



SCHOOL OF
Undergraduate Studies





If it doesn't challenge you,
it doesn't change you.

—FRED DEVITO



SCHOOL OF

Undergraduate Studies

Do what you love. Join NUNM to pursue a lifelong career in holistic approaches to health and wellness.

Nutrition, botanicals, acupuncture and mind-body medicine are exploding fields as individuals now realize that what you eat and how you treat your body matters.

NUNM's two undergraduate majors offer an integrative approach to traditional studies in nutrition and health sciences. Each degree will prepare you for careers in the burgeoning health and wellness field, or continuing on to related graduate degree programs.

NUNM is a community of healers focused on treating the whole person, naturally.



BACHELOR OF SCIENCE IN

» **Integrative Health Sciences**

» **Nutrition**

OVERVIEW OF THE UNDERGRADUATE PROGRAMS

Employers and graduate schools are seeking well-rounded candidates with interpersonal skills, intercultural competency, and academic preparation in the natural sciences such as organic chemistry, biochemistry, physics and more. Toward that end, we have designed an integrated curriculum featuring core threads in natural sciences, social sciences and critical thinking for each program.

OCCUPATIONAL OUTLOOK FOR HEALTHCARE PROFESSIONS

According to the *Employment Projections: 2016-2026 Summary Report* from the Bureau of Labor Statistics (2017), healthcare support occupations and healthcare practitioners and technical occupations are projected to be among the fastest growing occupational groups during the 2016–2026 decade. These two occupational groups—which account for 14 of the 30 fastest growing occupations from 2016 to 2026—are projected to contribute about one-fifth of all new jobs by 2026. Factors such as the aging baby boomer population, longer life expectancies, and growing rates of chronic conditions will drive continued demand for healthcare services.



“I have not found any other nutrition program like it. It’s exciting to be at a school that welcomes healers who use food as medicine.”

—Tami Butterfield, BScN ('18)

NOW ENROLLED IN THE MASTER OF SCIENCE IN NUTRITION PROGRAM

INTEGRATIVE HEALTH SCIENCES

Are you interested in a well-rounded degree program that will support your future in integrative medicine? The Bachelor of Science in Integrative Health Sciences (BSiHS) program focuses on complementary and integrative medical topics. Students learn exercise science, mind-body medicine, approaches to prevention and wellness, whole-food nutrition, and botanical medicine. The program features a capstone course for which students have the flexibility to synthesize their academic experience at NUNM in a variety of ways. Graduates of this program can obtain entry-level health and wellness positions (e.g., health services manager, recreational therapist, social services, nutraceutical sales, personal trainer, etc.) or continue on to graduate-level health education or specialized training at NUNM or other institutions.

NUTRITION

Are food, nutrition and healthy living your passion? The Bachelor of Science in Nutrition (BScN) program is evidence-based and focuses on individual and community nutrition, human nutritional requirements, the link between diet and disease, food systems that impact the nutrition of individuals and communities, food security, and nutritional epidemiology. The program features a capstone course for which students have the flexibility to synthesize their academic experience at NUNM in a variety of ways. Graduates of this program can obtain entry-level health and wellness positions (e.g., nutritionist, wellness trainer, health educator, personal chef, etc.) or continue on to graduate-level health education or specialized training at NUNM or other institutions.

Do you seek to jump start your career in nutrition with an even stronger foundation? With our accelerated three-year nutrition program, students earn both degrees at a lower cost and gain faster entry into the employment market. Upon successful completion of the requirements, students earn a Bachelor of Science in Nutrition (BScN) degree at the end of the second year and a Master of Science in Nutrition (MScN) degree at the end of the third academic year.

Bachelor of Science in Integrative Health Sciences

Two-Year Program

Term	Course #	Course Topic	Credits	
YEAR ONE	FALL	IM 311	Introduction to Integrative Medicine	3
		NS 311	Anatomy and Physiology	4
		NS 312	Anatomy and Physiology Lab	1
		SS 311	Self-Care and Self-Management	3
		SS 312	Introduction to Medical Anthropology	3
	WINTER	IM 422	Introduction to Botanical Medicine	4
		NS 324	Organic Chemistry I with Lab	3
		SS 321	Culture, Identity and Emotion Chemistry I with Lab	3
		SS 331	Advanced Writing and Self-Reflective Skills	3
	SPRING	IM 321	Critical Thinking for Pre-Health Professionals	3
		IM 331	Exercise Science	3
		NS 322	Immunology	4
		NS 334	Organic Chemistry II with Lab	3
		SS 332	Intercultural Communication Skills	3
	YEAR TWO	SUMMER	NS 401	Biochemistry for Life Sciences
FALL		IM 411	Health Psychology and Mind-Body Medicine	3
		NS 411	Biostatistics for Pre-Health Majors	3
		NS 412	Scientific and Professional Communication	3
		NS 413	Introduction to Research Methods	2
			Elective	3
WINTER		NS 321	Genetics	4
		NS 421	Evidence-Based Practice for Pre-Health Professionals	3
		SS 421	Ethics and Philosophical Dilemmas	3
		SS 422	Careers: From Undergraduate Degree to Employment	2
			Elective	3
SPRING		NU 431	Whole Food: Rethinking the Science of Nutrition	4
		NS 432	Physics with Lab	5
		SS 499	Undergraduate Capstone	3
			Elective	3
CORE PROGRAM CREDITS			82	
ELECTIVE CREDITS			9	
TOTAL REQUIRED CREDITS			91	



If you are planning for a year, sow rice;
if you are planning for a decade, plant trees;
if you are planning for a lifetime, educate people.

