



MASTER OF SCIENCE IN
Nutrition



“The doctor of the future will give no medicine, but will instruct his patient in the care of the human frame, in diet and in the cause and prevention of disease.”

—Thomas Edison



MASTER OF SCIENCE IN **Nutrition**

Food *truly* is medicine.

Do you have a passion for nutrition, cooking and meal planning?

Become an expert in holistic nutrition with our Master of Science in Nutrition (MScN) degree program.

Many of today's health challenges—chronic disease, diabetes, obesity and more—can be managed or alleviated through nutrition and lifestyle changes. The old adage “you are what you eat” has never been more true. Our nutrition program is focused on whole, unprocessed foods and traditional diets, and our philosophy that *Food is Medicine* is represented in every course. The curriculum is designed to get students out of the classroom and into the kitchen—depending on the electives chosen, up to half of the courses have cooking components. With a focus on clinical nutrition, our graduates can plan a menu and cook healthy nutritious meals appropriate for different medical conditions.

The mission of the Master of Science in Nutrition program is to advocate for healthy lifestyles by increasing awareness of how food and nutrients impact human health and disease, and to respect diverse nutritional needs, dietary patterns, and food preferences.



PROGRAM OVERVIEW

Nutrition is a dynamic science with new research findings constantly being published. Our MScN program is evidence-based and integrates nutritional biochemistry and pathophysiology with advanced clinical nutrition education. An active-learning curriculum provides a solid foundation in holistic nutrition and food systems, complemented by skill training in cooking, teaching and nutritional counseling.

Our students train in a state-of-the-art teaching kitchen and complete 2–3 internships—gaining experience and confidence in their skills.

Students may choose to complete the program in one or two years, or take it concurrently with another degree program at NUNM. A unique feature of our program is the ability to customize your MScN curriculum with focused electives, allowing you to study specific areas of interest. The nutrition focus options include clinical, community, culinary and environmental.



CAREER DEVELOPMENT AND OUTCOMES

Start with the end in mind. This is what we ask NUNM students to do, which may seem unusual, but we're not your average school. We want you prepared for a lifelong practice of healing, which starts before you step foot on campus.

We offer customized 1-1 career and business development support while you are at NUNM. Our career center exists to help our students and alumni succeed. If you need help launching your career, we will guide you through developing a resume and/or curriculum vitae, and creating elevator pitches, career plans and business plans. Our goal is to assure all of our graduates and alumni are competitive in their career of choice by defining their success and pursuing it through adaptability and focus.

Our MScN graduates move into fulfilling careers, including:

- Health coaching
- Practice in integrative care centers with conventional providers
- Nutrition counseling
- Personal chef
- Community nutrition educator
- Teaching

With additional self-effort, graduates of the MScN program may be eligible for additional nutrition credentials; individual variables determine eligibility.





NATIONAL UNIVERSITY OF NATURAL MEDICINE

A Natural Community

Located in the heart of Portland, Oregon, our campus offers students and faculty the benefits and advantages of city living with an emphasis on sustainability.

Community is a word often used to describe NUNM, and it's true, we have a strong sense of community. But what we mean by community isn't only study groups, faculty relationships, or whether you like all your peers—although all those things are important. To us, it means that you belong to a group of individuals seeking to transform their own communities through health—naturally. And in order to transform your community through health, it's important to understand how it all comes together. At NUNM, you'll have the benefit of interacting with students from many disciplines—all with similar views of health, healing and well-being.

Master of Science in Nutrition—One-Year Program*

*The MScN program offers one-year and two-year tracks.

Term	Course #	Course Topic	Credits
FALL	GSN 500	Nutrition Mentorship	1
	GSN 502	Culinary Skills	2
	GSN 507	Fundamentals of Nutrition	4
	GSN 508	Fundamentals of Nutrition Workshop	1
	GSN 514 - OR - GSN 614	Nutritional Biochemistry Advanced Nutritional Biochemistry	2
	GSN 516	Pathophysiology	3
	GSN 534	Cultural Humility and Food Justice	2
		Electives	2
		Fall Total	17
WINTER	GSN 500	Nutrition Mentorship	1
	GSN 515	Nutritional Assessment	2
	GSN 517	Psychology of Eating	2
	GSN 524	Medical Nutrition Therapy	3
	GSN 526	Lifecycle Nutrition I	2
	GSN 528	Health Coaching	2
	GSN 529	Applied Medical Nutrition Therapy	2
		Elective	2
		Winter Total	16
SPRING	GSN 500	Nutrition Mentorship	1
	GSN 505	Healing Foods	2
	GSN 506	Healing Foods Practicum	2
	GSN 533	Lifecycle Nutrition II	2
	GSN 563	Business of Nutrition	2
	GSN 535	Nutrition Internship	3
		Electives	4
		Spring Total	16
SUMMER	GSN 503	Farm to Table	2
	GSN 509	Community Nutrition and Food Policy	3
	GSN 535	Nutrition Internship	3
		Electives	7
		Summer Total	15
TOTAL CORE CREDITS			49
TOTAL ELECTIVE CREDITS			15
TOTAL REQUIRED CREDITS			64



