

SCHOOL OF NATURAL HEALTH ARTS AND SCIENCES

ADMINISTRATORS OF THE SCHOOL OF NATURAL HEALTH ARTS AND SCIENCES

Dean, To Be Named

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The School of Natural Health Arts and Sciences is comprised of the Department of Basic Sciences, the Department of Counseling and Health Psychology, the Department of Nutrition and Exercise Science, laboratory services, and the cadaver anatomy program.

The mission of the School of Natural Health Arts and Sciences is to facilitate the development of a scientific foundation for students to investigate the individual and the natural world. We inspire students to reach their full potential in education, research and health care.

The vision of the School of Natural Health Arts and Sciences is to produce leaders in the art and science of natural health through the development of relevant and innovative programs that build on a foundation of science and integrate mind, body and spirit.

The core values of the School of Natural Health Arts and Sciences are:

- To practice critical and integrative thinking.
- To honor and celebrate diversity.
- To promote professional ethics and behavior.
- To communicate respectfully.
- To foster a lifelong quest for knowledge.
- To pursue excellence.

The Department of Basic Sciences provides courses that form the basis of the following degree programs at Bastyr University: naturopathic medicine, nutrition, exercise science and wellness, herbal sciences, health psychology, and acupuncture and Oriental medicine. It also houses the University's laboratory services and the cadaver anatomy program. The courses offered by this department emphasize the scientific knowledge required for success in each of these programs. Included in the basic sciences are such courses as Anatomy and Physiology, General Chemistry, Organic Chemistry, Biochemistry, Microbiology, Pathology, Pharmacology, and Infectious Diseases.

The Department of Counseling and Health Psychology offers a Bachelor of Science degree with a major in health psychology with tracks in either health psychology and human biology or general health psychology. The department also provides coursework and training for the Master of Science degree in Nutrition and Clinical Health Psychology (see page 58 for details), and counseling coursework and training for the School of Naturopathic Medicine and the School of Acupuncture and Oriental Medicine.

The Department of Nutrition and Exercise Science offers a Bachelor of Science degree with a major in nutrition, a major in nutrition and exercise science, a major in exercise science and wellness and a major in nutrition and culinary arts. In conjunction with the BS in nutrition, we offer a Didactic Program in Dietetics (DPD) that meets the American Dietetic Association (ADA) academic requirements leading to eligibility to apply for a dietetic internship. There are three Master of Science offerings in the Department of Nutrition and Exercise Science: the MS in Nutrition (Research), the MS in Nutrition with Didactic Program in Dietetics (DPD) and the MS in Nutrition and Clinical Health Psychology (CHP). The Dietetic Internship based on the ADA's standards of education is offered to provide performance requirements for entry-level dietitians through supervised practice. The department also provides coursework for students in the School of Naturopathic Medicine and the School of Acupuncture and Oriental Medicine.

DEPARTMENT OF BASIC SCIENCES

The basic sciences department provides courses for all of Bastyr University's programs. The basic sciences curriculum is designed to meet the specific competencies and learning objectives within each program.

The basic sciences department's mission is to promote an optimal learning environment in which Bastyr University students can develop a strong foundation of knowledge and skills that will serve their continued development in their chosen fields of endeavor.

The basic sciences faculty encourages and expects students to advance beyond the simple learning of scientific facts and to systematically integrate the information from basic science disciplines into a unified model of human organization and function. This educational scheme requires students to assume an active role in the learning process and encourages them to adopt this inquisitive behavior for a lifetime. Problem solving, clinical cases and examples are an integral part of the basic science curriculum. This educational process is an expression of Bastyr University's basic philosophy of a holistic approach to human behavior, health and therapeutics. The basic sciences faculty encourages students to become totally absorbed in an integrated approach to learning and understanding. Instructors are readily available to facilitate this process on an individual basis.

Basic science courses within the School of Acupuncture and Oriental Medicine include Anatomy and Physiology, Organic Chemistry, Microbiology, Pathology, and Pharmacology. These courses serve as a foundation for an understanding of the human body and provide students with the necessary skills and competencies to pursue coursework in the AOM school. In addition, a portion of the AOM Anatomy and Physiology course is taught in Bastyr's cadaver anatomy lab, giving students the unique opportunity to study anatomy in greater depth.

The basic sciences department vision is to develop and implement meaningful basic science programs to become a degree-granting department that integrates research and innovative educational curricula in natural health sciences.

Basic science courses within the School of Naturopathic Medicine (naturopathic medicine program) emphasize Anatomy, Physiology, and Biochemistry as the foundation for further basic sciences and all clinical courses. Further courses include Histology,

Pathology, Pharmacology, Immunology, Infectious Diseases, Embryology, Neuroscience and Fundamentals of Research Design. Basic science courses within the herbal sciences program include Anatomy and Physiology, Organic Chemistry, Biochemistry, Microbiology, Pharmacology, and Disease Processes. These courses serve as a foundation for an understanding of the human body and provide students with the necessary skills and competencies to pursue coursework in their chosen field.

Basic science courses within the School of Nutrition and Exercise Science include Anatomy and Physiology, Organic Chemistry, Biochemistry, and Disease Processes. (Anatomy/Physiology, Organic Chemistry and Biochemistry are all prerequisite courses for the master's program.)

Basic sciences courses within the clinical health psychology program include Anatomy and Physiology, Living Anatomy, Organic Chemistry, and Biochemistry.

The department also offers science courses that satisfy prerequisite requirements, including courses in General Chemistry, Organic Chemistry, Biophysics, College Algebra/Pre-calculus and Physics.

LAB SERVICES

Laboratory Services provides laboratory set-up and support for all laboratory courses in all academic programs. Laboratory Services also trains TAs and work-study students for academic and research labs and maintains safety oversight of all laboratories.

CADAVER ANATOMY

Bastyr University offers a unique opportunity for students and licensed health care practitioners to review anatomy and study the underlying structures of the human body through its Cadaver Anatomy program. Each Cadaver Anatomy course is designed to meet the specific needs of the students attending. There are a variety of options taught by highly experienced, qualified instructors in the Bastyr University cadaver anatomy lab. The course is structured to enhance the student or practitioner's knowledge of anatomy and physiology, as well as kinesiology. Cadaver Anatomy courses specifically benefit students with licensure or in-training for the following programs: massage therapy, rolling, physical therapy, acupuncture, midwifery, sports medicine, rehabilitation medicine, nursing, dental hygiene and allied health care fields. Cadaver Anatomy is also recommended for those individuals who teach such subjects as yoga, massage and acupuncture.

PREREQUISITES

It is highly recommended that the prospective student have preparation in anatomy and physiology. For further information contact the cadaver anatomy program director at 425.602.3138.

CURRICULUM

In all courses the following topics are discussed and demonstrated in the lab:

- The muscles and structures of the back.
- The upper extremity.
- The brain and structures of the head and neck.
- The thorax and abdomen.

DEPARTMENT OF COUNSELING AND HEALTH PSYCHOLOGY

The Department of Counseling and Health Psychology offers a Bachelor of Science degree with a major in health psychology. The department also offers a Master of Science degree in nutrition and clinical health psychology, in conjunction with the Department of Nutrition and Exercise Science (for details, see the description under the graduate nutrition program, page 58), as well as providing coursework and training in counseling for the School of Naturopathic Medicine and the School of Acupuncture and Oriental Medicine.

The Department of Counseling and Health Psychology supports the mission of Bastyr University by providing leadership to enhance the psychological health and well-being of the human community through education, research and community mental health care. Within the study of counseling and health psychology, students apply wellness and preventive approaches to complementary health care practices.

BACHELOR OF SCIENCE WITH A MAJOR IN HEALTH PSYCHOLOGY

The curriculum in the health psychology program explores the integration of mind, body and spirit. The program is designed to enhance students' capabilities to blend the study of psychology with health, the healing arts, wellness and fitness. This Bachelor of Science degree also provides a solid undergraduate foundation for pursuing both professional studies and graduate degrees. Graduates are prepared to critically evaluate the scientific literature and to incorporate current research and advances in

health psychology as they relate to the fundamental principles of health and healing.

The health psychology track system provides students with options that enable them to tailor their undergraduate experience to meet their needs more fully. Students in the health psychology major enroll in either the health psychology or the psychology and human biology (psychology premed) track. Students in the health psychology major, human biology/pre-med track have the option of participating in the summer massage training program.

ADMISSION

For general information on the admissions process, please refer to the admissions section in this catalog. The information below refers only to the Bachelor of Science with a Major in Health Psychology with two tracks: general health psychology, and psychology and human biology/psychology pre-medicine.

PREREQUISITES

Entering undergraduates must have at least a 2.25 cumulative GPA with a grade of C or better in basic proficiency and science requirement courses. Prior to enrolling, students must have completed 90 quarter credits (60 semester credits), including a minimum number of credits in specific proficiencies and general education requirements. Students may apply to the program while completing prerequisite coursework.

BASIC PROFICIENCY AND SCIENCE REQUIREMENTS

English literature or composition	9 quarter credits
General psychology.....	3 quarter credits
Intermediate algebra	1 course ¹
General biology (with lab).....	4 quarter credits
General chemistry (science major level with lab)	8 quarter credits ²

¹Intermediate algebra is not college level and the credits taken will not transfer in toward degree completion.

²These credits are requirements for the psychology and human biology track only.

GENERAL EDUCATION REQUIREMENTS

Natural science and mathematics	12 quarter credits
Arts and humanities.....	15 quarter credits
Social sciences.....	15 quarter credits
Speech communication or public speaking	3 quarter credits
Electives	29 quarter credits ¹

¹The number of elective credits may vary depending upon the exact number of quarter credits earned in the other prerequisite categories. Total prerequisite credits must equal at least 90 quarter credits.

