

14500 Juanita Drive Northeast  
Kenmore, Washington 98028-4966  
425.823.1300  
www.Bastyr.edu

The *Bastyr University Catalog* is published annually. Information contained in this catalog is current as of July 2011. Recognizing that funding, policies, personnel and curricula may change, Bastyr University reserves the right to change, without prior notice, academic programs, courses, faculty, fees, policies and the academic calendar regulating admissions, registration, graduation and any other matters affecting the student body.

Nothing contained in this catalog shall constitute a contract, expressed or implied, between applicants or students and Bastyr University. The administration shall, at all times, retain the authority to withdraw from the University any student who fails to attain and maintain established levels of academic or clinical performance or who does not exhibit the personal and professional conduct required for the practice of medicine or related disciplines.

In meeting its professional educational requirements, Bastyr University is committed to its obligation to maintain a healthy environment commensurate with the standards set by federal, state or local regulatory agencies in the normal operations of its classrooms, laboratories and clinical and research facilities. Students should be aware, however, that people training for health care professions may be exposed to diseases and potentially toxic environments to a much greater extent than the general public.

Bastyr University is an equal opportunity institution. We do not discriminate in matters of employment or participation in programs, services or benefits on the basis of gender, race, creed, color, religion, national origin, age, sexual orientation, gender identification, disability or veteran status. Our programs, services and facilities are accessible to individuals with disabilities. Please contact the University in advance if you require special accommodation due to a disability.

Bastyr University is accredited by the Northwest Commission on Colleges and Universities. For information about accreditation and approval of specific degree and certificate programs, see page 4.

Entire contents ©2011 Bastyr University.  
Printed on recycled paper.

# Bastyr University Catalog 2011-2012

## SCHOOL OF ACUPUNCTURE AND ORIENTAL MEDICINE

Combined Bachelor/Master of Science in Acupuncture  
Combined Bachelor/Master of Science in Acupuncture and Oriental Medicine  
Master of Science in Acupuncture  
Master of Science in Acupuncture and Oriental Medicine  
Certificate in Chinese Herbal Medicine  
Doctor of Acupuncture and Oriental Medicine

## SCHOOL OF NATURAL HEALTH ARTS AND SCIENCES

Bachelor of Science with a Major in Health Psychology  
Bachelor of Science with a Major in Nutrition  
Bachelor of Science with a Major in Exercise Science and Wellness  
Bachelor of Science with a Major in Nutrition with Didactic Program in Dietetics  
Bachelor of Science with a Major in Nutrition and Exercise Science  
Bachelor of Science with a Major in Nutrition and Culinary Arts  
Combined Bachelor/Master of Science in Midwifery  
Master of Science in Midwifery  
Master of Science in Nutrition (Research)  
Master of Science in Nutrition and Clinical Health Psychology  
Master of Science in Nutrition with Didactic Program in Dietetics  
Dietetic Internship

## SCHOOL OF NATUROPATHIC MEDICINE

Bachelor of Science with a Major in Herbal Sciences

Certificate in Holistic Landscape Design

Doctor of Naturopathic Medicine

*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 curricula and courses required for any other entering year.*

# Contents

General Information.....	3
Introduction .....	3
Students .....	6
Student Affairs .....	7
Financial Policies .....	10
Facilities .....	11
Academic Policies and Procedures.....	13
Faculty.....	20
Continuing Education.....	21
Bastyr University Research Center .....	21
Center for Interdisciplinary Studies.....	22
Center for Spirituality, Science and Medicine.....	22
Library .....	22
General Admissions.....	23
Bastyr Undergraduate Programs .....	28
School of Acupuncture and Oriental Medicine.....	30
Combined Bachelor's/Master's Program .....	32
Master of Science in Acupuncture .....	32
Master of Science in Acupuncture and Oriental Medicine.....	33
Certificate in Chinese Herbal Medicine .....	38
AOM Doctoral Program .....	39
School of Natural Health Arts and Sciences .....	43
Department of Basic Sciences .....	44
Cadaver Anatomy.....	44
Department of Counseling and Health Psychology.....	45
Bachelor of Science with a Major in Health Psychology .....	45
Department of Midwifery.....	47
Department of Nutrition and Exercise Science .....	51
Undergraduate Programs .....	52
Bachelor of Science with a Major in Nutrition .....	52
Bachelor of Science with a Major in Exercise Science and Wellness .....	53
Bachelor of Science with a Major in Nutrition with Didactic Program in Dietetics.....	54
Bachelor of Science with a Major in Nutrition and Exercise Science .....	56
Bachelor of Science with a Major in Nutrition and Culinary Arts.....	56
Graduate Programs .....	57
Master of Science in Nutrition (Research).....	58