*Charlee's
Kitchen*

Focus Options

Course #	Course Name	Clinical	Community	Culinary	Environmental
GSN 525E	Cultural and Traditional Diets	X	X		
GSN 538E	Pedagogy	X	X	X	
GSN 542E	Cooking and Considering Meat and Seafood	X		X	X
GSN 546E	Food Allergies and Intolerances	X			
GSN 547E	Fad Diets	X			
GSN 548E	Eating Disorders and Intuitive Eating	X			
GSN 549E	Detoxification and Cleanses	X			
GSN 551E	Therapeutic Diets	X			
GSN 552E	Nutritional Supplements	X			
GSN 554E	Sports Nutrition	X			
GSN 555E	Functional Nutrition	X			
GSN 557E	Cooking with Medicinal Herbs	X		X	X
GSN 561E	Recipe & Menu Development	X		X	
GSN 563E	Business of Nutrition	X	X	X	X
GSN 564E	Nutritional Genetics	X			
GSN 567E	Healing Foods II	X		X	
GSN 568E	Healing Foods II Practicum	X		X	
GSN 574E	Food Relationship Coaching	X			
GSN 556E	Cooking with Chinese Medicinal Herbs	X		X	
RES 501	Journal Club	X	X		
GSN 553E	Gluten-Free Cooking	X		X	
GSN 559E	Vegan Diets	X		X	
GSN 562E	Nutrition in the News	X	X	X	X
GSN 569E	Lifestyle and Wellness	X	X		
GSN 580E	Constitutional Medicine and Seasonal Dietetics	X			
GSN 577E	Nutrition Career Strategies Retreat	X	X	X	X
GSN 578E	Food Chemistry	X		X	
GSN 583E	Nutritional Counseling	X			
GSN 543E	Personal Chef and Food Service			X	
GSN 571E	Introduction to Organic Agriculture		X	X	
GSN 572E	Indian Cooking			X	
GSN 501E	Seasonal Cooking – Summer			X	
GSN 510E	Seasonal Cooking – Fall			X	
GSN 520E	Seasonal Cooking – Winter			X	
GSN 530E	Seasonal Cooking – Spring			X	
GSN 541E	Cuisine of Thailand			X	
GSN 544E	Global and Ecological Food Issues		X		X
GSN 545E	Global Cuisine			X	
GSN 558E	Food as Medicine in the Community		X		
GSN 565E	Food Anthropology		X		

“The practical experience I gained was only a portion of what I took away from my internship. . . it solidified for me that working in a clinical setting was exactly what I was looking to do.”

—Megan Deras Gardner, MScN ('15), CNS, CPT

ESTIMATED PROGRAM COST

Current tuition, as of 2017–2018, for the MScN program is \$422 per credit. Tuition is subject to change. Students concurrently enrolled in another degree program at NUNM may transfer in applicable course credits.

Estimated total program cost: \$27,008*
(64 credits x \$422/credit)

*SUBJECT TO CHANGE; DOES NOT INCLUDE
COURSE LAB FEES

Total MScN Degree Credits	
Core program credits	49
Elective credits	15
Total required credits	64

ADMISSIONS REQUIREMENTS

Visit nunm.edu for detailed admissions requirements, prerequisites and required documents.

FINANCIAL AID

Graduate school is a huge commitment on many levels. Our goal is to help you understand the financial aid process and options, and provide students with the best aid package available. More than 96% of students receive some sort of financial aid at NUNM.

VISIT US

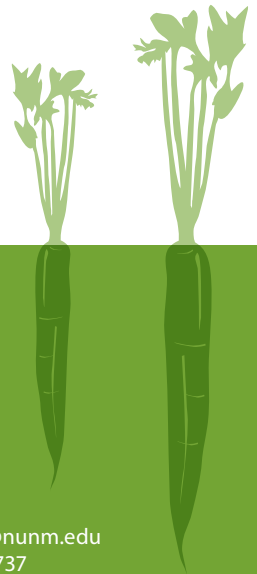
Join us! Selecting the right school is a big decision. We invite you to become acquainted with NUNM, our students, faculty, programs and more. Schedule a tour of NUNM. If natural medicine is your dream, if you want to change the future of health care—we can't wait to meet you!

To arrange a tour with our Admissions team, please visit nunm.edu/tour or call 877.669.8737 or 503.552.1660.



“When I found NUNM, I got an ‘aha moment,’ and sighed with relief: this nutrition program resonates with me. . . It’s a very visionary program with distinct faculty.”

—Keith Gittens, MScN ('15), MScGH ('16)



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