GRADUATION REQUIREMENTS

Upper division BS students enrolled at Bastyr University must complete a minimum of 180 credits (inclusive of credits transferred into Bastyr). To graduate, BS students must have a minimum 2.0 grade point average with a minimum of 45 credits in residence at Bastyr University.

The curriculum tables that follow list the tentative schedule of courses each quarter. Next to each course are the number of credits per course (Crdt.), the lecture hours each week (Lec.) and the lab/clinic hours each week (L/C). (Students should note that changing tracks may jeopardize finishing their degree program in two years.)

BACHELOR OF SCIENCE WITH A MAJOR IN HEALTH PSYCHOLOGY 2009-2010

JUNIOR YEAR (YEAR I)

Qtr.	Cat. No.	Course Title	Crdt.	Lec.	L/C
F	PS3114	Developmental Psychology	4	4	0
	PS3123	Health Psychology 1	4	4	0
	PS3146	Psychology & the Soul	3	3	0
	PS4101	Social Psychology	4	4	0
		Quarterly Totals	15	15	0
W	PS3124	Health Psychology 2	4	4	0
	PS3126	Psychology of Personality	4	4	0
	PS3133	Introduction to Statistics	4	3	2
	PS3147	Myth, Ritual & Health	3	3	0
		Quarterly Totals	15	14	2
Sp	PS3129	Abnormal Psychology	4	4	0
	PS3131	Learning, Cognition & Behavior	4	4	0
	PS3134	Research Methods in Psychology	4	4	0
	PS3148	Science & Spirituality	3	3	0
		Quarterly Totals	15	15	0

SENIOR YEAR (YEAR II)

Qtr.	Cat. No.	Course Title	Crdt.	Lec.	L/C
F	PS4102	Ethical Issues in Psychology	3	3	0
	PS4106	Multicultural Issues in Psychology	3	3	0
	PS4117	Experimental Psychology	4	4	0
	PS4126	Research Proposal ¹	(2)	(2)	0
		Quarterly Totals	(12)	(10)	(12)
W	PS4109	Human Sexuality	3	3	0
	PS4112	Creating Wellness	3	3	0
	PS4128	Research Project ¹	(5)	(5)	0
	PS4149	Psychology & World Religions	5	5	0
		Quarterly Totals	(16)	(11)	(16)
Sp	IS4101	Seminar in Natural Health Sciences	2	2	0
	PS4124	Biological Psychology	5	5	0
	PS4129	Research Presentation ¹	(3)	(3)	0
	PS4150	Healing: Self, Society & World	3	3	0
		Quarterly Totals	(13)	(10)	(13)

¹PS4126, PS4128 and PS4129 are optional.

Total Requirements: BS with a Major in Health Psychology

	Crdt.	Lec.	L/C
Total Core Course Credits and Hours	(86)	76	(85)
Total Elective Credits and Hours	(4)	14	(4)
Total Requirements	90	89	2

Students interested in graduate study in psychology should complete the Health Psychology track with the research project option.

BACHELOR OF SCIENCE WITH A MAJOR IN HEALTH PSYCHOLOGY, HUMAN BIOLOGY/PRE-MED TRACK

JUNIOR YEAR (YEAR I)

Qtr.	Cat. No.	Course Title	Crdt.	Lec.	L/C
F	BC3124	Organic Chemistry Lecture/Lab	5	4	2
	BC3141	Anatomy & Physiology 1 Lec/Lab	3	2	2
	PS3123	Health Psychology 1	4	4	0
	PS3146	Psychology & the Soul	3	3	0
		Quarterly Totals	15	13	4
W	BC3142	Anatomy & Physiology 2 Lec/Lab	4	3	2
	BC4109	Biochemistry for Life Sciences 1 Lec	4	4	0
	BC4110	Biochemistry for Life Sciences 1 Lab	1	0	2
	PS3124	Health Psychology 2	4	4	0
	PS3147	Myth, Ritual & Health	3	3	0
		Quarterly Totals	16	14	4
Sp	BC3143	Anatomy & Physiology 3 Lec/Lab	3	2	2
	BC4112	Biochemistry for Life Sciences 2 Lec	4	4	0
	BC4113	Biochemistry for Life Sciences 2 Lab	1	0	2
	PS3134	Research Methods in Psychology	4	4	0
	PS3148	Science & Spirituality	3	3	0
		Quarterly Totals	15	13	4

SENIOR YEAR (YEAR II)

Qtr.	Cat. No.	Course Title	Crdt.	Lec.	L/C
F	PS3114	Developmental Psychology	4	4	0
	PS4101	Social Psychology	4	4	0
	PS4102	Ethical Issues in Psychology	3	3	0
	PS4106	Multicultural Issues in Psychology	3	3	0
		Quarterly Totals	14	14	0
W	PS3126	Psychology of Personality	4	4	0
	PS4109	Human Sexuality	3	3	0
	PS4112	Creating Wellness	3	3	0
	PS4149	Psychology & World Religions	5	5	0
		Quarterly Totals	15	15	0
Sp	IS4101	Seminar in Natural Health Sciences	2	2	0
	PS3129	Abnormal Psychology	4	4	0
	PS3131	Learning, Cognition & Behavior	4	4	0
	PS4150	Healing: Self, Society & World	3	3	0
		Quarterly Totals	13	13	0

Total Requirements: BS with a Major in Health Psychology, Human Biology/Pre-Med Track

	Crdt.	Lec.	L/C
Total Core Course Credits and Hours	88	82	12
Total Elective Credits and Hours	2	2	0
Total Requirements	90	84	12

Note: To enroll in this program track, students must have 8 quarter credits in general chemistry.

SUMMER MESSAGE INTENSIVE

Bastyr University and the Bellevue Massage School Center for Healing Arts offer a summer massage training program that allows students enrolled in the health psychology major, human biology/pre-med track to apply coursework taken at Bastyr University toward the Washington state requirements for massage licensure. Students interested in further information may meet with their academic advisor in the registrar's office or with their department's program supervisor to discuss the program availability and the course prerequisites. This course cannot be audited.

DEPARTMENT OF NUTRITION AND EXERCISE SCIENCE

The mission of Bastyr University's Department of Nutrition and Exercise Science is to promote well-being, through food and activity, that nourishes and sustains the individual, the community and the earth. The department's vision is to be the leader in advancing a holistic view of nutrition and exercise through excellence in education, research and clinical practice.

The Department of Nutrition and Exercise Science is founded upon the holistic origins of the Greek word *diaira* (diet, "made of life," and Latin *diæta*, "daily fare.") The department emphasizes the study of the physiological, biochemical, socioeconomic, political and psychological aspects of human nutrition and physical activity.

The Department of Nutrition and Exercise Science prepares graduates to critically evaluate scientific literature and to incorporate current research and advances in nutrition and exercise science. The nutrition program within the Department of Nutrition and Exercise Science is unique in its emphasis on whole foods and multicultural, political and ecological dimensions of diet and world food supply within the overall context of basic, clinical and community nutrition. These aspects of nutrition, blended with biochemistry and physiology, reflect the University's natural health sciences philosophy.

The concept of food as medicine and the concept of diet as a critical component in healing are fundamental to natural therapeutics, optimal health and whole-person healing. The exercise science and wellness program approaches health and wellness from a holistic perspective unique to Bastyr University. This focus on overall wellness, combined with the science behind it, provides students with a broad

education in health and wellness from a preventative viewpoint.

The Department of Nutrition and Exercise Science offers a Bachelor of Science degree with a major in nutrition, a major in exercise science and wellness, a major in nutrition and culinary arts, and a major in nutrition and exercise science. In conjunction with the BS in Nutrition, we offer a Didactic Program in Dietetics (DPD) that meets the American Dietetic Association (ADA) academic requirements leading to eligibility to apply for a dietetic internship.

There are three Master of Science offerings in the Department of Nutrition and Exercise Science: the MS in Nutrition (Research), the MS in Nutrition with Didactic Program in Dietetics (DPD) and the MS in Nutrition and Clinical Health Psychology (CHP).

In addition, the Dietetic Internship based on the ADA's standards of education is offered to provide performance requirements for entry-level dietitians through supervised practice.

The following programs are offered by the Department of Nutrition and Exercise Science:

BS with a Major in Nutrition page 51

BS with Major in Exercise Science and Wellness page 52

BS with a Major in Nutrition with DPD page 53

BS with a Major in Nutrition and Exercise Science page 55

BS with a Major in Nutrition and Culinary Arts page 55

MS in Nutrition (Research) page 57

MS in Nutrition and Clinical Health Psychology page 58

MS in Nutrition with DPD page 60

Dietetic Internship page 61

REQUIRED ABILITIES/SKILLS FOR NUTRITION/ EXERCISE SCIENCE PROGRAM STUDENTS

A nutrition and/or exercise science student must be able to demonstrate appropriate communication skills, intellectual-conceptual, integrative and quantitative abilities, and behavioral and social maturity. A student should be able to perform in a reasonably independent manner.

Communication: A student must be able to communicate effectively and sensitively with others, including with patients if the student is in a clinical program. Ability to communicate respectfully and thoughtfully, even in situations of disagreement or stress in the classroom or clinic, is important. Communication includes not only speech but reading and writing. The student must be able to

communicate effectively and efficiently in both oral and written form.

Intellectual-Conceptual, Integrative and Quantitative Abilities: These abilities include measurement, calculation, reasoning, analysis and synthesis. Problem solving, which is a critical skill for nutritionists or exercise scientists in both clinical and research settings, requires all of these intellectual abilities.

