Students are **strongly encouraged** to adhere to the following course sequence. Not all courses are available every term.

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **HNFM Foundational Courses** | | | | | | |
| **Recommended Term** | **Course #** | **Course Name** | **Credits** | **Term Offered** | **Pre-requisite(s)** | **Term**  **Planned** |
| 1 | MSN6102 | Principles of Functional Medicine | 4 | FA/SP |  |  |
| 1 | MSN6105 | Clinical Biochemistry and Laboratory Assessment | 3 | FA/SP |  |  |
| 2 | MSN6305 | Whole Food Nutrition and Supplementation | 4 | WI/SU | MSN6102 |  |
| 2 | MSN6101 | Evidence-Based Nutrition | 3 | WI/SU | MSN6102 |  |
| **Foundational Total** | | | **14** |  | | |
| **HNFM Core Courses** | | | | | | |
| 3 | MSN7208 | Nutritional Epidemiology and Clinical Research | 3 | SP/FA | MSN6102, 6105, 6101, 6305 |  |
| 3 | MSN6204 | Gastrointestinal Imbalances | 4 | SP/FA | MSN6102, 6105, 6101, 6305 |  |
| 4 | MSN6300 | Detoxification and Biotransformation Pathways and Imbalances | 3 | SU/WI | MSN7208 |  |
| 4 | MSN6202 | Sports Nutrition and Exercise Metabolism | 3 | SU/WI | MSN7208 |  |
| 5 | MSN7102 | Oxidative/Reductive Dynamics and Energy Production | 3 | FA/SP | MSN7208 |  |
| 5 | MSN7200 | Immune Imbalances and Inflammation | 4 | FA/SP | MSN7208 |  |
| 6 | MSN6303 | Hormone and Neurotransmitter Regulation and Imbalances | 4 | WI/SU | MSN7208 |  |
| 6 | MSN7106 | Autoimmune Disease: Causes and Strategies | 3 | WI/SU | MSN7208, 7200 |  |
| 6 | MSN7116 | Meal Planning in Health and Illness | 3 | WI/SU | MSN7208 |  |
| 7 | MSN7216 | Cardiovascular Disease and Metabolic Imbalances | 3 | SP/FA | MSN7208 |  |
| 7 | MSN7300 | Clinical Nutrition Through the Life Cycle *(beginning SP-24)* | 2 | SP/FA | MSN7208 |  |
| 8 | MSN7305 | Capstone-HNFM *(may be taken concurrently with another course)* | 3 | All | All core courses |  |
| **HNFM Core Total** | | | **38** |  | | |
| **HNFM Elective Courses** | | | | | | |
| 3-8 | Elective Course (See list below) | |  |  |  | |
| 3-8 | Elective Course (See list below) | |  |  |  | |
| **Elective Total** | | | **4** |  | | |
| **MS HNFM Program Total** | | | **56** |  | | |

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| **HNFM Elective Courses – 4 credits required** | | | | |
| **Course #** | **Course Name** | **Credits** | **Term Offered** | **Pre-requisite(s)** |
| MSN8125 | Pharmacology and Drug-Nutrient Interactions | 2 | WI | MSN6102, 6105, 6101, 6305 |
| MSN8145 | Plant-Based Nutrition | 2 | FA | MSN6102, 6105, 6101, 6305 |
| MSN8165 | Nutrition Practice Strategies | 2 | FA/SP | MSN6102, 6105, 6101, 6305 |
| MSN8132 | Nutrigenetics and Nutrigenomics | 2 | WI | MSN6102, 6105, 6101, 6305 |
| MSN8135 | Psychology of Eating and Wellness | 2 | SP | MSN6102, 6105, 6101, 6305 |
| MSN8100 | Botanical Medicine | 2 | SP | MSN6102, 6105, 6101, 6305 |
| MSN7201 | Fundamentals of Mind-Body Medicine and the Psychology of Well-Being | 2 | SU | MSN6102, 6105, 6101, 6305 |
| MSN8126 | Supervised Nutrition Mentorship I *(requires program director approval)* | 2 | All | MSN6102, 6105, 6101, 6305 |
| MSN8127 | Supervised Nutrition Mentorship II (*requires program director approval)* | 2 | All | MSN6102, 6105, 6101, 6305 |
| MSN8115 | Advanced Practices Modules (*from IFM; 2 cr. each – max 4 credits)*  *IFM modules must be completed and submitted prior to capstone enrollment.* | 2-4 | All |  |
| COUN6425 | Ethical Use of Telehealth Platforms | 2 | WI |  |
| MHF5003 | Identifying Mental Illness | 2 | FA/SP |  |
| MHF5203 | Mental Health Communication Skills *(beginning Spring 2024)* | 2 | FA/SP |  |

**Questions about courses, course planning, or registration?** [Contact your student advisor](https://www.uws.edu/community/academic-advising/) or email [studentsuccess@uws.edu](mailto:studentsuccess@uws.edu)

**Financial aid:** Students using financial aid must enroll in at least 3 credits per term to meet the financial aid enrollment status requirements as outlined in [Policy 1203 Enrollment Status](https://ftp.uws.edu/udocs/Public/Policies_Public_Access/Academic_Policies_1200s/Policy1203_Enrollment_Status.pdf).