

COURSE DESCRIPTIONS

Curriculum and course changes in the 2011-2012 *Bastyr University Catalog* are applicable to students entering during the 2011-2012 academic year. Please refer to the appropriate catalog if interested in curriculum and courses required for any other entering year.

Program, Department and Course Designation Codes

| | |
|-----|-------------------------------------|
| AV: | Ayurvedic Medicine |
| BC: | Basic Sciences |
| BO: | Botanical Medicine/Herbal Sciences |
| CH: | Chinese Herbal Medicine Certificate |
| DI: | Dietetic Internship |
| EX: | Exercise Science and Wellness |
| HO: | Homeopathic Medicine |
| IS: | Interdisciplinary Studies |
| MW: | Midwifery |
| NM: | Naturopathic Medicine |
| OM: | Acupuncture and Oriental Medicine |
| PM: | Physical Medicine |
| PS: | Counseling and Health Psychology |
| RD: | Didactic Program in Dietetics |
| TR: | Nutrition |

COURSE NUMBERING SEQUENCE KEY

The first digit indicates the year/level at which the course is offered:

| | |
|-----------|---|
| 1xxx | Freshman prerequisite courses |
| 2xxx | Sophomore prerequisite courses |
| 3xxx | Junior BS Program |
| 4xxx | Senior BS Program |
| 5xxx-8xxx | Graduate and Professional level courses |
| 9xxx | Electives (undergraduate and graduate) |

The second digit indicates the type of course:

| | |
|------|--------------------------------|
| x1xx | General courses |
| x2xx | Diagnostic courses |
| x3xx | Diagnostic/therapeutic courses |
| x4xx | Therapeutic courses |
| x5xx | Special topics courses |
| x8xx | Clinic and clinical courses |
| x9xx | Independent study |

Note: In the following descriptions, commonly used abbreviations in reference to Bastyr programs include the following: acupuncture and Oriental medicine (AOM), midwifery/natural childbirth (MW), naturopathic medicine (ND), and nutrition (NTR).

AYURVEDIC MEDICINE

AV9110 Fundamentals of Ayurvedic Medicine 2 credits

This elective course is an introduction to Ayurvedic medicine. It considers concepts of recognizing Ayurvedic body type and psychological personality, customizing the health plan to suit the unique constitution, Ayurvedic nutrition and diet therapy, Ayurvedic herbology, and gentle detoxification through Ayurvedic Pancha-Karma therapy. This course is recommended prior to taking other Ayurvedic electives. Prerequisite: Admission to Bastyr University

BASIC SCIENCES

Lynelle Golden, PhD, Department Chair

BC2107 Introduction to Physics I 2 credits

This is the first of a two-course sequence that offers an introduction to the general principles of physics. Topics include Newton's laws of motion, momentum and energy and linear and rotational acceleration. This is the first of two courses that can be used to satisfy the physics prerequisite for the ND program. Offered only summer quarter. Prerequisite: College algebra or trigonometry

BC2108 Introduction to Physics II 2 credits

This is the second of a two-course sequence that offers an introduction to the general principles of physics. Topics include electricity, magnetism and optics. This is the second of two courses that can be used to satisfy the physics prerequisite for the ND program. Offered only summer quarter. Prerequisite: BC2107 or an equivalent physics course that included Newton's laws of motion, momentum and energy and linear and rotational acceleration

BC2115 General Chemistry Intensive 1 Lecture 5 credits

This four-week summer quarter course is the first part of an eight-week intensive series held in two parts. The fundamental laws and basic concepts of modern chemistry as applied to the structure and behavior of matter/energy are presented. Topics include measurements and dimensional analysis; atoms, molecules and ions; mixtures; quantitative relationships; thermochemistry; the periodic table; chemical bonding; gases, liquids and solids; rates of reactions; equilibrium; acids and bases; solubility; and oxidation/reduction. Prerequisites: Passing grade in college level introduction to chemistry course

BC2116 General Chemistry 1 Intensive Lab 1 credit

Corequisite: BC2115

BC2117 General Chemistry 2 Intensive Lecture 5 credits

This four-week summer quarter course is the second part of an eight-week intensive series held in two parts. The fundamental laws and basic concepts of modern chemistry as applied to the structure and behavior of matter/energy are presented. Topics include measurements and dimensional analysis; atoms, molecules and ions; mixtures; quantitative relationships; thermochemistry; the periodic table; chemical bonding; gases, liquids and solids; rates of reactions; equilibrium; acids and bases; solubility; and oxidation/reduction. Prerequisites: BC2115

BC2118 General Chemistry 2 Intensive Lab 1 credit

Prerequisite: BC2116 or equivalent. Corequisite: BC2117

BC3100 Survey of Organic Chemistry 4 credits

This survey course examines the types of bonding, functional groups, and physical properties of saturated and unsaturated hydrocarbons, alcohols, phenols, thiols, ethers, aldehydes, ketones, carboxylic acids, amines, and amides. Prerequisite: general chemistry (BC2115 or equivalent)

BC3104 Biochemistry 4 credits

This course provides an overview of basic human metabolism. Topics include carbohydrate, protein and fat metabolic pathways, with integration into overall anabolic and catabolic metabolic processes. Prerequisite: BC3100

BC3113 Living Anatomy 3 credits

Required for exercise science students. This course emphasizes musculoskeletal anatomy through lecture and palpation. The focus is to lay a strong foundation of the muscles, bones and joints necessary for understanding biomechanics. Weekly lecture and palpation are reinforced by a required rotation in the cadaver anatomy laboratory. This course is a prerequisite for the massage intensive course and is offered winter quarter only. Prerequisite: None

BC3115 Organic Chemistry Intensive 1 Lecture 4 credits

This is a four-week intensive summer course. This course along with Organic Chemistry 2 is intended to satisfy the organic chemistry prerequisites for BC5104. This course offers a systematic study of the physical properties, electronic structures, modes of bonding, and patterns of reactivity seen in alkanes, alkenes, alcohols, thiols, ketones, aldehydes, esters, ethers, phosphoesters, thioesters, amines, amides, carboxylic acids and aromatic compounds. Prerequisite: At least a C in BC2115 and BC2117 or equivalent college-level courses elsewhere

BC3116 Organic Chemistry Intensive 1 Lab 1 credit

Prerequisite: At least a C in BC2117 and BC2118 or equivalent college-level courses elsewhere. Corequisite: BC3115

BC3124 Organic Chemistry for Life Sciences Lecture/Lab 5 credits

Offered in the fall, this course is intended to satisfy the organic chemistry prerequisite for BC4109. This course offers a survey of the chemistry and reactivity of organic compounds with an emphasis on those molecules of biological importance. Prerequisite: At least a C in either BC2117 and BC2118 or an equivalent college-level chemistry course with lab

BC3125 Organic Chemistry Intensive 2 Lecture 4 credits
This is a four-week intensive summer course. This course along with Organic Chemistry 1 is intended to satisfy the organic chemistry prerequisites for BC5104. Structure and function of proteins, lipids, carbohydrates and nucleic acids are also included. Prerequisite: A grade of C or better in BC3115

BC3126 Organic Chemistry Intensive 2 Lab 1 credit
Prerequisite: A grade of C or better in BC3116. Corequisite: BC3125

Anatomy and Physiology Sequence for AOM

This three (3) course sequence for AOM students presents an integrated approach to the study of the normal human body. The anatomy, physiology of each major organ system and their interrelationships are approached in a lecture/laboratory format. Prosected cadavers are used for lab demonstrations.

BC3134 Living Anatomy for AOM 4 credits

Western anatomy and acupuncture energetic anatomy are bridged in this course that emphasizes musculoskeletal anatomy through lecture, palpation and the study of cadavers. Anatomical connections to acupuncture point location are reinforced in both surface anatomy and in the required weekly cadaver laboratory. Offered fall quarter. Prerequisites: Admission into AOM program

BC3135 Anatomy and Physiology 1 Lecture/Lab (AOM) 5 credits

See general description of Anatomy and Physiology sequence preceding BC3134 above. Topics covered in this course include cellular anatomy and physiology, and the integumentary, nervous, muscular, and endocrine systems. Prerequisite: BC3134 or permission of basic sciences department

BC3136 Anatomy and Physiology 2 Lecture/Lab (AOM) 4 credits

See general description of Anatomy and Physiology sequence above. Topics covered in this course include blood, lymphatic, immune, cardiovascular, respiratory, digestive, urinary and reproductive systems. Prerequisite: BC3135 or permission of basic sciences department

Anatomy and Physiology 1-3 for Undergraduate

Science Majors

This three (3) course sequence presents an integrated approach to the study of the normal human body. The anatomy, histology and physiology of each major organ system and their interrelationships are approached in a lecture/laboratory format. This sequence is designed for students enrolled in the nutrition, herbal sciences, exercise science, and psychology and human biology programs. Prosected cadavers are used for lab demonstrations.

BC3161 Anatomy and Physiology 1 Lecture/Lab 3 credits
See the sequence description above. This course covers basic cell structure and function, histology and the anatomy and physiology of the integumentary, skeletal and nervous systems. Prerequisites: General chemistry and general biology with labs

BC3162 Anatomy and Physiology 2 Lecture/Lab 3 credits
See the description of the A and P sequence preceding BC3161. Topics covered in this course include the anatomy and physiology of the muscular, endocrine, cardiovascular, and immune systems and blood. Prerequisite: Passing grade in BC3161

BC3163 Anatomy and Physiology 3 Lecture/Lab 4 credits
See the description of the A and P sequence preceding BC3161. Topics covered in this course include the anatomy and physiology of the digestive, respiratory, urinary and reproductive systems. Prerequisite: Passing grade in BC3162

BC3901, BC3902, BC3903 Independent Study variable credit

These courses provide an opportunity for undergraduate students to study areas of interest that are not included in the regular curriculum. With the aid of a selected resource person, the student may explore a field of study that is of personal interest and value. Prerequisite: Permission of department chair

BC4104 Microbiology 3 credits
This course explores the world of microorganisms and human health. Pathogens associated with human illness are emphasized, including bacteria, fungi, viruses, parasites and prions. Prerequisites: BC3136 or BC3162

BC4105 Introduction to Western Pathology (AOM) 3 credits

This course explores the inflammatory process, cell injury and repair, basic immunopathology, cancer, and blood, hemodynamic and cardiovascular disorders. Prerequisites: BC3100 and BC3135 or BC3162

BC4114 Disease Processes 4 credits

This course is designed for nutrition and herbal science students and is an introduction to pathology. The inflammatory process, basic immunopathology, diabetes, cancer, anemias and the most common and clinically relevant disease processes of the cardiovascular and gastrointestinal systems are covered. Prerequisites: BC3163 and BC4118

BC4115 Pharmacology Overview for Herbal Sciences 3 credits

This course is designed to teach the basics of how the commonly used pharmaceutical drugs work. It emphasizes the mechanisms of actions, the adverse effects and the common therapeutic guidelines for drug treatment. Where appropriate, botanical mechanisms of action are discussed and possible areas of drug-herb interactions are noted. Prerequisites: BC3163, BC4118

BC4117 Biochemistry for Life Sciences 1 Lecture/Lab 5 credits
Biochemistry of fuel metabolism, carbohydrates and lipids. This course is taught for undergraduates in herbal science, nutrition and health psychology (human biology track). This course is offered in both winter and summer. Prerequisite: A grade of at least a C in either BC3124 or one quarter of college-level organic chemistry with laboratory. A grade of at least a C in one quarter of college-level biology with laboratory is also required.

BC4118 Biochemistry for Life Sciences 2 Lecture/Lab 5 credits
Topics include eicosanoids, cholesterol metabolism, amino acid metabolism and nucleotide metabolism. This course is taught for undergraduates in herbal science, nutrition and health psychology (human biology track). Prerequisite: A passing grade in BC4117

BC4125 Pharmacology Overview for AOM 4 credits
Awareness of pharmaceuticals common to Western therapeutics is essential for proper patient assessment and care. In this course, students explore naming, dosing and general mechanisms for the activity and clearance of prescription and over-the-counter medications. Issues pertaining to prescribed medications and interactions with non-prescribed and/or substances of abuse are also explored. The actions, therapeutic rationale, benefits, risks and potential interactions of pharmaceuticals are emphasized. Prerequisites: BC3104 or BC4118, BC3136 or BC3163

BC4901, BC4902, BC4903 Independent Study variable credit
These courses provide an opportunity for undergraduate students to study areas of interest that are not included in the regular curriculum. With the aid of a selected resource person, the student may explore a field of study that is of personal interest and value. Prerequisite: Permission of department chair

Biochemistry 1-3

This three (3) course sequence is for naturopathic medicine students and provides an in-depth study of biochemistry. Descriptions for each course in the sequence are below.

BC5104 Biochemistry 1 4 credits
Topics include fed and fasting states, fuel oxidation, carbohydrate metabolism and lipid metabolism. Prerequisite: Admission to naturopathic medicine program or permission of instructor

BC5105 Biochemistry 2 4 credits
Topics include eicosanoids, cholesterol metabolism, amino acid metabolism, and nucleotide metabolism. Prerequisite: grade of AC in BC5104 or grade of B or higher in BC4117

BC5106 Biochemistry 3 4 credits
Topics include nucleic acids, gene expression, protein structures, fructose and galactose metabolism, pentose phosphate pathway, antioxidant systems, ethanol metabolism, and clinical case studies. Prerequisite: Grade of AC in BC5105 or grade of B or higher in BC4118

BC5110 Histology 5 credits
This lecture and lab course examines the microscopic anatomy of human tissues and organs. The course is especially designed to prepare naturopathic students for Pathology in the following year. Emphasis is placed on topics that will also be studied in Biochemistry, Human Physiology and Anatomy. Prerequisite: Admission to naturopathic medicine program

BC5112 Embryology 3 credits
This course covers human development from conception to birth including the formation of tissues, organs and systems of the body, integrating histology and anatomy. Prerequisite: Admission to naturopathic medicine program

BC5118 Disease Processes 1 3 credits
This course is designed for nutrition master's students and is an introduction to pathology. Included are the inflammatory process, cell repair and basic immunology. (For Disease Processes 2, see BC5132.) Prerequisite: Admission to MS nutrition program

Gross Human Anatomy Lecture 1-3

This three (3) course sequence for naturopathic medical students provides an in-depth study of macroscopic human anatomy. Each of these courses has three components: lecture (theory), dissection (practicum) and clinical skills. The dissection and clinical skills components provide the "hands-on" experience absolutely necessary for a physician. Clinical skills help the students learn to identify and palpate superficial and deep structures. Principles of motion, palpation and neurological testing are also introduced, which forms the foundation of the physical examination.

BC5122 Gross Human Anatomy 1 Lecture 4.5 credits
See description above. This course emphasizes the theory and clinical skills of the upper and lower extremities and of the thorax. Prerequisite: Admission to naturopathic medicine program

BC5123 Gross Human Anatomy 2 Lecture 4.5 credits
See description preceding BC5122. This course includes the theory and clinical skills of the thorax, abdomen, pelvis, perineum and back. Prerequisite: Grade of AC in BC5122

BC5124 Gross Human Anatomy 3 Lecture 4.5 credits
See description preceding BC5122. This course examines in detail the theory and clinical skills of the head and neck regions. Prerequisite: Grade of AC in BC5123

Gross Human Anatomy Lab 1-3

Students have the opportunity to locate anatomical structures with hands-on dissection. This allows students to visualize anatomy three-dimensionally and is invaluable when performing examinations in a clinical setting. Note: Students must take the Gross Human Anatomy Lecture and Dissection Lab simultaneously.

BC5122L Gross Human Anatomy 1 Lab 1 credit
Fall quarter involves students dissecting the lower and upper extremities with faculty supervision. Prerequisite: Admission to naturopathic medicine program

BC5123L Gross Human Anatomy 2 Lab 1 credit
See description preceding BC5122L. In the winter quarter students dissect the thorax, abdomen, perineum and back with faculty supervision. Prerequisite: Grade of AC in BC5122

BC5124L Gross Human Anatomy 3 Lab 1 credit
See description preceding BC5122L. The spring quarter involves supervised dissection and study of the back, head and neck. Prerequisites: Grade of AC in BC5123

BC5129 Neuroscience 5.5 credits

The central nervous system is studied in class discussion and laboratory with emphasis on physiologically and clinically relevant regions and pathways. Regions include cerebrum, thalamus, brainstem, spinal cord and cerebellum. Cranial nerve nuclei are studied in conjunction with motor and sensory pathways, including peripheral receptors and effectors. Clinical case studies are used in the laboratory to practice diagnostic skills and to emphasize special topics. Prerequisites: BC5110, BC5124 (or concurrent registration in BC5124), BC5144

BC5132 Disease Processes 2 2 credits

This course is designed for nutrition master's students. It is a continuation of BC5118. This course is a systematic approach to pathology in which selected organ systems are explored with an emphasis on the most common and clinically relevant disease processes. (For Disease Processes 1, see BC5118.) Prerequisite: BC5118

BC5140 Research Methods in AOM 3 credits

This course provides an introduction to basic concepts of scientific methods, statistics, epidemiology and research methodology. Also explored are the state of AOM research and its interface with the research world. Emphasis is placed on gaining an understanding of how to read and evaluate AOM/medical published research articles. Students also practice applied research skills and use of the library and Internet. Prerequisite: Admission to MSA or MSAOM program

BC5142 Fundamentals of Research Design 2 credits

This course is designed to provide the student with the basic knowledge needed to evaluate the quality, internal validity, and external validity of published research literature. This includes the basic types of clinical epidemiological studies, the basic principles of biostatistics, and an introduction to searching medical literature databases, retrieving and interpreting relevant research information. The course is the foundation for Critical Evaluation of the Medical Literature (NM7142) in which students learn how to evaluate medical literature to achieve an evidence-based medical practice. Prerequisite: Admission to naturopathic medicine program or permission of instructor

Solving Problems in Human Physiology 1-3

This integrated sequence is presented as two educational units, intended to help students develop an in-depth understanding of mechanisms involved in the normal functioning of human organ systems. Course activities include workshops, problem-solving sessions and laboratory exercises.

BC5143 Solving Problems in Human Physiology 1

Lecture/Lab 5.5 credits
See description above. This course is the first part of one educational unit (BC5143-BC5144) in the yearlong study of normal functioning of human organ systems. The primary focus of the quarter includes general models (common concepts) in physiology, excitable cells, muscle physiology, cardiovascular physiology and temperature regulation. Prerequisite: Admission to naturopathic medicine program

BC5144 Solving Problems in Human Physiology 2

Lecture/Lab 5.5 credits
See description preceding BC5143. This course is the second part of one educational unit (BC5143-BC5144) in the yearlong study of normal functioning of human organ systems. The primary focus of the quarter includes respiratory, renal and gastrointestinal physiology, as well as acid-base balance. Prerequisite: BC5143 or permission of instructor

BC5145 Solving Problems in Human Physiology 3

Lecture 3 credits
See description preceding BC5143. This course is the third educational unit in the yearlong study of normal functioning of human organ systems. The primary focus of the quarter is endocrine physiology. Prerequisite: BC5144 or permission of instructor

BC5901, BC5902, BC5903 Independent Study variable credit

These courses provide an opportunity for graduate students to study areas of interest that are not included in the regular curriculum. With the aid of a selected resource person, the student may explore a field of study that is of personal interest and value. Prerequisite: Permission of department chair

BC6100 Pharmacology of CHM and Drug Interactions 2 credits

This course provides an overview of the active constituents found in commonly used Chinese herbs and their potential interactions with pharmaceuticals. It also details the *in vitro*, *in vivo* and clinical trial evidence for efficacy. Prerequisites: BC3104, BC4125

BC6134 Advanced Living Anatomy 1 credit

This course combines Western anatomy with advanced acupuncture point locations to enhance clinical skills and outcomes. The course uses musculoskeletal anatomy through lecture, palpation and the study of cadavers. Anatomical connections to advanced acupuncture point location are reinforced in both surface anatomy and in the required weekly cadaver laboratory. Prerequisite: BC3134, admission to DAOM program or permission of AOM Dean

Human Pathology 1-3

The three (3) course series of Human Pathology is integrated with Physical/Clinical Diagnosis and Clinical Laboratory Diagnosis to provide for the development of diagnostic and assessment skills. During this sequence in Human Pathology, students study the normal and abnormal changes that occur in the human body when confronted with internal and external stresses that create an imbalance in homeostasis and the development of disease.

BC6200 Human Pathology 1 4 credits

This course covers the basic mechanisms underlying the development of human disease, emphasizing medical terminology, etiologies, pathogenesis, morphological changes and clinical consequences. Specific topics include cell injury, inflammation, healing, immunity, neoplasia and principles of genetic disease. Prerequisites: BC5106, BC5110, BC5124, BC5145. Prerequisites or Corequisites: BC6204 and BC5112

BC6201 Human Pathology 2 4 credits

See description preceding BC6200. This course covers the pathology of the respiratory, hepatobiliary and cardiovascular systems, as well as the blood, spleen and pancreas. Prerequisite: BC6200

BC6202 Human Pathology 3 4 credits

See description preceding BC6200. The final course in this sequence covers the pathology of the genitourinary, gastrointestinal, endocrine and nervous systems. Prerequisite: BC5129 (or concurrent if on five-year track option A), BC6201

BC6204 Immunology 4 credits

This course explores the basic principles of human immunity, including nonspecific host defenses, humoral and cell-mediated immunity, complement, cytokines, and the major histocompatibility complex. The course defines a normal immune response and explores what occurs when the immune system is not functioning normally as in autoimmunity, hypersensitivity, and immune deficiencies. Also examined are transplantation and cancer surveillance. (Immunology is a prerequisite for Infectious Diseases.) Prerequisite: Completion of all first year BC courses for the four or five-year track and BC5142. Prerequisite or Corequisite: BC5112

BC6209 Infectious Diseases 5 credits

This course explores a systems-wide approach to infection. The focus is on infectious agents (identification, virulence, transmission), pathology of infection, signs and symptoms, laboratory diagnosis, prognosis, and therapeutic strategies to infection. Prerequisite: BC6204

BC6305 Pharmacology 5 credits

This course covers the basics of drug interactions including pharmacokinetics, pharmacodynamics, drug and toxin metabolism, and the molecular basis for drug and botanical effects. Particular attention is given to the commonly used therapeutic agents for cardiac, central nervous system, infectious, and endocrine diseases. Toxicities, drug interactions and clinical effectiveness are also emphasized. Most legend drugs within the naturopathic scope of practice are included and the mechanisms of herbal action and drug/herb interactions are discussed. Prerequisites: BC5106, BC5145, BC6200

BC7101 Pathology of Cancer 3 credits

This course provides a biomedical overview of cancer in terms of biology, etiology, staging and progression. The coursework provides the allopathic framework from which clinical care is derived. The course also provides students with a more sophisticated understanding of the paradigm of Western oncology care, which, in turn, ultimately enhances patient care and treatment strategies. Prerequisites: Admission to DAOM program, or one of BC5132 or BC6202, or permission of AOM dean or instructor

BC7105 Pharmacology of Cancer Therapeutics 3 credits

This course provides a foundation for understanding the pharmacological agents used in cancer treatment. Topics include primary medications used in oncology as well as secondary medication to address side effects of treatment. Pharmacological management of medicating for depression/anxiety are also covered. Prerequisites: Admission to DAOM program, or one of BC5132 or BC6305, or permission of AOM dean or instructor

BC9105 Laboratory Research 2 credits

This laboratory course is designed to enable students to learn basic experimental techniques used in preclinical biomedical research studies. Prerequisites: One year of biology or equivalent (to be assessed and approved by instructor) and one year of chemistry or equivalent. Students must take the bloodborne pathogen safety training prior to start of class. Contact the safety coordinator for upcoming dates.

BC9114 Natural Products 2 credits

This course covers the mechanism of action, constituent compositions, classification and the biosynthetic pathways of relevant constituents in natural products (secondary metabolites of plants, fungi or marine organism). Methods of standardization and quantification as well as the chemical ecology of natural products are discussed. Prerequisite: BC3124 or equivalent

BC9115 Drug/Herb Interactions 2 credits

This course examines herb/supplements and drug interactions. The course examines herbs that can be used for specific pathological conditions (ulcers, depression, anxiety, etc.) and then looks at the possible drug interactions that may occur. Specific emphasis is placed on mechanisms and the *in vitro* and clinical trial data on botanicals. Prerequisites: BC6305 for NM students; BC4125 for AOM students. Open to students who have completed a pharmacology course and to practicing pharmacists.

BC9117 Advanced Lab Research Methods 2 credits

This two-credit laboratory course is for individuals who have completed the basic Laboratory Research course. In this course, with appropriate guidance from the instructor, the goal is for the student to design and carry a small research project to completion. Prerequisite: BC9105 or permission of instructor. Students must take the bloodborne pathogen safety training prior to start of class. Contact the safety coordinator for upcoming dates.