Behavioral and Social Attributes: A student must possess the emotional health required for full utilization of her/his intellectual abilities, the exercise of good judgment, the prompt completion of all responsibilities attendant to the academic and clinical program, and the development of mature, sensitive and effective relationships with others. A student must be able to tolerate physically taxing work loads and to function effectively under stress. He/she must be able to adapt to changing environments, to display flexibility and to learn to function in the face of uncertainties inherent in both clinical and research problems the student may face. Compassion, integrity, concern for others, interpersonal skills, interest and motivation are all personal qualities that are assessed during the admissions and education processes.

UNDERGRADUATE PROGRAMS

BACHELOR OF SCIENCE WITH A MAJOR IN NUTRITION

The BS degree with a major in nutrition prepares students for positions such as dietetic technicians and nutrition educators under the supervision of health care professionals, or for graduate work in related health science fields.

ADMISSIONS

For general information on the admissions process, please refer to the admissions section in this catalog. The information below refers only to the nutrition undergraduate programs.

PREREQUISITES

Entering undergraduates must have at least a 2.25 cumulative GPA with a grade of C or better in all basic proficiency and science requirement courses. Prior to enrolling, students must have completed 90 quarter credits (60 semester credits), including a minimum number of credits in the basic proficiency, science and general education categories. Surplus credits not used to satisfy basic proficiency or science requirements may be applied to the appropriate general education requirements.

Note: Students may apply to the program while completing prerequisite coursework.

BASIC PROFICIENCY AND SCIENCE REQUIREMENTS

English literature or composition	9 quarter credits
General psychology.....	3 quarter credits
Intermediate algebra ¹	1 class
General chemistry (science-major level with lab)	8 quarter credits
General biology (with lab).....	4 quarter credits
Introductory nutrition (should include metabolism).....	5 quarter credits
¹ Intermediate algebra is not college level and the credits taken will not transfer in toward degree completion.	

GENERAL EDUCATION REQUIREMENTS

Natural science and mathematics	12 quarter credits
Arts and humanities.....	15 quarter credits
Social sciences.....	15 quarter credits
Speech communication or public speaking	3 quarter credits
Electives	16 quarter credits ¹
¹ The number of elective credits may vary depending upon the exact number of quarter credits earned in the other prerequisite categories. Total prerequisite credits must equal at least 90 quarter credits.	

GRADUATION REQUIREMENTS

Upper division BS students enrolled at Bastyr University must complete a minimum of 180 credits (inclusive of credits transferred into Bastyr). To graduate, BS students must have a minimum 2.0 grade point average with a minimum of 45 quarter credits in residence at Bastyr University.

The curriculum table that follows lists the tentative schedule of courses each quarter. Next to each course is the number of credits per course (Crdt.), the lecture hours each week (Lec.) and the lab/clinic hours each week (L/C).

BACHELOR OF SCIENCE WITH A MAJOR IN NUTRITION 2009-2010

JUNIOR YEAR (YEAR I)

	Qtr. Cat. No.	Course Title	Crdt.	Lec.	L/C
F	BC3124	Organic Chemistry for Life Sciences Lec/Lab	5	4	2
	BC3141	Anatomy & Physiology 1 Lec/Lab	3	2	2
	TR4103	Whole Foods Production	3	1.5	3
	TR4118	Cultural Perspectives on Food	2	2	0
		Quarterly Totals	13	9.5	7
W	BC3142	Anatomy & Physiology 2 Lec/Lab	4	3	2
	BC4109	Biochemistry for Life Sciences 1 Lecture	4	4	0
	BC4110	Biochemistry for Life Sciences 1 Lab	1	0	2
	TR3111	Nutrition Throughout Life	3	3	0
	TR3115	Introduction to Food Science	2	2	0
		Quarterly Totals	14	12	4

Sp	BC3143	Anatomy & Physiology 3 Lec/Lab	3	2	2
	BC4112	Biochemistry for Life Sciences 2 Lecture	4	4	0
	BC4113	Biochemistry for Life Sciences 2 Lab	1	0	2
	EX3105	Physical Activity & Wellness	2	2	0
	TR3117	Experimental Foods Lecture	4	4	0
	TR3118	Experimental Foods Lab	1	0	2
		Quarterly Totals	15	12	6

SENIOR YEAR (YEAR II)

Qtr.	Cat. No.	Course Title	Crdt.	Lec.	L/C
F	PS3601	Psychology of Nourishment	3	3	0
	TR4107	Advanced Nutrition Principles 1	4	4	0
	TR4805	Nutrition Education Practicum ¹	2	0	4
		Quarterly Totals	9	7	4
W	TR4100	Introduction to Research Methods	3	2	2
	TR4108	Advanced Nutrition Principles 2	2	2	0
	TR4113	Nutritional Supplements & Herbs	3	3	0
	TR4205	Nutritional Analysis & Assessment	3	2	2
		Quarterly Totals	11	9	4
Sp	IS4101	Seminar in Natural Health Sciences	2	2	0
	TR3107	Nutrition, Physical Activity & Disease	5	5	0
	TR4126	Community Nutrition/Nutrition Education	5	5	0
	TR4140	Ecological Aspects of Nutrition	2	2	0
		Quarterly Totals	14	14	0

¹TR4805 Nutrition Education Practicum may be taken in any quarter during year two.

Elective Requirements: Bachelor of Science with a Major in Nutrition

Qtr.	Cat. No.	Course Title	Crdt.	Lec.	L/C
variable	variable	Electives ¹	14	14	0
		Elective Totals	14	14	0

¹Of the 14 elective credits required, students must take a minimum of six (6) elective credits in nutrition program courses.

Total Requirements: Bachelor of Science with a Major in Nutrition

	Crdt.	Lec.	L/C
Total Core Course Credits and Hours	76	63.5	25
Total Elective Credits and Hours	14	14	0
Total Requirements	90	77.5	25

Curriculum and course changes in the 2009-2010 Bastyr University Catalog are applicable to students entering during the 2009-2010 academic year. Please refer to the appropriate catalog if interested in curriculum and courses required for any other entering year.

BACHELOR OF SCIENCE WITH A MAJOR IN EXERCISE SCIENCE AND WELLNESS

The exercise science and wellness program provides a strong foundation in traditional exercise physiology, supplemented by study in nutritional, mental and emotional aspects of wellness. One of the primary goals of the program is to prepare graduates to sit for the certification examinations of the American College of Sports Medicine and the National Strength and Conditioning Association. This preparation is accomplished through the

rigorous scientific study and subsequent application of physiological changes and adaptations that occur during various modes of physical activity in clinical, preventative and performance settings.

A graduate of the exercise science and wellness major may develop a career as cardiac/pulmonary rehabilitation physiologist, exercise physiologist, group exercise coordinator, exercise specialist, corporate wellness manager, strength and conditioning coach or personal trainer.

ADMISSIONS

The admissions standards and prerequisites are the same as those outlined on page 51 for the undergraduate nutrition program.

GRADUATION REQUIREMENTS

Please see the graduation requirements for the undergraduate nutrition program on page 51.

BASIC SCIENCES CURRICULUM WITHIN EXERCISE SCIENCE

Basic science courses within the exercise science program include Anatomy and Physiology, Living Anatomy, Organic Chemistry, and Biochemistry. Please see page 47 for more details about this curriculum in our undergraduate programs.

COUNSELING AND HEALTH PSYCHOLOGY CURRICULUM WITHIN EXERCISE SCIENCE

Students in the Bachelor of Science with a Major in Exercise Science and Wellness (BExSc) are required to take the following:

- PS3128: Psychology of Sports and Exercise - 2 credits
- PS4112: Creating Wellness - 3 credits

The curriculum table that follows lists the tentative schedule of courses each quarter. Next to each course is the number of credits per course (Crdt.), the lecture hours each week (Lec.) and the lab/clinic hours each week (L/C).

BACHELOR OF SCIENCE WITH A MAJOR IN EXERCISE SCIENCE AND WELLNESS 2009-2010**JUNIOR YEAR (YEAR I)**

Qtr.	Cat. No.	Course Title	Crdt.	Lec.	L/C
F	BC3124	Organic Chemistry for Life Sciences Lec/Lab	5	4	2
	BC3141	Anatomy/Physiology 1 Lec/Lab	3	2	2
	EX4115	Motor Learning & Development	3	3	0
	PS3128	Psychology of Sports & Exercise	2	2	0
		Quarterly Totals	13	11	4

W	BC3113	Living Anatomy	3	3	0
	BC3142	Anatomy/Physiology 2 Lec/Lab	4	3	2
	BC4109	Biochemistry for Life Sciences 1 Lec	4	4	0
	BC4110	Biochemistry for Life Sciences 1 Lab	1	0	2
	TR4100	Intro to Research Methods	3	3	0
		Quarterly Totals	15	13	4
Sp	BC3143	Anatomy/Physiology 3 Lec/Lab	3	2	2
	BC4112	Biochemistry for Life Sciences 2 Lec	4	4	0
	BC4113	Biochemistry for Life Sciences 2 Lab	1	0	2
	EX3101	Biomechanics 1	2	1	2
	EX3105	Physical Activity & Wellness	2	2	0
		Quarterly Totals	12	9	6

SENIOR YEAR (YEAR II)

Qtr.Cat. No.	Course Title	Crdt.	Lec.	L/C	
F	EX4100	Physiology of Exercise	5	4	2
	EX4102	Biomechanics 2	3	3	0
	EX4107	Sports Nutrition	5	5	0
	EX4119	Principles of Resistance Training	3	2	2
		Quarterly Totals	16	14	4
W	EX4105	Business Practices in Health Promotion	2	2	0
	EX4112	Seminar in Ergogenic Aids	1	1	0
	EX4123	Exercise Prescrip & Testing	5	4	2
	EX4133	Exercise Prescrip for Special Populations	2	2	0
	EX4140	Community Health Promotion	2	2	0
	PS4112	Creating Wellness	3	3	0
		Quarterly Totals	15	14	2
Sp	EX4810	Intern for Exercise Sci & Wellness	12	0	36
		Quarterly Totals	12	0	36

Elective and Activity Requirements: Bachelor of Science with a Major in Exercise Science and Wellness

Qtr.Cat. No.	Course Title	Crdt.	Lec.	L/C	
variable	variable	General Electives ¹	5	5	0
		Activity Credits ²	2	0	4
		Elective and Activity Totals	7	5	4

Total Requirements: Bachelor of Science with a Major in Exercise Science and Wellness

	Crdt.	Lec.	L/C
Total Core Course Credits and Hours	83	61	56
Total Elective and Activity Credits and Hours	7	5	4
Total Requirements	90	66	60

¹General elective courses may be from any program or department. There is also a graduation requirement of Advanced First Aid and CPR.

