

# VISITOR CLASS SCHEDULE WINTER 2018

# BASTYR UNIVERSITY



Welcome to Bastyr! Before visiting a class, please pick up a “Visitor” badge from the admissions office, room 259. This will identify you to the instructor and the students as a guest and give them the opportunity to welcome you and/or offer assistance. All classes on this schedule have been approved for visitors and you are welcome to sit in on any of them. Feel free to observe, but unless asked to participate, please leave classroom discussion to the students and the instructors. Enter the class only at the beginning, or during a break, which may vary from instructor to instructor and usually begins 50 minutes after the start of class. If you need to leave early, please sit near a door so you can do so without disturbing the class. Please note that a class can sometimes be canceled, out on a field trip, taking an exam, or involved in a discussion or demonstration, which requires privacy.

In the interest of recycling, please return the the badge to the Admissions Front Office when your visit is over.

**Days of the week key:**

M = Monday  
T = Tuesday  
W = Wednesday

R = Thursday  
F = Friday

**Course Key:**

AV = Ayurvedic Medicine  
BC = Basic Science  
BO = Botanical Medicine  
CH = Chinese Medicine  
DI = Dietetic Internship  
EX = Exercise Science  
HO = Homeopathy

IS = Interdisciplinary Studies  
NM = Naturopathic Medicine  
OM = Oriental Medicine  
PH = Public Health  
PM = Physical Medicine  
PS = Counseling and Health Psychology  
RD = Didactic Program in Dietetics  
TR = Nutrition (BS or MS)

**MONDAY**

Days	Dept	Crs ID	Course Name	Notes	Instructor(s)	Rm	From	To
M	NM	7330	Healing Systems	1/08, 1/15, 1/22, 1/29, 2/05 & 2/12 only	Joe Pizzorno	176	8:00 AM	9:50 AM
M	TR	5124	Adv Nutrition: Micronutrients		Melissa Conley	284	8:00 AM	9:50 AM
M	TR	3115	Intro to Food Science		Nancy Perlot	55	9:30 AM	11:50 AM
M	BC	5118	Disease Processes 1		Terri Stilson	132	10:00 AM	11:50 AM
M	BC	5142	Fundamentals of Research Design		Donald Messner	63	10:00 AM	11:50 AM
M	CH	6423	Chinese Materia Medica 3		Ying Wang	220	10:00 AM	11:50 AM
M	NM	7324	Respiratory System		Multiple	176	10:00 AM	11:50 AM
M	TR	5124	Adv Nutrition: Micronutrients		Melissa Conley	284	10:00 AM	11:50 AM
M	PS	5113	Theories of Counseling and Psychotherapy		C Takeuchi	286	12:00 PM	3:20 PM
M	OM	4221	TCM Pathology 1		Qiang Cao	220	12:30 PM	3:30 PM
M	BC	5152	Integrated Cardiovascular and Immune Systems	Class runs 1/8/18-2/1/18	Multiple	176	1:00 PM	2:50 PM
M	BC	5153	Integrated Respiratory System	Class runs 2/5/18-2/22/18	Multiple	176	1:00 PM	2:50 PM
M	BC	5154	Integrated Digestive System	Class runs 2/26/18-3/23/18	Multiple	176	1:00 PM	2:50 PM
M	BC	6108	Intgd Pathology, Immunology & Infectious Diseases		Multiple	146	1:00 PM	2:50 PM
M	OM	5322	Survey of Western Clinical Sci 2		Derek Kirkham	63	1:00 PM	3:10 PM
M	TR	3111	Nutrition Throughout Life		Cristen Harris	284	1:00 PM	2:50 PM
M	TR	5138	Counseling Skills for RDNs Lecture/ lab		Diane Helsel	132	1:00 PM	3:50 PM
M	BC	6108	Intgd Pathology, Immunology & Infectious Diseases		Multiple	146	3:00 PM	4:50 PM
M	EX	3511	Pilates Plus	Observation only	June Kloubec	25	3:00 PM	3:50 PM
M	NM	7142	Critical Evaluation of the Medical Literature		Andrew J Day	186	3:00 PM	4:50 PM