BOTANICAL MEDICINE

Sheila Kingsbury, ND, RH (AHG), Department Chair

BO2101 Introduction to Botany Lecture/Lab 3 credits
In introducing students to plant science, this course encompasses the study of plants from the molecular to the ecosystem level. Topics include cellular biology, morphology, physiology, classification and evolutionary relationships, life cycles, and introductory ecology. The course emphasizes the importance of plants and their products in the life of the planet and the interdependence of all living things. Prerequisite: College-level biology

BO3103 Botany 1 Lecture/Lab 3 Credits
This course expands upon basic concepts of botany as they relate to the herbal sciences. It explores plants as a kingdom with unparalleled importance for the rest of planetary life and presents important concepts from botanical disciplines, including plant identification, plant physiology, economic botany, ethnobotany, ecology, and plant genetics. Prerequisite: BO2101

BO3105 Plant Identification Lecture/Lab 3 credits
This course develops plant taxonomy and morphology skills. Students learn distinguishing plant family characteristics and the use of a dichotomous key for identification. Basic life cycles of major plant groups are studied in relation to habitat, seasonal changes and climate impact. Outdoor field work, live plant laboratory study and herbarium samples are utilized to aid in developing identification skills. Prerequisites: BO3103, BO3108, BO3114

BO3108 Introduction to Herbal Sciences Lecture/Lab 3 credits
As the beginning of the Herbal Sciences foundational coursework, Introduction to Herbal Sciences introduces students to diverse aspects of herbalism including current sociopolitical and legal trends, ethics, sustainable plant conservation, herbal terminology and preparations, manufacturing and retail site visits, and forest, field and garden herb walks. Prerequisite: Admission to herbal sciences program

BO3114 Herbal Preparations 3 credits
This course presents the pharmacy of herbal medicine where the focus is on preparations from plants to products. This is a medicine-making lab. Students participate hands-on in the making of preparations for internal and topical use, including infusions and decoctions, tinctures, and other extracts, creams and ointments, compresses, poultices, suppositories and more. Local plant identification and harvesting techniques and practices are incorporated. Prerequisite: BO3108

BO3115 Herbal Medicine History and Traditions 2 credits
World herbalism is the focus of this course, introducing students to diverse cultures of herbal practices. Systems to be studied include Native American, Shamanic, Ayurvedic, TCM, Physio-medical and Eclectic, Unani and Tibetan. The energetic aspects of herbs including quantum physics, doctrine of signature and plant spirit medicine are explored. Prerequisite: BO3114 or permission from the department

BO4100 Herbs and Food 3 credits
This course surveys diverse topics regarding herbs and food, with attention to the cultural and dietary evolution of herbal usage, herbal sources of primary nutrients, and the role of digestion, emphasizing herbal influences. Students gain an understanding of how to grow, harvest and utilize herbs to best obtain and maintain the highest nutrient availability. Prerequisites: BC3124, BC3163, BC4118, BO3114 or BO6303 or BO9514

BO4102 Research Methods for Herbal Sciences 2 credits
This course is an introduction to research methods. Included are the basic concepts of scientific methods, epidemiology and research methodology. Students practice applied research skills such as use of the library and Internet and evaluation of research literature. Prerequisite: BC3124, BC3161, BO3103, BO3108

BO4103 Botany 2 Lecture/Lab 3 credits
This course deepens the botanical knowledge of students by presenting selected topics in advanced Botany. It presents plant development, and classic and modern methods of plant propagation. Students explore plant constituents in depth, including the classes of plant hormones and plant toxins, their roles in plants and humans, as well as the various groups of secondary plant substances that generate unique plant colors, spices, fragrances and medicine. Prerequisites: BO3103, BO3105, BO3114

BO4107 Materia Medica 1 for Herbal Sciences Lecture/Lab 5 credits
This course is the introduction to the materia medica series, taught with a foundation in plant taxonomy and pharmacognosy. The plant family structure acts as a mapping for learning nomenclature, energetics, folklore, chemical constituents, medicinal applications, pharmacy, toxicology and safety factors of chosen botanicals. Key actions of the herbs are explored based on several world herbal models, and the science and art of formulating are developed. Prerequisites: BC3163, BC4118, BO3105, BO3114

BO4108 Materia Medica 2 for Herbal Sciences Lecture/Lab 5 credits
Materia Medica 2 is a continuation of the study of materia medica with an emphasis on a different set of botanical families through lecture, lab and experimentation. See description of BO4107. Prerequisite: BO4107

BO4109 Materia Medica 3 for Herbal Sciences Lecture/Lab 5 credits
Materia Medica 3 is a continuation of the study of materia medica with an emphasis on a different set of botanical families through lecture, lab and experimentation. See description of BO4107. Prerequisite: BO4108

BO4111 First Aid for Herbalists 2 credits
This class covers a wide range of first aid situations including safety protocols, acute-care scenarios, pain remedies, materia medica, infections, allergies, preparing a first aid kit, commonly found first aid plants, injuries and wounds, burns, food and water sickness, animal bites and stings, and other first aid circumstances. Prerequisite: BO3114 or permission from department

BO4112 Northwest Herbs**1 credit**

This is a field and lab course focusing on the plants of the Pacific Northwest. This class focuses on plant recognition and identification, botany, ethnobotany and medicinal application of the plants found in the outdoor classroom of the Bastyr University campus. The class is primarily an outdoor field class, exploring all the new growth of the spring season, with some lab sessions to work with preparations of the plants being studied. It is a good companion class to Plant Identification as it reinforces the skills being learned in the laboratory. Prerequisites: BO3114 or permission from instructor

BO4119 Pharmacognosy for Herbal Sciences**2 credits**

This course looks at the chemistry of secondary metabolites in medicinal plants, algae and fungi. This chemical knowledge is then used to construct an understanding of real-world applicability in areas such as extraction techniques, medicinal activities and nutritional aspects in an active-learning environment. Prerequisites: BC4118, BO3108

BO4122 Test Methods for Botanical Authentication**Lab****2 credits**

This course develops the ability of the student to identify and evaluate the authenticity and quality of raw herbal material. Organoleptic skills, involving the senses of sight, touch, smell and taste, are explored along with microscopic identification and interpretation of assay and spec sheets. Chromatographic analysis is introduced. Prerequisites: BC4118, BO3105, BO3114

BO4123 Soil Ecology**1 credit**

This course focuses on the interaction of the soil-food-web, the diversity of soil organisms (bacteria protozoa, fungi, animals, plants) in natural and managed ecosystems; roles in primary metabolism; nutrient cycling; decomposition and reclamation; responses to environmental change. Explore soil testing methods, and soil building techniques including cover crops, mulching, composting, vermiculture and use of compost teas. Prerequisite: None

BO4124 Introduction to Biodynamic Agriculture**2 credits**

This course explores the comprehensive and cosmological methods behind the biodynamic farming movement inspired by Rudolf Steiner. A lab component includes the preparation and use of various biodynamic foliar sprays, compost preparations, and associated practices that contribute to soil health and stimulate plant vitality while enhancing the overall nutritional quality of food crops. An overview of requirements for biodynamic certification and ongoing research demonstrating the ecological benefits of biodynamic agriculture are provided. Prerequisite: None

BO4125 Introduction to Herb/Drug Interaction**2 credits**

This course takes the pharmacokinetics and pharmacology of the herbs and drugs and reviews potential interactions and the postulated mechanisms. Students review the literature of documented herb/drug interactions and critically analyze these reports. Prerequisites: BC3163, BC4115, BC4118, BO4102, BO4108, BO4119

BO4127 Mycology**1 credit**

This course focuses on the ecological role of mushrooms in building and maintaining an edible landscape. An overview of mushroom cultivation techniques is provided. Learn about mycoremediation and mycofiltration and how mushrooms can be used to transform toxic wastes into less harmful substances, augmenting environmental degradation. Prerequisite: None

BO4128 QAQC - Quality Assurance/Quality Control**Lecture/Lab****2 credits**

This course combines analytical rigor of quality control with the whole-system aspects of quality assurance in an industry context. Students experience quality assurance practice in a problem-based format relating to the herbal industry. They explore QA as an attitude, a way of working, which not only improves businesses but the way people work and live. The lab emphasizes the practice of QC procedures and protocols through a comparison of herbal products using analytical equipment and methodology including GC, HPLC and spectrophotometry. Prerequisites: BC4104, BO4107, BO4122

BO4129 Ethnobotany**2 credits**

This course is designed to introduce the basis of ethnographic methodology. It explores the world and different cultures, people's past and present use of plants, food, medicine, shelter, clothing, etc. Various regions are discussed and contrasted from anthropological and historic perspectives. Indigenous guests are invited to represent their ways of life. Prerequisite: None

BO4131 Permaculture 1 Lecture/Lab**3 credits**

This course introduces the concept of permaculture design and its role in integrating sustainable, regenerative systems into any landscape. Students learn how the core set of permaculture design principles and ethics guides every step of the design process – bringing in natural patterns, utilizing ecological principles, connecting design elements with function and utilizing natural energy sources. A lab explores pattern recognition, reading the landscape, flow diagrams, zone and sector analysis, data collecting, basic drafting skills, mapping and design exercises. Prerequisite: Admission to the Holistic Landscape Design certificate program or permission of the program chair

BO4132 Permaculture 2 Lecture/Lab 3 credits

This course focuses on how energy flows through natural systems, creating bio-geographical climate types and global weather patterns. Students learn about analogue climates, renewable energy systems, appropriate technology and permaculture design strategies specific to various climate types. Emphasis is on permaculture strategies for water management in rural or urban system. A lab introduces keyline systems and earthworks, practical ways of assessing slope and techniques for trapping and storing energy. Winter tree pruning and grafting techniques are also introduced. Prerequisite: BO4131

BO4133 Permaculture 3 Lecture/Lab 3 credits

This course focuses on land use systems for achieving self-reliance by integrating cultivated ecosystems, permaculture design techniques and agroforestry practices. Topics include establishing and maintaining medicinal and edible food forests ; animals and insects in permaculture systems; wildlife management and agroforestry practices including windbreaks, hedgerows and alleycropping, silvopasture, riparian buffers and forest farming. A lab explores practical elements plant guild assembly, orchard design, forest management, animal husbandry and beekeeping. Prerequisite: BO4132

BO4134 Organic Seed Production 1 credit

Collecting seed from superior plant stock has been practiced for thousands of years, resulting in higher yields and bio-regionally adapted plants. This course provides an overview of seed physiology and explores the importance of seed banks, as well as participatory plant breeding projects. Students learn the processes of preserving valuable genetic material - seed harvesting, seed cleaning/extraction, storage, viability and record keeping. Seed types, isolation distances and practical breeding techniques are discussed. Prerequisite: None

BO4135 Organic Greenhouse & Nursery Management 1 credit

This course provides an overview of important techniques to insure plant health from seed to market. Through hands-on experience, students learn about plant propagation techniques, plant selection, potting media for various plant types and ways to balance the elements of soil, air, light, moisture and heat in the greenhouse. Ideas for establishing and maintaining a small scale landscape or market nursery are explored through site visits and guest instructors. Prerequisites: BO4144

BO4137 Horticultural Research and Grant Writing 1 credit

This course reviews how to pursue and participate in horticultural research and how techniques learned throughout this program can be applied in research studies. Grant writing basics are also taught with a focus on how to apply for grant funding for horticultural research or permaculture projects. Prerequisite: BO4144

BO4138 Biointensive IPM & Plant Health 2 credits

Explore the principles and applications of Biointensive Integrated Pest Management (IPM), which integrates ecological and economical factors into agricultural system design and management. The primary goal of biointensive IPM is to provide guidelines and options for effectively managing pests and beneficial organisms in an ecological context and addresses public concerns about environmental quality and food safety. Signs and symptoms of plant deficiencies and diseases are examined and treated with appropriate organic inputs in order to restore balance to the soil, shifting the disease state. Prerequisite: None

BO4139 Permaculture in a Global Context 1 credit

This course explores social permaculture and the invisible structures that either support or degrade human settlements. Students learn ways in which permaculture principles and ethics can be utilized to cultivate sustainable communities and cooperative economies. Topics include design models and strategies for developing broad-scale urban and village systems, ways to retrofit existing urban environments, strategies for circumventing natural disasters, and the dynamics of cultivating community – consensus building, community wellness, food security, grafting community knowledge and resources, community-scale industry, cooperative legal systems, land access strategies, land restoration and earthworks. Prerequisite: BO4133

BO4141 Medicinal & Edible Plants in the Landscape 1 credit

This course explores the many attributes of a wide variety of medicinal and edible plants that add beauty and utility in cultivated landscapes. Propagation, cultivation, environmental tolerances and harvesting methods are discussed with an additional emphasis on the therapeutic properties of the plants. Emphasis is on deciduous and evergreen trees. Prerequisite: Admission to the Holistic Landscape Design certificate program or permission of the program chair.

BO4142 Medicinal & Edible Plants in the Landscape 2 1 credit

This course explores the many attributes of a wide variety of medicinal and edible plants that add beauty and utility in cultivated landscapes. Propagation, cultivation, environmental tolerances and harvesting methods are discussed with an additional emphasis on the therapeutic properties of the plants. Emphasis is on shrubs and woody perennials. Prerequisite: BO4141

BO4143 Medicinal & Edible Plants in the Landscape 3 1 credit

This course explores the many attributes of a wide variety of medicinal and edible plants that add beauty and utility in cultivated landscapes. Propagation, cultivation, environmental tolerances and harvesting methods are discussed with an additional emphasis on the therapeutic properties of the plants. Emphasis is on herbaceous annuals and perennials. Prerequisite: BO4142

BO4144 Horticultural Business Practices 1 credit

This course explores the niches available for Permaculture Landscape Designers with a medicinal and edible plant focus. A panel of local horticultural business owners (herbalists, permaculturalists and horticulturists) share their experiences and expertise. Students learn about local HLD practicum sites through site visits and presentations. Business models for growing and harvesting medicinal plants, establishing a medicinal plant nursery or creating value-added products are explored, plus an introduction to practices essential for operating and managing a successful horticultural business. Prerequisites: Admission to the Holistic Landscape Design program or permission of program chair

BO4150 Research Applications 1 credit

This is the final course in a series of research and analytical testing methods courses designed for the herbal sciences program. This course allows the application of the knowledge previously gained by giving students the chance to propose a QAQC testing project and to complete it and present the results to their peers. Prerequisite: BO4128

BO4801 Herbal Sciences Practicum 1 credit

This course introduces students to the practical application of herbal knowledge. Possible practicum sites include herbal product manufacturers, growers and wildcrafters, herbal researchers, practitioners, and educators. Evaluation based on successful completion of hours, self evaluation, site evaluation of student and brief presentation to cohort. Prerequisite: Completion of the first and second quarter of the herbal sciences curriculum

BO4810 Holistic Landscape Design Practicum 1 credit

This course provides the opportunity to design and implement a hands-on project that demonstrates and integrates elements of permaculture design with other tools and concepts gained from the Holistic Landscape Design (HLD) curriculum. Students work in teams to design and develop a practical, sustainable and bountiful permaculture landscape design that reflects an understanding of the site and the needs of the client. Teams are expected to analyze and assess the site, establish goals and timelines for the project, create base maps and overlays as well as estimated budgets and expenses. Prerequisite: BO4132

Botanical Medicine 1-5

The botanical medicine curriculum provides an in-depth study of the botanical materia medica. Terminology, nomenclature, plant identification, pharmacology, pharmacognosy, toxicity, herb-drug interactions, formula preparation and clinical application are among topics covered in these courses. Students gain skills in herbal management of acute and chronic disease conditions.

BO5301 Botanical Medicine 1 Lecture/Lab 2 credits

This course introduces students to the history, philosophy and science of botanical medicine. Terminology of botanical medicine, and the medicinal, botanical and pharmacological categorizations are studied. Overviews of botany, pharmacognosy and formulation principles are covered with introductions to plant identification. Materia medica of the gastrointestinal system is introduced. Students are introduced to the importance and principles of sustainable agriculture and ecological harvesting. Labs reinforce didactic learning and bring the plant medicine alive through hands-on experience. Prerequisite: Admission to naturopathic medicine program

BO5901, BO5902, BO5903 Independent Study variable credit

A student may contract with a botanical medicine faculty member or approved faculty or professional to do an in-depth study in an area not covered in the botanical medicine curriculum. Prerequisites: BO5301 and permission of department chair

Botanical Medicine 2-5

These courses, four quarters total, sequentially offered over two years, are designed to teach the information and skills required to assess, evaluate and apply botanical knowledge in naturopathic treatment protocols. Students evaluate botanicals from an organ-system perspective. Material presented about each botanical includes taxonomic family, description, habitat, part(s) used, energetics, pharmacognosy, herb-drug interaction, pharmacology, historical and current medicinal actions and uses, pharmacy and toxicology. The students integrate pathophysiology, biochemistry and vitalistic understanding in the presentation of material. Plant specimens and slides aid the understanding of the presented botanicals. In BM 4 and 5, the labs enhance didactic learning and clinical application through hands-on experience and case studies.

BO6301 Botanical Medicine 2 2 credits

See description above. Prerequisites: BC5106, BC5145, BO5301

BO6302 Botanical Medicine 3 2 credits

See description preceding BO6301. Prerequisite: BO6301

BO6303 Botanical Medicine Dispensary Lab 1 credit

This course focuses on clinically useful herbal preparations. Students make herbal tinctures, glycerites, infusions, decoctions, poultices, compresses, syrups, creams, ointments, emulsions, liniments, suppositories and capsules. They examine the comparable advantages and disadvantages of each type of preparation, incorporating pharmacognosy into their understanding of each preparation. Prescription writing is reviewed. Organoleptic testing to assess medicinal preparation identity and quality is taught. Field identification is reinforced through herb walks in the woods and in the Bastyr herb garden. Prerequisite: BO6302 or permission of department chair

BO6901, BO6902, BO6903 Independent Study**variable credit**

A student may contract with a botanical medicine faculty member or approved faculty or professional to do an in-depth study in an area not covered in the botanical medicine curriculum. The independent study may include pre-approved botanical medicine research projects or studies in traditional herbal medicine. Prerequisites: BO6301 and permission of department chair

BO7300 Botanical Medicine 4 Lecture/Lab 2 credits

See description preceding BO6301. Lab is included. Prerequisites: BO6302, BO6303

BO7301 Botanical Medicine 5 Lecture/Lab 2 credits

See description preceding BO6301. Lab is included. Prerequisites: BO6303, BO7300

BO7901, BO7902, BO7903 Independent Study**variable credit**

A student may contract with a botanical medicine faculty member or approved faculty or professional to do an in-depth study in an area not covered in the Bastyr curriculum. The independent study may include pre-approved botanical medicine research projects or studies in traditional herbal medicine. Prerequisites: BO7300 and permission of department chair

BO8901, BO8902, BO8903 Independent Study variable credit

A student may contract with a botanical medicine faculty member or approved faculty or professional to do an in-depth study in an area not covered in the Bastyr curriculum, or to participate in a botanical medicine research project. The independent study may include pre-approved botanical medicine research projects or studies in traditional herbal medicine. Prerequisites: BO6303 and permission of department chair

BO9100 Herbal Medicine Making for All (lab) 1 credit

This course is an introduction to herbal medicine making and applications. The class is designed for interested students and staff, especially for those students whose programs do not offer classes in herbal medicine and for those who want to have hands-on experience in the lab learning about herbs and herbal preparation. The class introduces home remedies in the form of tinctures, teas, infused oils, salves, creams, poultices, hydrosols, steams and bath salts. Prerequisite: None

BO9104 Organic Gardening 2 credits

The goal of this class is to give students the knowledge and skills necessary to design and implement a perennial or annual organic garden. Topics explored include soil fertility, garden cultivation, transplanting and direct seeding, irrigation principles, composting, pest and weed management, soil testing, and social and environmental issues in agriculture. Prerequisite: None

BO9112 Plants in Ceremony: An Exploration of**Yourself 2 credits**

This course is a three-day exploration of the state of spirit and soul through the use of plants in ceremony. It includes both individual and group evaluation of who you are, where you come from, what you have and want to experience. The class takes each individual and the group into sacred space to access and facilitate an experience of deep healing. Plant spirits, masks, drumming, toning, chanting and the use of herbs both internally and externally are the tools for growth and change. Prerequisite: None

BO9115 Herbs and Ayurvedic Medicine 2 credits

This course engages the student in a "process-centered" approach to Ayurvedic botanical medicine, focusing on therapeutic objectives and herbal actions. The class discusses case strategy and the role of individual Ayurvedic herbs, Ayurvedic polyherb formulas and herb actions from the Ayurvedic perspective. Each section of materia medica includes an Ayurvedic overview of the system/function, Ayurvedic energetics, A and P review, Ayurvedic pathology and herbal properties used in treatment of that system. Prerequisite: None

BO9116 Cascade Herb Experience 2 credits

This three-day herbal medicine field course is designed to introduce students to recognizing and wildcrafting native plant species in the North Cascades. The weekend includes ethical wildcrafting as well as identifying plants, medicine making and harvesting from cultivated gardens. This camping experience includes a medicine-making workshop, group meals and several field sojourns to explore various habitats and ecosystems. The activity fee covers tent camping fees and food. Prerequisite: BO3114 or BO5301

BO9118 Herbal Medicine in Italy 3 credits

This course combines herbal medicine and Italian culture. Throughout two weeks in Italy, students learn the history and medical applications of plants, explore cultivated and wild fields, and visit herbal manufacturers. The course utilizes the facilities and museum of the Italian herb company Aboca and the University of Salerno. Students are responsible for their airfare to Italy and personal expenses. The student fee covers group accommodations, transportation, one meal a day and any group events. A nonrefundable deposit is required upon registration. Prerequisite: None

BO9119 Clinical Pharmacognosy 2 credits

This course reviews the secondary metabolites in plants, algae and fungi that are fundamental to their medicinal activities. This information is presented in a clinically relevant manner, as opposed to focusing solely on the chemistry of the compounds. Major classes of constituents including terpenoids, phenylpropanoids, resins, glycosides, alkaloids and saponins are discussed. Prerequisite: BC4118 or BC5106 and BC3163 or BC5145 and BO4107 or BO5301

BO9121 Botanical Studies in Costa Rica 3 credits

This botanical field course combines herbal medicine, Latin American culture and holistic land stewardship. Over 10 days, students explore botanical medicine in the jungle canopy, rivers, mountains and ocean beaches. The class visits herbal farms, preservation gardens, jungle wilderness, and sustainable communities and interacts with folk herbalists from the abuelo's generation, as well as world-renowned, modern permaculturists. Students are responsible for their airfare to Costa Rica and personal expenses. The student fee covers all meals, accommodations, transportation and all group events. A nonrefundable deposit is required upon registration. Prerequisite: None

BO9127 Herbal Medicine Throughout Oregon 3 credits

This is an eight-day field course, touring the variety of herbal growing and manufacturing facilities throughout western Oregon. Students explore the production of herbal medicines from seed to final products including plant identification, cultivation, manufacturing processes and clinical applications of medicinal plants. A nonrefundable deposit is required upon registration. Prerequisite: None

BO9128 Plant Identification and Medicinal Field Botany 3 credits

This elective class combines morning classroom study and afternoon field trips to introduce plant taxonomy and morphology. Key characteristics distinguishing native plant families, the use of a dichotomous key to identify NW plants, and life cycles of each major plant group are taught. Afternoon field trips to mountains, forests and parks emphasize plant identification topics as well as medicinal aspects of plants. Field trips include four hours on site plus one-two hours travel time before and after class. Prerequisite: College Biology

BO9129 Island Herb Experience 2 credits

This three-day course focuses on medicinal plants and sea plants in their natural habitat, studying plant identification, botany, properties, ecology, harvesting and lore. Students have the opportunity to gather wild herbs and sea plants and prepare tinctures and other medicines. Prerequisite: None

BO9302 Flower Essences 2 credits

"Disease will never be cured or eradicated by present materialist methods, for the simple reason that disease in its origin is not material." (Dr. Edward Bach, 1931) Flower essences — subtle extracts still made from many of the original plants found in the region of Dr. Bach's home in England — are used to address issues of emotional well-being, soul development and mind/body health. This elective is an introductory course in the origins, nature and therapeutic use of the Bach Flower Remedies. Prerequisite: None

BO9306 Clinical Formulations and Applications of Botanical Medicine 1 credit

In this course students learn how to use botanical formulations for specific common clinical conditions. Botanicals are grouped by condition and offer specific formulas and applications that are most effective for specific ailments. Students learn how to mix essential oils and other liquid extracts, which liquid extracts are incompatible, how to use toxic herbs as low-dose formula activators, and how to make formulas taste good! Prerequisite: BO4107 or BO6301

BO9401 Foundations of Aromatic Medicine 1 credit

This class creates a dynamic that clearly integrates the uses of essential oils within traditional herbal medicine. In this two-day intensive, the student is guided to understand and utilize the world of aromatic medicine. An understanding of major functional chemistry groups, aldehydes, esters, ketones, monoterpenes alcohols, phenols, etc., and clinical application is included. Materia medica of 11 primary essential oils is studied. Prerequisite: None

BO9405 Introduction to Gemmotherapy 2 credits

This course unfolds the principles of gemmotherapy as a phytotherapeutic method of drainage. Included are the preparation, posology and safety issues when using these plant stem cell therapies, as well as the phytochemical analysis of the gemmos. An overview of the 50 primary remedies gives details about each remedy through organ system affinity. Clinical applications are included each week through case study analysis. Prerequisite: None. Open to all students interested in the study of gemmotherapy, but class is taught at a clinical level.

CHINESE HERBAL MEDICINE CERTIFICATE

Terry Courtney, MPH, LAc, Dean

For acupuncture and Oriental medicine courses, see alphabetical listings beginning with OM. A grade of C or higher is required to pass all AOM/CCHM courses.

CH5901, CH5902, CH5903 Independent Study

variable credit

These courses provide an opportunity for students to study areas of interest that are not included in the regular curriculum. With the aid of a selected resource person/sponsor, the student may explore a field of study in Chinese herbal medicine of personal interest and value. Prerequisite: Permission of dean

CH6105 Chinese Herb Preparations 1 credit

This course provides students with hands-on experience in cooking and preparing Chinese herbal preparations. The course covers various ways to prepare decoctions; preparation of pills, powders and granules; topical applications and further refinement of moxa based products. Prerequisite: CH6423

CH6408 Chinese Herbal Therapeutics 1 4 credits

This course is part of a four-quarter series covering the therapeutic clinical applications of Chinese herbal medicine. This first course covers a variety of common internal medicine conditions including respiratory, cardiovascular, gastrointestinal, genitourinary and endocrine conditions. Prerequisites: CH6431, CH6432

CH6409 Chinese Herbal Therapeutics 2 4 credits

This course is part of a four-quarter series covering the therapeutic clinical application of Chinese herbal medicine. This second course focuses on gynecology, obstetrics and pediatric diseases. Prerequisites: CH6431, CH6432

CH6410 Chinese Herbal Therapeutics 3 4 credits

This course is part of a four-quarter series covering the therapeutic clinical applications of Chinese herbal medicine. This third course focuses on eye/ear, nose, throat, and dermatology, as well as an overview of sexually transmissible diseases. Prerequisites: CH6431, CH6432

CH6411 Chinese Herbal Therapeutics 4 4 credits

This course is part of a four-quarter series covering the therapeutic clinical applications of Chinese herbal medicine. This fourth and final course covers musculoskeletal and connective tissue conditions, including acute sports injury, with focus on internal and external applications for pain, burns and trauma. Prerequisites: CH6431, CH6432

CH6421 Chinese Materia Medica 1 4 credits

This course is part of a three-quarter series covering the Chinese materia medica. This first quarter focuses on herbs that release the exterior, quell fire, cool blood, drain dampness, drain downwards, dispel wind dampness and release food stagnation. Prerequisite: Admission to MSAOM or CCHM

CH6422 Chinese Materia Medica 2 4 credits

This course is part of a three-quarter series covering the Chinese materia medica. This second quarter focuses on herbs that clear heat and relieve toxicity, clear deficient heat, clear summer heat, transform phlegm, relieve coughing and wheezing, regulate qi, promote the movement of qi, invigorate blood, transform congealed blood, stop bleeding and warm the interior/expel cold. Prerequisites: Admission to MSAOM or CCHM, CH6421 or permission of instructor

CH6423 Chinese Materia Medica 3 4 credits

This course is part of a three-quarter series covering the Chinese materia medica. This third quarter focuses on herbs that tonify qi, tonify the blood, nourish the yin, tonify the yang, calm the spirit, expel wind, stabilize and bind, open the orifices, and expel parasites and substances for external application. Prerequisites: Admission to MSAOM or CCHM, CH6422 or permission of instructor

CH6431 Chinese Herbal Medicine Formulations 1

4 credits

This course is part of a two-quarter series covering the foundation formulas in Chinese herbal medicine. This first class focuses on formulas that release the exterior, quell fire, cool blood, drain downwards, drain dampness, dispel wind damp, release food stagnation, clear heat and relieve toxicity, clear summer heat, transform phlegm, relieve cough/wheeze and regulate qi. Prerequisites: CH6421, CH6422, and CH6423

CH6432 Chinese Herbal Medicine Formulations 2

4 credits

This course is part of a two-quarter series covering the foundation formulas in Chinese herbal medicine. This second class focuses on formulas that promote the movement of qi, invigorate the blood, congeal blood and stop bleeding, warm the interior/expel cold, tonify the qi, tonify the blood, nourish yin, tonify yang, calm the spirit, expel wind, stabilize and bind, open orifices, expel parasites and external applications. Prerequisite: CH6431

Chinese Herbal Medicine Clinic 1-8

Students enrolled in the MSAOM or CCHM programs are eligible to take clinic shifts in Chinese herbal medicine, under the supervision of licensed acupuncturists. Students may take the CH6831 and CH6832 CHM Dispensary shifts at any time in the MSAOM or CCHM program. At a minimum, students must be enrolled in the Chinese Herbal Therapeutics course series in order to be eligible for CHM clinic intern status.

CH6803 CHM Clinic 1 2 credits

See description above. Prerequisites: CH6408 (may be concurrent) and admission to MSAOM or CCHM program

CH6804 CHM Clinic 2 2 credits

See description preceding CH6803. Prerequisite: CH6803

CH6805 CHM Clinic 3 2 credits

See description preceding CH6803. Prerequisite: CH6804

CH6806 CHM Clinic 4 2 credits

See description preceding CH6803. Prerequisite: CH6805

CH6807 CHM Clinic 5 2 credits

See description preceding CH6803. Prerequisite: CH6806

CH6808 CHM Clinic 6 2 credits

See description preceding CH6803. Prerequisite: CH6807

CH6809 CHM Clinic 7 2 credits

See description preceding CH6803. Prerequisite: CH6808

CH6810 CHM Clinic 8 2 credits

See description preceding CH6803. Prerequisite: CH6809

Herbal Medicine Clinic in China 1-4

Students in good academic standing are encouraged to apply for advanced studies in China. Currently, Shanghai and Chengdu Universities of TCM are the main sites for Bastyr herbal clinical experiences. For more information and an application, see the AOM China Studies link, on the Clinical Education page, at MyBU. bastyr.edu. The clinic in China is an eight (8) credit experience to be applied toward MSAOM or CCHM clinic requirements and/or elective credit. These credits may not be audited.

CH6821 Clinic in China 1 2 credits

See description above. Prerequisite: Permission of dean

102 COURSE DESCRIPTIONS ~ DIETETIC INTERNSHIP ~ EXERCISE SCIENCE AND WELLNESS

CH6822 Clinic in China 2 2 credits
See description preceding OM6821. Prerequisite: Permission of dean

CH6823 Clinic in China 3 2 credits
See description preceding OM6821. Prerequisite: Permission of dean

CH6824 Clinic in China 4 2 credits
See description preceding OM6821. Prerequisite: Permission of dean

CHM Dispensary

Students are required to do two (2) CHM dispensary shifts in the clinic. The shifts can be taken at any time once a student has begun the herbal curriculum. It is recommended that students complete at least one dispensary shift prior to starting as a student herbal clinician.