²Two one-credit activity courses are required (e.g. tai chi, aerobics, yoga, tennis, etc.).

Curriculum and course changes in the 2009-2010 Bastyr University Catalog are applicable to students entering during the 2009-2010 academic year. Please refer to the appropriate catalog if interested in curriculum and courses required for any other entering year.

BACHELOR OF SCIENCE WITH A MAJOR IN NUTRITION WITH DIDACTIC PROGRAM IN DIETETICS (BSN/DPD)

The Didactic Program in Dietetics (DPD) is a term used by the American Dietetic Association (ADA) to describe a program that is accredited

by the Commission of Accreditation of Dietetics (CADE), which meets academic competencies. Currently, in the United States, the registered dietitian (RD) is the only professional credential in nutrition recognized by all 50 states and with reciprocity in five countries. Verified completion of the DPD and a minimum of a bachelor's degree from a regionally accredited institution enable a student to apply for a dietetic internship, to write the registration examination to become a RD after completing the Dietetic Internship and to become a licensed RD after successfully passing the RD examination.

The mission of the program is to graduate students who will promote nutrition and well-being through food that sustains the individual, the community and the earth.

ADMISSION REQUIREMENTS AND PREREQUISITES

Application for admission to the BSN/DPD at Bastyr University is separate from application to the degree programs. BSN/DPD application packets can be requested from the Bastyr University Office of Admissions at the beginning of spring quarter between the junior and senior year. Acceptance requires the following prerequisites *in addition* to those for the BS with a Major in Nutrition: public speaking (if general or speech communication, then must include public speaking practice) and current enrollment at Bastyr University. To be eligible for acceptance into the BSN/DPD, students must have completed their junior year and must meet all prerequisites for the BSN completion degree. To be competitive for admission into the BSN/DPD, the following GPAs are required (cumulative from all colleges and universities attended):

Cumulative overall GPA – total of all courses ≥ 3.00

Cumulative science GPA – biology, organic chemistry, anatomy and physiology, and biochemistry courses only ≥ 3.00

Cumulative nutrition GPA – all nutrition courses ≥ 3.00

A minimum of 150 hours of volunteer and/or paid work experience is required prior to being admitted to the BSN/DPD. Documentation of hours with signature of sponsor is required. Specific information and forms for documenting these experiences is available from the admissions department.

The following is a breakdown of the volunteer and/or paid work hours required for admission:

Minimum of 50 hours clinical nutrition (in-patient hospital and/or long-term care)

Minimum of 50 hours food service management

Minimum of 50 hours community nutrition

GRADUATION REQUIREMENTS

In their final year, it is recommended that BSN/DPD students meet with the DPD director for academic advising each quarter prior to registration to discuss academic progress and as part of the dietetic internship application process. A total of 300 hours of volunteer and/or paid work experience is required to graduate from the BSN/DPD (inclusive of the 150 hours obtained prior to admission to the program). The following is a breakdown of those hours:

Total of 100 hours clinical nutrition (in-patient and/or long-term care direct patient contact)

Total of 100 hours food service management

Total of 100 hours community nutrition

Leadership by participation in the Bastyr University Student Nutrition Association (SNA) and becoming a student member of the American Dietetic Association (ADA) are recommended.

A signed verification statement is required to enable students to be eligible for entry into an accredited dietetic internship. In order to receive a signed verification statement, 300 volunteer hours and/or paid hours must first be completed, signed, and verified by the DPD director. Second, students must pass the DPD exit exam with a passing grade of 70 percent. Third, students must complete all the required coursework with a graduating cumulative GPA of ≥ 3.0 . Completion of the DPD program does not guarantee acceptance into a dietetic internship. All other policies and procedures related to the BSN/DPD program are housed in the Department of Nutrition and Exercise Science.

ACCREDITATION

The BS Didactic Program in Dietetics (DPD) at Bastyr University is accredited by the Commission on Accreditation for Dietetics Education (CADE) (120 South Riverside Plaza, Suite 2000, Chicago, IL, 60606-6995, 800.877.1600, ext. 5400, education@eatright.org), a specialized accrediting body recognized by the U.S. Department of Education and the Council for Higher Education Accreditation.

The curriculum table that follows lists the tentative schedule of courses each quarter. Next to each course is the number of credits per course

(Crdt.), the lecture hours each week (Lec.) and the lab/clinic hours each week (L/C).

BACHELOR OF SCIENCE WITH A MAJOR IN NUTRITION WITH DIDACTIC PROGRAM IN DIETETICS (DPD) 2009-2010

JUNIOR YEAR (YEAR I)

Qtr.	Cat. No.	Course Title	Crdt.	Lec.	L/C
F	BC3124	Organic Chemistry for Life Sciences Lec/Lab	5	4	2
	BC3141	Anatomy & Physiology 1 Lec/Lab	3	2	2
	TR4103	Whole Foods Production	3	1.5	3
	TR4118	Cultural Perspectives on Food	2	2	0
		Quarterly Totals	13	9.5	7
W	BC3142	Anatomy & Physiology 2 Lec/Lab	4	3	2
	BC4109	Biochemistry for Life Sciences 1 Lec	4	4	0
	BC4110	Biochemistry for Life Sciences 1 Lab	1	0	2
	TR3111	Nutrition Throughout Life	3	3	0
	TR3115	Introduction to Food Science	2	2	0
		Quarterly Totals	14	12	4
Sp	BC3143	Anatomy & Physiology 3 Lec/Lab	3	2	2
	BC4112	Biochemistry for Life Sciences 2 Lec	4	4	0
	BC4113	Biochemistry for Life Sciences 2 Lab	1	0	2
	EX3105	Physical Activity & Wellness	2	2	0
	TR3117	Experimental Foods Lecture	4	4	0
	TR3118	Experimental Foods Lab	1	0	2
	TR4140	Ecological Aspects of Nutrition	2	2	0
		Quarterly Totals	17	14	6

SENIOR YEAR (YEAR II)

Qtr.	Cat. No.	Course Title	Crdt.	Lec.	L/C
F	BC4114	Disease Processes	4	4	0
	PS3127	Foundations of Counseling for Dietitians	3	3	0
	RD4105	Intro to Dietetics	1	0	2
	RD4301	Medical Nutrition Therapy 1: Assessment and Diagnosis	5	4	2
	TR4107	Advanced Nutrition Principles 1	4	4	0
		Quarterly Totals	17	15	4
W	RD4130	Quantity Food Production	3	2	2
	RD4302	Medical Nutrition Therapy 2: Chronic Disease Management	5	4	2
	TR4100	Introduction to Research Methods	3	2	2
	TR4108	Advanced Nutrition Principles 2	2	2	0
	TR4113	Nutritional Supplements & Herbs	3	3	0
	TR4207	Nutritional Counseling	2	2	0
		Quarterly Totals	18	15	6
Sp	IS4101	Seminar in Natural Health Sciences	2	2	0
	RD4120	Perspectives in Leadership & Mgmt	3	3	0
	RD4303	Medical Nutrition Therapy 3: Critical Care	3	3	0
	RD4802	Clinical Dietetic Practicum	2	0	4
	TR4126	Community Nutrition/Nutrition Educ	5	5	0
		Quarterly Totals	15	13	4

Total Requirements: Bachelor of Science with a Major in Nutrition with DPD

	Crdt.	Lec.	L/C
Total Core Course Credits and Hours	92	78.5	27
Total Clinic Credits and Hours	2	0	4
Total Requirements	94	78.5	31

Boldface classes are in addition to those currently required for BS with a Major in Nutrition degree.

Curriculum and course changes in the 2009-2010 Bastyr University Catalog are applicable to students entering during the 2009-2010 academic year. Please refer to the appropriate catalog if interested in curriculum and courses required for any other entering year.

BACHELOR OF SCIENCE WITH A MAJOR IN NUTRITION AND EXERCISE SCIENCE

A graduate of the BS degree with a major in nutrition and exercise science may develop a career in community health and fitness, as a strength and conditioning coach, or as a personal trainer. This degree also prepares students for graduate work in related health science fields.

ADMISSIONS

The admissions standards and prerequisites are the same as those outlined on page 51 for the undergraduate nutrition program.

GRADUATION REQUIREMENTS

Please see the graduation requirements for the undergraduate nutrition program on page 51.

BASIC SCIENCES CURRICULUM WITHIN NUTRITION AND EXERCISE SCIENCE

Basic science courses within the nutrition and exercise science program include Anatomy and Physiology, Living Anatomy, Organic Chemistry, and Biochemistry. Please see page 47 for more details about this curriculum in our undergraduate programs.