M	TR	3111	Nutrition Throughout Life		Cristen L Harris	284	3:00 PM	4:50 PM
M	BC	3135	Anatomy & Physiology 1		Steven Rude	55	3:30 PM	5:20 PM
M	BC	5146	Physiology Lab 1		Anna K Davis	133	4:00 PM	6:50 PM
M	PH	6811	Capstone Project 2		Multiple	132	4:00 PM	4:50 PM
M	PH	5136	Epidemiology 2		D. Fulton-Kehoe	220	5:00 PM	7:20 PM

## TUESDAY

Days	Dept	Crs ID	Course Name	Notes	Instructor(s)	Rm	From	To
T	BC	3162	Anatomy and Physiology 2 Lecture/Lab		Terri Stilson	286	8:00 AM	9:50 AM
T	BC	4161	Advanced Cell and Molecular Biology		R. Achterman	280	8:00 AM	9:50 AM
T	EX	4123	Exercise Prescription & Testing		June Kloubec	276	8:00 AM	9:50 AM
T	EX	4124	Exercise Science Laboratory Techniques		June Kloubec	276	8:00 AM	9:50 AM
T	NM	7338	Environmental Medicine	Meets weeks 1 - 9 only	John Hibbs	133	8:00 AM	9:20 AM
T	PM	5314	Physical Medicine 1		N Petersburg	176	8:00 AM	8:50 AM
T	TR	5124	Adv Nutrition: Micronutrients		Melissa Conley	284	8:00 AM	9:50 AM
T	TR	6100	Nutritional Supplementation		Kelly Morrow	184	8:00 AM	9:50 AM
T	BO	4146	Materia Medica 2 for Herbal Sciences		Sheila Kingsbury	57	9:00 AM	11:50 AM
T	CH	6423	Chinese Materia Medica 3		Ying Wang	220	9:30 AM	11:50 AM
T	NM	7337	Digestive System		Multiple	55	9:30 AM	11:50 AM
T	BC	3100	Survey of Organic Chemistry		L Elson-Schwab	277	10:00 AM	11:50 AM
T	BC	3149	Research Methods in Human Biology 2		Cynthia Wenner	280	10:00 AM	11:20 AM
T	BC	4117	Biochemistry for Life Sciences 1		Kent Littleton	184	10:00 AM	11:50 AM
T	BC	4153	Integrated Human Biology 3		Messner/Sizemore	276	10:00 AM	11:50 AM
T	BC	5118	Disease Processes 1		Terri Stilson	146	10:00 AM	11:50 AM
T	PS	3124	Health Psychology 2		Naomi Lester	286	10:00 AM	11:50 AM
T	PS	5115	Fund of Counseling: Systems, Families, Couples		Thomas Farmer	134	10:00 AM	11:50 AM
T	RD	6135	Food Service Mgmt 2		Nancy Perlot	133	10:00 AM	11:50 AM
T	TR	4205	Nutrition Analysis and Assessment		Alexandra Kazaks	284	10:00 AM	11:50 AM
T	BC	3135	Anatomy & Physiology 1		Terri Stilson	55	1:00 PM	2:50 PM
T	BC	3144	Integrated Biochemistry and Cell Biology		R. Achterman	286	1:00 PM	2:50 PM
T	BC	4117	Biochemistry for Life Sciences 1 Lecture/Lab		Kent Littleton	184	1:00 PM	2:50 PM
T	BC	5152	Integrated Cardiovascular and Immune Systems		Davis/Littleton	176	1:00 PM	2:50 PM
T	BC	5153	Integrated Respiratory System		Davis/Littleton	176	1:00 PM	2:50 PM
T	BC	5154	Integrated Digestive System		Davis/Littleton	176	1:00 PM	2:50 PM
T	BC	9134	Biology of Receptors		Donald Messner	280	1:00 PM	2:20 PM
T	BO	3115	Herbal Medicine History & Traditions		Sheila Kingsbury	220	1:00 PM	2:50 PM
T	NM	7337	Digestive System		Multiple	186	1:00 PM	3:20 PM
T	PS	3133	Introduction to Statistics		Jonathan Olson	277	1:00 PM	2:50 PM
T	RD	6135	Food Service Mgmt 2		Nancy Perlot	133	1:00 PM	2:50 PM
T	TR	5124	Adv Nutrition: Micronutrients		Melissa Conley	284	1:00 PM	2:20 PM
T	TR	5320	Nutrition Assessment & Therapy 1		Cynthia Bartok	63	1:00 PM	2:50 PM
T	TR	4100	Intro to Research Methods		Kazaks/Harris	55	3:00 PM	4:50 PM
T	BO	7307	Botanical Medicine Formulation Lab 3		Eric Yarnell	57	4:00 PM	4:50 PM