CH6831 CHM Dispensary 1 2 credits
See description above. Prerequisite: Admission to MSAOM or CCHM program

CH6832 CHM Dispensary 2 2 credits
See description preceding CH6831. Prerequisite: Admission to MSAOM or CCHM program

CH6901, CH6902, CH6903 Independent Study variable credit
These courses provide an opportunity for students to study areas of interest that are not included in the regular curriculum. With the aid of a selected resource person/sponsor, the student may explore a field of study in Chinese herbal medicine of personal interest and value. Prerequisite: Permission of dean

CH9520 Introduction to AOM Oncology 2 credits
This class presents an overview of oncology with discussion of diagnosis and treatment for many of the common cancers. Patient support networks are also presented. This course provides an introduction to integrated CAM/allopathic co-management. Prerequisite: OM5813

Chinese Herbal Medicine Clinic 1-4 Elective

Students have the opportunity to take elective shifts in Chinese herbal medicine with approval of the dean.

CH9801 CHM Dispensary Elective 2 credits
See description above. Prerequisite: Permission of dean

CH9802 CHM Elective Shift 2 credits
See description preceding CH9801. Prerequisite: Permission of dean

DIETETIC INTERNSHIP

Debra Boutin, MS, RD, Internship Director

DI5100 Introduction to the Practice of Dietetics 1 credit
This course serves as the program orientation and includes a discussion of professional ethics and standards of practice. Prerequisite: Admission to the internship program

DI5101 Community Nutrition 1 credit
This course includes a review of services provided by community and public health dietitians. Lectures and discussions focus on the unique concerns of community and public health nutrition. Evaluation is based on written assignments, participation in seminar discussion, final exam and activities. Prerequisite: Admission to the internship program

DI5103 Food Service Administration 1 credit
This course is a review of food service management through lectures and discussions of administrative problem-solving techniques and methods of management, cost control and quality assurance. Evaluation is based on participation in seminar discussion, activities and final exam. Prerequisite: Admission to the internship program

DI5104 Medical Nutrition Therapy 1 credit
This course prepares interns for their clinical/hospital-based rotation, emphasizing medical nutrition therapy including enteral and parenteral therapy. Information is presented through lectures, demonstrations, discussion and case studies. Evaluation is based on written assignments, clinical cases and final exam. Prerequisite: Admission to the internship program

DI5801 Community Practicum 2 credits
This course is the application of DI5101 through the execution of selected community nutrition planned experiences. Evaluation is based on successful completion of all learning activities. Prerequisite: Admission to the internship program

DI5814 Food Service Practicum 4 credits
This course is the application of DI5103 through food service planned experiences. Evaluation is based on successful completion of all learning activities. Prerequisite: Admission to the internship program

DI5820 Medical Nutrition Therapy Practicum 5 credits
This course is the application of DI5104 through clinical planned experiences. Evaluation is based on successful completion of all learning activities. Prerequisite: Admission to the internship program

EXERCISE SCIENCE AND WELLNESS

Tiffany Reiss, PhD, Program Director

EX3101 Biomechanics 1 2 credits
This course is an introduction to the fundamental principles of human movement, focusing on the study and elementary analysis of human motion based on anatomical and mechanical principles. Prerequisites: BC3161, BC3162 and BC3163 (concurrent)

EX3105 Physical Activity and Wellness 2 credits
This course covers the general principles behind physical activity and how it relates to overall health and wellness. The course provides students with an introduction to the basic fundamentals of exercise and their application in leading a healthier and more physically active lifestyle through the entire lifespan. Prerequisite: None

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- EX4100 Physiology of Exercise** 5 credits
This course explores concepts in the physiology of exercise, including fuel substrate utilization, metabolism, adaptations and responses to different exercise modalities. The class examines the (1) physiology of exercise, (2) physiology of health and fitness, and (3) physiology of performance. This course is designed to complement the Exercise Physiology Lab, which emphasizes (1) the factors that limit health and fitness, (2) work tests used to evaluate cardiorespiratory fitness, (3) training methods for fitness, (4) body composition measures, and (5) field and laboratory aerobic and anaerobic fitness tests. Prerequisites: BC4118 and BC3163 (or equivalent), CPR and first aid certification
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- EX4102 Biomechanics 2** 3 credits
This course examines the anatomical and mechanical concepts required for critical assessment, description and qualitative analysis of human movement in a clinical context. Prerequisites: BC3113 and EX3101
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- EX4105 Business Principles in Health Promotion** 2 credits
This course is designed to introduce nutrition and exercise science students to business principles within the health professions. The course facilitates a better understanding of the necessary market research involved in the process of developing health related strategic and business plans. Prerequisite: Admission into BSN or BSX program
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- EX4107 Sports Nutrition** 5 credits
This course examines the interaction between nutrition, physical activity and athletic performance. Topics focus on the efficacy of ingesting various macronutrients and bioactive compounds found in foods for enhancing certain types of athletic performance. Nutritional biochemistry of macronutrients and micronutrients including digestion, biological requirements, absorption and metabolism are emphasized. Prerequisites: BC4118 or permission of instructor
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- EX4112 Seminar in Ergogenic Aids** 1 credit
This course is designed to allow students exposure to the various ergogenic aids currently on the market. This course requires students to research and present material on the advertised benefits of specific ergogenic aids, literature on the product, and critical thinking around metabolic pathways of ingredients found within the products. Prerequisites: EX4107
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- EX4115 Motor Learning and Development** 3 credits
This course investigates principles of human movement and the acquisition of motor skills, as well as motor and perceptual development throughout the lifespan. Upon successful completion of the course, students are able to trace the path of human perceptual-motor development and to discuss the implications of general principles of motor development for the movement and sport specialist. Attention is given to learning theories, reinforcement, transfer, massed and distributed practice schedules, closed and open skills, motivation, feedback, arousal, motor control systems, and retention of motor skills. Prerequisite: None
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- EX4119 Principles of Resistance Training** 3 credits
This course includes an introduction to principles and fundamentals of resistance training including both a theoretical and practical, hands-on component. Students are expected to participate in the resistance training core activity while also covering the basics of muscle physiology, bioenergetics, biomechanics, training principles (modes and methods), training theory and practical considerations as they pertain to resistance training. Prerequisites: BC3113, BC3163, EX4115
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- EX4123 Exercise Prescription and Testing** 5 credits
This course explores the role of exercise in the assessment of functional capacity and in the diagnosis of coronary heart disease. Techniques of exercise stress testing are studied and practiced along with basic electrocardiography. Methods of quantifying energy cost of exercise and the development of exercise prescriptions are emphasized. This course contains a lab component for practical application of these concepts and development of these skills. Prerequisite: EX4100
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- EX4124 Exercise Science Laboratory Techniques** 2 credits
This course offers students exposure and practical hands-on experience to laboratory techniques commonly used in exercise physiology labs and health and fitness settings. Prerequisite: EX4100
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- EX4133 Exercise Prescription for Special Populations** 2 credits
This course is designed to provide students exposure to various special populations, pathophysiology and the American College of Sports Medicine exercise recommendations for varying diseases states. Corequisite: EX4123
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- EX4140 Community Health Promotion** 2 credits
This course is designed to allow students to explore the theories and concepts of health behavior change and the principles of public health and to provide students with a platform to create programs and practice disseminating health and wellness information to adults in community settings. Prerequisite: none
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- EX4800 Exercise and Nutrition Practicum** 2 credits
This course provides the opportunity for students to develop practical experience in nutrition and exercise education through presentations and preceptorships. All practicum sites must be approved by instructor and practicum preceptor by March 15. This course may be taken in any quarter, except summer, during year two if student is in good academic standing. Prerequisite: none

EX4810 Internship for Exercise Science and Wellness
12 credits

This course provides students with practical knowledge in different areas of exercise science and wellness, including (1) physical therapy/sports medicine clinics, (2) hospital cardiac/pulmonary rehabilitation, (3) health and fitness facilities, (4) spa/retreat/wellness centers, or (5) athletic training facilities. Students assume a leadership role and perform administrative tasks under an experienced agency supervisor and faculty sponsor. All internship sites must be approved by instructor and internship preceptor by March 15. Internship hours can begin in any quarter following junior year with approval of instructor, but may only be registered for during spring quarter of the senior year. See instructor for official policy guidelines. Prerequisites: A 2.0 or better in all designated courses or approval of exercise science program director. Student must be in good academic standing to pursue internship.

HOMEOPATHIC MEDICINE

Richard Mann, ND, Department Chair

Homeopathy 1-3

This course sequence is required for all students in the naturopathic medicine program. Homeopathy 4-6 are elective courses. Student clinicians are allowed to register for the Homeopathy Specialty Clinic after successfully completing HO6302 or with permission of the department chair. However, HO9301 is recommended as a prerequisite or corequisite to the Homeopathy Specialty Clinic.

HO6300 Homeopathy 1
2 credits

This course is an introduction to homeopathy — its theory and practice. Using Hahnemann's Organon of Medicine, the principles of homeopathic medicine and the development of its method of practice are explored. This includes the use of the repertory, study of homeopathic philosophy, and an introduction to homeopathic materia medica. When possible, cases are used to elucidate concepts. Emphasis is placed on the integral relationship of homeopathy to naturopathic practice. Prerequisites: BC5106, BC5124, BC5145 and NM5115 or permission of department chair

HO6301 Homeopathy 2
3 credits

This course emphasizes homeopathic case taking and analysis. Students learn how to take and analyze a homeopathic case, how to prioritize symptoms and how to use the homeopathic repertory as a guide to prescribing the proper medicine. Different methods of case analysis are discussed. Students actively take and analyze a homeopathic case. Basic homeopathic materia medica continues to be elucidated. Prerequisite: HO6300

HO6302 Homeopathy 3
3 credits

This course emphasizes homeopathic materia medica. Repertory skills are further developed. When possible, homeopathic case studies are used to illustrate basic concepts. Prerequisite: HO6301

HO6901, HO6902, HO6903 Independent Study
variable credit

These courses provide an opportunity for students to study areas of interest that are not included in the regular curriculum. With the aid of a selected resource person, the student may explore a field of study that is of personal interest and value. Prerequisites: HO6300 and permission of department chair

Homeopathy 4-6

These three (3) elective courses are offered to naturopathic medicine students interested in the further study of homeopathy, after successfully completing Homeopathy 3 (HO6302).

HO9301 Homeopathy 4
3 credits

This course continues the study of homeopathic materia medica. Cured cases are studied to illustrate points of case analysis; materia medica and the homeopathic theory of miasms are explored more deeply. Prerequisite: HO6302 or permission of department chair

HO9302 Homeopathy 5
3 credits

This course is a continuation in the advanced study of materia medica, case analysis and case management. Prerequisite: HO6302 or permission of department chair

HO9303 Homeopathy 6
3 credits

This course is a continuation of the advanced study of homeopathy. Homeopathic medicines are reviewed and analyzed via case study. Cases are presented by practicing homeopaths. Prerequisite: HO6302 or permission of department chair

Homeopathy Grand Rounds

Each student registered in the Homeopathy Specialty Clinic must also enroll in Homeopathy Grand Rounds. Cases seen in the Homeopathy Specialty Clinic are discussed in-depth with respect to case analysis, comparative materia medica and case management. Students who have completed HO6302 and want further knowledge of homeopathy but are not enrolled in the Homeopathy Specialty Clinic may enroll in Homeopathy Grand Rounds with permission from the department chair. If a student is registered for a Homeopathy shift, Homeopathy Grand Rounds cannot be audited.

HO9800 Homeopathy Grand Rounds 1
1 credit

See description above. Prerequisite: HO6302

HO9801 Homeopathy Grand Rounds 2
1 credit

See description preceding HO9800. Prerequisite: HO6302

HO9802 Homeopathy Grand Rounds 3
1 credit

See description preceding HO9800. Prerequisite: HO6302

HO9803 Homeopathy Grand Rounds 4
1 credit

See description preceding HO9800. Prerequisite: HO6302

HO9804 Homeopathy Grand Rounds 5
1 credit

See description preceding HO9800. Prerequisite: HO6302

Homeopathy Specialty Clinic

The Homeopathic Specialty shift allows students to apply classical homeopathic principles to patient care in a supervised clinical setting, including case taking, case analysis and prescribing and case management. Students may take up to four homeopathy clinical shifts if space is available. Prerequisite: HO6302

Homeopathy Specialty Clinic 1-4 Elective

Students particularly interested in homeopathy may take additional elective clinic shifts in the Homeopathy Specialty Clinic, with permission of the department chair, on a space available basis.

HO9821 Patient Care 1 - Elective (fall) 2 credits

See description above. Prerequisites: HO6302 and permission of department chair

HO9822 Patient Care 2 - Elective (winter) 2 credits

See description preceding HO9821. Prerequisites: HO6302 and permission of department chair

HO9823 Patient Care 3 - Elective (spring) 2 credits

See description preceding HO9821. Prerequisites: HO6302 and permission of department chair

HO9824 Patient Care 4 - Elective (summer) 2 credits

See description preceding HO9821. Prerequisites: HO6302 and permission of department chair

INTERDISCIPLINARY STUDIES

Timothy C. Callahan, PhD, Senior Vice President and Provost

IS3111 Interdisciplinary Experiences in Natural**Health Arts and Sciences 1 1 credit**

This is the first of two courses that provide undergraduates with an opportunity to participate in workshops, seminars and other activities related to health. Students work collaboratively across disciplines to build an integrated model of health. Communication and critical thinking skills are emphasized. Offered Fall quarter. Prerequisite: Admission into an undergraduate program at Bastyr University

IS3112 Interdisciplinary Experiences in Natural**Health Arts and Sciences 2 1 credit**

This course is a continuation of Interdisciplinary Experiences in Natural Health Arts and Sciences 1. Offered winter quarter. Prerequisite: IS3111

IS9105 Introduction to Meditation and Medicine**1 credit**

This course provides an introduction to the five categories of meditation, including theory and practice of each. Faculty present an overview of research regarding the clinical efficacy of meditation. Implications and practical clinical applications of meditation are considered as well as the neurobiology of ordinary and extraordinary health. The course also includes a survey of topics/readings in neuroplasticity, mindfulness and mastery of attention, neural development and executive cognitive functions, and complementary styles of meditation. Prerequisite: Admission to Bastyr University or permission of instructor

IS9110 Introduction to Somatic-Based Therapies**2 credits**

This course is an introductory exploration of the use of body-centered healing philosophies, principles and methods in order to restore and preserve health and well-being. The course focuses on the relationship between soma and psyche, body and mind, and the interface between our physical form and structures and how it relates to health and wellness. The historical evolution of somatic-based therapies is examined through the work of Freud, Reich, Lowen and others. The class then examines various categories, perspectives and methods of somatic therapies such as structural, functional, movement and energetic balancing approaches. Students gain precursory experience with these approaches during group participatory work. Prerequisites: Matriculated in a clinical program at Bastyr University

IS9510 Introduction to Backpacking and Plant**Identification 2 credits**

This class meets over two weekends. The first weekend meets in class. The second weekend is an overnight backpacking trip. Basic backpacking skills including trip planning, gear selection, route finding/navigation, and back-country rules and regulations are introduced. Basic plant identification skills and how to safely collect and use a limited number of medicinal plants in the back-country are also covered. Prerequisites: None. This class is best suited to those with little or no backpacking experience/plant identification training. If you have physical limitations that would prevent completion of an 8-12 mile backpacking trip, please contact the instructor directly.

MIDWIFERY

Suzu Myers, LM, CPM, MPH, Department Chair

Please note: All but a select few of the midwifery courses are offered in a hybrid (online/onsite) format only.

MW3101 Midwifery Care 1: Introduction to the**Midwives Model of Care 3 credits**

This course includes an introduction to the guiding principles, philosophy and values of the Midwives Model of Care, an introduction to cultural competency, and an overview of the midwife's role throughout the childbearing year. Basic principles of client education and health literacy are covered. The course also includes an introduction to the professional roles, responsibilities, and legal issues of midwifery, as well as national and local midwifery organizations. Prerequisite: None

MW3105 Introduction to Epidemiology for Midwives**3.5 credits**

This course focuses on developing the skills needed to critically evaluate research relevant to midwifery care. Epidemiology for Midwives also introduces research methodologies and biostatistics and enables students to apply these concepts to evaluation of the efficacy and safety of midwifery and homebirth, the cost effectiveness of midwifery care, and the value of midwifery research. Additionally students begin the process of identifying their master's project. Prerequisite: None

MW3301 Well Woman Health and Assessment**4 credits**

This course includes onsite presentations, discussions and skills practice, with the objective of developing the skills for taking a thorough client medical and social history and performing and charting a complete physical exam, including breast and pelvic exams. Prerequisite: Enrollment in Midwifery Program.

MW3311 Perinatal Nutrition 1: Pre-conception and**Prenatal****2 credits**

This course addresses nutritional needs during pregnancy, emphasizing how nutrition can assist in the management of common pregnancy-related issues, as well as building maternal and fetal nutrient stores. Students learn assessment, counseling, and nutrition-related problem solving for the pregnant woman and her family. This course is online only. Prerequisite: None

MW4100 Genetics and Embryology**2 credits**

This course provides an introduction to human genetics, genetic disorders, and embryological and fetal development, both normal and abnormal, with an emphasis on teaching and supporting clients. Prerequisite: None

MW4101 Professional Issues Seminar: Cultural**Competency for Midwives****2 credits**

Students learn about the relevance of culture to perinatal health care and investigate the impact and extent of health disparities as they affect maternal and infant outcomes in their own communities. Through the use of books, research articles, videos, interviews and guest speakers, students raise their level of cultural competence and develop client education materials for a specific cultural group in their community. Prerequisite: None

MW4102 Professional Issues Seminar: Modern**Midwifery, History, Politics and Activism****2 credits**

A review of the history of medicine and midwifery through the 19th and 20th centuries, focusing on the social movements of the 1960s and 70s that re-awakened the midwifery profession in North America. The course also provides an interactive exploration of the current political climate in which direct-entry midwifery is practiced in the U.S. and Canada, inter-professional relationships and challenges faced. Prerequisite: None

MW4103 Professional Issues Seminar: Midwifery Legal,**Ethical and Professional Frameworks****2.5 credits**

This course covers state and provincial midwifery laws, processes for legislative change, quality assurance, professional liability, and ethics. The midwife's role and responsibilities regarding current state, provincial, national and international midwifery are also addressed. Particular emphasis is placed on developing the knowledge and skills necessary to make difficult decisions in today's complex professional and legal environment. Prerequisite: None

MW4104 Professional Issues Seminar: Undoing**Racism****1 credit**

This course provides a foundation for students to understand racism, the way in which it adversely impacts individuals and society, and its specific effects on health and health care. Areas of exploration include power, privilege, social identity, prejudice as well as structural theories of racism. Using a variety of resources and activities, class members reflect on their own biases and experiences and gain tools to become more effective as allies against racism and, thus, more effective health care providers. Prerequisite: None

MW4300 Pharmacology and Treatments 1**1 credit**

This course includes foundational information about allopathic medications and immunizations relevant to midwifery practice and the midwife's professional and legal responsibilities around using medications. Prerequisite: None

MW4301 Pharmacology and Treatments 2**1 credit**

This course continues with an overview of certain complementary medicines such as homeopathy, Western herbs and Traditional Chinese Medicine, and their use and application in midwifery practice. Prerequisite: MW4300

MW4302 Midwifery Care 2: Pregnancy and Prenatal**Care****4 credits**

Midwifery Care 2 includes the anatomy and physiology of normal pregnancy and an in-depth study of routine prenatal care procedures. It also includes assessment of each woman's individual needs and treatments for common discomforts and problems in pregnancy. Throughout Midwifery Care courses 2-7, students use case management exercises to practice critical thinking and risk assessment skills, apply precepts of evidence-based practice, and work toward acquiring skills as culturally competent providers and understanding of the midwife as a community health worker. Prerequisite: MW3101

MW 4303 Midwifery Care 3: Advanced Pregnancy and**Prenatal Care****4 credits**

This course includes information relevant to more complicated aspects of prenatal care: early pregnancy bleeding, management of the Rh-negative mother, anemia, infections, trauma, miscarriage, post-dates pregnancy, gestational diabetes, and hypertensive disorders. Prerequisite: MW4302

MW4305 Gynecology**3.5 credits**

This course covers female reproductive anatomy and physiology from menarche through menopause and provides an introduction to women's health concerns including sexuality, fertility, infertility, contraception, unwanted pregnancy, and the diagnosis and treatment of common gynecologic problems and reproductive tract infections. Prerequisite: None

MW4308 Breastfeeding and Lactation Education**2.5 credits**

This course is designed to give student midwives the ability to educate women about the benefits of breastfeeding, to prepare clients to breastfeed, to understand the anatomy and physiology involved in breastfeeding, to assist clients with early breastfeeding, to help with common problems and to make appropriate referrals to other care providers for breastfeeding concerns beyond their expertise or scope of practice. Prerequisite: None

MW4313 Counseling for the Childbearing Year 1**1 credit**

This introductory course consists of information, role-plays and student presentations designed to develop basic skills needed for client counseling. Prerequisite: MW3301

MW4314 Counseling for the Childbearing Year 2**1 credit**

This course is a continuation of Counseling for the Childbearing Year 1, with discussion and skill building related to domestic violence, as well as resources and skills for counseling pregnant women dealing with substance abuse issues. Prerequisite: MW4313

MW4321 Clinical Skills 1**1 credit**

The Clinical Skills course is presented as a series of on-site skills labs and workshops, coordinated with Midwifery Care and Clinical Seminar course content. The objective of this course is to develop many of the skills, both hands-on and teaching, necessary to practice midwifery. Clinical Skills 1 builds on and amplifies some of the key skills first introduced in Well Woman Health and Assessment and covers aseptic technique, medication administration, venipuncture, and further study and practice in charting and vital signs. Prerequisite: MW3301

MW4322 Clinical Skills 2**1 credit**

Continuation of the clinical skills series. Students complete full-day neonatal resuscitation program (NRP) certification, practice client informed choice skills related to perinatal care, as well as learn principles and skills related to intravenous therapy during intrapartum care, and review and practice injections and venipuncture. Prerequisite: MW4321

MW4323 Clinical Skills 3**0.5 credit**

Continuation of the clinical skills series. Students learn skills need for intrapartum care: perineal suturing, simulation of cervical exam, rupture of membranes, hand maneuvers for receiving the baby, estimating blood loss and treating postpartum hemorrhage. Prerequisite: MW4322

MW4331 Clinical Seminar 1**1 credit**

Clinical Seminar is a 7-quarter series concurrent with practicum, focusing on the integration of theory and practice. As the course progresses quarter by quarter, both student expectations and complexity of case management skills increase. Clinical Seminar 1 learning activities focus on building basic skills in charting, phone triage, data collection, continuing education, basic management decisions, risk assessment and physician consultation and referral. Prerequisites: MW4302, MW4800

MW4332 Clinical Seminar 2**1 credit**

Continuation of Clinical Seminar series. This quarter further refines students' skills in charting, phone triage and risk assessment with emphasis on appropriate guidelines. Case questions and management problems increase in complexity to mirror student's clinical experience in practicum, continuation of case presentations, and use of "virtual client" with random phone triage exercises. Prerequisite: MW4331

MW4333 Clinical Seminar 3**1 credit**

Continuation of Clinical Seminar series. In this course students are expected to have refined skills in charting, phone triage and communication with other medical professionals, developing understanding of and skill with more complex management decisions. Case questions and "virtual client" exercises require the student to demonstrate higher level problem-solving and critical thinking skills. Prerequisite: MW4332

MW4800 Introduction to Practicum**0.5 credit**

This course includes an introduction to the documentation and requirements necessary for the midwifery program's clinical placements and an orientation designed to prepare students to work effectively in a midwifery clinical preceptorship. Prerequisite: MW3301

MW4810 Midwifery Practicum**variable to maximum of 8.5 credits**

Credits vary by quarter for a total of 8.5. Theoretical coursework is complemented by clinical rotations with practitioners providing midwifery and related women's health care. Must be co-enrolled in the clinical seminar series while in practicum except during the summer quarters. Prerequisite: MW4800

MW5100 Research Methods for Midwifery**3.0 credits**

This course builds on the foundation and skills of Introduction to Epidemiology for Midwives and facilitates skills needed for the master's project series. Students gain understanding in and apply appropriate research methods to their question of interest, including skills in grant writing, IRB application and presentation of work. Prerequisite: MW3105

MW5101 Master's Project 1**0.5 credit**

This course is part of a series designed to build on the foundations of Introduction to Epidemiology for Midwives and to further develop the student's master's project. Topics may include refining the research hypothesis, data collection plan and application for human subjects review. Prerequisite: MW3105

MW5102 Master's Project 2**0.5 credit**

This course is part of a series designed to build on the foundations of Introduction to Epidemiology for Midwives and to further develop the student's master's project. Topics may include refining the research hypothesis, data collection plan and application for human subjects review. Prerequisite: MW5101

MW5103 Master's Project 3**0.5 credit**

This course is part of a series designed to build on the foundations of Introduction to Epidemiology for Midwives and to further develop the student's master's project. Topics may include refining the research hypothesis, data collection plan and application for human subjects review. Prerequisite: MW5102

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| MW5104 Master's Project 4 | 0.5 credit | This course is part of a series designed to build on the foundations of Introduction to Epidemiology for Midwives and to further develop the student's master's project. Topics may include refining the research hypothesis, data collection plan and application for human subjects review. Prerequisite: MW5103 |
| MW5114 Professional Issues Seminar: Health Care Systems and Health Policy | 2 credits | This course addresses issues in health care organization and financing. Students learn about formal health care systems in the U.S. and Canada as they relate to midwifery practice. In addition, health care policy and health care reforms are explored with an emphasis on how midwives can function as effective advocates for improved maternity care policy. Prerequisite: None |
| MW5304 Midwifery Care 4: Labor and Birth | 6 credits | A continuation of the midwifery care courses, this course includes an in-depth study of midwifery management of the normal processes of all stages of labor, birth, and care of the mother and neonate in the immediate postpartum period, with an emphasis on preparing students for out-of hospital birth practice. Prerequisite: MW4303 |
| MW5307 Midwifery Care 5: Postpartum and Newborn Care | 4.5 credits | This course addresses the roles and responsibilities of the midwife during the postpartum period. It includes a review of breastfeeding, maternal physiological changes and psycho-social adjustments, common newborn procedures, and select newborn problems. Prerequisite: MW5304 |
| MW5310 Midwifery Care 6: Challenges in Practice | 4.5 credits | This course covers a variety of complications the midwife may encounter in clinical practice. Emphasis is on recognition, current thinking about prevention/treatment modalities, including medical as well as complementary and nutritional therapies. In addition to the role of physician consultation and referral, this course also addresses controversies within the midwifery community regarding where and how these clinical challenges should be handled. Prerequisite: MW5307 |
| MW5315 Counseling for the Childbearing Year 3 | 1.5 credits | A continuation of the counseling courses, this course complements Midwifery Care 4 and includes information and skills for counseling, supporting, and effectively empowering woman through labor who have a history of reproductive loss, or who experienced reproductive loss and/or disappointment during pregnancy or birth. Prerequisite: MW4314 |
| MW5316 Counseling for the Childbearing Year 4: Postpartum | 1.5 credits | This section of the Counseling curriculum complements Midwifery Care 5 and includes information and skills needed to assess postpartum emotional adjustments and attachment difficulties and to provide early parenting support and intervention. Prerequisite: MW5315 |
| MW5324 Clinical Skills 4: | 0.5 credit | Continuation of the clinical skills series. Students learn newborn exam techniques, newborn screening techniques, assessing and aiding with breastfeeding challenges, and informed choice and teaching appropriate to postpartum care. Prerequisite: MW4323 |
| MW5325 Clinical Skills 5 | 0.5 credits | Continuation of the clinical skills series. Using simulation models, students learn and practice emergency delivery skills including breech delivery, shoulder dystocia, cord prolapse and unexpected twin delivery. Prerequisite: MW5324 |
| MW5334 Clinical Seminar 4 | 1 credit | Continuation of Clinical Seminar series. Students participate in a variety of clinical practice skills including a data collection project, "virtual client" exercises that continue to challenge students in making complex clinical management decisions, on-going practice in charting and phone triage with emphasis on valid management decisions consistent with safe practice and midwifery standard of care, case presentations and complex case questions. Prerequisite: MW4333 |
| MW5810 Midwifery Practicum | variable to maximum of 7.5 credits | Credits vary by quarter for a total of 7.5. Theoretical coursework is complemented by clinical rotations with practitioners providing midwifery and related women's health care. Must be co-enrolled in the clinical seminar series while in practicum except during the summer quarters. Prerequisite: MW4810 |
| MW6105 Master's Project 5 | 3 credits | This course is the first in a series of three designed to provide structure for the completion of the actual thesis project. Students meet with their project review committee, refine the topic of their master's project and submit to their committee for approval a final version of their thesis proposal that includes feasibility, applicability and scope. (See note below.) Students complete a project design, literature review and a timeline for their project's completion. Prerequisite: MW5104 |
| MW6106 Master's Project 6 | 3 credits | In this course students continue the implementation of their master's project including submission of the first full draft of their final project paper to the review committee, meeting with the committee for a formal review of the project and completion of revisions. Prerequisite: MW6105 |
| MW6107 Master's Project 7 | 3 credits | Students meet with their review committee to integrate final revisions, complete their master's project and submit it for approval and grading. Additionally, students prepare for and make an oral presentation to the midwifery community of the findings of their research. Prerequisite: MW6106 |