The curriculum table that follows lists the tentative schedule of courses each quarter. Next to each course is the number of credits per course (Crdt.), the lecture hours each week (Lec.) and the lab/clinic hours each week (L/C).

BACHELOR OF SCIENCE WITH A MAJOR IN NUTRITION AND EXERCISE SCIENCE 2009-2010

JUNIOR YEAR (YEAR I)

Qtr.Cat. No.	Course Title	Crdt.	Lec.	L/C
F BC3124	Organic Chemistry for Life Sciences Lec/Lab	5	4	2
BC3141	Anatomy & Physiology 1 Lec/Lab	3	2	2
EX4115	Motor Learning & Development	3	3	0
TR4103	Whole Foods Production	3	1.5	3
	Quarterly Totals	14	10.5	7
W BC3113	Living Anatomy	3	3	0
BC3142	Anatomy & Physiology 2 Lec/Lab	4	3	2
BC4109	Biochemistry for Life Sciences 1 Lecture	4	4	0
BC4110	Biochemistry for Life Sciences 1 Lab	1	0	2
TR3111	Nutrition Throughout Life	3	3	0
	Quarterly Totals	15	13	4

Sp BC3143	Anatomy & Physiology 3 Lec/Lab	3	2	2
BC4112	Biochemistry for Life Sciences 2 Lec	4	4	0
BC4113	Biochemistry for Life Sciences 2 Lab	1	0	2
EX3101	Biomechanics 1	2	1	2
EX3105	Physical Activity & Wellness	2	2	0
	Quarterly Totals	12	9	6

SENIOR YEAR (YEAR II)

Qtr.Cat. No.	Course Title	Crdt.	Lec.	L/C
F EX4100	Physiology of Exercise	5	4	2
EX4107	Sports Nutrition	5	5	0
EX4119	Principles of Resistance Training	3	2	2
TR4107	Advanced Nutrition Principles 1	4	4	0
	Quarterly Totals	17	15	4
W EX4105	Business Practices in Health Promotion	2	2	0
EX4112	Seminar in Ergogenic Aids	1	1	0
EX4124	Exercise Science Lab Techniques	2	0	4
TR4100	Introduction to Research Methods	3	2	2
TR4108	Advanced Nutrition Principles 2	2	2	0
TR4205	Nutritional Analysis & Assessment	3	2	2
	Quarterly Totals	13	9	8
Sp EX4800	Exercise/Nutrition Practicum ¹	2	0	4
IS4101	Seminar in Natural Health Sciences	2	2	0
TR3107	Nutrition, Physical Activity & Disease	5	5	0
TR4126	Community Nutrition/Nutrition Education	5	5	0
	Quarterly Totals	14	12	4

¹EX4800 may be taken in any quarter during year two.

Elective and Activity Requirements: Bachelor of Science with a Major in Nutrition and Exercise Science

Qtr.Cat. No.	Course Title	Crdt.	Lec.	L/C
variable variable	General Electives ¹	3	3	0
	Activity Credits ²	2	0	4
	Elective and Activity Totals	5	3	4

Total Requirements: Bachelor of Science with a Major in Nutrition and Exercise Science

	Crdt.	Lec.	L/C
Total Core Course Credits and Hours	85	68.5	33
Total Elective Credits and Hours	5	3	4
Total Requirements	90	71.5	37

¹General elective courses may be from any program or department. There is also a graduation requirement of Advanced First Aid and CPR.

²Two one-credit activity courses are required (e.g. tai chi, aerobics, yoga, tennis, etc.).

Curriculum and course changes in the 2009-2010 Bastyr University Catalog are applicable to students entering during the 2009-2010 academic year. Please refer to the appropriate catalog if interested in curriculum and courses required for any other entering year.

BACHELOR OF SCIENCE WITH A MAJOR IN NUTRITION AND CULINARY ARTS

The major in Nutrition and Culinary Arts is designed to provide a strong foundation in the application of whole food principles together with rigorous training in nutrition science. Graduates of

this program may have enhanced career opportunities in areas requiring both nutrition and culinary skills.

ADMISSIONS

The admissions standards and prerequisites are the same as those outlined on page 51 for the undergraduate nutrition program.

GRADUATION REQUIREMENTS

Please see the graduation requirements for the undergraduate nutrition major on page 51.

BASIC SCIENCES CURRICULUM WITHIN NUTRITION AND EXERCISE SCIENCE

Basic science courses within the nutrition and culinary arts program include Anatomy and Physiology, Living Anatomy, Organic Chemistry and Biochemistry. Please see page 47 for more details about this curriculum in our undergraduate programs.

The curriculum table that follows lists the tentative schedule of courses each quarter. Next to each course is the number of credits per course (Crdt.), the lecture hours each week (Lec.) and the lab/clinic hours each week (L/C).

BACHELOR OF SCIENCE WITH A MAJOR IN NUTRITION AND CULINARY ARTS 2009-2010

JUNIOR YEAR (YEAR I)

Qtr.Cat. No.	Course Title	Crdt.	Lec.	L/C
F	BC3124 Organic Chemistry for Life Sciences Lec/Lab	5	4	2
	BC3141 Anatomy & Physiology 1 Lec/Lab	3	2	2
	TR4103 Whole Foods Production I	3	1.5	3
	TR4118 Cultural Perspectives on Food	2	2	0
	Quarterly Totals	13	9.5	7
W	BC3142 Anatomy & Physiology 2 Lec/Lab	4	3	2
	BC4109 Biochemistry for Life Sciences 1 Lecture	4	4	0
	BC4110 Biochemistry for Life Sciences 1 Lab	1	0	2
	TR3111 Nutrition Throughout Life	3	3	0
	TR3131 Culinary Skills 1: Basics	2	0.5	3
	TR3141 Therapeutic Cooking 1: Maintaining Health	2	0.5	3
	Quarterly Totals	16	11	10
Sp	BC3143 Anatomy & Physiology 3 Lec/Lab	3	2	2
	BC4112 Biochemistry for Life Sciences 2 Lecture	4	4	0
	BC4113 Biochemistry for Life Sciences 2 Lab	1	0	2
	TR3132 Culinary Skills 2: Applications	2	0.5	3
	TR3142 Therapeutic Cooking 2: Illness and Recovery	2	0.5	3
	Quarterly Totals	12	7	10

SENIOR YEAR (YEAR II)

Qtr.Cat. No.	Course Title	Crdt.	Lec.	L/C
F	TR3153 Writing about Food and Health	2	2	0
	TR3163 The Business of Cooking	3	3	0
	TR4107 Advanced Nutrition Principles 1	4	4	0
	TR4133 Culinary Skills 3: Creations	2	0.5	3
	TR4820 Culinary Practicum ¹	4	0	8
	Quarterly Totals	15	9.5	11

W	TR3115 Introduction to Food Science	2	2	0
	TR3152 Cooking Demonstration	2	1.5	1
	TR4100 Introduction to Research Methods	3	2	2
	TR4108 Advanced Nutrition Principles 2	2	2	0
	TR4132 Quantity Food Production	3	3	0
	TR4205 Nutritional Analysis & Assessment	3	2	2
	Quarterly Totals	15	12.5	5
Sp	IS4101 Seminar in Natural Health Sciences	2	2	0
	TR3117 Experimental Foods Lecture	4	4	0
	TR3118 Experimental Foods Lab	1	0	2
	TR4117 Nutrition, Physical Activity & Disease	5	5	0
	TR4140 Ecological Aspects of Nutrition	2	2	0
	Quarterly Totals	14	13	2

¹TR4820 Culinary practicum may be taken in any quarter of year II, with the exception of summer quarter.

Elective Requirements: Bachelor of Science with a Major in Nutrition and Culinary Arts

Qtr.Cat. No.	Course Title	Crdt.	Lec.	L/C
variable	variable Electives	5	5	0
	Elective Totals	5	5	0

Total Requirements: Bachelor of Science with a Major in Nutrition and Culinary Arts

	Crdt.	Lec.	L/C
Total Core Course Credits and Hours	85	62.5	45
Total Elective Credits and Hours	5	5	0
Total Requirements	90	67.5	45

Curriculum and course changes in the 2009-2010 Bastyr University Catalog are applicable to students entering during the 2009-2010 academic year. Please refer to the appropriate catalog if interested in curriculum and courses required for any other entering year.

SUMMER MASSAGE INTENSIVE

Bastyr University and the Bellevue Massage School Center for Healing Arts offer a summer massage training program that allows students to apply coursework taken at Bastyr University toward the Washington state requirements for massage licensure. This course cannot be audited. Students interested in further information may meet with their academic advisor in the registrar's office or with their department's program supervisor to discuss the program availability and the course prerequisites.

GRADUATE PROGRAMS

The Department of Nutrition and Exercise Science offers three MS in nutrition graduate programs that are consistent with the overall focus and mission of the department. The first option is the Master of Science in Nutrition (Research), which culminates in a research thesis (MSN/Research). The second option is the Master of Science in Nutrition and Clinical Health Psychology (MSN/CHP), which is a degree that combines training in nutrition and clinical health psychology. The third option is the

Master of Science in Nutrition with the Didactic Program in Dietetics (MSN/DPD). This option provides the academic part of the requirements to become a registered dietitian.

The MSN/DPD at Bastyr University is accredited by the Commission on Accreditation for Dietetics Education (CADE) (120 Riverside Plaza, Suite 2000, Chicago, IL 60606-6995, 800.877.1600, ext 5400, education@eatright.org), a specialized accrediting body recognized by the U.S. Department of Education and the Council for Higher Education Accreditation.

