

2021-2022

Integrative & Functional Medicine, M.S.

A John Patrick University of Health & Applied Science Degree



THE MASTER'S (36 CREDITS)

REQUIRED CORE COURSES (24 CREDITS)

†	NUT500	Integrative & Functional Nutrition I	3
†	NUT501	Integrative & Functional Nutrition II	3
†	LM500	Lifestyle Medicine	3
†	SCI601	Natural Medicine	3
†	SCI604	Herbal Medicine	3
†	NUT503	Diet, Genes & Nutrition	3
†	NUT512	Nutrition for Mental Health	3
†	LM507	Lifestyle Medicine Research Studies	2
†	NUT590	Medical and Professional Ethics	1

CHOOSE ONE CONCENTRATION (12 CREDITS)

Lifestyle Medicine Concentration (12cr)

†	LM501	Physical Activity & Weight Management	2
†	LM502	Health & Wellness Coaching	2
†	LM503	Sleep Health & Wellness	2
†	LM504	Mindfulness & Emotional Wellness	2
†	LM505	Smoking & Tobacco Cessation Therapy	2
†	LM506	Alcohol & Addiction Therapy	2

Nutrition Concentration (12cr)

†	NUT514	Eating Disorders	3
†	NUT502	Nutrition Assessment	3
†	GASTP501	Gastronomy Science	3
†	NUT510	Nutritional Psychology	3

Sports Medicine Concentration (12cr)

†	LM501	Physical Activity & Weight Management	2
†	SCI700	Exercise Physiology	2
†	SCI701	Integrative Kinesiology	2
†	SCI702	Fitness and Wellness	2
†	SCI703	Sports and Exercise Nutrition	2
†	SCI704	Sports Medicine and Athletic Training	2

† Indicates a course taught by a partner college/university.

@ Indicates a course with prerequisites. Please review catalog for prerequisites.