MW6115 Professional Issues Seminar: The Business of Midwifery **2.5 credits**

This course includes topics related to establishing a private midwifery practice, including a business plan and budget, and seeking employment opportunities in midwifery or a related field. The course also includes an update on current issues facing the profession of midwifery to prepare students for post-graduation activities. Prerequisite: None

MW6199 Master's Project Continuation **0 credits**

Enrollment in this course is required when a student has not yet completed the midwifery master's project but all program master's project credits have been registered. One credit of tuition is charged per quarter enrolled until completion of project. Prerequisite: MW6107

MW6307 Midwifery Care 7: Synthesis and Application **2 credits**

This course includes discussions and assignments designed to integrate and apply to clinical care the concepts of informed choice, evidence-based practice, and ethical, professional and legal issues, including consultation and referral systems. Students hone critical thinking and risk assessment skills, cultural sensitivity and an understanding of the midwife as a community health worker through case management exercises and panel discussions. Prerequisite: MW5310

MW6335 Clinical Seminar 5 **1 credit**

Continuation of Clinical Seminar series. In this course students continue with "virtual client" exercise and more complex case questions and presentations, fine tuning management decisions and skills acquired in practicum focusing on the integration of theory and clinical practice. Prerequisite: MW5334

MW6336 Clinical Seminar 6 **1 credit**

Continuation of Clinical Seminar series. In this course students continue with "virtual client" exercises reflecting the level of primary midwife under supervision. Students make presentations of their data collection project and continuing education topics. Prerequisite: MW6335

MW6337 Clinical Seminar 7 **1 credit**

Continuation of Clinical Seminar series. In this quarter students are assessed for their readiness for entry-level practice, which will take into consideration the progression of their clinical problem-solving skills while caring for the fictional "virtual clients." Continuation of student presentations of data collection projects and continuing education topics. Prerequisite: MW6336

MW6810 Midwifery Practicum **variable to maximum of 33.5 credits**

Credits vary by quarter for a total of 33.5. Theoretical coursework is complemented by clinical rotations with practitioners providing midwifery and related women's health care. Must be co-enrolled in the clinical seminar series while in practicum except during the summer quarters. Prerequisite: MW5810

MW6899 Midwifery Practicum continuation **0 credit**

Enrollment in this course is required when a student has not yet completed the midwifery practicum requirement but all program practicum credits have been registered. One credit of tuition is charged per quarter enrolled until completion of project. Prerequisite: MW6810 (33.5 credits)

MW7901, MW7902, MW7903 Independent Study **variable to maximum of 2 credits**

This course provides an opportunity for students to study areas of interest in greater detail than is covered in the regular curriculum. With the aid of a selected resource person, the student may explore any topic within the area of childbirth. The student is responsible for submitting an independent study form to the program chair which includes learning objectives, evaluation method and timeline. Students may study more than one topic, using a separate course number for each topic. Two credits are required in the naturopathic midwifery program. Prerequisites: MW7321 and permission of department chair

Childbirth Practicum

Students intern with approved licensed or legal practitioners providing maternity care services. Students are required to actively participate in 25 births (12.5 credits of MW8800 or 1 credit/2 participations) and to manage 50 births (25 credits of MW8802 or 1 credit/2 managements). The following practicum courses are being taught out to the Naturopathic Midwifery certificate students. The Naturopathic Midwifery program was discontinued in June, 2010.

MW8800 Birth Participations

variable to maximum of 12.5 credits
See description above. Prerequisite: MW7320

MW8802 Birth Managements

variable to maximum of 25 credits
See description preceding MW8800. Prerequisites: MW7320, MW7321

MW8901, MW8902, MW8903 Independent Study

variable to maximum of 2 credits
See description for MW7901, MW7902, MW7903. Prerequisites: MW7321 and permission of program chair

NATUROPATHIC MEDICINE

Jane Guiltinan, ND, Dean

NM5113 Naturopathic Medicine in Historical Context **2 credits**

This course traces the roots of naturopathic medicine and the development of its modalities and philosophy from 4,000 BC to the present day. Lab cohorts are introduced to the principles and practices of naturopathic medicine and discuss them in a historical context to gain an understanding of the philosophical, political and therapeutic constructs that shaped our current profession. Prerequisite: Admission to ND program

NM5114 Fundamentals of Naturopathic Clinical**Theory 2 credits**

Naturopathic principles of practice, concepts of health and disease, environment, hygiene, nature cure, natural therapeutics, prevention and wellness are discussed with an emphasis on the vitalistic context of science-based naturopathic medicine. Lab cohorts explore the naturopathic principles, therapeutic order and determinants of health more deeply and begin to apply them to cases. Prerequisite: Admission to ND program

NM5115 Naturopathic Medicine in Global Context 2 credits

This course explores the current practice of natural medicine across the globe. Students survey traditional healing methods as well as institutional practices of natural therapeutics. Drawing on the historical and philosophical information given the previous two quarters, students gain an understanding of the current political, social and cultural context of natural medicine in each region. The lab cohorts explore the different philosophical and clinical practices of each region and discuss/experience how these complement current naturopathic philosophy and practice. Prerequisite: Admission to ND program

NM5500 Intensive: Advanced Standing Status**variable credit**

This intensive is designed to satisfy a selection of lower-level naturopathic medicine courses, enabling advanced standing students to better integrate the first and second-year curriculum. Topics may include naturopathic philosophy, botanical medicine courses, physician heal thyself or clinic entry. Prerequisite: Admission to naturopathic medicine program with advanced standing status

NM5804 Clinic Entry 1**1 credit**

This experiential course provides naturopathic medical students with the opportunity to become familiar with, and to personally experience, Bastyr Center for Natural Health, the University's teaching clinic. Students experience a first office call and return office call, as well as experience naturopathic and other modalities at the center. Students also attend case preview and review. This class offers students clinical experience with the medicine they are studying. Prerequisite: Admission to naturopathic medicine program

NM5901, NM5902, NM5903 Independent Study**variable credit**

These courses provide an opportunity for students to study areas of interest that are not included in the regular curriculum. With the aid of a selected resource person/sponsor, the student may explore a field of study in naturopathic medicine of personal interest and value. Prerequisites: NM5113 and permission of dean

NM6100 Successful Charting and Coding 1 credit

This course provides an opportunity to learn skills of efficient charting and coding, and how to use ICD9 and CPT nomenclature necessary when insurance billing or when seeing patients who self-bill insurers. Insurance contract evaluation is also reviewed. Prerequisites: Admission to the naturopathic program or permission of dean. Corequisite: NM6224

NM6105 Fundamentals of Business Operations 2 credits

This course provides an opportunity to learn business fundamentals such as creating a mission, selecting a clinic name, planning layout for a clinic and dispensary, registering a business, hiring and managing employees. Financial planning, keeping statistics, and creating a business plan are also reviewed along with the opportunity to learn how to identify ideal candidates for care, learn interpersonal techniques that promote clinical and economic success. Patient retention and management systems are also reviewed. Prerequisites: Admission to the naturopathic program or permission of dean

NM6115 Goal Setting and Self Motivation 1 credit

This course shares methods in goal setting and personal development used by leaders in our field, helpful to the new graduate starting his/her career. Prerequisites: Admission to the naturopathic program or permission of dean

NM6120 Professional Speaking and Writing 1 credit

This course provides students guidance and practice on professional speaking and writing and suggestions to identify and secure opportunities. Prerequisites: Admission to the naturopathic program or permission of dean

Clinical Laboratory Diagnosis 1-3

This sequence of three (3) courses introduces the student to laboratory diagnoses of clinical disorders and disease states. Emphasis is on methods of analysis, appropriateness of tests, interpretation of laboratory results and clinical application of laboratory data for the primary care provider. NM6210 focuses primarily on definitions of "normals," hematology and coagulation. NM6211 explores clinical chemistries and their interpretation. NM6212 focuses on the laboratory diagnosis of urogenital and endocrine disorders.

NM6210 Clinical Laboratory Diagnosis 1 3.5 credits

See description above. Prerequisite: BC5106

NM6211 Clinical Laboratory Diagnosis 2 3.5 credits

See description preceding NM6210. Prerequisite: NM6210

NM6212 Clinical Laboratory Diagnosis 3 3.5 credits

See description preceding NM6210. Prerequisite: NM6211

Physical/Clinical Diagnosis 1-3

The Physical/Clinical Diagnosis series of six (6) courses uses a lecture and laboratory format to teach practical clinical skills. Emphasis is on early detection of abnormalities and diagnosis of common health problems. Differential diagnosis and assessment, patient interview techniques, history taking and physical examination are covered. Also included are indications for diagnostic procedures and an introduction to clinic protocols.

NM6221 Physical/Clinical Diagnosis 1 Lecture 2 credits

See description above. Prerequisites: BC5124, BC5129

NM6221L Physical/Clinical Diagnosis 1 Lab 2 credits

See description preceding NM6221. Corequisite: NM6221

NM6222 Physical/Clinical Diagnosis 2 Lecture 2 credits

See description preceding NM6221. Prerequisite: NM6221

NM6222L Physical/Clinical Diagnosis 2 Lab 2 credits

See description preceding NM6221. Corequisite: NM6222

NM6224 Physical/Clinical Diagnosis 3 Lecture 2.5 credits
See description preceding NM6221. Prerequisite: NM6222

NM6224L Physical/Clinical Diagnosis 3 Lab 2 credits
See description preceding NM6221. Corequisite: NM6224

NM6901, NM6902, NM6903 Independent Study
variable credit

These courses provide an opportunity for students to study areas of interest that are not included in the regular curriculum. With the aid of a selected resource person/sponsor, the student may explore a field of study in naturopathic medicine of personal interest and value. Prerequisites: BC6200, NM6210, NM6221 and permission of dean

Public Health and Environmental Medicine

In these two (2) courses, the toxic effects of the pollution of our air, water, food, and electromagnetic environment are provided. Types, sources, and health effects of common pollutants, prevention and treatment of occupational diseases, public health and the public health system are discussed. The clinician's interaction with public health resources and responsibilities is emphasized.

NM7101 Environmental Medicine 1.5 credits
See description above. Prerequisite: NM6221

NM7102 Public Health 1.5 credits
See description preceding NM7101. Prerequisite: NM6221

NM7116 Naturopathic Clinical Theory 1 credit
This course emphasizes the clinical application of the principles of naturopathic medicine, using the therapeutic order as an integrative framework and providing students with a foundation for naturopathic case analysis and management. Prerequisite: Concurrent with clinic shifts

NM7142 Critical Evaluation of the Medical Literature
2 credits

In this course students further develop skills needed to locate, critically evaluate, and translate biomedical evidence-based literature into clinical practice using core competencies learned in the Fundamentals of Research Design. The course allows students to better understand the treatments their patients receive and the new biomedical research relevant to their profession. Practical application of biomedical decision-making is emphasized, with students using their patient experiences to guide their clinically answerable questions on diagnosis and therapeutics. Prerequisite: BC5142

NM7302 Gastroenterology 2 credits
Disorders of the gastrointestinal system, the digestive tract and related organs are presented with discussion of prevalence, pathophysiology, diagnosis, naturopathic analysis, and conventional and naturopathic therapeutics for these conditions. Prerequisite: Concurrent with clinic shifts

NM7304 Dermatology 2 credits
Differential diagnosis and assessment of common skin disorders are covered in this course. Emphasis is placed on treatment from a conventional and naturopathic perspective. Prerequisite: Concurrent with clinic shifts

NM7305 Clinical Ecology 2 credits

This course covers the diagnosis, prevention and treatment of allergy in its many forms. Food, plant, environment, hydrocarbon and other types are presented. Considered are such topics as masked allergies, allergic adaptation, challenge testing, rotation diets, environmental medicine clinics, fasting and various laboratory tests for allergies (i.e., skin, sublingual, intradermal and blood). Prerequisite: Concurrent with clinic shifts

NM7306 Oncology 2 credits

Students explore the problems involved in the diagnosis and assessment of cancer. Current knowledge of the causes and mechanisms of cancer are presented. Included is an overview of the current conventional therapies for cancer, their efficacy and side effects. Students learn how to become an effective part of the health care team in providing care to patients. Complementary naturopathic care for patients with cancer is presented to provide a comprehensive approach to patient management. Prerequisite: Concurrent with clinic shifts

NM7307 Eye, Ear, Nose and Throat (EENT) 2 credits

Conventional and naturopathic therapeutics for EENT conditions are presented. Prerequisite: Concurrent with clinic shifts

NM7311 Neurology 2 credits

Students refine their skills in diagnosis and treatment from both a conventional and naturopathic perspective of neurological diseases in this course. Recognition of conditions requiring referral for specialized diagnostic procedures and care are addressed. Prerequisite: Concurrent with clinic shifts

NM7312 Normal Maternity 3 credits

This course meets the needs of the naturopathic doctor-in-training for general family practice — an introduction to normal maternity and to the midwives' model of care, with a focus on the role of the ND in the support of healthy women who are or who want to become pregnant. An overview of the maternal postpartum period and newborn adaptation is included. The course prepares students to discuss normal preconception, pregnancy and postpartum-related concerns and to competently attend unplanned (emergent, normal) deliveries. Scope of practice boundaries and consultation/referral practices are included. Prerequisite: BC6202

NM7313 Gynecology 3 credits

In this course students study the interrelationship of patient history, symptoms, physical signs and laboratory tests in making early and accurate diagnoses. Naturopathic therapeutics for gynecological conditions are covered. Students participate in a practicum experience as well. Prerequisite: Concurrent with clinic shifts

Pediatrics 1-2

This two (2) course sequence presents the differential diagnosis and assessment of the common problems of infancy, childhood, and adolescence. Emphasis is on early recognition of signs and symptoms, disease prevention, and the development of a healthy lifestyle at an early age. Treatment of common childhood conditions and diseases is presented.

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| NM7314 Pediatrics 1 | 2 credits | See description above. Prerequisite: Concurrent with clinic shifts | NM7416 Minor Office Procedures | 3 credits | Minor surgical procedures as defined by scope of practice for naturopathic physicians and licensing laws are taught. This lecture/laboratory course covers common minor surgery of-office procedures. Topics include suturing techniques; wound, infection and burn management; local anesthetics; bandaging techniques; and the recognition of conditions requiring medical referral for surgical intervention. Prerequisite or corequisite: NM6224 |
| NM7315 Pediatrics 2 | 2 credits | See description preceding NM7314. Prerequisite: Concurrent with clinic shifts | NM7417 Medical Procedures | 3 credits | This course provides students with training in a variety of medical procedures including immunization, prescription writing, intravenous and intramuscular injections. The pre-clinical CPR training requirement is also met through this course. Prerequisite or corequisite: NM6224 |
| NM7320 Family Medicine | 2 credits | This course explores family health and wellness and the role of the physician's influence on the perpetuation of health. Prerequisite: PS6306, concurrent with clinic shifts | Bastyr Center for Natural Health: Patient Care Shifts Naturopathic medicine students are required to take 18 general patient care shifts or rotations. Each patient care shift/rotation involves provision of care under the supervision of licensed faculty. The medical skills mastered in this setting include all skills and therapeutics utilized in the provision of primary naturopathic medicine and are performed in the context of naturopathic principles. Each student is evaluated for increasing competence and specific skills as s/he progresses through the clinical education. See also listings for physical medicine Patient Care Shifts (PM7801, PM7802, PM8801 and PM8802). Prerequisites: successful completion of all required first and second year ND courses for the four-year track or all required first, second, and third year ND courses for the five-year track, Option A, NM6224, a TB test, background check and 20 hours of preceptorship | | |
| NM7325 Naturopathic Case Analysis and Management 1 | 1.5 credits | This course is designed to provide a format for the development of skills and rationale in naturopathic case analysis, treatment integration and case management. Naturopathic principles of practice are applied, in concert with conventional case analysis Prerequisite: NM6224, concurrent with first clinic shifts | NM7820 Patient Care 1 | 2 credits | See description above. Prerequisites: See above |
| NM7330 The Healing Systems | 1 credit | This course examines seven core systems, which maintain the body's strength and vitality, and how illnesses can be traced to weaknesses in one or more of these systems. Diagnosis and treatment of underlying systemic weaknesses and optimizing function in these systems to focus effectively on the healing effort are emphasized. In the therapeutic order, the course reflects the therapeutic intent of tonifying systems and supporting the body/spirit in healing itself. Prerequisite: Concurrent with clinic shifts | NM7821 Patient Care 2 | 2 credits | See description preceding NM7820. Prerequisite: NM7820 |
| NM7341 Cardiology | 3 credits | This course covers the pathophysiology, advanced diagnosis and treatment of diseases of the cardiovascular system. Both naturopathic and conventional therapies are discussed based on the nature and severity of the diseases included. Prerequisite: Concurrent with clinic shifts or NM6224 | NM7822 Patient Care 3 | 2 credits | See description preceding NM7820. Prerequisite: NM7821 |
| Diet and Nutrient Therapy 1-2 | | This two (2) course series builds on the Food, Dietary Systems and Assessment and Macro and Micronutrients courses. Diet and Nutrient Therapy courses discuss the clinical uses, physiological and pharmacological effects of individual nutrients. Dietary management and nutrient therapy for the prevention and treatment of specific diseases and conditions are thoroughly covered. The clinical use of nutrient supplementation is discussed from the standpoint of both prevention and therapeutic interventions. Clinical indications and current research on a variety of specific nutrients are emphasized. | NM7823 Patient Care 4 | 2 credits | See description preceding NM7820. Prerequisite: NM7822 |
| NM7401 Diet and Nutrient Therapy 1 | 3 credits | See description above. This course specifically outlines the clinical uses, physiological and pharmacological effects of individual nutrients and specific diets for specific diseases and conditions. Prerequisite: TR5321 or TR6311 | NM7824 Patient Care 5 | 2 credits | See description preceding NM7820. Prerequisite: NM7823 |
| NM7402 Diet and Nutrient Therapy 2 | 3 credits | See description preceding NM7401. This course specifically discusses the nutritional management of specific disease conditions by detailing the clinical indications and current research on various specific nutrients and diets for specific diseases and conditions. Prerequisite: NM7401 | NM7825 Patient Care 6 | 2 credits | See description preceding NM7820. Prerequisite: NM7824 |
| | | | NM7826 Patient Care 7 | 2 credits | See description preceding NM7820. Prerequisite: NM7825 |
| | | | NM7827 Patient Care 8 | 2 credits | See description preceding NM7820. Prerequisite: NM7826 |
| | | | NM7828 Patient Care 9 | 2 credits | See description preceding NM7820. Prerequisite: NM7827 |
| | | | NM7829 Patient Care 10 | 2 credits | See description preceding NM7820. See NM8830-NM8836 for Patient Care 11-17 descriptions. Prerequisite: NM7828 |

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| NM7835 Building Clinical Skills | 2 credits |
| Gross listed as NM9835. This course is part of an ongoing series that is formulated to build and enhance clinical skills. The course covers all aspects of the clinical encounter including the interview, physical exam, case analysis, and differential diagnosis, laboratory and imaging as diagnostic tools, and naturopathic case analysis. The course is a directed study with lecture and group discussion and sessions. The student completes case-based assignments and brings the results to the group for analysis and discussion. Practice of personal skills outside of class is expected and is necessary for improvement to occur. This course may be offered as an independent study course with permission of the dean. Prerequisite: Clinic eligibility | |
| NM7901, NM7902, NM7903 Independent Study | variable credit |
| These courses provide an opportunity for students to study areas of interest that are not included in the regular curriculum. With the aid of a selected resource person/sponsor, the student may explore a field of study in naturopathic medicine of personal interest and value. Prerequisite: Permission of the dean or associate dean | |
| NM8101 Ethics | 1 credit |
| Ethics of the physician-patient relationship are explored in case studies. Prerequisite: NM6105 | |
| NM8102 Jurisprudence | 1 credit |
| This course is an overview of the state laws and the regulations as they relate to the practice of naturopathic medicine in the state of Washington. This includes licensing, malpractice, patient and physician rights, and the mechanisms by which laws are applied and enforced. Prerequisite: NM8101 | |
| Radiographic Interpretation 1-2 | |
| In this two (2) course sequence, students learn the fundamentals of radiographic interpretation. This course includes x-ray physics, the production and effects of ionizing radiation and radiological safety. Radiographic findings of common disorders are discussed with emphasis on differential diagnosis and correlation with clinical findings. Included is the study of pathologies of the skeleton, the thoracic region, and the gastrointestinal and genitourinary systems. Since many images are presented in class and considered extremely important to the learning process, in-person classroom attendance is required. | |
| NM8201 Radiographic Interpretation 1 | 2 credits |
| Since many images are presented in class and considered extremely important to the learning process, in-person classroom attendance is required. See description above. Prerequisite: NM7823 | |
| NM8212 Radiographic Interpretation 2 | 3 credits |
| In this lecture course, students learn the diagnostic imaging appearance of common disorders of the skeleton, chest, and abdomen, with an emphasis on x-ray presentation. Further diagnostic imaging terminology is introduced. Since many images are presented, classroom attendance is considered extremely important to the learning process. In-person classroom attendance is required. Prerequisite: NM8201 | |
| NM8214 Diagnostic Imaging | 3 credits |
| Students are introduced to special imaging procedures commonly used as ancillary and sometimes the primary imaging method in the evaluation of osseous and soft-tissue lesions of the body. Also included is the study of diagnostic ultrasound, computerized tomography, magnetic resonance imaging, nuclear medicine and fluoroscopy. Since many images are presented in class and considered extremely important to the learning process, in-person classroom attendance is required. Prerequisite: NM8201 | |
| NM8303 Geriatrics | 2 credits |
| The recognition of the physical, psychological and social differences between the elderly and the younger population is explored. The ability to differentially diagnose common disease entities of the elderly also is covered, as well as specific chronic conditions like diabetes, degenerative joint disease, coronary artery disease and problems of disabled individuals. Prerequisite: Concurrent with clinic shifts | |
| NM8308 Endocrinology | 3 credits |
| The complex interactions of the hormone systems of the body including the causes and effects of hormonal imbalance are covered. Conventional and naturopathic therapeutics for these conditions are presented. Prerequisite: Concurrent with clinic shifts | |
| NM8309 Rheumatology | 1.5 credits |
| This course focuses on the inflammatory conditions involving the connective tissue structures of the body, including muscles and joints. Emphasis is placed on autoimmune disorders and their treatment, with both conventional and naturopathic therapeutics. Prerequisite: Concurrent with clinic shifts | |
| NM8312 Urology | 1.5 credits |
| Diseases of the kidney, urinary tract and male reproductive system are covered in this course, with emphasis on differential diagnosis and assessment. Case management from both a conventional and naturopathic perspective is presented. Prerequisite: Concurrent with clinic shifts | |
| NM8314 Pulmonary Medicine | 1.5 credits |
| The diagnosis and treatment of respiratory diseases, including their relationship to cardiovascular disease, are covered. Conventional and naturopathic therapeutics for respiratory problems are presented. Prerequisite: NM7341 | |
| NM8325 Naturopathic Case Analysis and Management | |
| 2: Grand Rounds | 1 credit |
| Students in this clinic-based course participate in case presentations. Prerequisite: NM7325 | |
| Advanced Naturopathic Therapeutics 1-2 | |
| This two (2) course sequence covers health problems in a case-oriented approach. The most appropriate nutritional, botanical and environmental considerations are presented together with other appropriate naturopathic therapeutics. Emphasis is given to balance among the physical, mental and emotional aspects of treatment. | |
| NM8413 Advanced Naturopathic Therapeutics 1 | 2 credits |
| See description above. Prerequisite: NM7330 | |

NM8414 Advanced Naturopathic Therapeutics 2 2 credits
See description preceding NM8413. Prerequisite: NM8413

Preceptorship 1-3 and Advanced Preceptorship
Students have the opportunity to preceptor with physicians (ND, MD, DO) in practice. A preceptor/outreach coordinator assists students in locating appropriate preceptorship sites.

NM8801 Preceptorship 1 1 credit
See description above. Prerequisite: Admission to naturopathic medicine program

NM8802 Preceptorship 2 1 credit
See description preceding NM8801. Prerequisite: NM8801

NM8803 Preceptorship 3 1 credit
See description preceding NM8801. Prerequisite: NM8802

NM8830 Patient Care 11 2 credits
See description preceding NM7820. Prerequisite: NM7829

NM8831 Patient Care 12 2 credits
See description preceding NM7820. Prerequisite: NM8830

NM8832 Patient Care 13 2 credits
See description preceding NM7820. Prerequisite: NM8831

NM8833 Patient Care 14 2 credits
See description preceding NM7820. Prerequisite: NM8832

NM8834 Patient Care 15 2 credits
See description preceding NM7820. Prerequisite: NM8833

NM8835 Patient Care 16 2 credits
See description preceding NM7820. Prerequisite: NM8834

NM8836 Patient Care 17 2 credits
See description preceding NM7820. Prerequisite: NM8835

NM8844 Interim Patient Care 2 credits
See description preceding NM7820. Prerequisite: NM7820

NM8901, NM8902, NM8903 Independent Study variable credit

These courses provide an opportunity for students to study areas of interest that are not included in the regular curriculum. With the aid of a selected resource person/sponsor, the student may explore a field of study in naturopathic medicine of personal interest and value. Students may devote one (1) to five (5) of their elective credits to independent study. Prerequisite: Permission of dean

NM9111 Fasting and Natural Medicine 1 credit
Prerequisite: Admission to naturopathic medicine program or permission of dean

NM9112 Traditional Naturopathic Medicine Series: Special Topics 2 credits
This course presents special topics in traditional medicine. Examples of topics include the healing reaction, natural hygiene and fasting, nature cure, the spiritual aspects of health and illness, and methods and techniques taught by traditionally-trained naturopathic physicians. Cases are considered in lecture and discussion using this approach. Prerequisite: NM5113

NM9115 Traditional Naturopathic Medicine Series: Natural Hygiene, Principles, Research and Practice 2 credits

This course is designed to teach and explore principles, research and practice of natural hygiene. The variable factors that determine health, health recovery and disease are integrated with current scientific research and today's practice of natural hygiene. Prerequisite: Admission to the naturopathic medicine program or MS in nutrition program

NM9118 Energetics of Natural Medicine 0.5 credits
This course presents an analysis of the vital force, the emergence of shape, a redefinition of disease and a discussion of specific disorders. The class is participatory, involving lecture, discussion and movement. Prerequisite: NM6224 or NM7116

NM9314 Advanced Gynecology and Practicum 2 credits
This class includes advanced discussion in topics such as dysfunctional uterine bleeding, cervical cytology, chronic pelvic pain, recurrent vaginitis, breast disease, contraception management, osteoporosis and menopause. This class includes several case discussions. Included is a 2-hour practicum each week to review and practice the gynecologic exam, breast exam and office procedures. The practicum also includes discussion, demonstration and practice of IUD insertions plus endometrial and vulvar biopsies. Students enrolled in this class are encouraged but not mandated to practice gynecological and breast exams on each other. However, the practice of minor office procedures is done on Papayas. Prerequisites: NM7313

NM9316 Advanced Pediatrics 2 credits
This elective course focuses on clinical pearls and necessary knowledge for the naturopathic physician who will be working with children of all ages. Practical skills, such as vaccine administration, blood collection and exam skills are taught, as well as more advanced pediatric assessment techniques and treatment options. Prerequisites: NM7314, NM7315

NM9401 Diabetes, Insulin Resistance Syndrome 2 credits
Naturopathic medicine has powerful tools to meet this challenge, and we will be asked to care for an increasing number of diabetic patients. Diabetic care often presents complex management problems. The goal of this course is to develop a deeper understanding of the principles of natural diabetic care and an ability to make a sound response to the diabetic challenge. Prerequisite: Admission to Bastyr University

NM9402 AIDS and Alternative Medicine 1.5 credits
This course provides students with a foundation of information on HIV and AIDS necessary to meet the responsibilities of a naturopathic physician working with HIV/AIDS. Prerequisite: BC6209

NM9405 Traditional Naturopathic Medicine Series: Principles of Clinical Fasting 1 credit
The purpose of this course is to familiarize students with the clinical application of fasting and management of fasting patients. Principles of natural hygiene, naturopathic philosophy and the therapeutic order are applied. Prerequisite: Admission to the naturopathic medicine program or permission of instructor

Patient Care Elective Shifts 1-4

Students may take Patient Care Shifts as elective credit by permission of clinic medical director

NM9801 Patient Care Elective (fall) 2 credits

See description above. Prerequisite: Permission of clinic medical director

NM9802 Patient Care Elective (winter) 2 credits

See description preceding NM9801. Prerequisite: Permission of clinic medical director

NM9803 Patient Care Elective (spring) 2 credits

See description preceding NM9801. Prerequisite: Permission of clinic medical director

NM9835 Building Clinical Skills 2 credits

Cross listed as NM7835. This course is part of an ongoing series that is formulated to build and enhance clinical skills. The course covers all aspects of the clinical encounter including the interview, physical exam, case analysis, and differential diagnosis, laboratory and imaging as diagnostic tools, and naturopathic case analysis. The course is a directed study with lecture and group discussion and sessions. The student completes case based assignments and brings the results to the group for analysis and discussion. Practice of personal skills outside of class is expected and is necessary for improvement to occur. Prerequisite: Clinic eligibility

NM9804 Patient Care Elective (summer) 2 credits

See description preceding NM9801. Prerequisite: Permission of clinic medical director

NM9811 Advanced Preceptorship 2 credits

Students have the opportunity to preceptor with physicians (ND, MD, DO) in practice, in lieu of a regular clinic shift. Advanced Preceptorships may also be taken for elective credit. Approval must be granted by the associate clinical dean for naturopathic medicine. Prerequisite: Mid-level primary clinician status and completion of all preceptor rotations

ACUPUNCTURE AND ORIENTAL MEDICINE

Terry Courtney, MPH, IAc, Dean

For a listing of the Chinese herbal medicine courses that are part of the MSAOM or CCHM programs, please see alphabetical listings beginning with CH.