After initial selection of a degree program, a student must receive approval from the chair of the department in order to change programs.

MASTER OF SCIENCE IN NUTRITION (RESEARCH)

The purpose of the Master of Science in Nutrition (Research) is to provide students with a solid overview of nutritional science, theory and research in preparation for future doctoral study or for employment in research and development, public policy, or the prevention and wellness field. Graduates with this degree are eligible in some states for certification as nutritionists with a limited scope of practice. Training in critically evaluating and conducting nutrition-related research is emphasized.

ADMISSIONS

For general information on the admissions process, refer to the admissions section in this catalog. Information below refers only to the nutrition program.

PREREQUISITES

Entering students must have a bachelor's degree, an average of 3.0 GPA or higher in their undergraduate degree and must complete the following courses with a C or better in each class:

- Anatomy and Physiology¹ 10 qtr credits
- Chemistry (science major level with lab)3 courses (must include at least one organic chemistry course)
- Nutrition 5 qtr credits or 3 semester credits
- Biochemistry² 1 course
- Intermediate algebra 1 course

¹An upper-level human physiology course may meet this requirement.

²The biochemistry course must be upper-level and must cover intermediary metabolism.

GRADUATION REQUIREMENTS

MSN (Research) students must complete a minimum of 78 credits. All MSN (Research) students must have a minimum 3.0 GPA with a minimum of 52 credits in residence. MSN (Research) students must complete their degree within five years following matriculation into the program. A research thesis is required for graduation.

THESIS CREDIT AND CONTINUATION POLICY

Students who have not completed their thesis by the end of their last quarter of attendance at Bastyr University but who have already been registered for the number of thesis credits required for their program will be required to register for Thesis Continuation. Thesis Continuation is a 0.0 credit "course" that maintains the student's enrollment at Bastyr University; it carries a thesis continuation fee equivalent to the tuition for one credit.

Students must enroll in at least one credit in each quarter (apart from summer) in order to continue in the program. Otherwise, students must apply for a leave of absence. Students may consult with the registrar's office or see the *Student Handbook* for details about applying for a leave of absence.

The curriculum table that follows lists the tentative schedule of courses each quarter. Next to each course is the number of credits per course (Crdt.), the lecture hours each week (Lec.) and the lab/clinic hours each week (L/C).

MASTER OF SCIENCE IN NUTRITION (RESEARCH) 2009-2010

YEAR I

	Qtr.	Cat. No.	Course Title	Crdt.	Lec.	L/C
F		BC5118	Disease Processes 1	3	3	0
		TR5100	Biostatistics	4	3	2
		TR5120	Advanced Nutrition: Macronutrients	5	5	0
		TR5136	Nutrition in the Life Cycle	3	3	0
			Quarterly Totals	15	14	2
W		BC5132	Disease Processes 2	2	2	0
		TR5104	Research Methods in Health Sciences	3	2	2
		TR5124	Advanced Nutrition: Micronutrients	5	5	0
		TR5320	Nutrition Assessment & Therapy 1	5	4	2
			Quarterly Totals	15	13	4
Sp		TR5101	Whole Foods Production	3	1.5	3
		TR5128	Applied Research Skills	3	3	0
		TR5140	Advanced Nutrition: Bioactive Compounds in Foods	3	3	0
		TR5321	Nutrition Assessment & Therapy 2	5	4	2
			Quarterly Totals	14	11.5	5

YEAR II

Qtr.	Cat. No.	Course Title	Crdt.	Lec.	L/C
F	TR5115	Food Science	5	4	2
	TR6111	Contemporary Nutrition: Global & Ecological Issues	2	2	0
	TR6114	Thesis ¹	4	0	0
	TR6116	Thesis Seminar 1 ²	1	1	0
		Quarterly Totals	12	7	2
W	TR5132	Applied Statistical Analysis	2	1	2
	TR6122	Contemporary Nutrition: Community and Culture	3	3	0
	TR6114	Thesis ¹	4	0	0
	TR6116	Thesis Seminar 2 ²	1	1	0
		Quarterly Totals	10	5	2
Sp	TR6133	Contemporary Nutrition: Public Health	3	3	0
	TR6114	Thesis ¹	4	0	0
	TR6116	Thesis Seminar 3 ²	1	1	0
		Quarterly Totals	8	4	0

¹These credits may vary. Students may register for thesis as early as summer quarter of the first year and in any quarter in which the student receives thesis advising. Twelve (12) thesis credits are required to graduate. One (1) thesis credit must be earned in the quarter in which the degree is to be received. If all thesis credits have been earned, then Thesis Continuation (TR6199) is required in the final quarter.

²Thesis seminar classes should be taken in the same quarter as thesis credits.

Elective Requirements: Master of Science in Nutrition (Research) Program

Qtr.	Cat. No.	Course Title	Crdt.	Lec.	L/C
variable	variable	Electives	4	4	0
		Elective Totals	4	4	0

Of the four (4) elective credits required, students must have a minimum of two (2) elective credits in nutrition program courses.

Total Requirements: Master of Science in Nutrition (Research) Program

	Crdt.	Lec.	L/C
Total Core Course Credits and Hours	74	54.5	15
Total Elective Credits and Hours	4	4	0
Total Requirements	78	58.5	15

Curriculum and course changes in the 2009-2010 Bastyr University Catalog are applicable to students entering during the 2009-2010 academic year. Please refer to the appropriate catalog if interested in curriculum and courses required for any other entering year.

MASTER OF SCIENCE IN NUTRITION AND CLINICAL HEALTH PSYCHOLOGY (MSN/CHP)

The MSN/CHP was developed to respond to the need for an integrated program that provides opportunities to ultimately obtain licensure as a mental health counselor and credentials to practice as a nutritionist in some states. This three-year graduate program provides interdisciplinary education in nutrition and clinical health psychology for students who want a fully integrated mind-body approach to human health.

ADMISSIONS

For general information on the admissions process, refer to the admissions section in this catalog. Information below refers only to the MS in Nutrition and Clinical Health Psychology program.

REQUIRED ABILITIES/SKILLS FOR NUTRITION PROGRAM ADMISSION

Please see description on page 50.

PREREQUISITES

Entering students must have a bachelor's degree with an average of 3.0 GPA or higher in the undergraduate degree, and must have completed the following courses with a C or better in each class:

Anatomy and Physiology ¹	10 qtr credits
Chemistry (science major level with lab).....	3 courses
(must include at least one organic chemistry course)	
Nutrition	5 qtr credits or 3 semester credits
Biochemistry ²	1 course
Abnormal psychology	1 course
Developmental psychology	1 course
Intermediate algebra	1 course

¹An upper-level human physiology course may meet this requirement.

²The biochemistry course must be upper-level and must cover intermediary metabolism.

ADMISSION TO CLINICAL TRAINING

In order to enroll in the Clinic Shift series, students must have successfully completed TR5136, BC5132, TR5321, PS5202, PS5301, PS5801, PS6315 and have met the criteria for professional behavior and attitudes.

GRADUATION REQUIREMENTS

MSN/CHP students must complete a minimum of 118 credits. MSN/CHP students must have a minimum 3.0 GPA with a minimum of 79 credits in residence. MSN/CHP students must complete their degree within six years following matriculation into the program. A graduation requirement of the MSN/CHP program is that students must complete 600 hours of supervised counseling (including hours in counseling classes at BCNH and its satellites and external practicum sites), of which 100 hours need to be in nutrition counseling.

In addition to the didactic and clinical experience, MSN/CHP students are required to complete 10 hours of individual counseling or therapy before their first counseling shift at BCNH. Counseling may occur at the Bastyr Counseling Center or with

a private counselor of the student's choice. Documentation of these hours is required.

EXIT EXAM

Successful completion of a clinical competency exit examination is a requirement for students in the third year of the MSN/CHP. This examination tests the minimal knowledge and skills required to perform nutritional and mental health counseling with diverse clients. The examination does not cover the whole curriculum and cannot substitute for any part of regular course requirements. Students are eligible to schedule the exit exam if they are in good academic standing, have completed or are concurrently registered for all required (non-elective) courses by the end of the term in which they want to take the exam, and are making satisfactory progress in the practicum.

EXPECTED COMPETENCIES

Students are required to maintain a 3.0 GPA in their graduate coursework. Bastyr graduates are qualified to provide exceptional nutrition and counseling services to individuals and institutions and contribute positively to the nutritional and mental health education of the community.

Students are expected to stay on track with the counseling curriculum. Students who wish to go off track must have permission from the director of clinical training.

The curriculum table that follows lists the tentative schedule of courses each quarter. Next to each course is the number of credits per course (Crdt.), the lecture hours each week (Lec.) and the lab/clinic hours each week (L/C).

MASTER OF SCIENCE IN NUTRITION AND CLINICAL HEALTH PSYCHOLOGY 2009-2010

YEAR I

Qtr.	Cat. No.	Course Title	Crdt.	Lec.	L/C
F	BC5118	Disease Processes 1	3	3	0
	PS5301	Fundamentals of Counseling: Basic Skills	3	3	0
	TR5101	Whole Foods Production ¹	3	1.5	3
	TR5120	Advanced Nutrition: Macronutrients	5	5	0
	TR5136	Nutrition in the Life Cycle	3	3	0
		Quarterly Totals	17	15.5	3
W	BC5132	Disease Processes 2	2	2	0
	PS5113	Theories of Counseling & Psychotherapy	3	3	0
	TR5124	Advanced Nutrition: Micronutrients	5	5	0
	TR5320	Nutrition Assessment & Therapy 1	5	4	2
		Quarterly Totals	15	14	2

Sp	PS5202	Psychopathology & Biomedical Conditions	3	3	0
	PS5801	Counseling & Health Psychology Clinic Entry	1	0	2
	PS6315	Counseling Adults 1: Assessment & Treatment	3	3	0
	TR5140	Advanced Nutrition: Bioactive Compounds in Foods	3	3	0
	TR5321	Nutrition Assessment & Therapy 2	5	4	2
		Quarterly Totals	15	13	4

¹TR5101 Whole Foods Production may be taken in any quarter during year one.