—CHINESE PROVERB



Bachelor of Science in Nutrition

Two-Year Program

Term	Course #	Course Topic	Credits		
YEAR ONE	FALL	NU 310	Fundamentals of Nutrition	4	
		NU 312	American Food Systems	3	
		NU 313	Fundamentals of Nutrition Workshop	1	
		NU 314	Culinary Skills	2	
		NS 311	Anatomy and Physiology	4	
		NS 312	Anatomy and Physiology Lab	1	
	WINTER	NU 422	Diet and Disease	3	
		NU 322	Nutritional Anthropology	3	
		NS 324	Organic Chemistry I with Lab	3	
		SS 321	Culture, Identity and Emotion	3	
		SS 331	Advanced Writing and Self-Reflective Skills	3	
	SPRING	NU 331	Foundations of Community Nutrition	3	
		NU 332	Health Coaching	2	
		IM 321	Critical Thinking for Pre-Health Professionals	3	
		NS 334	Organic Chemistry II with Lab	3	
		SS 332	Intercultural Communication Skills	3	
	YEAR TWO	SUMMER	NS 401	Biochemistry for Life Sciences	4
			NU 301	Farm to Table	2
FALL		NU 411	Food Security	3	
		IM 411	Health Psychology and Mind-Body Medicine	3	
		NS 411	Biostatistics for Pre-Health Majors	3	
		NS 412	Scientific and Professional Communication	3	
		NS 413	Introduction to Research Methods	2	
WINTER		NS 321	Genetics	4	
		NS 421	Evidence-Based Practice for Pre-Health Professionals	3	
		SS 421	Ethics and Philosophical Dilemmas	3	
		SS 422	Careers: From Undergraduate Degree to Employment	2	
			Elective	3	
SPRING		NU 431	Whole Food: Rethinking the Science of Nutrition	4	
		NU 432	Nutritional Epidemiology	4	
		SS 499	Undergraduate Capstone	3	
		Elective	3		
CORE PROGRAM CREDITS			87		
ELECTIVE CREDITS			6		
TOTAL REQUIRED CREDITS			93		

Accelerated Bachelor to Master's of Science in Nutrition

Three-Year Program

Term	Course #	Course Topic	Credits	
YEAR ONE	FALL	NU 310	Fundamentals of Nutrition	4
		NU 312	American Food Systems	3
		NU 313	Fundamentals of Nutrition Workshop	1
		NU 314	Culinary Skills	2
		NS 311	Anatomy and Physiology	4
		NS 312	Anatomy and Physiology Lab	1
	WINTER	NU 322	Nutritional Anthropology	3
		NS 324	Organic Chemistry I with Lab	3
		SS 321	Culture, Identity and Emotion	3
		SS 331	Advanced Writing and Self-Reflective Skills	3
			Elective	3
	SPRING	IM 321	Critical Thinking for Pre-Health Professionals	3
		NU 332	Health Coaching	2
		NS 334	Organic Chemistry II with Lab	3
		SS 332	Intercultural Communication Skills	3
			Elective	3
	SUMMER	NS 401	Biochemistry for Life Sciences	4
		NU 301	Farm to Table	2
YEAR TWO	FALL	IM 411	Health Psychology and Mind-Body Medicine	3
		NS 411	Biostatistics for Pre-Health Majors	3
		NS 412	Scientific and Professional Communication	3
		NS 413	Introduction to Research Methods	2
		GSN 515	Nutritional Assessment	2
		GSN 516	Pathophysiology	3
		GSN 590	Professional Development I	1
	WINTER	NS 321	Genetics	4
		NS 421	Evidence-Based Practice for Pre-Health Professionals	3
		SS 421	Ethics and Philosophical Dilemmas	3
	GSN 524	Medical Nutrition Therapy	3	
	GSN 529	Applied Medical Nutrition Therapy	2	

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Accelerated Bachelor to Master's of Science in Nutrition

Three-Year Program

Term	Course #	Course Topic	Credits	
YEAR TWO, CONT.	SPRING	NU 431	Whole Food: Rethinking the Science of Nutrition	4
		NU 432	Nutritional Epidemiology	4
		GSN 505	Healing Foods I	2
		GSN 506	Healing Foods I Practicum	2
		GSN 509	Community Nutrition and Food Policy	3
YEAR THREE	FALL	GSN 517	Psychology of Eating	2
		GSN 534	Cultural Humility and Food Justice	2
		GSN 536	Gut Microbiome	2
		GSN 690	Capstone Preparation	2
			Electives	4
	WINTER	GSN 563	Business of Nutrition	2
		GSN 591	Professional Development II	2
		GSN 691	Capstone I	2
			Electives	4
	SPRING	GSN 526	Lifecycle Nutrition	3
GSN 692		Capstone II	2	
		Electives	4	
CORE PROGRAM CREDITS (Undergraduate: 65 Graduate: 45)			110	
ELECTIVE CREDITS (Undergraduate: 6 Graduate: 12)			18	
TOTAL REQUIRED CREDITS			128	

Tuition note: Undergraduate and graduate courses are charged at the corresponding cost-per-credit rate.





ESTIMATED PROGRAM COST

For current tuition and fee information, please visit numm.edu.

ADMISSIONS REQUIREMENTS

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

FINANCIAL AID

Undergraduate school is an investment in your future. 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

To learn more about NUNM and our programs, we invite you to become acquainted with 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 numm.edu/tour or call 877.669.8737 or 503.552.1660.

“The BSiHS program is a great introduction to different medical philosophies and practices, and has expanded my understanding of what I can do in the medical field. **I am so happy to have found NUNM** and their program so that I could avoid wasting credits and still prepare for medical school!”

—R. Luckau, BSiHS ('18)

NOW ENROLLED IN THE DOCTOR OF NATUROPATHIC MEDICINE PROGRAM



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