A grade of C or higher is required to pass all AOM/CCHM courses. Please review grade point requirements for the MSA/MSAOM programs.

CPR for Health Care Providers

Prior to entrance into the clinic, all students in the MSA, MSAOM and DAOM programs must complete a CPR course for health care professionals. This is a Bastyr Center for Natural Health requirement and is offered by the health and safety officer, health and safety department. Prerequisite: None

OM4101 History of Medicine 2 credits

This course is a survey of the history of medicine, including cross-cultural perspectives in healing. The course traces the history of medical practice from Ayurveda, Hippocrates and Taoism to the development of drug therapy and allopathic medicine. Special attention is placed on issues of cultural diversity in medicine. Prerequisite: Admission to the AOM program

Meridians and Points 1-3

This series includes a comprehensive study of acupuncture meridians and points of the human body with reference to traditional Chinese locations. The traditional indications, precautions and physiological responses according to modern research are emphasized. The 12 regular meridian channels and eight extra meridian channels, 15 collaterals, 365 regular acupoints and extra points are discussed. Labs, lectures and illustrations are coordinated to provide students with hands-on skills and a thorough understanding of points and meridians.

OM4106 Meridians and Points 1 4 credits

See description above. Prerequisite: Admission to the AOM program

OM4107 Meridians and Points 2 4 credits

See description preceding OM4106. Prerequisite: OM4106

OM4108 Meridians and Points 3 4 credits

See description preceding OM4106. Prerequisite: OM4107

OM4118 TCM Fundamentals 4 credits

This course covers the traditional theories fundamental to the practice of acupuncture and Oriental medicine. Students are introduced to the philosophy, theories of diagnosis and therapeutic concepts underlying traditional Chinese medicine. Prerequisite: Admission to the AOM program

TCM Diagnosis 1-2

In TCM Diagnosis 1 and 2 students begin the study, analysis, and understanding of the tongue and pulse. These courses focus on the understanding and practical skills of TCM diagnosis, applicable to both traditional Chinese herbology and acupuncture. Topics include differentiation of syndromes according to etiology, disease classification by symptom analysis, an in-depth study of the four diagnostic methods, and the principles of treatment. Teaching aids, illustrations and case studies are utilized to facilitate learning.

OM4211 TCM Diagnosis 1 3 credits

See description above. Prerequisites: OM4118/OM5120, admission to the AOM program

OM4212 TCM Diagnosis 2 3 credits

See description preceding OM4211. Prerequisite: OM4211

TCM Pathology 1-2

TCM Pathology 1 and 2 focus on understanding of the TCM empirical model of pathophysiology of health disharmonies according to Zang Fu and channel theories. Through case presentations students learn to analyze the etiology, signs and symptoms, patterns that create disease, and treatment plans that facilitate homeostasis.

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| OM4221 TCM Pathology 1 | 3 credits |
| See description above. Prerequisites: OM4118/OM5120, admission to the AOM program | |
| OM4222 TCM Pathology 2 | 3 credits |
| See description preceding OM4221. Prerequisite: OM4221 | |
| OM4315 TCM Bodywork: Tui Na | 1 credit |
| Tui Na, a form of bodywork, is a therapeutic massage modality that originated in China. Based on the theories of TCM, Tui Na's effects can be utilized for acute conditions, as well as for constitutional disharmonies. In this course, students are introduced to various techniques, as well as fundamental principles for common therapeutic applications. Both practical and theoretical aspects are emphasized. Prerequisites: OM4118/OM5120, admission to the AOM program | |
| OM4406 Qi Gong | 1 credit |
| Qi gong refers to the building, harnessing and proper directing of qi (energy.) Through proper exercise and instruction, students experience qi gong as a valuable resource for self healing and building energy. Prerequisite: OM4118 or OM5120 (can be concurrent) or permission of dean | |
| TCM Techniques 1-3 | |
| This sequence of courses offers instruction in both the principles and hands-on skills of acupuncture techniques. Considerable emphasis is put on patient safety, competence in clean needle technique, material preparations and precautions. Technical training includes needling, moxibustion, cupping, electroacupuncture, Gwa Sha, plum blossom needle, and physical stimulation of acupoints. A student must be enrolled in the MSA or MSAOM program in order to take these courses. | |
| OM4411 TCM Techniques 1 | 2 credits |
| See description above. (For TCM Techniques 2-3, see OM5430 and OM5436.) Prerequisites: BC3134 (or BC5122 - ND Students), OM4106, OM4118; concurrent with BC3135 and OM4107 | |
| OM4800 AOM Clinic Entry | 2 credits |
| This course covers clinic requirements, procedures and protocols, as well as clinic philosophy and standards of practice. Case management skills and charting skills prepare students for their clinic experience. Students attend case preview/review sessions where clinic cases are discussed. Special topics include confidentiality, special needs of different patient groups, dispensary, ethics and library support. Familiarity with Bastyr Center for Natural Health from the perspective of the patient and preparation for becoming a clinician are the key aspects of this course. Prerequisite: Admission to the AOM program | |
| Clinical Observation 1-3 | |
| As part of the first stage in clinical training, students are placed at clinic as observers and perform under the supervision of faculty who are licensed acupuncturists. Training occurs at Bastyr Center for Natural Health as well as other community sites. Observation is designed to introduce and train the student in clinical protocol, patient care etiquette and appropriate interactive skills with supervisors and student clinicians. Completion of the observation experience prepares students to further advance in the clinical training program. | |
| OM4803 Clinical Observation 1 | 2 credits |
| See description above. Prerequisite: OM4800 | |
| OM4804 Clinical Observation 2 | 2 credits |
| See description preceding OM4803. See OM5803 for Clinical Observation 3 description. Prerequisite: OM4803 | |
| OM4806 AOM Preceptor Observation | 2 credits |
| The required preceptorship experience can be done while in observation status or completed during the student clinician phase. Students who choose to complete the preceptorship during the clinician phase are still eligible to start clinic in spring quarter of their second year, which is the traditional entry point into direct patient care. This observation experience is to be completed with a practicing professional either in or outside of Washington state. Prerequisite: OM4804 or permission of dean | |
| OM4901, OM4902, OM4903 Independent Study | |
| | variable credit |
| These courses provide an opportunity for students to study areas of interest that are not included in the regular curriculum. With the aid of a selected resource person/sponsor, the student may explore a field of study in acupuncture and Oriental medicine of personal interest and value. Prerequisite: Permission of dean | |
| OM5120 Fundamental Principles of Traditional | |
| Chinese Medicine | 3 credits |
| This introductory course provides an overview to the theories and practice of acupuncture and Oriental medicine. Students are introduced to this ancient medicine in order to both better understand it and to recognize clinical situations that would benefit from referral to an acupuncturist. While this course is designed for students in the naturopathic medicine program, students enrolled in other degree programs are also eligible to take this course. Prerequisite: Admission to naturopathic medicine program or any other non-AOM degree program | |
| OM5121 Medical Chinese 1 | 1 credit |
| Medical Chinese 1 provides basic training in the Chinese Romanization system (pin yin), which assists students in recognizing Chinese medical concepts in both written and oral form. This is the first course in a four-course series and is the only medical Chinese course required for MSA students. Prerequisite: Admission to the AOM program | |
| OM5122 Medical Chinese 2 | 1 credit |
| Medical Chinese 2 introduces basic Chinese characters including the use of radicals. Simple greetings are also covered. This is the second course in a four-course series. A portion of this class is online. Prerequisite: OM5121 or permission of the dean | |
| OM5123 Medical Chinese 3 | 2 credits |
| Medical Chinese 3 focuses on introducing herbs with correct pronunciation and visual recognition of characters, introducing TCM clinical terminology, and developing verbal skills to include simple conversational Chinese. This is the third course in a four-course series. Prerequisite: OM5122 or permission of the dean | |

OM5124 Medical Chinese 4 2 credits
 Medical Chinese 4 continues with the study of herbal pronunciation and visual recognition of characters, introducing additional TCM clinical terminology. The course also covers simple grammar and sentence structure and builds verbal skills with simple medical conversation. This is the final course in a four-course series. Prerequisite: OM5123 or permission of the dean

OM5300 Auricular Therapy 2 credits
 This course introduces the basics of auricular therapy (ear acupuncture) and its use in diagnosis and treatment. Labs and lectures are included. Prerequisite: OM5436

OM5302 Public Health Issues in AOM 2 credits
 HIV/AIDS and chemical dependency are two major public health challenges for which the AOM profession has been instrumental in providing important ancillary care. This course provides an overview of differential diagnosis, treatment approaches and collaboration with other health care professionals in the treatment setting. The course blends Western medical theories with Oriental medicine in order to provide the student with a solid beginning foundation of clinical knowledge. Prerequisite: Clinician status in AOM

Survey of Western Clinical Sciences 1-3

This three-course sequence emphasizes the systemic approach to Western pathology and the signs and symptoms that are clinically associated with disease in the various organ systems. Students learn basic physical exam skills from a Western clinical sciences perspective, including an overview to the fundamentals of laboratory test interpretation. Recognition of signs and symptoms as well as objective findings that would indicate the necessity for a referral are extremely important to contemporary acupuncture practice.

OM5321 Survey of Western Clinical Sciences 1 3 credits
 See description above. Prerequisites: BC3136, BC4105 and admission to the AOM program

OM5322 Survey of Western Clinical Sciences 2 3 credits
 See description preceding OM5321. Prerequisite: OM5321

OM5324 Survey of Western Clinical Sciences 3 3 credits
 See description preceding OM5321. Prerequisite: OM5322

OM5405 TCM Whole Foods Nutrition 2 credits
 Students learn through lecture, demonstration, and practical lab how to recognize and apply a wide variety of foods for use in common patterns of pathology in TCM. Prerequisites: OM5418, OM5419

Acupuncture Therapeutics 1-7

This sequence of seven (7) courses covers the systems of the body and the conditions and disorders that afflict the body's systems from a TCM perspective. Each course begins with a brief survey of Western biomedical information. Traditional approaches in acupuncture are covered to familiarize students with TCM therapeutics. There is an overall emphasis on classical applications as they relate to therapeutics.

OM5414 Acupuncture Therapeutics 1 2 credits
 See description above. This course provides an introduction to the seven (7) part sequence of Acupuncture Therapeutics. Also covered are the most common disorders seen in the clinical setting. Prerequisites: OM4212, OM4222

OM5415 Acupuncture Therapeutics 2 2 credits
 See description preceding OM5414. This course provides foundational training in musculo-skeletal and dermatology conditions. Also covered are respiratory disorders. Prerequisite: OM5414

OM5416 Acupuncture Therapeutics 3 2 credits
 See description preceding OM5414. Acupuncture therapeutics for disorders of the gastrointestinal and hepatobiliary systems are covered in this course. Prerequisite: OM5414

OM5417 Acupuncture Therapeutics 4 2 credits
 See description preceding OM5414. Acupuncture therapeutics for the treatment of pediatric and gynecological disorders are covered in this course. Prerequisite: OM5414

OM5418 Acupuncture Therapeutics 5 2 credits
 See description preceding OM5414. Students learn to treat disorders of the cardiovascular system and common psychiatric disorders. Prerequisite: OM5414

OM5419 Acupuncture Therapeutics 6 2 credits
 See description preceding OM5414. This course covers the approach to and treatment of eye, ear, nose and throat conditions. Prerequisite: OM5414

OM5430 TCM Techniques 2 2 credits
 See description preceding OM4411. This course continues with building basic needling skills and introducing moxibustion, Gwa Sha, and other non-needle modalities. Prerequisite: OM4411

OM5436 TCM Techniques 3 2 credits
 See description preceding OM4411. This course provides students with advanced acupuncture skills, supervised practice on difficult acupuncture points and the techniques of acupuncture microsystems. Prerequisite: OM5430

OM5438 TCM Techniques Lab 1 credit
 This course provides additional instruction, review and practice opportunity for all material taught in the TCM Techniques 1-3 series. Prerequisite: OM5436

OM5442 Tai Chi 1 credit
 Tai chi is an important energetic system that utilizes specific movements and exercises designed to harmonize and build one's spirit and body. Prerequisite: OM4118 (may be concurrent) or 5120 (may be concurrent) or permission of dean

OM5803 Clinical Observation 3 2 credits
 See description preceding OM4803. Prerequisite: OM4804

Student Clinician Shifts and Interim Clinic

Students progress through 14 MSA shifts or 16 MSAOM shifts, which start in the spring of their second year and continue through the remainder of the program. An increasing level of independence is expected of student clinicians as they approach graduation. This is assessed through supervisor evaluations and clinical competencies performed by the student clinician throughout their clinical experience. Prerequisite: passage of the AOM clinic entry exam

Note: To graduate, AOM students must complete 400 separate patient treatments on a minimum of 100 different patients completed over a minimum of one academic year. In order to satisfy the patient contact requirements, students may need additional clinic shifts beyond those required for graduation from the University.

OM5813 AOM Clinic 1 **2 credits**

See description above. Prerequisite: Admission to MSA or MSAOM, OM5803, successful completion of Clinician Entry exam

OM5814 AOM Clinic 2 **2 credits**

See description preceding OM5813. Prerequisite: OM5813

OM5815 AOM Clinic 3 **2 credits**

See description preceding OM5813. Prerequisite: OM5814

OM5816 AOM Clinic 4 **2 credits**

See description preceding OM5813. Prerequisite: OM5815

OM5817 AOM Clinic 5 **2 credits**

See description preceding OM5813. Prerequisite: OM5816

OM5818 AOM Clinic 6 **2 credits**

See description preceding OM5813. See OM6827-OM6836 for AOM Clinic 7-16. Prerequisite: OM5817

OM5819 AOM Interim Clinic **1.5 credits**

See description preceding OM5813. Prerequisite: OM4800

OM5901, OM5902, OM5903 Independent study

variable credit

These courses provide an opportunity for students to study areas of interest that are not included in the regular curriculum. With the aid of a selected resource person/sponsor, the student may explore a field of study in acupuncture and Oriental medicine of personal interest and value. Prerequisite: Permission of dean

OM6105 Jurisprudence/Ethics **1 credit**

Medical ethics and legal considerations are discussed in relationship to patient care and privacy issues. Prerequisite: Third-year status in AOM program

OM6110 TCM Medical Classics **2 credits**

This course offers a survey of the historical evolution of TCM from its empirical beginnings within different schools to the most current practices. Prerequisite: Admission to the program

OM6111 Practice Management 1 **2 credits**

This is the first of a two-class series. The primary focus is assisting with the foundations of building a practice, including formulating and completing a business plan. Additional topics include office planning, bookkeeping, fee structures, taxes, accounting, marketing and communication skills. Prerequisite: OM5807

OM6112 Practice Management 2 **1 credit**

This is the second of a two-class series. This course focuses on additional practice building skills and requirements, including city and state licensing, marketing strategies, legal consent and privacy disclosures, practice options and referrals. Prerequisite: OM6111

OM6305 Survey of Biophysics and Electroacupuncture

2 credits

This course presents an overview of the theories and research in the field of biophysics that impact the practice of electroacupuncture. Principles and various applications of electroacupuncture are presented, a variety of devices demonstrated, and hands-on experience encouraged. Prerequisite: OM5436

OM6310 Case Review **2 credits**

This course runs concurrently with Clinic and provides a forum for the discussion of cases seen in the teaching clinic. Prerequisite: OM5813

OM6315 Clinical Theatre **2 credits**

This course provides an opportunity to observe experienced practitioners conducting patient interviews, constructing treatment plans, and applying treatments. The course is designed to assist students with understanding various approaches to medical interviewing, patient care and management. Prerequisite: OM5813

OM6417 Acupuncture Therapeutics 7 **2 credits**

See description preceding OM5414. Acupuncture therapeutics of renal and genitourinary systems, plus immune disorders including MS, CFIDS, and fibromyalgia. Prerequisite: OM5414

OM6820 Clinic Entry for China **1 credit**

Required for all students (master's and doctoral) who plan to study in China. This class is designed to prepare AOM students for their studies in Chengdu or Shanghai. Major topics include: professional hospital conduct in the Chinese hospital, Chinese cultural topics (dining, etiquette, studying tai chi, Chinese), safety, practical travel tips (money, packing, purchases in China, etc.). The course is taught with lecture, role play, video and guest speakers. Prerequisite: Prior approval for China or permission of the dean

Acupuncture Clinic in China 1-4

Students in good academic standing are encouraged to apply for advanced studies in China. Currently, Chengdu and Shanghai Universities of TCM are the main sites for Bastyr. For more information and an application, see the *Student Clinician Handbook*. The clinic in China is an eight (8) credit experience to be applied toward MSA or MSAOM program and/or elective credit. These credits may not be audited.

OM6821 Clinic in China 1 **2 credits**

See description above. Prerequisite: Permission of dean

OM6822 Clinic in China 2 **2 credits**

See description preceding OM6821. Prerequisite: Permission of dean

OM6823 Clinic in China 3 **2 credits**

See description preceding OM6821. Prerequisite: Permission of dean

OM6824 Clinic in China 4 2 credits
See description preceding OM6821. Prerequisite: Permission of dean

OM6827 AOM Clinic 7 2 credits
See description preceding OM5813. Prerequisite: OM5818

OM6828 AOM Clinic 8 2 credits
See description preceding OM5813. Prerequisite: OM6827

OM6829 AOM Clinic 9 2 credits
See description preceding OM5813. Prerequisite: OM6828

OM6830 AOM Clinic 10 2 credits
See description preceding OM5813. Prerequisite: OM6829

OM6831 AOM Clinic 11 2 credits
See description preceding OM5813. Prerequisite: OM6830

OM6832 AOM Clinic 12 2 credits
See description preceding OM5813. Prerequisite: OM6831

OM6833 AOM Clinic 13 2 credits
See description preceding OM5813. Prerequisite: OM6832

OM6834 AOM Clinic 14 2 credits
See description preceding OM5813. Prerequisite: OM6833

OM6835 AOM Clinic 15 2 credits
See description preceding OM5813. Prerequisite: OM6834

OM6836 AOM Clinic 16 2 credits
See description preceding OM5813. Prerequisite: OM6835

OM6901, OM6902, OM6903 Independent Study
variable credit

These courses provide an opportunity for students to study areas of interest that are not included in the regular curriculum. With the aid of a selected resource person/sponsor, the student may explore a field of study in acupuncture and Oriental medicine of personal interest and value. Prerequisite: Permission of dean

OM7110 Mechanisms and Pathology of Pain 2 credits
Understanding the mechanisms and pathology of pain is key to clinical management and resolution. This course covers the anatomical, neurological and biochemical components and biomedical aspects of pain. Prerequisites: Admission to DAOM program, or BC6200 for ND students, or permission of dean

OM7200 Huang Di Nei Jing 2 credits
The Neijing is the earliest known book on Chinese medical theory and is also included as one of the four major classical texts of Chinese medicine. This course provides highly developed studies in theories pertaining to yin/yang, five element, zang/fu and meridians. Building on these theories, the course provides a deeper understanding of disease etiology, which is critical to development of sophisticated clinical treatment plans. Prerequisite: Admission to DAOM program or permission of dean

OM7205 Shang Han Lun 2 credits
The Shang Han Lun is one of the four most important classics of traditional Chinese Medicine. The course provides an advanced analysis and ensuing clinical application of diseases caused by the external pathogen of Cold. This course prepares students to apply its diagnostic and treatment protocols to complex clinical care and treatment strategies. Prerequisite: Admission to DAOM program or permission of dean

OM7210 Jing Gui Yao Lue 2 credits

The Jin Gui Yao Lue is included as one of the four most important classics of traditional Chinese medicine. This course provides students with advanced clinical concepts in diagnostic and therapeutic systems in the areas of differential diagnosis, treatment principles and Chinese herbal formula selection, utilizing the six classic stages of disease as the structure for the course. The lectures are followed by case studies. Prerequisite: Admission to DAOM program or permission of dean

OM7215 Wen Bing Xue 2 credits

The Wen Bing Xue medical classic is the one of the four major traditional Chinese medical classic texts. This text pertains to "seasonal febrile diseases." The course analyzes the four classic stages of disease as they pertain to the external pathogen of Heat. The analysis and clinical application of this course material are applied to the diagnostic and treatment protocols of complex patient care protocols. Prerequisite: Admission to DAOM program or permission of dean

OM7311 OM Pain Management 1 2 credits

This is the first of three courses covering the diagnosis and treatment of neuromusculoskeletal conditions. The class discusses the TCM differential diagnosis of pain, treatment for the various types of pain with various types of tissue involvement, acupuncture systems of point selection, and the broad topics of TCM bi syndrome, wei syndrome and zhong-feng or windstroke. Prerequisite: Admission to DAOM or approval of the dean

OM7312 OM Pain Management 2 2 credits

This is the second of three courses covering the diagnosis and treatment of neuromusculoskeletal conditions, many of which involve pain. This course discusses site-specific neuromuscular problems including tendonitis, bursitis, neuralgia, sports injuries, and trigger point pain patterns of the lower extremities. Prerequisite: OM7311 or approval of the dean

OM7313 OM Pain Management 3 2 credits

This is the third of three courses covering the diagnosis and treatment of neuromusculoskeletal conditions, many of which involve pain. This course explores painful conditions of the spine, neck, head, shoulder and upper limbs, including the hand. Prerequisite: OM7311, OM7312, or approval of the dean

OM7400 Acupuncture in Oncology 2 credits

This course provides advanced acupuncture techniques that are vital to the clinical care and management of oncology patients. Advanced clinical theories and techniques, as they pertain to acupuncture, are given for the management of pain, immune support, treatment of anxiety/depression and modifying the side effects of medication. This course provides a sophisticated understanding and application of acupuncture in the oncology clinical setting. Prerequisite: Admission to DAOM program

OM7401 AOM Orthopedics 2 credits

This course provides an introduction to orthopedic assessment as it applies to the acupuncture clinical setting. Students gain skills in orthopedic assessment, which will enhance their clinical work and ability to provide advanced clinical care. Prerequisite: Admission to DAOM program or OM5324

OM7402 Clinical Orthopedics 2 credits

This course addresses the clinical issues of orthopedic management, including imaging, pharmaceuticals, labs and specific physical modalities. Patient co-management issues are also addressed, including recognition of advanced conditions requiring referral. Prerequisites: Admission to DAOM program, or BC6200 for ND students, or permission of dean

OM7403 Advanced Tui Na 1 credit

There are many advanced Tui Na techniques that can enhance resolution of pain. This course covers a variety of common clinical conditions including headache, TMJ, upper extremities, carpal tunnel syndrome, wrist pain, injury of lower extremities including the gastrocnemius muscle, ankle sprains and traumatic synovitis. Prerequisite: Admission to DAOM or approval of the dean

OM7405 Chinese Herbs in Oncology 3 credits

This course provides an analysis of the herbs and formulas that are commonly used in cancer treatment to treat both the acute phase of illness as well as to support health maintenance. Utilizing the standard Chinese herbal categories of clearing, releasing, invigorating, softening, reducing, draining and tonification, the course leads to a sophisticated understanding and application of Chinese herbal medicine in the oncology clinical setting. Prerequisite: Admission to DAOM program

OM7406 Qi Gong for Immunity and Pain Management 1 credit

This course focuses on both static and dynamic Qi Gong. Training is focused on strengthening the five Zang organs, calming Shen and managing pain. Case studies are presented for discussion. Prerequisite: Admission to DAOM program or OM6827

OM7411 TCM Cancer Therapeutics 1 2 credits

This course is the first in a two-part series. The focus of the course is to provide an advanced analysis of traditional Chinese medicine etiology, pathology, treatment principles and clinical application including nutrition and rehabilitation. This course develops skills in building sophisticated treatment plans for oncology care. Prerequisites: BC7101 and admission to DAOM program

OM7412 TCM Cancer Therapeutics 2 2 credits

This course is the second in a two-part series and covers the most common types of cancer found in the U.S. The course focuses on the clinical treatment of cancer utilizing both Chinese medicine and Western clinical intervention. The course provides an analysis of the strengths and limitations of Western and Chinese medicine in the oncology setting which leads to greater skills in understanding their integration in the clinical arena. Prerequisite: OM7411

OM7415 Advanced Acupuncture Techniques for Pain 2 credits

There are many advanced acupuncture techniques that can enhance needle manipulation skills, leading to stronger clinical outcomes. In addition to covering commonly used acupuncture techniques for pain, the course also covers techniques from the Huang Di Nei Jing, penetrated needling and traditional therapeutic artistic needling. Prerequisite: Admission to DAOM

DAOM Clinic

Doctoral students rotate through six different clinical sites: Bastyr Center for Natural Health, Skagit Valley Hospital Regional Cancer Care Center, and Providence Regional Cancer Partnership. Shifts pertaining to learning supervision skills and clinical work in advanced pain management are done in Bastyr Center for Natural Health. In the final quarter, students travel to China and participate in clinical work at Chengdu and Shanghai Universities of Traditional Chinese Medicine. Students spend a total of six weeks in China.

The purpose of the clinical training is to give students a strong foundation in traditional Chinese medicine care within integrated Western clinical settings that provide oncology and pain care. The student training experience provides clinical experience with developing and applying advanced acupuncture and Oriental medicine treatment plans as well as opportunities to observe oncologists and other health providers.