YEAR II

Qtr.	Cat. No.	Course Title	Crdt.	Lec.	L/C
F	PS5110	Fundamentals of Counseling: Group Dynamics	3	2	2
	PS7801	Clinic Shift 1: Nutrition/ Clinical Health Psychology	2	0	4
	TR5100	Biostatistics	4	4	0
	TR5115	Food Science	5	4	2
		Quarterly Totals	14	10	8
W	PS5115	Fundamentals of Counseling: Systems, Families & Couples	4	3	2
	PS6105	Diversity & Multicultural Issues in Health Psychology	3	3	0
	PS7802	Clinic Shift 2: Nutrition/ Clinical Health Psychology	2	0	4
	TR5104	Research Methods in Health Sciences	3	2	2
	TR6100	Nutritional Supplementation	4	4	0
		Quarterly Totals	16	12	8
Sp	PS6130	Psychological Testing	3	3	0
	PS6310	Nutrition & Pharmacology in Mental Health Assessment/Treatment of Children/ Adolescents in Health Psychology	3	2	2
	PS7105	Alcohol & Substance Abuse	2	2	0
	PS7803	Clinic Shift 3: Nutrition/ Clinical Health Psychology	2	0	4
		Quarterly Totals	13	10	6

YEAR III

Qtr.	Cat. No.	Course Title	Crdt.	Lec.	L/C
F	PS6317	Counseling Adults 2: Assessment & Treatment	3	2	2
	PS7101	Professional, Ethical & Legal Issues	3	3	0
	PS7805	MSN/CHP Practicum 1	2	0	4
	PS7811	Practicum Seminar 1: Nutrition/ Clinical Health Psychology	1	1	0
	TR6111	Contemporary Nutrition: Global & Ecological Issues	2	2	0
		Quarterly Totals	11	8	6
W	PS6207	Counseling for Eating Disorders	2	1	2
	PS7103	Mind Body Techniques for Stress Reduction	3	3	0
	PS7806	MSN/CHP Practicum 2	2	0	4
	PS7812	Practicum Seminar 2: Nutrition/ Clinical Health Psychology	1	1	0
		Quarterly Totals	8	5	6
Sp	PS7115	Developing & Evaluating Counseling Programs	3	3	0
	PS7129	Career Counseling	3	3	0
	PS7807	MSN/CHP Practicum 3	2	0	4
	PS7813	Practicum Seminar 3: Nutrition/ Clinical Health Psychology	1	1	0
		Clinical Competency Exam	0	0	0
		Quarterly Totals	9	7	4

Total Requirements: Master of Science in Nutrition and Clinical Health Psychology Program

	Crdt.	Lec.	L/C
Total Core Course Credits and Hours	103	91.5	23
Clinic/Practicum Totals	15	3	24
Total Requirements	118	94.5	47

Curriculum and course changes in the 2009-2010 Bastyr University Catalog are applicable to students entering during the 2009-2010 academic year. Please refer to the appropriate catalog if interested in curriculum and courses required for any other entering year.

MASTER OF SCIENCE IN NUTRITION WITH DIDACTIC PROGRAM IN DIETETICS (MSN/DPD)

The purpose of the MSN/DPD is to train students who are primarily interested in becoming registered dietitians. The program's mission is to educate future dietetic professionals who will be agents of change in bringing the perspective of whole foods, environmental awareness of food choices and complimentary medicine into their dietetic-related practices. The MSN/DPD program at Bastyr University is accredited by the Commission on Accreditation for Dietetics Education (CADE). The competencies outlined by CADE are over and above the requirements for a master's in nutrition as outlined by the University and prepare dietetic students to be eligible to apply for an accredited American Dietetic Association dietetic internship and, subsequently, to be eligible to sit for the registered dietitian examination.

ADMISSIONS

For general information on the admissions process, refer to the admissions section in this catalog. Information below refers only to the graduate nutrition program.

- To be competitive for admission into the MSN/DPD, the following GPAs are required:
- 3.25 in prerequisite coursework (classes listed as specific prerequisites)
- 3.0 cumulative in science coursework
- 3.0 cumulative undergraduate coursework
- 3.0 in nutrition coursework

PREREQUISITES

Please see prerequisites for the Master of Science in Nutrition listed on page 57. In addition to the prerequisites listed on page 57, Introduction to Psychology is also required.

ADMISSION TO CLINICAL TRAINING

In order to enroll in the Clinical Practicum, students must have successfully completed BC5132, TR5136, TR5207, TR5320, TR5321 and TR5803, and have met the criteria for behavior and attitudes as outlined in the *Student Clinic Handbook*.

GRADUATION REQUIREMENTS

MSN/DPD in Nutrition students must complete a minimum of 78 credits. All MSN/DPD students must have a minimum 3.0 GPA with a minimum of 52 credits in residence. MSN/DPD students must complete their degree within five years following matriculation into the program. MSN/DPD students are recommended to meet with the DPD director for academic advising each quarter prior to registration to discuss academic progress. A total of 300 hours of approved paid and/or volunteer work is required to graduate from the MSN/DPD. The following is a breakdown of those hours:

- Total of 100 hours clinical nutrition (in-patient, ambulatory care, and/or long-term care direct patient contact).

- Total of 100 hours food service management.

- Total of 100 hours community nutrition.

- Leadership in the area of dietetics by participating in the Bastyr University Student Nutrition Association (SNA) and as a student member of the American Dietetic Association is strongly encouraged.

Once coursework for the MSN/DPD and the 300 volunteer and/or paid required hours are completed, signed and verified by the DPD director, the student is eligible to sit for the DPD exit exam. A pass rate of 70 percent on the DPD exit exam is required to receive the verification statement that will enable the student to be eligible to complete an accredited dietetic internship.

ACCREDITATION

The MSN/Didactic Program in Dietetics (MSN/DPD) at Bastyr University is accredited by the Commission on Accreditation for Dietetics Education (CADE), 120 South Riverside Plaza, Suite 2000, Chicago, IL 60606-6995, 800.877.1600, ext. 5400, education@eatright.org, website: www.eatright.org/cade, a specialized accrediting body recognized by the Commission on Recognition of Postsecondary Accreditation and the U.S. Department of Education.

The curriculum table that follows lists the tentative schedule of courses each quarter. Next to each course are the number of credits per course (Crdt.), the lecture hours each week (Lec.) and the lab/clinic hours each week (L/C).

MASTER OF SCIENCE IN NUTRITION/DIDACTIC PROGRAM IN DIETETICS 2009-2010

YEAR I

Qtr.	Cat. No.	Course Title	Crdt.	Lec.	L/C
F	BC5118	Disease Processes 1	3	3	0
	PS5301	Fundamentals of Counseling: Basic Skills	3	3	0
	TR5120	Advanced Nutrition: Macronutrients	5	5	0
	TR5136	Nutrition in the Life Cycle	3	3	0
		Quarterly Totals	14	14	0
W	BC5132	Disease Processes 2	2	2	0
	TR5124	Advanced Nutrition: Micronutrients	5	5	0
	TR5207	Nutritional Counseling	2	2	0
	TR5320	Nutrition Assessment & Therapy 1	5	4	2
		Quarterly Totals	14	13	2
Sp	TR5101	Whole Foods Production	3	1.5	3
	TR5140	Advanced Nutrition: Bioactive Compounds in Foods	3	3	0
	TR5321	Nutrition Assessment & Therapy 2	5	4	2
	TR5803	Nutrition Clinic Entry	1	0	2
		Quarterly Totals	12	8.5	7

YEAR II

Qtr.	Cat. No.	Course Title	Crdt.	Lec.	L/C
F	RD6105	Intro to Dietetics	1	0	2
	RD6131	Food Service Management 1	2	2	0
	TR5100	Biostatistics	4	3	2
	TR5115	Food Science	5	4	2
	TR6111	Contemporary Nutrition: Global & Ecological Issues	2	2	0
		Quarterly Totals	14	11	6
W	RD6135	Food Service Management 2	2	2	0
	TR5104	Research Methods in Health Sciences	3	2	2
	TR6100	Nutritional Supplementation	4	4	0
	TR6122	Contemporary Nutrition: Community & Culture	3	3	0
	TR6811	Clinic Nutrition Practicum 12	2	0	4
		Quarterly Totals	14	11	6
Sp	RD6140	Food Service Management 3	2	2	0
	RD6403	Medical Nutrition Therapy	3	3	0
	TR6133	Contemporary Nutrition: Public Health	3	3	0
	TR6812	Clinic Nutrition Practicum 2 ²	2	0	4
		DPD Exit Exam	0	0	0
		Quarterly Totals	10	8	4

²TR6811 Clinic Nutrition Practicum 1, and subsequently Clinic Nutrition Practicum 2, will be assigned after prerequisites are completed any time after spring of year 1. Each practicum is a total of 44 hours during each quarter. In addition, a total of 8 hours are required during the interim period. See the *Student Clinical Handbook* for details.

