

# BSiHS TWO-YEAR CURRICULUM

## first year

COURSE #	FIRST-YEAR FALL	LAB	LECTURE	TOTAL HOURS	CREDITS
IM 311	Introduction to Integrative Medicine		36	36	3
NU 311	Introduction to Nutrition		48	48	4
NS 311	Anatomy and Physiology	24	48	72	5
SS 311	Self-Care and Self-Management		24	24	2
	<b>First-Year Fall Totals</b>	<b>24</b>	<b>156</b>	<b>180</b>	<b>14</b>

COURSE #	FIRST-YEAR WINTER	LAB	LECTURE	TOTAL HOURS	CREDITS
IM 321	Prevention and Wellness		36	36	3
NS 322	Immunology		48	48	4
NS 321	Genetics		48	48	4
SS 321	Culture, Identity and Emotion		36	36	3
	<b>First-Year Winter Totals</b>	<b>0</b>	<b>168</b>	<b>168</b>	<b>14</b>

COURSE #	FIRST-YEAR SPRING	LAB	LECTURE	TOTAL HOURS	CREDITS
IM 331	Exercise Science		36	36	3
NS 331	Organic Chemistry with Lab	48	48	96	6
SS 331	Advanced Writing and Self-Reflective Skills		36	36	3
SS 332	Intercultural Communication Skills		36	36	3
	<b>First-Year Spring Totals</b>	<b>48</b>	<b>156</b>	<b>204</b>	<b>15</b>

<b>FIRST-YEAR TOTALS</b>	<b>72</b>	<b>480</b>	<b>552</b>	<b>43</b>
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# second year

COURSE #	SECOND-YEAR SUMMER	LAB	LECTURE	TOTAL HOURS	CREDITS
NS 401	Biochemistry for Life Sciences		48	48	4
	<b>Second-Year Summer Totals</b>	<b>0</b>	<b>48</b>	<b>48</b>	<b>4</b>

COURSE #	SECOND-YEAR FALL	LAB	LECTURE	TOTAL HOURS	CREDITS
IM 411	Health Psychology and Mind-Body Medicine		36	36	3
NS 411	Biostatistics for Pre-Health Majors		36	36	3
NS 412	Scientific and Professional Communication		36	36	3
MT 411	Practical Math		24	24	2
	Elective		36	36	3
	<b>Second-Year Fall Totals</b>	<b>0</b>	<b>168</b>	<b>168</b>	<b>14</b>

COURSE #	SECOND-YEAR WINTER	LAB	LECTURE	TOTAL HOURS	CREDITS
IM 421	Careers in Integrative Medicine: Who Are You and What Do You Want to Do?		24	24	2
IM 422	Introduction to Botanical Medicine	24	36	60	4
NS 421	Evidence-Based Practice for Pre-Health Professionals		36	36	3
SS 421	Ethics and Philosophical Dilemmas		36	36	3
	Elective		36	36	3
	<b>Second-Year Winter Totals</b>	<b>24</b>	<b>168</b>	<b>192</b>	<b>15</b>

COURSE #	SECOND-YEAR SPRING	LAB	LECTURE	TOTAL HOURS	CREDITS
NU 431	Whole Food: Rethinking the Science of Nutrition	24	36	60	4
IM 431	Integrative Health Sciences Capstone		36	36	3
NS 432	Physics with Lab	24	48	72	5
	Elective		36	36	3
	<b>Second-Year Spring Totals</b>	<b>48</b>	<b>156</b>	<b>204</b>	<b>15</b>

**SECOND-YEAR TOTALS** **72** **540** **612** **48**

**TOTAL CORE CREDITS** **82**

**TOTAL ELECTIVE CREDITS** **9**

**TOTAL REQUIRED CREDITS** **91**

# BSiHS ELECTIVES 9 Credits Required

## electives

Courses listed with an “E” as part of the course number are electives for all undergraduate degree programs. Courses listed without an “E” are core classes for another undergraduate degree program that may count toward elective credit in the BSiHS program.

Students may also choose elective courses from the preapproved list of graduate-level classes (when offered); this list is available through the registrar’s office. Please see the NUNM student handbook for the policy on undergraduate students taking graduate-level classes.

*NOTE: Elective courses may not be offered every year. All elective courses are scheduled based on faculty availability and adequate student enrollment.*

<b>COURSE #</b>	<b>COURSE</b>	<b>LECTURE</b>	<b>CREDITS</b>
NS 323	Introduction to Public Health	36	3
NS 341E	Environment and Health	36	3
NS 342E	Plants of the Northwest	36	3
NS 423E	Behavioral Neuroscience	36	3
NU 312	American Food Systems	36	3
NU 321	Advanced Nutrition	48	4
NU 331	Foundations of Community Nutrition	36	3
NU 412	Nutrition in the News	24	2
NU 422	Diet and Disease	36	3
NU 432	Nutritional Epidemiology	36	3