## WEDNESDAY

Days	Dept	Crs ID	Course Name	Notes	Instructor(s)	Rm	From	To
W	OM	5442	Tai Chi	Observation only	P Ngamsiripol	25	8:00 AM	9:50 AM
W	PS	6105	Diversity/Multicul Iss in Hlth Psy		Daniel Rosen	55	8:00 AM	10:50 AM
W	TR	5124	Adv Nutrition: Micronutrients		Melissa Conley	132	8:00 AM	9:20 AM
W	TR	3111	Nutrition Throughout Life		Cristen L. Harris	184	8:30 AM	9:50 AM
W	PS	3147	Myth, Ritual and Health		Brad Lichtenstein	63	9:00 AM	11:50 AM
W	PS	4112	Creating Wellness		Nikki P Stepien	186	9:00 AM	11:50 AM
W	BC	3100	Survey of Organic Chemistry		L Elson-Schwab	280	10:00 AM	11:50 AM
W	BC	5152	Integrated Cardiovascular and Immune Systems	Class runs 1/8/18-2/1/18.	Davis/Littleton	176	10:00 AM	11:50 AM
W	BC	5153	Integrated Respiratory System	Class runs 2/5/18-2/22/18.	Davis/Littleton	176	10:00 AM	11:50 AM
W	BC	5154	Integrated Digestive System	Class runs 2/26/18-3/23/18.	Davis/Littleton	176	10:00 AM	11:50 AM
W	BO	4149	Plant Identification and Horticulture 5		Gilson/Hamby	131	10:00 AM	11:50 AM
W	BO	7307	Botanical Medicine Formulation Lab 3		Debra Brammer	57	10:00 AM	10:50 AM
W	OM	5416	Acupuncture Therapeutics 3		Benjamin Apichai	220	10:00 AM	11:50 AM
W	OM	5442	Tai Chi	Observation only	P Ngamsiripol	25	10:00 AM	11:50 AM
W	TR	3111	Nutrition Throughout Life		Cristen L. Harris	184	10:00 AM	11:20 AM