Total Requirements: Master of Science in Nutrition/Didactic Program in Dietetics

	Crdt.	Lec.	L/C
Total Core Course Credits and Hours	74	65.5	17
Clinic Totals	4	0	8
Total Requirements	78	65.5	25

DIETETIC INTERNSHIP

The Bastyr University Dietetic Internship is designed to meet the eligibility requirements and accreditation standards for dietetic internship programs as defined by the American Dietetic Association, with the intention that those who successfully complete the program will have met the performance requirements for entry-level dietitians through supervised practice. The internship provides an interactive set of educational experiences in which participants perform the Nutrition Care Process in a variety of settings, demonstrate professional skills, perform continuous self-assessment, and develop collaborative relationships to achieve desired outcomes. The program includes didactic coursework via seminars, group projects and individual enrichment experiences.

Interns gain experience in medical nutrition therapy, community nutrition and food service administration. Interns develop insight into the unique nutritional needs of populations from all stages of the life cycle and in various degrees of health through rotation sites that include acute care and outpatient clinics, WIC programs and food service departments.

The Bastyr University Dietetic Internship has a concentration in natural medicine and whole food nutrition. Interns have the opportunity to practice with clinicians in the naturopathic program and in the acupuncture and Oriental medicine program at the University's teaching clinic, Bastyr Center for Natural Health. Interns create whole-foods menus and consider the environmental impacts of food choices.

The internship is a full-time program (minimum of 40 hours per week) meeting the requirements for 1200 minimum supervised practice hours. The program also includes didactic hours, enrichment hours, and hours for orientation and evaluation, as well as vacation and holidays.

Interns are required to register for 15 graduate credits, which may be applied toward the elective requirements of the Master of Science in Nutrition degree at Bastyr University upon acceptance into the master's program. The graduate course content is structured to complement the supervised practice component of the internship. The internship graduate courses follow, listed in the order taken:

Cat. No.	Course Title	Crdt.	Qtr.
DI5100	Introduction to the Practice of Dietetics	1	Fall
DI5101	Community Nutrition	1	
DI5801	Community Practicum	2	
DI5103	Food Service Administration	1	
DI5104	Medical Nutrition Therapy	1	Win
DI5814	Food Service Practicum	4	
DI5820	Medical Nutrition Therapy Practicum	5	Sp
Total Credits		15	

Note: Community Practicum, Medical Nutrition Therapy and Food Service Practicum are incorporated into the supervised practice experience.

ADMISSION REQUIREMENTS FOR DIETETIC INTERNSHIP

Applicants must have a minimum of a baccalaureate degree in nutrition, dietetics or an equivalent program from an accredited educational institution. A strong background in science and high academic performance are essential. A GPA of 3.0 or higher is required for acceptance into the program.

It is highly recommend that students have paid or volunteer experience in all three areas of community nutrition, clinical nutrition and food service administration.

Applicants must complete an application packet which includes the following items:

- Completed Bastyr University application.
- Completed ADA Dietetic Internship application.
- One-page typed letter of application to include professional interest in the field of nutrition, natural medicine and/or Bastyr University and professional goals.
- Three letters of recommendation (ADA Waiver and Recommendation Form are to be included): one letter related to work experience and two letters related to academic performance.
- All official transcripts.
- DPD Verification Statement or Declaration of Intent.
- Nonrefundable \$75 application fee, with check written to "Bastyr University."

All applications must be received by the February computer matching deadline. Interns begin the program in September and complete the program in June. Applicants are informed of acceptance through the computer matching system.

EXPECTED COMPETENCIES

Interns are required to pass all internship graduate courses with a grade of achieved competency (AC) and must have demonstrated competency in all learning outcomes. (The achieved-competency

based grading system is explained on page 18 of this catalog.) Graduates of the program meet eligibility requirements to write the registration examination to become a registered dietitian (RD). Bastyr internship graduates are qualified to provide exceptional nutrition and dietetic services to individuals and institutions and contribute positively to the nutrition awareness and health education of the community.

ACCREDITATION STATUS

The Bastyr University Dietetic Internship has been granted accreditation by the Commission on Accreditation for Dietetics Education of the American Dietetic Association, 120 South Riverside Plaza, Suite 2000, Chicago, IL, 60606-6995, (800) 877-1600, ext. 5400. E-mail: education@eatright.org. Website: www.eatright.org/cade.

Additional program information, including program philosophy, goals and content may be found at www.Bastyr.edu/education/nutrition/degree/DI.asp. Program policies and procedures are made available to accepted applicants in the annually-revised *Bastyr University Dietetic Internship Handbook*.

FACULTY

WITH HIGHEST DEGREES, LICENSES OBTAINED AND DEPARTMENTAL AFFILIATION

Key

ABS	(Applied Behavioral Science)
AOM	(Acupuncture & Oriental Medicine)
BS	(Basic Sciences)
BTM	(Botanical Medicine)
EXS	(Exercise Science)
HO	(Homeopathy)
HS	(Herbal Sciences)
IS	(Interdisciplinary Studies)
NM	(Naturopathic Medicine)
NMW	(Naturopathic Midwifery)
NTR	(Nutrition)
PM	(Physical Medicine)
PSY	(Psychology)

CORE

Anderson, Paul S., ND, National College of Naturopathic Medicine (NM)

Boutin, Debra, MS, RD, Case Western Reserve University (NTR)

Coan, Suz, PsyD, Pacific University (PSY)

- Frederickson, Richard, PhD, University of North Dakota (BS)
- Golden, Lynelle, PhD, University of Tennessee, Knoxville (BS)
- Harris, Cristen, PhD, RD, LD/N, Florida International University (NTR)
- Hofsess, Christy, PhD, Arizona State University (PSY)
- Kazaks, Alexandra, PhD, RD, University of California-Davis (NTR)
- Kirk, Elizabeth, PhD, RD, University of Washington (NTR)
- Kloubec, June, PhD, University of Minnesota, (EXS)
- Koutoubi, Samer, MD, University Institute of Medicine and Pharmacy (Romania), PhD, Florida International University (NTR)
- Lester, Naomi, PhD, Uniformed Services University of the Health Services (PSY)
- Lichtenstein, Brad, ND, Bastyr University (PSY)
- Littleton, Kent, ND, Bastyr University, MS, University of Washington (BS)
- Love Steward, Rebecca, DVM, Washington State University (BS)
- Modell, Harold, PhD, University of Mississippi Medical Center (BS)
- Morrow, Kelly, MS, RD, CD, Bastyr University (NTR)
- Piccinin, Doris, MS, RD, CDE, CD, Wayne State University (NTR)
- Reiss, Tiffany, PhD, Virginia Polytechnic Institute and State University (EXS, NTR)
- Rosen, Daniel, PhD, Arizona State University (PSY)
- Sivam, Gowsala, PhD, University of Maryland, (BS)
- Spicer, Diane, MS, University of Wisconsin (BS)
- Thomas, Aleyamma, PhD, University of Manitoba (BS)
- Wenner, Cynthia, PhD, Washington University, St. Louis, MO (BS)
- Cutro, Janet, PhD, MIT (BS)
- DeNinno, John, PhD, Purdue University (PSY)
- DiPasquale, Robin, ND, RH (AHG), Bastyr University (BS)
- Fenn, Robin, PhD, University of Akron (PSY)
- Hagen, Jana, ND, Bastyr University (PSY)
- Hart, Katherine, MS, Bastyr University (PSY)
- Jakus, Carol, MSW, University of Washington (PSY)
- Kachinskas, Donna, PhD, University of California-Davis (BS)
- Lair, Cynthia, BA, CHN, Wichita State University (NTR)
- Legel, Laura, MEd, ATC, Old Dominion University (EXS)
- Legters, Matthew, MS, Bastyr University (NTR)
- Levin, Buck, PhD, RD, University of North Carolina, Greensboro (NTR)
- Lumiere, Kathleen, MAC, LAc, Northwest Institute of Acupuncture and Oriental Medicine (AOM)
- Maikels, Terence, BA, Colgate University (NTR)
- Martin, Eric, MS, Bastyr University, LAc (BS)
- Martzen, Mark, PhD, University of South Dakota School of Medicine (BS)
- McCarty, Rachele, ND, Bastyr University (PSY)
- Messner, Don, PhD, University of Washington (BS)
- Mullen, Jessica, MS, RD, Bastyr University (NTR)
- Negrin, Julie, MS, CN, Bastyr University (NTR)
- Price, Lisa, ND, Bastyr University (BS)
- Ramanujam, Kumuthini, MD (India), Madras Medical College (BS)
- Roustaei, Omid, MS, LIOS, Bastyr University (NTR)
- Rubinstein, Joshua, ND, Bastyr University (PSY)
- Sasagawa, Masa, ND, Bastyr University, MS, University of Utah (NTR)
- Strong, Aaron, MA, Bastyr University (PSY)
- Tanguay, Karina, MS, RD, CD, Bastyr University (NTR)
- Washburn, Sarah, MS, RD, CD, University of Washington (NTR)

ADJUNCT

- Adler, Jennifer, MS, CN, Bastyr University (NTR)
- Allen, Jason, ND, Bastyr University, MPH, University of Washington (BS)
- Babb, Michelle, MS, RD, Bastyr University (NTR)
- Bailey, Amanda, MA, City University (PSY)
- Biery, Nancy, PhD, Johns Hopkins University (BS)
- Brignall, Matt, ND, Bastyr University (NTR-C)
- Brinton, Catherine, ND, Bastyr University (BS)
- Buono, Laura, RD, CD, CNSD, Washington State University (NTR)
- Byrne, Michael, ND, Bastyr University (PSY)
- Cabasco-Cebrian, Tess, BS, University of Washington (BS)
- Carlson, Eliza, MS, Bastyr University (PSY)
- Chen, John, PhD, South Baylo University (BS)