OM7800 Clinic Entry for Supervisors 1 credit

This course provides the skills and information needed to provide clinical supervision at Bastyr Center for Natural Health. The course covers key concepts that are important to working with adult learners including conducting mini-assessments, constructive feedback techniques and evaluation/grading. The course also assists students in conducting interdepartmental referrals and in skill building in co-management of patients. Prerequisite: Admission to DAOM program

OM7805 Clinic Supervision 1 2 credits

See description preceding OM7800. Prerequisite: Concurrent with OM7800, Admission to DAOM program

OM7806 Clinic Supervision 2 2 credits

See description preceding OM7800. Prerequisite: OM7805

OM7811 Oncology Clinic 1 2 credits

See description preceding OM7800. Prerequisite: completion of or concurrent with BC7105 and OM7412

OM7812 Oncology Clinic 2 2 credits

See description preceding OM7800. Prerequisite: OM7811

OM7813 Oncology Clinic 3 2 credits

See description preceding OM7800. Prerequisite: OM7812

OM7814 Oncology Clinic 4 2 credits

See description preceding OM7800. Prerequisite: OM7813

OM7821 Pain Clinic 1 2 credits

See description preceding OM7800. Prerequisite: OM7110, OM7401

OM7822 Pain Clinic 2 2 credits

See description preceding OM7800. Prerequisite: OM7821

OM7823 Pain Clinic 3 2 credits

See description preceding OM7800. Prerequisite: OM7822

OM7901, OM7902, OM7903 Independent Study variable credit

These courses provide an opportunity for students to study areas of interest that are not included in the regular curriculum. With the aid of a selected resource person/sponsor, the student may explore a field of study in acupuncture and Oriental medicine of personal interest and value. Prerequisite: Permission of dean

Research Practicum 1-3

This course provides students with a forum to discuss contemporary research topics as well as a place to discuss challenges or breakthroughs with their own doctoral research. Research Practicum 3 is the forum for final project presentations. The group discussions are particularly focused on complementary and alternative medicine issues, including analyzing the work going on nationally through NIH funding. An introduction to the research application process itself is also covered.

OM8101 Research Practicum 1 2 credits

See description above. Prerequisites: TR5128, Admission to DAOM program

OM8102 Research Practicum 2 2 credits

See description preceding OM8101. Prerequisite: OM8101

OM8103 Research Practicum 3 2 credits

See description preceding OM8101. Prerequisite: OM8102

OM8199 Capstone Continuation 0 credits

Enrollment in this course is required when a student has not yet completed the DAOM capstone project but has completed all other requirements of the doctoral program. One credit of tuition is charged. Prerequisite: OM8103

OM8810 China Studies 12 credits

See description preceding OM7800. The six-week clinical rotation in China provides doctoral students with exposure to advanced Western and TCM treatment planning and case management as it pertains to oncology and pain care. The six-week rotation includes three weeks at Chengdu University of Traditional Chinese Medicine and three weeks at Shanghai University of Traditional Chinese Medicine. Prerequisite: OM7813

OM8901, OM8902, OM8903 Independent Study variable credit

These courses provide an opportunity for students to study areas of interest that are not included in the regular curriculum. With the aid of a selected resource person/sponsor, the student may explore a field of study in acupuncture and Oriental medicine of personal interest and value. Prerequisite: Permission of dean
AOM Department Electives: The following courses (course numbers starting with OM9—) represent a variety of electives and special topics courses offered on a rotating basis.

OM9101 Overview of TCM and Physics 3 credits

This course provides an overview of Western physics and the physiological mechanisms behind concepts of traditional Chinese medicine. The course covers the framework behind the current Western scientific understanding of traditional Chinese medicine. Prerequisites: OM4108, OM4222

Qi Gong Elective Series

Courses are grouped into three units of three classes each. The first unit of classes must be completed before either units 2 or 3 can be taken.

Unit 1: Learning the Basics of Qi Gong**OM9111 Qi Gong: Internal Activation 1 credit**

This is the first class in a three-course series, introducing methods and techniques for direct, experiential understanding of the internal qi pathways of the Du and Ren meridians. The focus is on activating and cultivating one's own qi in accordance with corresponding yin/yang theory and TCM principles. Prerequisite: OM4406

OM9112 Qi Gong: Energizing the Zang Fu 1 credit

This is the second in a three-course series, introducing methods for developing the Zang Fu related meridians. Students learn meridian cultivation exercises and gain an experiential understanding of the internal organs at the energetic level. Prerequisite: OM9111

OM9113 Qi Gong: Energizing the Extraordinary Meridians 1 credit

This is the third in a three-course series, introducing methods for developing the extraordinary pathways. Students gain an experiential understanding of the functions of the extraordinary energy pathways at the subtle energy level. Prerequisite: OM9112

Unit 2: Training for Teaching Qi Gong to Others**OM9121 Qi Gong: Development of Emotional Well-Being 1 credit**

Students learn internal organ energy activation and cultivation leading to an experiential understanding of the emotional functions of the organs and the development of emotional management. Prerequisite: OM9113

OM9122 Qi Gong: Internal Balance and Qi Cultivation 1 credit

Students learn advanced qi cultivation exercises including those affecting the central and autonomic nervous systems, including the Marrow Gate and the Brain Gate. Prerequisite: OM9121

OM9123 Qi Gong: Teaching Methods and Philosophy 1 credit

Students learn methods and tools for conducting presentations and classes, including self-care practice and understanding of the trinity of students-teacher-universal energy. Prerequisite: OM9122

Unit 3: Therapeutic Application: Basics of Diagnostic Methods and Techniques**OM9131 Qi Gong: Diagnostics 1 credit**

The first of a three-course series. Methods covered include qi resonance, qi image perception and qi energy body communication. Prerequisite: OM9113

OM9132 Qi Gong: Therapeutic Approaches 1 credit

This is the second of a three-course series. This course introduces the relationship between qi Gong and five-element theory and the application of this knowledge in addressing health conditions. Students learn how natural changes within the body and the external environment affect health and quality of life. Prerequisite: OM9131

OM9133 Qi Gong: Philosophy and Ethics 1 credit
This is the third of a three-course series. This course introduces the Qi Gong healing philosophy and the ethical code for providing Qi Gong treatments. Students learn appropriate self care before and after providing Qi Gong sessions. Prerequisite: OM9132

OM9201 TCM Diagnostics for NDs 3 credits
This course is designed to provide naturopathic students an opportunity to apply basic diagnostic principles of traditional Chinese medicine. Topics include TCM interviewing skills, pulse, tongue, meridian, palpation and case analysis. Beginning patient assessment skills are introduced. Prerequisite: OM4118 or OM5120

OM9303 TCM Sports Medicine 1 1 credit
This course covers the theories, techniques and treatments of TCM sports medicine. The class focuses on introducing the treatments of six common joint injuries: mandible dislocation, luxation of biceps, long head tendon, acromioclavicular joint, sternoclavicular joint and radial capitulum. Prerequisite: BC3134

OM9306 Five Element 2 credits
This course provides an integrated approach to five element diagnostic laws and theory. The course provides a bridge between TCM and five element theory. Emphasis is given to developing diagnostic skills, interviewing and examining techniques. The student is guided to a new experience of seeing, hearing, feeling and smelling. Understanding all correspondences of lifestyle preference, personality, compensation for early traumas and emotional patterns, with a consciousness from within each element, is the goal of a series of experiential exercises. Prerequisite: OM4118 or OM5120

OM9309 Introduction to Foot Reflexology Massage 1 credit
This course introduces the theory and techniques of foot reflexology massage. Foot reflexology uses acupressure reflex points on the soles of the foot and lower leg to stimulate trigger points/meridians to treat disorders including PMS, stress and fatigue, headache, arthritis, insomnia, depression, digestive disorders, backache. History of reflexology, preparing herbal foot soaks, reflexology foot massage instruction/practice, and walks in Bastyr's reflexology path. Prerequisite: None

OM9313 Geriatric Care in AOM 2 credits
This course provides students with the clinical skills necessary to the specifics of geriatric clinical care. This includes intake and listening skills and specific considerations for the treatment of chronic versus acute conditions. Treatment protocols for common disorders are also covered. Prerequisite: OM5813

OM9314 TCM Sports Medicine 2 1 credit
This course covers the theories, techniques and treatments of TCM sports medicine. The class focuses on providing ancillary treatment for fractures of the ulna, radius (with subluxation of the radial capitulum), wrist joint, metacarpal thumb joint, hip joint, patella, fibular capitulum, ankle joint, fifth metatarsal bone, phalangeal joints of the toe and the ankle joint. Prerequisite: BC3134

OM9317 Thai Massage 1 1 credit
This course covers the theories and techniques of Thai massage. Classes focus on introducing the first 5 of the 10 Thai massage meridians and massage techniques and procedures on the feet, legs, neck and back. Prerequisites: BC3113 or BC3134 or BC5124

OM9318 Thai Massage 2 1 credit
This course covers the theories and techniques of Thai massage. Classes focus on introducing the last 5 of the 10 Thai massage meridians and massage techniques and procedures used on the face, abdomen, arms and fingers. Prerequisites: BC3134 or BC3113 or BC5124

Tui Na 2-5
Tui Na is a therapeutic form of massage based on the principles of Chinese Medicine. The focused nature of Tui Na in terms of precise manual technique and focus on specific problem resolution make it an excellent clinical therapy. The Tui Na series provides students an opportunity to work on specific hand/finger techniques that make this massage form remarkably effective.

OM9322 Tui Na 2 1 credit
See description above. The Tui Na techniques covered in this course include: shaking, squeezing, striking, regulating, bending, splashing, scratching, sweeping, locking, swinging, gathering, separating and rotating techniques. Prerequisite: OM4315

OM9323 Tui Na 3 1 credit
See description preceding OM9322. The Tui Na techniques covered in this course include trembling, pinching, clenching, flicking, pressing, tapping, dry-clean hair movement, brushing, plucking, stepping and stretching techniques. Prerequisite: OM4315

OM9324 Tui Na 4 1 credit
See description preceding OM9322. There are many advanced Tui Na techniques that can enhance resolution of pain. This course gives students an opportunity to apply previously learned advanced Tui Na techniques with a variety of common clinical conditions including headache, TMJ, upper extremities, carpal tunnel syndrome, wrist pain, injury of lower extremities including the gastrocnemius muscle, ankle sprains and traumatic synovitis. Prerequisite: OM4315

OM9325 Tui Na 5 1 credit
See description preceding OM9322. There are many advanced Tui Na techniques that can enhance resolution of pain. This course gives students an opportunity to apply previously learned advanced Tui Na techniques with a variety of common clinical conditions including pain in the scapula, mid and low-back areas, prolapsed disc conditions, injury to the superior cluneal nerve and trauma with the piriform muscle. External herbal applications also covered. Prerequisite: OM4315

OM9330 TCM Nutrition Lab 1 **2 credits**

This nutrition/cooking lab focuses on the application of Chinese herbs in Chinese cooking. Students shop for the menu of the day and learn how to choose good quality ingredients. The course covers the use of food and herbs in TCM as they relate to various diseases. One kind of soup and several dishes are made for lunch each session. Prerequisite: None

OM9400 Tai Chi 2 **1 credit**

This course offers further explorations with different styles and varieties of tai chi to further enhance health and well being (tai chi advanced). Prerequisite: OM5442 or permission of dean

OM9402 Qi Gong 2 **1 credit**

The manipulation of one's energetic core is further explored and expanded as a valuable tool to use with patients in the health care setting. Prerequisite: OM4406 or permission of dean

OM9403 Tai Chi Sword **1 credit**

This form, known as "Swimming Dragon," utilizes the classic weapon style from the Yang family tai chi chuan to stimulate the Yin energy. Course includes history of the form and yin/yang foundation theory and presents the difference between the weapon form and the bare hand form. Students learn the 37 classical movements. Prerequisite: OM4118 or OM5120 or permission of the dean

OM9404 Tai Chi Saber **1 credit**

This form, known as "Jumping Tiger," utilizes the classic weapon style from the Yang family tai chi chuan to stimulate the Yang energy. Course includes history of the form and yin/yang foundation theory and presents the difference between the weapon form and the bare hand form. Students learn the 13 classical movements. Prerequisite: OM4118 or OM5120 or permission of the dean

OM9420 Specialized Approaches in Acupuncture**Therapy: Acupuncture Detox Training** **2 credits**

This course provides an overview of the field of chemical dependency treatment and the role of acupuncture and includes an overview of the biochemistry of chemical dependency, outpatient treatment strategies for safely detoxifying and aftercare. This course is the didactic portion of a larger certification program offered by the National Acupuncture Detoxification Association (NADA). Upon completion of this course and an outside clinical rotation, students are eligible to work as acupuncturists in chemical dependency treatment facilities upon graduation/licensure. Prerequisite: OM5813 or permission of dean

OM9815 Advanced Point Location **2 credits**

This course provides additional methods for acupuncture point location that rely on body topography. The course enhances the classical cun-based measurement system. Additionally, methods to achieve specific therapeutic effects, based upon the new location information, are explored. Prerequisite: Admission to DAOM program or third-year master's level with instructor approval.

OM9817 Advanced Clinician Shift **2 credits**

This clinic shift provides entering DAOM students an opportunity to refresh their general clinical skills under the supervision and evaluation of AOM clinical faculty. Students are required to demonstrate the competencies of a final term master's student. Failure to demonstrate a grade of Achieved Competency in this shift may require a repeat of the shift under the guidelines of a learning contract. Prerequisite: Admission to the DAOM program

Clinical Elective 1-3

Students may take Clinical shifts as elective credit by permission of the dean.

OM9821 Clinical Elective 1 **2 credits**

See description above. Prerequisite: Permission of dean

OM9822 Clinical Elective 2 **2 credits**

See description preceding OM9821. Prerequisite: Permission of dean

OM9823 Clinical Elective 3 **2 credits**

See description preceding OM9821. Prerequisite: Permission of dean

PHYSICAL MEDICINE

Dean Neary, ND, Department Chair

Hydrotherapy/Physiotherapy Lecture and Lab

This two (2) course sequence begins with a lecture class and is followed by a skills lab, which prepares students for hydrotherapy/physiotherapy therapeutics in the clinic. Topics covered in the class include the principles of nature cure and hydrotherapy, as well as specific techniques such as constitutional hydrotherapy. The physiotherapy portion covers the physiotherapy devices used in practice, such as ultrasound, diathermy, electrical stimulation, ultraviolet and infrared, and low-level laser therapy (LLLT).

PM5301 Hydrotherapy/Physiotherapy Lecture **2 credits**

See description above. Prerequisite: BC5122

PM5305 Hydrotherapy/Physiotherapy Lab **1 credit**

See description preceding PM5301. Prerequisite: PM5301

PM5310 Myofascial Analysis **1.5 credits**

In this class students learn skills they will use through the rest of the physical medicine series at Bastyr University. Students identify and palpate anatomical landmarks, assess the physical structure of a patient's body, and formulate an understanding of the biomechanical basis for movement. Students also learn the basics of myofascial release techniques, Swedish massage, and how to instruct patients to stretch hypertonic muscles. Pre/Corequisite: BC3113 or BC5122

Naturopathic Manipulation 1-4

This four (4) course sequence in naturopathic manipulation emphasizes structure and gait analysis, evaluation of musculoskeletal conditions, differential diagnosis, assessment and treatment. A comprehensive approach to therapeutic protocols utilizing appropriate physical medicine modalities is emphasized.

PM6300 Naturopathic Manipulation 1 2 credits
See description above. This course includes structural analysis and gait analysis. Students are introduced to various forms of soft tissue manipulation, such as muscle energy, strain/counterstrain, trigger point therapy, and craniosacral manipulation. Prerequisites: BC5124, PM5310

PM7301 Naturopathic Manipulation 2 3 credits
See description preceding PM6300. Evaluation of soft tissue pathologies, differential diagnoses and rationale for use of soft tissue manipulation are covered. Soft tissue treatment — primarily muscle energy technique — is taught in the context of therapeutic massage, neuromuscular technique and strain/counterstrain. Osseous manipulation is introduced. Prerequisite: PM6300. Corequisite: PM7305

PM7302 Naturopathic Manipulation 3 3 credits
See description preceding PM6300. General osseous manipulation in uncomplicated cases is covered. The course focuses primarily on spinal manipulation. Treatment protocols emphasize a well-rounded approach, including the appropriate use of osseous and soft tissue manipulation, physiotherapy and hydrotherapy. Prerequisites: PM7301, PM7305

PM7303 Naturopathic Manipulation 4 3 credits
See description preceding PM6300. This course covers osseous manipulation in more complicated cases requiring extensive evaluation, including indications for the use of diagnostic testing, such as radiography, CT and MRI. Extremity manipulation is also taught. Prerequisite: PM7302

PM7305 Orthopedics 2 credits
This course reviews the assessment of the musculoskeletal system and diagnosis of orthopedic conditions. Prerequisite: NM6224, concurrent with clinic shifts. Corequisite: PM7301

PM7341 Sports Medicine/Therapeutic Exercise 2 credits
Diagnosis and treatment of sports injuries likely to be seen by a general practice naturopathic physician are covered. Methods of fitness testing, exercise prescription and the use of exercise as therapy are taught. Prerequisite: PM7301

Bastyr Center for Natural Health: Physical Medicine Shifts 1-4

Students are required to take four (4) physical medicine shifts during their clinical training. Each physical medicine shift involves faculty-supervised provision of naturopathic physical medicine. Massage, hydrotherapy, physiotherapy, soft tissue manipulation and naturopathic osseous manipulation therapies are the emphasized clinical skills. Students' competency in assessment skills and the application of physical medicine modalities are assessed through their supervisor evaluations. Additionally, students complete sequential clinical competencies throughout their physical medicine clinical experiences. Prerequisite: Clinic eligibility

PM7801 Physical Medicine 1 (Patient Care 18) 2 credits
See description above. Prerequisite: See above

PM7802 Physical Medicine 2 (Patient Care 19) 2 credits
See description preceding PM7801. Prerequisite: PM7801

PM8801 Physical Medicine 3 (Patient Care 20) 2 credits
See description preceding PM7801. Prerequisite: PM7802

PM8802 Physical Medicine 4 (Patient Care 21) 2 credits
See description preceding PM7801. Prerequisite: PM8801

PM9300 Massage Intensive 6 credits
This course is cosponsored with the Bellevue Massage School Center For Healing Arts. Students interested in further information may meet with an advisor evaluator in the registrar's office or with a department program coordinator to discuss the availability of the program and prerequisite requirements. This course cannot be audited.

PM9301 Traditional Naturopathic Medicine Series:

Advanced Constitutional Hydrotherapy 1 2 credits
Advanced clinical application of constitutional hydrotherapy. Topics include clinical pearls, clinical management of the healing reaction (or crisis), use of specific gravity, heart sounds, celiac plexus, adjunctive hydro and physiotherapy techniques and case studies. This course includes laboratory application. This course may be audited. Prerequisites: NM5131, PM5301, PM5305

PM9307 Abdomen 1 Visceral Manipulation 2 credits
This is a beginning level course, which covers the fundamentals of visceral manipulation as applied to the liver, gall bladder, stomach, duodenum, jejunoleum and the colon. The training is very precise and true to the body of work and research brought forth by both Dr. Barral and Alain Gehin. Prerequisite: Must be registered for at least one clinic shift. This course cannot be audited.

PM9310 Massage 1.5 credits
The intention of the class is to teach the student how to be comfortable when touching in a therapeutic setting. Through massage techniques, the student is taught how to palpate tissues to discover tissue changes and how to treat those changes. The class focuses on Swedish massage indications, contraindications and techniques, and introduces other soft tissue assessment and treatment techniques. This course cannot be audited. Prerequisite: BC3113 or BC3134 or BC5122

Craniosacral Therapy 1-2

These courses are designed as an introduction to the theory and practice of craniosacral therapy. The theory is based on the physiological principle that the flow of fluid within the body is important in health and that structure and function are directly related to one another in health and disease. Methods for evaluation and treatment of the entire body are described, observed and practiced. The student learns a 10-step protocol for therapeutic application. This course cannot be audited.

PM9311 Craniosacral Therapy 1 3 credits
See description above. This course cannot be audited. Prerequisites: (ND) BC5124 and PM5310; (NTR, ExSc, HS) PM5310 or PM9310 and BC3163; (AOM) BC3136 and PM5310 or PM9310

PM9315 Craniosacral Therapy 2 3 credits
See description preceding PM9311. This course cannot be audited. Prerequisite: PM9311

COUNSELING AND HEALTH PSYCHOLOGY

Charles E. Smith, PhD, Department Chair

The prerequisite of “senior standing” means that the student has successfully completed a minimum of 45 credits in the Bastyr health psychology program.

PS3114 Developmental Psychology 4 credits

This course examines the stages of human psychological development and the corresponding tasks, issues, and challenges inherent in each stage. Additionally, it examines learning styles across the life span and implications for adult learning. Concepts such as modeling, separation anxiety, moral reasoning and gender constancy are considered. The roots and patterns of attachment, early socialization, and sex and gender roles as part of psychosocial and moral development are explored in relation to theorists such as Piaget, Erikson, Bowlby and Kohlberg. Prerequisite: None

PS3123 Health Psychology 1 4 credits

This course serves as an introduction to the study of undergraduate health psychology at Bastyr University. The course provides students with opportunities to improve the skills needed for a successful experience at Bastyr. These skills include the ability to work cooperatively in small groups, the ability to find and use library resources in psychology and related modalities, the ability to critically read and think about research articles, and the ability to use American psychological writing and reference style. This course also introduces students to the biopsychosocial model of health and illness. Prerequisite: Admission into the Health Psychology major

PS3124 Health Psychology 2 4 credits

This course continues the examination of the biopsychosocial model of health and illness. The impact of psychosocial variables such as social support and coping are covered and students learn about methods for identifying and changing maladaptive health-related behaviors. The psychological and behavioral components of illnesses such as chronic pain, cancer and heart disease are examined. Prerequisite: PS3123

PS3126 Psychology of Personality 4 credits

This course offers an understanding and working knowledge of basic theories of personality, including those of Freud, Adler, Jung, Miller, Rogers, Maslow, and Mahler. Assessment tools such as the MBTI, projective techniques such as the TAT, and taxonomies of personality traits are examined. Students also critically explore coping patterns and mental health as a result of personality differences. The concept of self via humanistic psychology and social learning theory are contrasted with a psychodynamic approach to personality. Prerequisite: None

PS3127 Foundations of Counseling for Dietitians

3 credits

This course highlights how the building of a therapeutic relationship with a client is a basic foundation for the delivery of quality care by a dietitian. Particular strategies and interventions are highlighted that will likely prove beneficial for dietitians and clients establishing good rapport, collaborating for treatment goal setting, and pursuing realistic behavior change. Opportunities for practice with these techniques are provided. Prerequisite: Admission to DPD program or permission of instructor

PS3128 Psychology of Sports and Exercise 2 credits

This is an introduction to sports and exercise behaviors of both individuals and groups. Topics include cognitive and behavioral strategies, personality profiles, performance enhancement, motivation theory, and exercise initiation, adoption, and maintenance as they apply to various dimensions of physical performance. This course may be taught using an online format. Prerequisite: Introductory psychology course

PS3129 Abnormal Psychology 4 credits

This course provides an overview and historical background of abnormal behavior, including present day categories of abnormal behavior, symptomology, etiology and treatment. Historical perspectives related to the current conception of psychopathology as disease are the focus of this course. Subcategories of the pathology model are analyzed, as well as modern classification. Prerequisite: None

PS3131 Learning, Cognition and Behavior 4 credits

This course provides an introduction to historical and contemporary behavioral and cognitive theories and research about how we learn. Topics such as memory, thinking, problem solving, behavior acquisition and extinction, and reinforcement are explored. The course also explores the ways in which information is gathered from the external world, organized and stored in memory. Prerequisite: None

PS3133 Introduction to Statistics 4 credits

In this course, statistical procedures are examined within the context of behavioral sciences. Statistical concepts such as probability, correlation and regression, analysis of variance, binomial and normal distributions, hypothesis testing and estimation are explored. Nonparametric statistics, application of binomial and normal distribution, chi-square tests and linear regression theory are addressed. Methods by which statistical concepts and formulas can be applied to the research of behavior are discussed. Experience with the statistical package for the social sciences (SPSS) is included. Prerequisite: None

PS3134 Research Methods in Psychology 4 credits

This course covers the basic scientific methods used in psychological research. Research issues such as formulating hypotheses and operational definitions, validity and reliability are introduced, and descriptive, correlation, experimental and quasi experimental research designs are discussed. Prerequisite: Admission into the Health Psychology major

PS3139 Spirituality and Health 3 credits
This course provides an introduction to the spirituality and health series by reviewing theoretical and historical perspectives as well as current thinking on the relationship between psychology, spirituality and health and the forces behind the separation of scientific medicine and spirituality. Students examine concepts such as the place of humans in the natural world and consciousness research and learn to use tools such as meditation that focus on the reintegration of mind, body and spirit to achieve health and wellness. Prerequisite: None

PS3147 Myth, Ritual and Health 3 credits
The role of mythology in culture is examined, and the impact of ritual and initiation on health and human development is explored. Indigenous healing practices and modern healing approaches, as well as the role of illness as a transformative process, are examined. Prerequisite: None

PS3601 Psychology of Nourishment 3 credits
In this course the student explores the personal and psychological components of nutrition and nourishment including his/her relationship to food and eating, one's own sources of psychological nourishment and the impact of dietary changes on family dynamics. Students study the role of nourishment as it applies to developmental models. This course contrasts psychosocial stages of development with specific diets and food trends. Prerequisite: Introductory psychology course

PS3615 Health and Oriental Medicine 3 credits
This course explores the practice of Oriental medicine and its relationship to Western psychology. Special attention is given to the influences of qi gong, Taoist and five element tradition. Psychological health is examined from an energetic perspective, congruent with Oriental medicine's philosophy of approaching emotional problems as a result of an imbalance. The five element tradition is explored in the context of maintaining health and wellness and contrasted with traditional Western concepts of balance. Prerequisite: None

PS3901, PS3902, PS3903 Independent Study variable credit
Independent study provides the student an opportunity to study an area of interest in psychology not included in the regular curriculum. Both the topic and the resource person must be approved by the psychology department chair. To begin independent study, the student must have completed 45 credits in psychology. Prerequisite: Permission of department chair

PS4101 Social Psychology 4 credits
Using the perspective of social psychology, this course examines issues such as attitude change, interpersonal attraction and behavior, prejudice, attribution theory, aggression, conformity and inter/intragroup behavior, group process, leadership and social cognition. Prerequisite: None

PS4102 Ethical Issues in Psychology 3 credits
This course provides an introduction to global ethical philosophies and professional ethics in psychology, including practical application of ethical principles as they relate to contemporary psychological and biomedical issues. Topics such as informed consent, professional boundaries, confidentiality, ethics in research and dual relationships are emphasized. Students learn principles of ethical decision making including autonomy and beneficence. Theoretical concepts are applied to personal, professional and global issues through the use of case studies. Prerequisite: Introductory psychology course

PS4106 Multicultural Psychology 3 credits
This course explores diversity and similarity among human beings. An emphasis is placed on students' exploring their own backgrounds and biases to become better equipped at understanding and fighting racism, sexism, and other inequities and bigotries. Topics such as treatment of diversity and diversity impact on health are a focus. Students are expected to contribute personal reactions and evidence attempts at personal growth in multicultural understanding. Prerequisite: None

PS4109 Human Sexuality 3 credits
This course is designed to provide an overview of human sexuality. Students increase their knowledge, comfort, and personal insight in topics like sex research, sexual anatomy, gender roles, sexual orientation, sexually transmitted infections, and sexuality education. This course examines sexuality from personal, historical and cultural perspectives. Prerequisite: None

PS4112 Creating Wellness 3 credits
This course explores wellness comprehensively, including study of its physical, mental, emotional, behavioral, social and spiritual dimensions. We address the shifting paradigm of medical models from technocratic to biopsychosocial to holistic and look at how this shift is affecting traditional areas of study. The focus of this course is on biological-psychological interactions and the mind-body connection — how we stay healthy, how we become resilient and how we create well-being. The emerging field of positive psychology is also discussed. Prerequisite: None

PS4113 Holistic Interventions in Addictions 2 credits
This course offers a comprehensive study of approaches to treatment and case management, designed to offer an integrated approach in dealing with individuals who struggle with addictions. Modalities such as acupuncture, use of herbs and complementary and alternative medical practices for treatment of addictions are explored. Prerequisite: Introductory psychology course