W	TR	5124	Adv Nutrition: Micronutrients		Melissa Conley	132	10:00 AM	11:50 AM
W	BO	3116	Botany 2		Rainer Stahlberg	55	11:00 AM	11:50 AM
W	NM	6111	Naturopathic Theory and Practice 5		Christian Dodge	133	11:00 AM	12:10 PM
W	BC	5152	Integrated Cardiovascular and Immune Systems		Davis/Littleton	176	1:00 PM	2:50 PM
W	BC	5153	Integrated Respiratory System		Davis/Littleton	176	1:00 PM	2:50 PM
W	BC	5154	Integrated Digestive System		Davis/Littleton	176	1:00 PM	2:50 PM
W	BC	6108	Intgd Pathology, Immunology & Infectious Diseases		Multiple	146	1:00 PM	3:50 PM
W	BO	4113	Pharmacology and Herb/Drug Interaction		Yarnell/Lund	277	1:00 PM	3:50 PM
W	TR	3123	Culinary Skills 1: Soups and Seasonings with Intuition	Observation/Standing room only by door	Patrice Savery	8	1:00 PM	1:50 PM
W	TR	5138	Counseling Skills for RDNs Lecture/ lab		Diane Helsel	132	1:00 PM	3:20 PM
W	TR	5320	Nutrition Assessment & Therapy 1		Cynthia Bartok	63	1:00 PM	2:50 PM
W	PS	3136	Positive Dev & Soc Advocacy for Infants & Children		Jonathan Olson	131	1:00 PM	3:50 PM
W	OM	4211	TCM Diagnosis 1		Weiyi Ding	55	2:00 PM	4:50 PM
W	TR	3123L	Culinary Skills 1: Soups & Seasonings with Intuition	Observation/Standing room only by door	Patrice Savery	8	2:00 PM	5:50 PM
W	EX	3511	Pilates Plus	Observation only	June Kloubec	25	3:00 PM	3:50 PM
W	NM	7338	Environmental Medicine	Weeks 1 - 9 only	John Hibbs	133	3:00 PM	4:20 PM
W	OM	5124	Medical Chinese 4		Tom Yang	184	3:00 PM	4:50 PM
W	PH	6102	Public Health Systems Leadership and Administration		Kloubec/Rotakhina	220	4:00 PM	5:50 PM

## THURSDAY

Days	Dept	Crs ID	Course Name	Notes	Instructor(s)	Rm	From	To
R	BC	3144	Integrated Biochemistry and Cell Biology		R Achterman	286	8:00 AM	9:50 AM
R	BC	4153	Integrated Human Biology 3		Messner/Sizemore	277	8:00 AM	9:50 AM
R	BC	5146	Physiology Lab 1		Anna K Davis	133	8:00 AM	10:50 AM
R	BO	3119	Plant Identification and Horticulture 2		Gilson/Hamby	220	8:00 AM	9:50 AM
R	BP	6200	Psychopathology		Daniel Rosen	176	8:00 AM	9:20 AM
R	OM	5417	Acupuncture Therapeutics 4		Chongyun Liu	55	8:00 AM	9:50 AM
R	TR	6100	Nutritional Supplementation		Kelly Morrow	184	8:00 AM	9:50 AM
R	NM	7323	Cardiovascular System		Multiple	186	8:30 AM	11:50 AM
R	PS	6207	Counseling for Eating Disorders		Nikki P Stepien	276	9:00 AM	11:50 AM
R	BC	4117	Biochemistry for Life Sciences 1 Lecture/Lab		Kent Littleton	184	10:00 AM	11:50 AM
R	BC	4161	Advanced Cell and Molecular Biology		R Achterman	132	10:00 AM	11:50 AM
R	BC	5118	Disease Processes 1		Terri Stilson	284	10:00 AM	11:50 AM
R	BC	5142	Fundamentals of Research Design		Cynthia Wenner	55	10:00 AM	11:50 AM
R	EX	4123	Exercise Prescription & Testing		June Kloubec	134	10:00 AM	11:50 AM
R	OM	4130	Pharmacology Overview for AOM		Christie Fleetwood	220	10:00 AM	11:50 AM
R	PS	3124	Health Psychology 2		Naomi Lester	280	10:00 AM	11:50 AM
R	PS	4131	Non-profit Admin & Grant Writing		Linda Hall	277	10:00 AM	11:50 AM
R	PS	5115	Fund of Counseling: Systems, Families, Couples		Thomas Farmer	57	10:00 AM	11:50 AM
R	TR	4108	Advanced Nutrition Principles 2		Alexandra Kazaks	63	10:00 AM	11:50 AM
R	BC		Lunch and Learn	New subject weekly	Rebecca Love	176	12:00 PM	12:50 PM
R	BC	4117	Biochemistry for Life Sciences 1 Lecture/Lab		Kent Littleton	184	1:00 PM	2:50 PM
R	BC	5152	Integrated Cardiovascular and Immune Systems		Davis/Littleton	176	1:00 PM	3:20 PM
R	BC	5153	Integrated Respiratory System		Davis/Littleton	176	1:00 PM	3:20 PM
R	BC	5154	Integrated Digestive System		Davis/Littleton	176	1:00 PM	3:20 PM
R	BP	6200	Psychopathology		Daniel Rosen	133	1:00 PM	2:20 PM
R	OM	4130	Pharmacology Overview for AOM		Christie Fleetwood	220	1:00 PM	2:50 PM
R	PS	3133	Introduction to Statistics		Jonathan Olson	280	1:00 PM	3:50 PM
R	PS	7115	Developing & Evaluating Counseling Programs		JoAnne E Bates	131	1:00 PM	3:50 PM
R	TR	5101	Whole Foods Production		Nancy Perlot	63	1:00 PM	2:20 PM
R	TR	5320	Nutrition Assessment & Therapy 1		Cynthia Bartok	186	1:00 PM	2:50 PM
R	TR	6122	Contemporary Nutrition: Community and Culture		Shanshan Chen	284	1:00 PM	2:20 PM
R	BO	4100	Herbs and Food		Siona Sammartino	57	1:30 PM	3:20 PM
R	OM	4110	Meridians & Points 2		Angela Hughes	55	2:00 PM	3:50 PM
R	TR	5101L	Whole Foods Production Lab	Observation/Standing room only by door	Nancy Perlot	8	2:30 PM	5:20 PM
R	TR	6122	Contemporary Nutrition: Community and Culture		Shanshan Chen	284	2:30 PM	3:50 PM
R	BC	6108	Intgd Pathology, Immunology & Infectious Diseases		Multiple	146	3:00 PM	5:50 PM
R	TR	5138	Counseling Skills for RDNs Lecture/ lab		Diane Helsel	184	3:00 PM	5:20 PM
R	BP	5401	Therapeutic Alliance 2		Daniel Rosen	63	3:30 PM	5:20 PM
R	PH	5131	Intermediate Biostatistics 2		Jonathan Olson	55	4:00 PM	5:50 PM
R	PH	6102	Public Health Systems Leadership & Administration		Kloubec/Rotakhina	220	4:00 PM	5:50 PM

