

**MS IN NUTRITION FOR WELLNESS (CALIFORNIA)**

2016 - 2017

View complete course descriptions at: [Bastyr.edu/Catalog](http://Bastyr.edu/Catalog)

**Prerequisites**

- Entering students must have a bachelor's degree from a regionally accredited college/university and a minimum GPA of 3.0 in their undergraduate degree. Priority consideration will be given to applicants with a 3.0 GPA in nutrition prerequisites, a 3.25 cumulative GPA in all prerequisites and a 3.25 cumulative GPA in science prerequisites, with a B or better in Human Physiology, Organic Chemistry, and Biochemistry.
- Exceptional candidates who do not meet these priority standards will be reviewed on a case-by-case basis.

College Algebra or Pre-Calculus.....1 course  
 Introductory Psychology .....1 course  
 Human Physiology (upper level)<sup>1</sup>.....1 course  
 Chemistry (science-major level with lab)  
 (must include at least one organic chemistry course)...3 courses  
 Biochemistry (upper division)<sup>2</sup>.....1 course  
 Nutrition<sup>3</sup>.....1 course

<sup>1</sup>A full anatomy and physiology series will meet the physiology prerequisite requirement.

<sup>2</sup>The biochemistry course must cover intermediary metabolism.

<sup>3</sup>The nutrition course must include macro- and micronutrients, lifecycle, and physical activity.

Note: Science courses must have been taken within seven years of program start.

**Year I**

Cat. No.	Course Title	FALL QUARTER	Credits
TR5100	Biostatistics.....		4
TR5104	Research Methods in Health Sciences.....		3
TR5120	Advanced Nutrition: Macronutrients (hybrid/online).....		5
TR5136	Nutrition in the Life Cycle (hybrid/online).....		3
			Total 15

Cat. No.	Course Title	WINTER QUARTER	Credits
BC5130	Disease Prevention.....		3
TR5124	Advanced Nutrition: Micronutrients (hybrid/online).....		5
PS5111	Fundamentals of Motivation and Behavior Change.....		3
TR5101	Whole Foods Production.....		3
			Total 14

Cat. No.	Course Title	SPRING QUARTER	Credits
TR5414	Adv. Nut.: Bioactive Compounds, Nutrigenomics, Microbiome....		3
TR5105	Nutrition Analysis and Assessment.....		3
TR5109	Writing About Food and Nutrition.....		3
TR5110	Food in Disease Prevention and Management.....		2
EX6101	Physical Activity for Health.....		3
			Total 14

**Year II**

Cat. No.	Course Title	FALL QUARTER	Credits
TR3141	Therapeutic Cooking: Maintaining Health.....		2
TR3152	Cooking Demonstration.....		2
TR5115	Food Science.....		5
TR6111	Contemp. Nutrition: Global & Ecological Issues (hybrid/online)..		2
			Total 11

Cat. No.	Course Title	WINTER QUARTER	Credits
TR3142	Therapeutic Cooking: Illness and Recovery.....		2
TR6100	Nutritional Supplementation (hybrid/online).....		4
TR6122	Contemporary Nutrition: Community and Culture.....		3
TR6108	Developing and Evaluating Nutrition Education Programs.....		3
TR6120	Nutrition Program Capstone Seminar.....		1
			Total 13

Cat. No.	Course Title	SPRING QUARTER	Credits
TR6118	Leadership and Business Management (hybrid/online).....		3
TR6121	Nutrition Program Capstone and Presentation.....		3
TR6133	Contemporary Nutrition: Public Health.....		3
TR6109	Food and Nutrition in Health Systems.....		2
			Total 11

**Total Requirements**

Total Core Course Credits.....	78
Total Elective Credits.....	0
Total Requirements.....	78