PS4117 Experimental Psychology 4 credits
This class focuses on the fundamentals of experimental design in psychology. Special attention is given to formulating hypotheses and operational definitions, data collection, analyses and interpretation. Students select, define and measure appropriate variables. Topics such as sensory and perceptual processes, attention and reaction time, as well as learning and memory, may be explored in the context of laboratory psychology. Prerequisites: PS3133, PS3134

- PS4124 Biological Psychology** **5 credits**
This course provides a comprehensive introduction to the structure and functions of the human nervous system and investigates the biological basis of the senses, emotion and sleep. Topics such as hunger and thirst, sexual behavior, memory and language may also be explored. Prerequisite: None
- PS4126 Research Proposal** **2 credits**
In this course students write the proposal for their senior research project. They review background literature, formulate hypotheses and operational definitions, and develop study procedures. Applications for Bastyr Institutional Ethics Review Board approval for empirical studies are also completed. Prerequisite: PS3133, PS3134
- PS4128 Research Project** **5 credits**
The research project offers students the opportunity to explore a topic within the field of psychology and complete a literature review or empirical study on that topic under the direction of a psychology faculty member. Students present a hypothesis and methodology for testing and carry out a project. This course is equivalent to a senior thesis. Prerequisites: PS3133, PS3134, PS4117, PS4126
- PS4129 Research Presentation** **3 credits**
The purpose of this course is to provide students with the opportunity to develop and deliver a conference-style presentation on the specific research topic they explored in PS4128. Prerequisite: PS4128
- PS4149 Psychology and World Religions** **5 credits**
This course examines the central beliefs, traditions and practices of the five major world religions (Christianity, Judaism, Islam, Buddhism, and Hinduism) as well as a variety of additional religions. The personal and cultural roles of religion as they relate to wellness and health care are discussed. Prerequisite: none
- PS4150 Healing: Self, Society and World** **3 credits**
The final course in the Spirituality and Health series integrates information from the previous four courses and helps students extend their knowledge and skills toward community building, environmental and social change and personal service. Prerequisites: PS3139, PS3147, PS4149
- PS4501 SPSS Lab** **.5 credits**
The SPSS lab course is designed for those undergraduate psychology students who have already completed an introduction to statistics course but lack training in the use of the statistical package for the social sciences (SPSS). The course introduces students to the fundamentals of creating data sets, labeling and manipulating variables and testing hypotheses using various statistical commands in SPSS. Students gain hands-on experience with using SPSS on PC computers. This course is normally scheduled in the same quarter as Introduction to Statistics. Prerequisite: Introductory statistics course
- PS4610 Special Topics in Health Care** **3 credits**
Contemporary issues in health care as they relate to psychology are explored in this seminar-style course. Topics such as the environment of the health care industry, complementary medicine, the biopsychosocial model of health care and holistic psychological interventions are examined. Prerequisite: None
- PS4800 Practicum in Psychology** **variable credit**
This course provides students with the opportunity for practical experience in a variety of community settings related to psychology and health. Practicum sites are arranged by the student and must be approved by the instructor. A maximum of one practicum site experience is allowed per quarter. One credit equals 33 hours of practicum-related work over the course of an academic quarter. Maximum of two credits per quarter. Prerequisite: Satisfactory completion of 30 credits in the BS in psychology program
- PS4901, PS4902, PS4903 Independent Study** **variable credit**
Independent Study provides the student an opportunity to study an area of interest in health psychology not included in the regular curriculum. (An independent study cannot substitute for or be used to repeat a course offered in the prescribed curriculum.) It is the responsibility of the student to enlist a qualified resource person to guide the independent study. The counseling and health psychology department chair must approve both the topic and the resource person. To begin independent study, the student must have completed 45 credits in residence. Prerequisite: Permission of department chair
- PS5110 Fundamentals of Counseling: Group Dynamics** **3 credits**
This course introduces students to the basic principles of group psychotherapy and includes both an experiential and didactic component. Theories of group development and research issues are also reviewed. Prerequisite: PS5301 or permission of instructor
- PS5113 Theories of Counseling and Psychotherapy** **3 credits**
This course covers the major theoretical approaches to counseling and psychotherapy, including psychoanalysis, cognitive-behavioral therapy, client-centered, gestalt and solution-focused. Case studies, role-plays, student-led discussion groups and videos supplement readings and lecture. Prerequisite: PS5301
- PS5115 Fundamentals of Counseling: Systems, Families and Couples** **4 credits**
This course covers an overview of the development of the field of family therapy and an introduction to the theory and practice of the major "schools." Additional issues to be covered include medical family therapy, critiques of the major models, and culturally sensitive assessment and treatment with diverse families. Case studies, role plays and videos supplement readings and lecture. Prerequisite: Admission to MSN/CHP or permission of instructor
- PS5202 Psychopathology and Biomedical Conditions** **3 credits**
This is a course in psychopathology that focuses on refining diagnostic skills and reviewing current empirical and theoretical literature on the biopsychosocial etiology of mental disorders. A special emphasis is placed on co-morbid psychopathologies related to acute and chronic biomedical conditions such as pain syndromes, gastrointestinal disorders, spinal cord injury, cardiovascular disease, cancer, stroke, HIV and AIDS, and Alzheimer's disease. Prerequisite: Admission to graduate studies and concurrent enrollment in PS6315 for MSN/CHP only

PS5205 Patient Communications 3 credits
This course covers the fundamentals of counseling, including essential counselor characteristics, basic communication and interview skills, the establishment of a therapeutic/wellness alliance, proficiency in stimulating health and nourishment, and suicide assessment and referral. Prerequisite: Student clinician status or permission of the dean

PS5301 Fundamentals of Counseling: Basic Skills 3 credits
This course covers the fundamentals of counseling, including essential counselor characteristics, basic communication and interview skills, the establishment of a therapeutic/wellness alliance, proficiency in stimulating health and nourishment, and suicide assessment and referral. The theory and research in common factor models of psychotherapy are emphasized. Prerequisite: Admission to graduate studies

PS5901, PS5902, PS5903 Independent Study variable credit
Independent Study provides the student an opportunity to study an area of interest in health psychology not included in the regular curriculum. (An independent study cannot substitute for or be used to repeat a course offered in the prescribed curriculum.) It is the responsibility of the student to enlist a qualified resource person to guide the independent study. The counseling and health psychology department chair must approve both the topic and the resource person. Prerequisite: Permission of department chair

PS6100 Motivational Interviewing 2 credits
This is an advanced interviewing course designed to help students further develop their therapeutic skills at motivating clients for treatment and increasing treatment compliance. Students practice motivational interviewing in class. Prerequisites: Admission to graduate program or permission of chair

PS6105 Diversity and Multicultural Issues in Health Psychology 3 credits
This course addresses multicultural issues in the practice of psychology through investigating the fundamental levels of awareness, knowledge and skills necessary to competently serve diverse populations. The multiple dimensions of identity, including race, ethnicity, religion, socioeconomic status, gender, disability and sexual orientation, are explored in the context of development, assessment and interventions. Prerequisite: Admission to graduate studies or permission of instructor

PS6130 Psychological Testing 3 credits
This course covers general principles of assessment and basic psychometrics and emphasizes basic research and interpretation skills for common personality, behavior and cognitive/intellectual assessments. Prerequisites: PS5202, PS5301, PS6315

PS6207 Counseling for Eating Disorders 2 credits
This course studies the entire spectrum of disordered eating, including anorexia, bulimia and restricted eating. Course emphasis is on the psychological, social, and behavioral patterns of restrictive eating and the counseling issues, techniques and interventions that interrupt these and lead toward individual and family health and healing. This course includes a counseling lab. Prerequisites: PS5205 (AOM) or PS5210 (NTR) or PS7203 (ND) or PS5113, PS5115, PS5301 (MSN/CHP)

Naturopathic Counseling 1-3
Naturopathic Counseling is at the heart of the practice of naturopathic medicine. This three (3) course sequence integrates the principles of naturopathic medicine with counseling skills, holistic counseling interventions, and the practice of general medicine, with attention to body/mind/spirit interactions.

PS6305 Naturopathic Counseling 1 3 credits
See description above. This course covers introductory counseling skills in light of the principles of naturopathic medicine, including therapeutic counselor qualities; communication and interview skills; the establishment and utilization of the wellness alliance; proficiency in stimulating health and well being; and suicide assessment, treatment and referral. Students create a videotape demonstrating basic counseling skills and principles. (ND only) Prerequisite: Admission to Naturopathic Medicine program

PS6306 Naturopathic Counseling 2 3 credits
See description preceding PS6305. Building on Naturopathic Counseling 1, this course offers more specific focus and skill building related to those counseling interventions whose effectiveness is supported empirically. Collaborative treatment planning is also addressed as part of an orientation to the clinical counseling shift. Students conduct ongoing counseling in a lab setting with live role models. See PS7315 for Naturopathic Counseling 3. Prerequisite: PS6305

PS6310 Nutrition and Pharmacology in Mental Health 3 credits
This course is designed to study nutritional and pharmacological imbalances in mental health disorders and the relationship between nutrition, brain biochemistry and mental health. Nutritional and psychotropic interventions and their efficacy for mental health disorders are also examined. Prerequisites: BC5118, BC5132, and PS5202 or permission of instructor

PS6315 Counseling Adults 1: Assessment and Treatment 3 credits
This course utilizes a biopsychosocial counseling approach for assessment and treatment of adults with mental disorders and chronic illness. Students learn intake interviewing and basic counseling skills within a health psychology foundation, in preparation for their first clinic shift. The course also focuses on principles and processes for health behavior change. Key theoretical approaches and their clinical application are covered. Prerequisite: concurrent enrollment in PS5202 or permission of instructor

PS6317 Counseling Adults 2: Assessment and**Treatment****3 credits**

This advanced counseling course utilizes a biopsychosocial counseling and integrative approach for the assessment and treatment of adults with mental disorders and terminal illness. A primary focus is on counseling for grief and loss and includes techniques for assisting such individuals toward greater interpersonal effectiveness with partners, family members, and other significant persons. This course also focuses on integrating various theoretical systems and approaches to counseling with hands-on skill development in advanced counseling techniques. Prerequisite: PS6315

PS6323 Assessment and Treatment of Children/**Adolescents in Health Psychology****3 credits**

This is an introductory course on child and adolescents' psychotherapies. It uses an integrated model of child therapy in a family context, which includes psychodynamic, cognitive-behavioral and systems perspectives. This course also explores various therapeutic modalities, using case studies to explore childhood disorders such as ADHD, autism, diabetes, depression and eating disorders. Prerequisite: PS6315 or permission of instructor

PS6901, PS6902, PS6903 Independent Study**variable credit**

Independent study provides the student an opportunity to study an area of interest in health psychology not included in the regular curriculum. (An independent study cannot substitute for or be used to repeat a course offered in the prescribed curriculum.) It is the responsibility of the student to enlist a qualified resource person to guide the independent study. The counseling and health psychology department chair must approve both the topic and the resource person. Prerequisite: Permission of department chair

PS7101 Professional, Ethical and Legal Issues**3 credits**

This course explores the ethical and legal issues relevant to the practice of psychology, including such topics as confidentiality, ethical competence, privilege and multiple relationships. Ethical issues concerning private practice, licensing, certification and forensics are also covered. Principles of ethical decision-making are given specific attention. Prerequisite: Admission to graduate studies

PS7103 Mind Body Techniques for Stress Reduction**3 credits**

This course is designed to explore various techniques, including, but not limited to, progressive muscle relaxation, meditation, mindfulness, imagery, visualization and biofeedback in the process of stress reduction and management. Prerequisite: Admission to MSN/CHP or permission of instructor

PS7105 Alcohol and Substance Abuse**2 credits**

This course explores mental health counseling history, professional standards, ethical issues and legal codes and examines alcohol and substance abuse from a biological, cultural, historical, psychological, social and nutritional perspective. Focus is on counseling, treatment interventions, behavioral management, and community referral resources. Prerequisite: Admission to graduate studies

PS7110 Advanced Statistics and Computer Lab**3 credits**

This course is required for students electing to do a psychology thesis. Students use statistical computer packages for statistical procedures covered in TR5100 and TR5104. As time permits, more advanced statistical procedures such as discriminant and factor analysis are also presented. The lab teaches students how to create data sets, label and manipulate variables and run statistical procedures using various statistical commands. Prerequisites: TR5100, TR5104 or permission of instructor

PS7115 Developing and Evaluating Counseling**Programs****3 credits**

This is a capstone clinical class for students where they apply their research knowledge and group counseling skills to develop an eight-week group program for our Bastyr clinic or their community site. The students work in teams to develop the curriculum. Basic tenets of program evaluation are also covered. Prerequisite: Admission to MSN/CHP, PS5110, PS7803, Clinic Shift 3 or permission of instructor

PS7121 Thesis Advisement 1**2 credits**

This course is the first in the sequence of three courses for thesis advisement. Students form a committee and meet with their committee members to plan and implement a research project of sufficient complexity and scope in an appropriate subject area in psychology. Corequisite or prerequisite: PS7110

PS7122 Thesis Advisement 2**2 credits**

Continuation of Psychology Thesis 1. Prerequisite: PS7121

PS7123 Thesis Advisement 3**2 credits**

Continuation of Psychology Thesis 2. Prerequisite: PS7122

PS7129 Career Counseling**3 credits**

This course explores career counseling theories, history and various approaches to career development. It serves to provide an introduction to the field of career counseling through consideration of both traditional and contemporary career development and vocational choice theories and their applications to counseling. Clinical interventions, tests and assessment instruments relevant to this field are explored; cultural issues are given specific attention in this process. Prerequisite: PS7801, PS7811

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|--|------------------|---|------------------------|
| PS7200 Psychological Assessment | 2 credits | PS7805 MSN/CHP Practicum 1 | 2 credits |
| This course trains students to make clinical assessments of psychological disease using the DSM-IV and, accordingly, to make judgments regarding which patients are appropriate for counseling at the University's clinic and within the practice of naturopathy. Referral resources and procedures are discussed. Special emphasis is given to the recognition and impact of mental disorders in primary care. Prerequisite: PS6306 (concurrent with clinic shifts) or permission of instructor | | Students in the MSN/CHP program receive supervised experience in a clinical setting where both nutrition and mental health counseling skills can be practiced and honed with licensed professionals from each specialty. Practicum experiences are arranged at community locations to provide students with varied opportunities and a diverse client population. As students progress from MSN/CHP Practicum 1 to 3, the level of responsibility and independence increases and different skills with a variety of clients are learned. Prerequisite: Admission to MSN/CHP program, PS7801, PS7802, PS7803 | |
| PS7203 Addictions and Disorders | 2 credits | PS7806 MSN/CHP Practicum 2 | 2 credits |
| This course examines the nature and treatment of the following addictions and disorders from a physiological, psychological, nutritional and naturopathic perspective: alcoholism, substance abuse, anorexia, bulimia and compulsive eating. Naturopathic scope of practice in the treatment and management of addictions and eating disorders is identified, as well as community referral resources. Prerequisite: PS6306 (concurrent with clinic shifts) or permission of instructor | | A continuation of MSN/CHP Practicum 1. Prerequisite: PS7801, PS7802, PS7803 and PS7805 | |
| PS7315 Naturopathic Counseling 3 | 2 credits | PS7807 MSN/CHP Practicum 3 | 2 credits |
| See description preceding PS6305. The focus of this course is the recognition and consideration of psychological aspects in the practice of general medicine, including empirically proven health psychology strategies and naturopathic medicine therapeutics (i.e., nutrition, botanicals) for treating mental and emotional conditions. Topics include but are not limited to the following: assessing and promoting patient motivation and readiness, naturopathic diagnosis and treatment of psychological conditions secondary to medical problems, and family dynamics in general medical presentations. Prerequisite: PS6306 (concurrent with clinic shifts) | | A continuation of MSN/CHP Practicum 2. Prerequisite: PS7801, PS7802, PS7803 and PS7806 | |
| PS7801 Clinic Shift 1: Nutrition/Clinical Health Psychology | 2 credits | PS7811 Practicum Seminar 1: Nutrition/Clinical Health Psychology | 1 credit |
| This directly supervised clinical experience occurs at Bastyr Center for Natural Health and emphasizes exposure to psychotherapy, diagnostic interviewing and diagnostic formulation for adults. Prerequisites: PS5110, PS5301 | | In this seminar, students present cases for which they have already received supervision at external practicum sites and discuss issues related to professional development. Field placement at those sites emphasizes exposure to psychotherapy, especially health psychology, diagnostic interviewing and diagnostic formulation. Prerequisite: concurrent enrollment in PS7805 | |
| PS7802 Clinic Shift 2: Nutrition/Clinical Health Psychology | 2 credits | PS7812 Practicum Seminar 2: Nutrition/Clinical Health Psychology | 1 credit |
| This shift is a supervised nutrition practicum, emphasizing nutritional assessment, nutritional counseling, interviewing and chart documentation. Prerequisites: PS5301, PS5110, PS7801 | | A continuation of Practicum Seminar 1. Prerequisite: PS7811, concurrent enrollment in PS7806 | |
| PS7803 Clinic Shift 3: Nutrition/Clinical Health Psychology | 2 credits | PS7813 Practicum Seminar 3: Nutrition/Clinical Health Psychology | 1 credit |
| This directly supervised experience is the integrated counseling and nutrition shift at Bastyr Center for Natural Health. Students hone group and individual counseling skills and nutritional counseling skills by providing nutritional and health behavior change counseling and group co-facilitation for an eight-week weight and lifestyle management psychoeducational group, called Weigh to Go. This experience is supervised by a psychologist and nutritionist. Prerequisites: PS5110, PS5301, PS7802 | | A continuation of Practicum Seminar 2. Prerequisite: PS7812, concurrent enrollment in PS7807 | |
| | | PS7901, PS7902, PS7903 Independent Study | variable credit |
| | | Independent Study provides the student an opportunity to study an area of interest in counseling psychology not included in the regular curriculum. (An independent study cannot substitute for or be used to repeat a course offered in the prescribed curriculum.) It is the responsibility of the student to enlist a qualified resource person to guide the independent study. The counseling and health psychology department chair must approve both the topic and the resource person. Prerequisite: Permission of department chair | |

Bastyr Center for Natural Health - Counseling**Specialty Shift 2 credits**

This required counseling shift in Bastyr Center for Natural Health provides an opportunity for naturopathic medicine students to counsel patients and receive individual supervision from the clinic counseling supervisor. The shift is limited to six students each quarter and affords ample attention to the development of each clinician's counseling skills. All naturopathic medicine students are required to take one counseling specialty shift. Students register for a Patient Care Shift through the ND program. See course listings for NM7820-NM7829 and NM8830-NM8836. Additional counseling shifts are available as electives, on a space available basis. See PS9801-PS9804. Prerequisites: PS6305, PS6306, PS7200

PS8110 Counseling in Chronic Pain and Chronic/**Terminal Illness 3 credits**

AOM doctoral level, first year. This course covers the assessment and intervention skills found to be effective in counseling those with chronic pain, a chronic illness or a terminal prognosis. Specific focus is on how to offer assistance for the emotional, social, behavioral, and cognitive aspects of an ongoing pain problem or a chronic/terminal illness. Consideration is given to the role of counseling in the overall management of a patient by a collaborative interdisciplinary care team. Prerequisite: Admission to DAOM program or permission of dean

PS9101 Death and Dying 2 credits

This introductory study of death, dying and grieving is designed to provide information, deepen understanding and create an opportunity to think and feel more deeply about life. From a variety of perspectives—psychological, historical, cultural, spiritual—the course explores some of the ways in which human beings have approached and interpreted the mystery of death, expressed their responses to dying and death, and evolved a framework of meaning for life in the face of death. Prerequisite: None

PS9103 Ecopsychology 2 credits

This course introduces the student to the basic principles of the developing field of ecopsychology. This class explores evolutionary perspectives on, as well as social implications for, the merger of ecology and psychology. In addition, applications of ecopsychology within a variety of health and healing settings are examined, and an overview of the science of systems theory is intended to provide a perspective on how science has informed the study of ecopsychology. Prerequisite: None

PS9105 Psychoneuroimmunology 2 credits

This course deals with the dynamic interplay between consciousness and the immune, nervous, and endocrine systems. The potential of the mind to enhance or suppress hormonal and immune function are examined. Newly evolving research on the efficacy of PNI are reviewed in relation to the progression and treatment of cancer, heart disease, AIDS, autoimmune disease and psychological disorders. Students develop skills utilizing mind-body interventions. Prerequisite: BC4114 or BC5132 or BC6204 or permission of instructor

PS9106 Psychology of Dreams 2 credits

This class explores how waking and dreaming realities interrelate with each other and what is to be gained by exploring this interrelationship. Augmenting the theories of Western psychology with historical and cross-cultural perspectives, dreams are investigated in a setting that integrates academic understanding with direct experience. This includes discussion on how to better remember dreams, how to work with one's own dreams and how to bridge dreams with waking life in an engaged manner. Prerequisite: None

PS9107 Introduction to Visualization and Imagery**2 credits**

The development of imagery and visualization practices can enrich and empower our lives. This course explores the images and symbols inherent within us and ways to use these images for self-exploration. Students learn ways to use visualization and imagery for spiritual growth and awareness. Prerequisite: None

PS9108 The Psychology and Soul of Breathing 2 credits

Breathing involves so much more than merely sustaining basic life functions. Breathing affects not only the quality of health, but according to many cultures, the soul and spirit. In this experiential elective, students explore the art and science of breathing from a biochemical, biomechanical and psychological perspective, while exploring breath as a means of expressing the body's ability to integrate and manifest spirit effortlessly into one's life. Prerequisite: None

PS9112 Aromatherapy and the Psyche 2 credits

This elective explores the relationship between aromas and the psyche from a clinical perspective. As well as exploring their own reaction to aromas through experiential work, students learn about the impact specific aromas have on depression, autism, Alzheimer's disease and bereavement, and learn how to use clinical aromatherapy as a tool in clinical practice. Prerequisite: None

PS9120 Counseling, Intuition and Spirituality**2 credits**

This elective course examines spiritual practices that can be incorporated into counseling sessions and introduces the student to forms of spiritual healing congruent with naturopathic principles. Special focus on integrating spirituality and care of the soul as a principle of wellness and well-being. Prerequisite: PS5205 or PS6306

PS9301 Clinical Biofeedback 2 credits

This course reviews the clinical application of biofeedback techniques, emphasizing multimodality assessment and integration with counseling and holistic health care. Modalities/instrumentation discussed and demonstrated include electromyograph (EMG), electrodermograph (EDG), thermal biofeedback, heart and breathing rate feedback, and neurofeedback with EEG monitoring. Research findings for biofeedback treatment of various conditions are discussed. Students may take advantage of in-class experience with biofeedback monitoring as well as supervised practice in attaching sensors and operating equipment. Prerequisite: Admission to Bastyr degree program

PS9401 Advanced Counseling 3 credits

This course is designed to strengthen previous training in counseling, specifically, in the etiology of presenting problems, the use of diagnostic decision trees, and the application of treatment approaches in a clinical environment. The course facilitates experiential learning by focusing on case studies and role plays. Prerequisite: Permission of department chair

PS9405 Medical Hypnotherapy 2 credits

This weekend intensive course includes an introduction to hypnosis, its history, and the specific vocabulary of the field, as well as an introduction to some basic techniques, in-class practice sessions with those techniques, and in-class group discussions to devise possible hypno-therapeutic strategies for various clinical applications. Prerequisite: ND students or permission of instructor

Counseling Elective Shifts 1-4 - Clinic

Students have the opportunity to take counseling shifts as elective credit once the required counseling shift is satisfactorily completed.

PS9801 Patient Care Elective (fall) 2 credits

See description above. Prerequisite: Permission of department chair and clinic counseling supervisor

PS9802 Patient Care Elective (winter) 2 credits

See description preceding PS9801. Prerequisite: Permission of department chair and clinic counseling supervisor

PS9803 Patient Care Elective (spring) 2 credits

See description preceding PS9801. Prerequisite: Permission of department chair and clinic counseling supervisor

PS9804 Patient Care Elective (summer) 2 credits

See description preceding PS9801. Prerequisite: Permission of department chair and clinic counseling supervisor

DIDACTIC PROGRAM IN DIETETICS

Doris Piccinin, MS, RD, CDE, MSN/DPD Director
Elizabeth Kirk, PhD, RD, BSN/DPD Director

RD4105 Introduction to Dietetics 1 credit

This course builds upon written and oral communication skills to prepare senior dietetic students for success in obtaining a dietetic internship. Topics covered include resume and cover letter writing skills in preparation for the internship and careers. Students utilize a variety of media to build upon interviewing skills and portfolio presentation. The code of ethics for dietitians and emotional intelligence are highlighted to help students succeed in their internships and careers. Methods for dietetic registration and continuing education are also discussed. Prerequisite: Admission to the BSN/DPD program

RD4120 Perspectives in Leadership and Management 3 credits

Skills and roles of a "manager" versus a "leader" are delineated. Theories of management are reviewed, and the functions, skills and tools of management are explored. Human resource management techniques are introduced, as well as labor relations, law and financial management. Students study program planning, assessment, and quality improvement and are introduced to health care systems. The impact of effective leadership on the dietetics profession is discussed, and students assess leadership abilities. Prerequisite: Admission to BSN/DPD program

RD4130 Quantity Food Production 3 credits

Cross listed as TR4132. This course introduces the food service industry and quantity food production. Major types of food service operations are identified, and trends which impact food service systems are explored. Students are introduced to the steps of quantity food production: procurement, receiving, storage, preparation, distribution and service. Potential hazards and related safe food-handling practices are identified. Development of standardized recipes and institutional menus are practiced, with marketing theory and techniques introduced. Students are introduced to standard food service equipment, kitchen sanitation and safety. Prerequisite: Admission to BSN/DPD program

Medical Nutrition Therapy 1-3

In this three-course sequence, students learn the principles of the nutrition care process, nutrition assessment, including anthropometric measurements, nutrient-specific laboratory data, drug-nutrient-herb interactions, direct clinical observations, guidelines for both prevention and therapeutic dietary planning, nutrient intake analyses and evaluation, and complementary nutritional therapies. Interpreting medical terminology and implementing the nutrition care process, including documentation in the medical records, are included.

RD4301 Medical Nutrition Therapy 1: Assessment and Diagnosis 5 credits

This course introduces nutrition assessment and diagnosis terminology utilizing the Nutrition Care Process. Medical terminology, abbreviations and standardized language for the Nutrition Care Process are practiced. Both allopathic and natural medicine perspectives are offered, including food-as-medicine, whole-foods menu writing and disease prevention strategies. Anthropometric, biochemical, clinical observation and client history, and dietary history and assessment measures are included. Students begin medical documentation practice using out-patient based case studies. Prerequisite: Admission to BSN/DPD program. Corequisites: BC4114, TR4107

RD4302 Medical Nutrition Therapy 2: Chronic Disease Management **5 credits**

See description preceding RD4301. This course is a continuation of MNT I. Students continue to practice nutrition assessment and diagnosis terminology to manage a variety of chronic health conditions, including cancer, kidney disease, liver disease and others. Nutrition intervention strategies utilize both allopathic and natural medicine perspectives. Students further develop their assessment and documentation skills from MNT I to a level adequate for entry into their Clinical Practicum. Prerequisites: RD4301 and admission to BSN/DPD. Corequisite: TR4108

RD4303 Medical Nutrition Therapy 3: Critical Care **3 credits**

This course prepares dietetic students for the clinical rotation of an internship. Course content emphasizes acute and critical care disorders, and enteral and parenteral nutrition using case studies. Students must be enrolled in this course in order to sit for the DPD exit exam. Prerequisite/corequisite: RD4302 and admission to BSN/DPD program

RD4802 Clinical Dietetic Practicum **2 credits**

This course is designed to prepare students in the BSN/DPD program for dietetic internship. Clinical dietetic practicum provides the student with direct patient contact, requiring the student to manage consultations and assume primary responsibility for nutritional interventions. Activities may include group teaching, experience with "standardized" patients and one-to-one nutrition counseling sessions. Students enrolled in this practicum are referred to as clinic "secondaries" where each student works in a team with other students (under faculty supervision) for consultation management and nutritional interventions. Prerequisites: RD4302, TR4207 and admission to BSN/DPD program. Corequisite: RD4303

RD6105 Introduction to Dietetics **1 credit**

This course builds upon written and oral communication skills to prepare senior dietetic students for success in obtaining a dietetic internship. Topics covered include resume and cover letter writing skills in preparation for the internship and careers. Students utilize a variety of media to build upon interviewing skills and e-portfolio presentation. The code of ethics for dietitians and professionalism are highlighted to help students succeed in their internships and careers. Methods for dietetic registration and continuing education are also discussed. Prerequisite: Admission to the MSN/DPD program

Food Service Management 1-3

In this three (3) course sequence taught at the graduate level, students learn about the food service industry, basic budgeting and accounting principles, quantity food production, marketing, quality improvement, safety and sanitation, regulations, and staffing. Using a managerial and systems approach to food service organizations, students combine theory and practice, develop business and marketing plans, and explore techniques of effective leadership and communication essential to becoming an effective manager.