**FRIDAY**

Days	Dept	Crs ID	Course Name	Notes	Instructor(s)	Rm	From	To
F	BO	7307	Botanical Medicine Formulation Lab 3		Brianna Piche	57	8:00 AM	8:50 AM
F	SN	5104	Integrated Case Studies 2		Davis/Goto	132	8:00 AM	9:50 AM
F	TR	4113	Nutritional Supplements & Herbs		Diane Helsel	55	8:00 AM	10:50 AM
F	TR	5320	Nutrition Assessment & Therapy 1		Cynthia Bartok	63	8:00 AM	9:50 AM
F	BC	9134	Biology of Receptors		Donald Messner	280	8:30 AM	9:50 AM
F	NM	7323	Cardiovascular System		Multiple	186	8:30 AM	11:50 AM
F	SN	6101	Integrated Case Studies 5		Meng/Brignall	284	9:00 AM	9:50 AM
F	TR	3142	Therapeutic Cooking: Illness and Recovery	Observation/Standing room only by door	Patrice Savery	8	9:00 AM	12:20 PM
F	BC	5118	Disease Processes 1		Terri Stilson	146	10:00 AM	11:50 AM
F	BO	3119	Plant Identification and Horticulture 2		Gilson/Hamby	220	10:00 AM	11:50 AM
F	SN	5104	Integrated Case Studies 2		Martzen/Elabbadi	132	10:00 AM	11:50 AM
F	SN	6101	Integrated Case Studies 5		Wallace/Sizemore	284	11:00 AM	11:50 AM
F	BC	3149	Research Methods in Human Biology 2		Cynthia Wenner	280	1:00 PM	2:20 PM
F	SN	5104	Integrated Case Studies 2		Wallace/Martzen	132	1:00 PM	2:50 PM
F	BC	4135	Biophysics 3		Max Sizemore	276	2:00 PM	2:50 PM
F	BO	7307	Botanical Medicine Formulation Lab 3		Sheila Kingsbury	57	3:00 PM	3:50 PM