, RD, CD, CNSD, Washington State University (NTR)
- Butterfield, Leslie, PhD, Virginia Commonwealth University (MW)
- Cabasco-Cebrian, Tess, BS, University of Washington (BS)
- Chamberlain, Kristina, CNM, IBCLC, University of Washington (MW)
- Chorley, Heather, LM, PA, Bowman Gray School of Medicine (MW)
- Cooper, Tracy, LM, Seattle Midwifery School (MW)
- Costa-Mallen, Paola, PhD, University of Milan (BS)
- DeNinno, John, PhD, Purdue University (PSY)
- Denmark, Melissa, LM, MA, University of Florida (MW)
- Effland, Kristin, LM, CPM Seattle Midwifery School (MW)
- Frederickson, Richard, PhD, University of North Dakota (BS)
- Fulton-Kehoe, Deborah, PhD, University of Washington (BS)
- Gabel, Helen, MSN, Emory University, (MW)
- Goldman, Shana, MS, RD, Bastyr University (NTR)
- Haq, Aliya, MS, RD, University of Washington (NTR)
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- Hsu, Clarissa, PhD, University of Washington (MW)
- Hudson, George, MS, LMHC, Bastyr University (PSY)
- Kass, Elias ND, LM, Bastyr University (MW)
- Levin, Buck, PhD, RD, University of North Carolina, Greensboro (NTR)
- Lund, Kaleb, PhD, University of Minnesota (BS)
- Majd, Iman, MD (Iran), Tehran University of Medical Sciences, MS, Bastyr University, LAc (BC)
- Marshall, Anita, DAOM, American College of Traditional Chinese Medicine, PhD, American Global University, PharmD, University of the Pacific, LAc (BS) (AOM)
- Mazzanti, Marta, MS, RD, Bastyr University (NTR)
- McMillen, Kerry, MS, RD, University of Washington (NTR)
- Minnich, Deanna, PhD, CN, University of Groningen (the Netherlands), (NTR)
- Orendurff, Michael, PhD, University of Washington (EXS)
- Palagi, Traci, LM, CPM, Seattle Midwifery School (MW)
- Price, Lisa, ND, Bastyr University (BS)
- Ramanujam, Kumuthini, MD (India), Madras Medical College (BS)
- Roustaei, Omid, MA, LIOS, Bastyr University (NTR, PSY)
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