RD6131 Food Service Management 1 **2 credits**

See description above. This course, the first of a three-part series, introduces the student to the food service industry. Students learn the principles of quantity food production, including procurement, production, distribution, service, sanitation and safety. Students learn HACCP standards of quality in food service production facilities. Emphasis is placed on quality control and business management. For successful completion of this course, students must pass the ServSafe Certification examination. Additional fees for ServSafe Certification may be incurred. Students are also introduced to the concept of the business plan that will be carried forward the following quarter. Prerequisite: Admission to MSN/DPD program

RD6135 Food Service Management 2 **2 credits**

See description preceding RD6131. This course is a continuation of Food Service Management 1. Students develop a business plan in which they create the concept, organizational structure, initial operational budget, menu and marketing plan of a specific food service operation. Students develop models for ordering, receiving, inventory, staffing, orientation, training and labor schedules. Human resource management, facilities management, leadership and effective communication continue to be highlighted. Prerequisite: RD6131 and admission to MSN/DPD

RD6140 Food Service Management 3 **2 credits**

See description preceding RD6131. This course, the third of a three-part series, continues to focus on the management of food service systems, including personnel and financial resources. Working with diverse populations, labor unions and managing within legal regulations are emphasized. Students gain hands-on experience in a capstone project through the planning and implementation of an on-campus catering event. Prerequisite: RD6135 and admission to MSN/DPD

RD6403 Medical Nutrition Therapy **3 credits**

This course prepares dietetic students for the clinical rotation of an internship. Course content emphasizes acute and critical care disorders and enteral and parenteral nutrition using case studies. Students must be enrolled in this course in order to sit for the DPD exit exam. Prerequisites: TR5321 and admission to MSN/DPD program

NUTRITION

Debra Boutin, MS, RD, Department Chair

BS in Nutrition major (TR) courses and MS Nutrition (TR) courses below. For course numbers and descriptions for the Dietetic Internship (DI), Didactic Program in Dietetics (RD), and Exercise Science and Wellness (EX), see alphabetical listings.

TR2101 Introduction to Human Nutrition 3 credits

This course introduces a basic understanding of the fundamentals of human nutrition with a whole foods perspective. Topics include the functions and food sources of carbohydrates, lipids, protein, water, vitamins and minerals. Dietary reference intakes (DRI), the food guide pyramid and other standard nutrition guidelines (both national and international) are reviewed. Food labels, nutrient intake analyses and basic nutrition assessment methods are presented and practiced. Energy balance and weight management issues are reviewed. This is an online course. Prerequisite: None

TR3111 Nutrition Throughout Life (hybrid online/onsite course) 3 credits

This course introduces the essentials of normal human nutrition throughout the life span: pregnancy, infancy, childhood, adolescence, mature adulthood and older adulthood. A hybrid model of instruction is introduced, using classroom and online delivery of course content. Prerequisite: TR2101 or equivalent

TR3115 Introduction to Food Science 2 credits

This course is an introduction to areas of food science and includes a discussion of the laws relating to food, including labeling laws and the role of regulatory agencies. The course also includes an overview of food additives and food processing. Prerequisite: BC3124 Corequisite: BC4117 or permission of instructor

TR3117 Experimental Foods Lecture 4 credits

The course introduces students to the composition and the chemical and physical properties of foods; it includes a discussion of the interaction, reaction and evaluation of foods due to formulation, processing and preparation. Topics include water, carbohydrates, fruits and vegetables, fats and oils, animal foods and, in addition, relevant pigments, emulsifiers, and sweeteners are discussed. Prerequisites: BC4117, TR3115 Corequisite: BC4118

TR3118 Experimental Foods Lab 1 credit

In this laboratory class, students utilizes chemical, physical and sensory techniques to identify and characterize major and minor components in food systems. Topics parallel those discussed in the lecture with an applied focus. A whole foods perspective is incorporated into these laboratory exercises. Prerequisites: BC4117, TR3115 Corequisite: BC4118

TR3121 Culinary Skills 1: Soups and Seasonings with Intuition 2 credits

Students develop knife skills and are introduced to the basics of creating stocks, sauces, soups and stews. Vegetable cookery is practiced, as well as the fundamentals of working with animal proteins, including eggs, meat, fish and fowl. Bean and grain cookery are reviewed. Flatbread and quick bread methods are introduced. Students begin developing original recipes. Prerequisites: TR4103/5101, current Food Handler's Permit

TR3122 Culinary Skills 2: Suppers and Desserts with Originality 2 credits

Students practice baking skills including yeasted breads, pies, cakes and cookies. Students practice preparation of larger cuts of meat, marinades and vegetarian proteins. Creating a portfolio of original recipes continues. Class culminates in presentation of an original main entrée, side dishes and dessert. Prerequisites: TR3121, current Food Handler's Permit

TR3141 Therapeutic Cooking 1: Maintaining Health 2 credits

The focus of this course is on how food and diet can be used to promote health. Students learn how to adapt dishes, prepare remedies and design meals that are health-supportive for individuals or groups with acute illnesses, elevated needs and lifestyle challenges. Prerequisite: TR4103/5101

TR3142 Therapeutic Cooking 2: Illness and Recovery 2 credits

The focus of this course is on using food and diet as medicine. Students learn how to adapt dishes, prepare remedies and design meals that are health-supportive for individuals or groups with specific chronic medical conditions, elevated needs and lifestyle challenges. Prerequisite: TR3141

TR3152 Cooking Demonstration 2 credits

This course is designed to give students the skills and practice they need to be able to do cooking demonstrations or teach classes for the public. Each student designs his/her own cooking class, emphasizing whole foods. Students practice-teach parts of their class, learn how to assist other teachers and evaluate their peers. Writing proposals and marketing are discussed. Final student demonstrations are presented for an invited audience. Prerequisite: TR4103/5101

TR3153 Writing About Food and Health 2 credits

This course introduces students to the skills needed for a part-time or freelance career in writing or is appropriate for those interested in improving writing skills. Students learn how to differentiate writing styles and practice various structures such as blog posts, reviews, news stories, research articles, interviews and memoirs. Composing pitches and proposals are covered. Assignment ideas and drafts are worked on in class with peer review. This course cannot be audited. Prerequisite: Admission into the BSN culinary arts program or permission of program director

TR3163 The Business of Cooking 3 credits
Personal chefing, private chefing, cooking classes, catering and food delivery services are in demand. This course helps students devise a business plan to pursue self-employment. Each week a different part of the business structure is analyzed including goal setting, licensing, financing and marketing. Students also learn intake skills and how to create a business resume. At the end of the course students will have constructed a viable business plan. Prerequisite: admission into the BSN culinary arts program or permission of program director

TR4100 Intro to Research Methods (hybrid online/onsite course) 3 credits
This course, designed for students in nutrition and exercise science, is an introduction to research methods. Included are the basic concepts of scientific method, statistics, epidemiology and research methodology. Students practice applied research skills such as use of the library and Internet, evaluation of research literature and scientific writing, and design and conducting of research. A CITI training module is completed. Prerequisite: Intermediate algebra, TR2101 or equivalent

TR4103 Whole Foods Production 3 credits
Cross listed as TR5101. This course covers the identification, labeling and selection of foods from nature to point of purchase. The lab portion of class completes the cycle from store to table with a weekly cooking practicum. Students develop familiarity with minimally processed foods and use these foods to build culinary skills. Fundamental cooking techniques, recipe writing and menu planning are stressed. Prerequisite: None

TR4107 Advanced Nutrition Principles 1 4 credits
This course is the first of a two-course series. Biochemical and physiological principles related to macro- and micronutrients and vitamins are the focus of this class. Structure, function, digestion, absorption, food sources, requirements, nutrient interactions, deficiencies and toxicity of selected macro- and micronutrients are discussed. General principles are stressed. Prerequisites: BC3163, BC4118, and introductory nutrition course

TR4108 Advanced Nutrition Principles 2 2 credits
This is a continuation of Advanced Nutrition Principles 1. Biochemical and physiological principles related to elements (minerals) are the focus of this class. Digestion, absorption, food sources, requirements, function, nutrient interactions, deficiencies and toxicity of selected micronutrients are discussed. General principles are stressed. Prerequisites: TR4107

TR4113 Nutritional Supplements and Herbs 3 credits
This course explores the natural products industry including the history, regulation and labeling laws of the industry in the U.S. Safety, manufacturing, and formulation techniques, delivery form, general applications of nutritional supplements, functional foods and herbs are presented. Prerequisites: TR3111 or equivalent, TR4107. Corequisite: TR4108

TR4117 Nutrition, Physical Activity and Disease 5 credits
This course offers a systems approach to nutrition and physical activity-related disease, especially chronic disease. General pathophysiology of each condition is introduced, and the role of nutrition and physical activity is discussed, with emphasis on prevention and maintaining wellness. Prerequisites: BC3163, TR3111, TR4108, TR4205

TR4118 Cultural Perspectives on Foods 2 credits
This course is a survey of present and past food practices around the globe, with emphasis on diverse cultural groups in the U.S. The socioeconomic and political factors in food selection are examined. Multicultural and interdisciplinary perspectives are used to broaden the understanding of basic nutrition. Extensive use is made of audiovisual materials. Prerequisite: TR2101 or equivalent

TR4124 Culinary Skills 3: Appetizers and Entrees with Beauty 2 credits
This course culminates in students preparing and serving a multi-course dinner to invited guests. To prepare, students learn how to create appetizers and hors d'oeuvres, layered entrees and multi-faceted desserts using whole foods ingredients. How to garnish and plate elegantly are discussed. Prerequisites: TR3122, current Food Handler's Permit

TR4126 Community Nutrition/Nutrition Education 5 credits
This course examines the principles of public health, community nutrition, epidemiology, health care systems, legislation and nutrition policy. Additionally, this course reviews effective oral and written communication skills, covering principles of nutrition education including teaching/learning methods for target audiences, writing instructional goals and objectives, preparing appropriate nutrition education materials and evaluating nutrition education programs. Prerequisite: TR4108, TR4118

TR4132 Quantity Food Production 3 credits
Cross listed as RD4130. This course introduces the food service industry and quantity food production. Major types of food service operations are identified, and trends that impact food service systems are explored. Students are introduced to the steps of quantity food production: procurement, receiving, storage, preparation, distribution and service. Potential hazards and related safe food-handling practices are identified. Development of standardized recipes and institutional menus are practiced, with marketing theory and techniques introduced. Students are introduced to standard food service equipment, kitchen sanitation and safety. Prerequisite: Admission into the BSN culinary arts program

TR4140 Ecological Aspects of Nutrition 2 credits
This course is an introduction to ecological issues in nutrition. Students gain an understanding of environmental issues related to food technology, water use and food production systems, including organic and sustainable agriculture. The regulation of these areas is also discussed. Prerequisite: None

TR4205 Nutritional Analysis and Assessment 3 credits

This course presents different methods used for assessment and screening of nutritional status for the purpose of promoting health. The use of anthropometric, dietary, clinical and biochemical measures are emphasized. Alternative methods of nutritional assessment are introduced. Prerequisites: TR3111 or equivalent, TR4107. Corequisite: TR4108

TR4207 Nutritional Counseling 2 credits

This course introduces advanced interviewing techniques used in nutritional counseling. Students explore their personal nutritional counseling style through role play, visualization and other counseling techniques. Students build an understanding of the complexities of diet and compliance issues. Prerequisites: Admission to DPD, introductory psychology course, PS3127

TR4805 Nutrition Education Practicum 2 credits

This course provides the opportunity for students to develop practical experience in nutrition education through presentations and preceptorships. This course may be taken in any quarter, except summer, during year 2. Prerequisite: Completion of junior year, permission of instructor

TR4820 Culinary Practicum 4 credits

Students gain practical experience in the culinary world. Working in an off-campus venue under an approved preceptor and also supervised hours in the Bastyr Dining Commons kitchen, students further their skills and understanding of working in a professional setting. Prerequisites: completion of TR3122 and TR3142, current Food Handler's Permit

TR4901, TR4902, TR4903 Independent Study**variable credit**

Credits may be applied to the nutrition elective requirement. Students focus on areas of interest not covered in the regular curriculum. Competencies and learning objectives are developed with a faculty sponsor or approved preceptor. Independent Study cannot substitute for core courses offered on campus. Students must be in good academic standing and may take a maximum of four (4) credits. Prerequisite: Permission of chair

TR5100 Biostatistics 4 credits

This is an introductory course in biostatistics with an emphasis on understanding and interpreting the common statistical methods used in health sciences research. Topics discussed include presentation and summarization of data, probability, inferential statistics, methods for comparisons of means and proportions, methods for measurement of association, prediction and multivariate statistical methods. Prerequisite: One course in intermediate algebra. MSA and MSAOM students are only eligible with permission of chair.

TR5101 Whole Foods Production 3 credits

Cross listed as TR4103. This course covers the identification, labeling and selection of foods from nature to point of purchase. The lab portion of class completes the cycle from store to table with a weekly cooking practicum. Students develop familiarity with minimally processed foods and use these foods to build culinary skills. Fundamental cooking techniques, recipe writing and menu planning are stressed. Prerequisite: None

TR5104 Research Methods in Health Sciences 3 credits

This course covers the major research methodologies used in health sciences research. Building on the information in TR5100, this course covers the major epidemiologic and experimental methods used in health sciences. Qualitative and quantitative methods are discussed. The emphasis is on the design and interpretation of research studies. Prerequisites: TR5100, admission to MS nutrition or DAOM program or permission of chair

TR5115 Food Science 5 credits

This course is an overview of food science for nutritionists. The composition and the chemical and physical properties of the major food groups are the focus. Food formulation, processing and preparation are emphasized. The technological, safety and regulatory aspects of food and food additives are also discussed. Prerequisite: Admission to MS nutrition, TR5140

TR5120 Advanced Nutrition: Macronutrients 5 credits

Nutritional biochemistry of the macronutrients, including integrated metabolism, is discussed. Macronutrient digestion, biological requirements, absorption and metabolism are emphasized. Students apply these principles to various dietary and metabolic states. Prerequisites: Five quarter credits of nutrition, one 300 or 400 level biochemistry course or equivalent, admission to MS nutrition

TR5124 Advanced Nutrition: Micronutrients 5 credits

Nutritional biochemistry of the micronutrients (vitamins and minerals) is discussed, including chemical structures, nomenclature, dietary sources, functions, bioavailability, metabolism, evidence for requirements, potential deficiency and toxicity, interaction with other nutrients and assessment of nutritional status. Prerequisites: TR5120, admission to MS nutrition

TR5128 Applied Research Skills 3 credits

This course emphasizes gaining skills required to plan and execute research studies in health sciences. Topics covered include scientific writing, literature review skills, developing hypotheses, human ethics in research and scientific presentation skills. A research proposal is developed as part of this class. Prerequisites: TR5100, TR5104, admission to the MSN or DAOM program

TR5132 Applied Statistical Analysis 2 credits

This course emphasizes practical skills: data management, data analysis, SPSS and/or other statistical programming. More advanced statistical procedures such as multivariate and factor analysis are also presented. Students learn how to create data sets, label and manipulate variables, and run statistical procedures using various statistical commands in lab. Prerequisite: TR5128 or permission of instructor

TR5136 Nutrition in the Life Cycle (hybrid online/onsite course) 3 credits

Physiological, metabolic, interpersonal and developmental relationships to nutrition are explored through the various stages in the life cycle, including infancy, childhood, young adulthood, pregnancy, mature adulthood and older adulthood. Prerequisite: Admission to MS nutrition program and introductory nutrition course

TR5140 Advanced Nutrition: Bioactive Compounds in Foods 3 credits

There are biologically active compounds, found mainly in plant foods (sometimes called phytochemicals), that are not nutrients or human metabolites and that have potentially important effects on human physiology. This course reviews the current evidence on these compounds, including chemical structure and nomenclature, biological effects, food sources, absorption and metabolism, potential therapeutic uses, and toxicity. Examples of compounds to be discussed: bioflavonoids, carotenoids, tocopherols/tocotrienols, plant sterols, pre/probiotics, indoles/glucosinolates and alkenyl cysteine sulfoxides. Prerequisites: UG - TR4108; grad - TR5124; ND - TR6311 or equivalents

TR5207 Nutritional Counseling 2 credits

This course introduces advanced interviewing techniques used in nutritional counseling. Students explore their personal nutritional counseling style through role play, visualization and other counseling techniques. Students build an understanding of the complexities of diet and compliance issues. Prerequisites: PS5301, admission into MSN/DPD program or permission of DPD director

TR5320 Nutrition Assessment and Therapy 1 5 credits

This course introduces disease prevention, nutrition assessment and therapeutic interventions, including both traditional and natural medicine approaches. Medical terminology and abbreviations, using food-as-medicine, whole foods menu writing, nutritional screening and assessment with documentation for the medical record utilizing case studies are included. Anthropometric, biochemical, client history, physical findings, and food and nutrition-related history indicators are defined, interpreted and applied. Anemia, dysbiosis, food allergies and sensitivities, upper and lower GI diseases, cardiovascular disease, diabetes, hypertension, and obesity are covered. Prerequisites: BC5118, TR5120, TR5136. Corequisite: BC5132, TR5124

TR5321 Nutrition Assessment and Therapy 2 5 credits

This course is a continuation of Nutrition Assessment and Therapy 1. Students continue to practice application of nutrition assessment and intervention therapies. Oral/dental and bone health, cancer, HIV/AIDS, neurological diseases, dysphagia, pulmonary disease, chronic kidney disease, endocrine imbalance, detoxification and biotransformation, inflammatory diseases, biliary and liver disease are covered. Assessment of normal pediatric nutrition is introduced. Nutrition intervention strategies using both traditional and natural medicine approaches are practiced. Prerequisites: BC5132, TR5124, TR5320; for DPD only - TR5207

TR5803 Nutrition Clinic Entry 1 credit

This class covers clinic requirements, procedures and policies including both clinic-wide and nutrition shift issues. Focus is on topics such as team care philosophy, CPR, medical documentation, and HIPAA training. Prerequisites: TR5207 or PS5301, TR5320, admission into MSN/DPD or MSN/CHP program, or permission of instructor. Corequisite: TR5321 or PS6315

TR5901, TR5902, TR5903 Independent Study variable credit

Credits may be applied to the nutrition elective requirement. Students focus on areas of interest not covered in the regular curriculum. Competencies and learning objectives are developed with the help of an instructor or approved preceptor. Independent Study cannot substitute for core courses offered on campus. Students must be in good academic standing and may take a maximum of four (4) credits. Prerequisites: Permission of chair, admission to MS nutrition program

TR6100 Nutritional Supplementation 4 credits

This course focuses on the nutritional and physiological value of supplements and herbal products as applied to wellness promotion and chronic disease management. Production, safety and regulation of supplements and herbs are discussed. Students learn basic botanical concepts, terms, and pharmacology. Prerequisites: TR5140, TR5321

TR6105 Nutrition and Dietary Systems 3 credits

This course introduces AOM students to the importance of nutrients, foods and diets for prevention, health maintenance, and health promotion. This course provides students with a basic understanding of the fundamentals of human nutrition, including macro, micro and accessory nutrient concepts. A critical analysis of Western and non-Western dietary systems is presented. Students learn to do nutritional assessment for their patients. Prerequisite: AOM internship eligibility

TR6111 Contemporary Nutrition: Global and Ecological Issues 2 credits

This is the first class in a three-course series that focuses on the importance of food and food choice in a broad context. Interactions between food choice and ecology, including such areas as food technology, water use and sustainable agriculture, are discussed. Food security and world hunger are included. Prerequisite: Admission to MS nutrition program

TR6114 Thesis variable to 12 credits

Students form a committee and meet with their committee members to plan and implement a research project of sufficient complexity and scope in an appropriate subject area. Twelve (12) credits are necessary to meet the requirement for scholarly activity mandated for graduation with a master's degree. Thesis requirements are detailed in the Bastyr University nutrition program *Master's Thesis Handbook*. Prerequisites: TR5100, TR5104, TR5128

TR6116 Thesis Seminar 1 credit

This course is designed to assist students in developing skills important in performing thesis research. The format varies, but examples of activities include: presentation of thesis proposals, problem solving, reviewing recent scientific literature, and learning and practicing applicable methods (e.g., research design, research budgets, IRB applications, statistical and data analysis techniques, oral and written presentation). This one-credit class needs to be taken for three separate quarters, starting with the first quarter students enroll in thesis credits. Prerequisites: TR5100, TR5104, TR5128, TR6114 (corequisite)

TR6122 Contemporary Nutrition: Community and**Culture****3 credits**

This is the second class in a three-course series that examines public health, community nutrition and health care systems. Students begin to assess the needs of a community, outlining the background to a public health grant that will be completed in TR6133. Students explore publicly funded nutrition programs, comparing and contrasting effective community nutrition education in affecting dietary behavior change and critically evaluating effective interventions in communities with different cultural backgrounds. Prerequisites: Admission to MS nutrition program, TR6111

TR6133 Contemporary Nutrition: Public Health**3 credits**

This is the third class in a three-course series that culminates in development of a public health grant. Students explore funding sources for public health nutrition grants and explore both historical perspectives and emerging trends in nutrition policy, as they gain an understanding of the role of the community nutritionist in advocating and securing public health funds to support community nutrition interventions. Prerequisite: Admission to MS nutrition program, TR6122

TR6199 Thesis Continuation**0 credits**

This course is used when a student is still working on a thesis but has already registered for the required number of thesis credits. One credit of tuition is charged. Prerequisite: TR6114 (12 credits)

TR6310 Foods, Dietary Systems and Assessment**3 credits**

This course introduces students to the importance of foods and diets for prevention, health maintenance and health promotion. A critical analysis of Western and non-Western diet systems is presented. Students learn to do a basic food and diet assessment for their patients. Nutrition in naturopathic primary care, co-management and referral are discussed. The place of eating, foods and diet systems and interventions is considered in the context of naturopathic clinical theory, the therapeutic order and clinical practice, including an introduction to natural hygiene and public health perspectives. An introduction to macronutrients transitions students into TR6311. Prerequisites: BC5106, BC5145

TR6311 Macro and Micronutrients**3 credits**

This course gives an overview of the metabolism, absorption, transport functions, requirements (deficiencies and toxicities), food sources, nutrient-nutrient interactions, and general therapeutic uses of various macro- and micronutrients. This course is required for students pursuing the naturopathic medicine degree. Prerequisites: BC5106, BC5124, BC5145, TR6310

Clinic Nutrition Practicum 1-2

Students in the MSN/DPD and MSN/CHP tracks receive supervised experience in the clinical setting. Nutritional assessment, client counseling, interviewing and chart documentation are emphasized in skill development. Supervisor feedback and self-evaluation are used to help identify and develop individual areas of focus. Activities may include, but are not limited to, observation of experienced practitioners, group teaching, experience with "standardized" patients and one-to-one nutrition counseling sessions. The practicum may occur on campus, at Bastyr Center for Natural Health or an external clinic site. As students progress from Clinic Nutrition Practicum 1 to Clinic Nutrition Practicum 2, the level of individual responsibility increases. In Clinic Nutrition Practicum 1, there is a greater emphasis on observation and skill building. The student's role in direct client contact increases in Clinic Nutrition Practicum 2, where students are expected to take more of a leadership role in nutrition consults, with client interviewing, diet assessment, nutrition intervention and medical documentation.

TR6811 Clinic Nutrition Practicum 1**2 credits**

See description above. Prerequisites: for DPD - BC5132, TR5136, TR5207, TR5321, TR5803; for MSN/CHP - BC5132, PS5301, PS5202, TR5803, PS6315, TR5136, TR5321, meeting criteria for professional behavior and attitudes or permission of nutrition clinic coordinator

TR6812 Clinic Nutrition Practicum 2**2 credits**

See description above. Prerequisite: TR6811 and meeting criteria for professional behavior and attitudes

TR6901, TR6902, TR6903 Independent Study**variable credit**

Credits may be applied to the nutrition elective requirement. Students focus on areas of interest not covered in the regular curriculum. Competencies and objectives are developed with a faculty sponsor or approved preceptor. Independent Study cannot substitute for core courses offered on campus. Students must be in good academic standing and may take a maximum of four (4) credits. Prerequisite: Permission of program chair

TR8401 Nutrition Issues in Cancer Care**3 credits**

This course provides an analysis of the nutritional needs of the cancer patient, including the role of nutritional supplementation, management of clinical side effects of cancer treatment and an introduction to whole foods nutritional strategies. Students are taught to recognize and triage potential nutritional deficiencies in patients as well as analyze the dietary protocols often utilized in cancer treatment planning. Prerequisites: BC7105, OM7412, admission to DAOM or permission of AOM dean, or second year of MS nutrition program

TR9106 Quilliscut Culinary Farm Experience 2 credits

This is a one-week, onsite course at the Quilliscut Farm near Colville, WA. Students have a unique opportunity to experience the farm-to-table connection first hand. Participants milk goats, make cheese, help care for farm animals, transplant vegetables and harvest produce from the gardens. Visits to neighboring organic farms and presentations of current farm and food topics give an understanding of the implications of buying seasonal and local. Students work with a chef to prepare lunch and dinner using only ingredients from the garden and products from local farms. Retreat participants stay at the farm school, with bunkhouse-style lodging, shared bathrooms and a professional kitchen. Prerequisite: None

TR9107 Ayurvedic Nutrition – Principles and Practices 2 credits

Students learn the fundamentals of Ayurvedic nutrition which includes the use of the six tastes for balancing digestion and metabolism. Students practice preparation of individualized nutrition plans for the various Ayurvedic body types using common herbs and spices. Prerequisite: None

TR9118 Food and Society (hybrid online/onsite course) 2 credits

This elective offers students a broad perspective of the diverse political, environmental, cultural, biological and psychological factors that influence food choice. This perspective supports an understanding of the challenges faced by individuals when trying to improve nutrition habits. The course incorporates contemporary media, both books and films, and students engage in projects related to the food system. Prerequisite: None

TR9130 Obesity & Obesity Related Diseases 2 credits

This course focuses on the challenges raised by current international and national trends in obesity. The class is based upon a broad survey of obesity research that focuses on the underlying genetic, biologic and environmental contributors that affect energy balance. The course includes an evaluation of the efficacy of dietary, pharmacologic and surgical approaches for obesity management and examines consequences of obesity on health, medical costs and quality of life as well as its associations with public health policy, the media and environment. Prerequisite: None

TR9139 Entrepreneurial Nutrition (hybrid online/onsite course) 2 credits

In this course students explore their ideas and interests related to nutrition in the context of building a foundation for a food or nutrition-related business. The classes includes a variety of approaches to tap into the student's creative entrepreneurial spirit while exploring the underpinnings of a business plan. Guest speakers supplement selected readings and interactive class sessions. Prerequisite: None

Special Topics in Nutrition 1-2

These special topics, offered periodically, explore trends, developments and specific topical areas in human nutrition. Topics vary and are not necessarily offered every year.

TR9511 Special Topics in Nutrition 1 2 credits
See description above. Prerequisite: Variable according to topic

TR9512 Special Topics in Nutrition 2 2 credits
See description preceding TR9511. Prerequisite: Variable according to topic

TR9801-9804 Clinic Practicum Elective 2 credits

This course allows nutrition students to gain extra clinical experience beyond what is required for graduation. For other student clinicians, this course provides an opportunity to observe medical nutrition therapy and to participate in collaborative care of patients. The role of the student is decided by the supervisory faculty and varies depending on the student's prior experience. This elective may not count toward clinic requirements for clinic students. Prerequisite: Open to all students who have completed at least one nutrition clinic shift (TR6811) or permission of nutrition clinic program coordinator