Master of Science in Nutrition and Clinical Health Psychology .....	59
Master of Science in Nutrition with Didactic Program in Dietetics .....	61
Dietetic Internship .....	62
School of Naturopathic Medicine .....	66
Bachelor of Science with a Major in Herbal Sciences .....	66
Certificate in Holistic Landscape Design .....	68
Doctor of Naturopathic Medicine .....	69
Departments Within the Naturopathic Medicine Program .....	74
Botanical Medicine .....	74
Homeopathic Medicine .....	75
Physical Medicine .....	75
Naturopathic Medicine/Acupuncture and Oriental Medicine Dual Track .....	82
Bastyr Center for Natural Health: Clinical Education Practicum .....	88
Course Descriptions .....	89
Ayurvedic Medicine .....	90
Basic Sciences .....	90
Botanical Medicine .....	95
Chinese Herbal Medicine Certificate .....	100
Dietetic Internship .....	102
Exercise Science and Wellness .....	102
Homeopathic Medicine .....	104
Interdisciplinary Studies .....	105
Midwifery .....	105
Naturopathic Medicine .....	109
Acupuncture and Oriental Medicine .....	115
Physical Medicine .....	123
Counseling and Health Psychology .....	125
Didactic Program in Dietetics .....	132
Nutrition .....	134
Officers .....	140
Board of Trustees .....	140
Directions .....	141
Index .....	142
Federal Refund Requirements .....	144
Calendar Notes .....	144
Academic Calendar .....	inside back cover

# General Information

## Introduction

Bastyr University, located in the beautiful Pacific Northwest approximately 15 miles from the city of Seattle, is a progressive, accredited, nonprofit university, internationally recognized as a pioneer in the study of natural health arts and science education and research. Since its inception, the University has based its educational, clinical and research programs on the following key principles:

- Treatment of the whole person
- Prevention of disease
- Teaching patients how to take responsibility for their own health
- Enhancing each individual’s inherent healing ability, using natural, nontoxic therapies

Over the years the University has broadened its mission to integrate Western scientific standards with traditional natural healing methods from around the world. The University has expanded and strengthened the academic and clinical education of naturopathic medicine practitioners. It has developed unique academic degree programs in acupuncture and Oriental medicine, nutrition, exercise science and wellness, herbal sciences, culinary arts, midwifery, and health psychology, as well as specialized nondegree programs that reflect its founding philosophy.

The education of graduate natural health practitioners and highly qualified undergraduate students at Bastyr University emphasizes development of the scientific understanding of the structure and function of the human body and the disease process, balanced with a profound appreciation for, and ability to activate, the unique self-healing ability inherent in every human being. The University's educational approach is an integrated one, offering traditional didactic instruction combined with innovative, problem-based learning in rigorous academic and clinical environments. The learning experience emphasizes academic excellence, the development of individual talents and mastery of critical competencies.

Students learn under the guidance of outstanding faculty. More than 90 percent of the University's health sciences core faculty members have earned doctoral degrees, and many are successful private practitioners who contribute a wealth of practical experience to classroom and clinical instruction. Laboratory experiments, demonstrations, clinical experience and case-oriented instruction help students develop practical, patient-oriented skills and understanding. Student clinicians are also trained to recognize when other modes of treatment are in the best interests of the patient and to make appropriate referrals to colleagues in other health care professions.

Bastyr University is dedicated to educating individuals to meet the health and well-being needs of the twenty-first century. In practice and through research, Bastyr graduates will further develop ways in which to integrate scientific and traditional healing methods in support of the innate healing power of the individual as part of the great human community.

#### BASTYR UNIVERSITY VISION STATEMENT

*As the world's leading academic center for advancing and integrating knowledge in the natural health arts and sciences, Bastyr University will transform the health and well-being of the human community.*

#### BASTYR UNIVERSITY MISSION STATEMENT

*We educate future leaders in the natural health arts and sciences. Respecting the healing power of nature and recognizing that body, mind and spirit are intrinsically inseparable, we model an integrated approach to education, research and clinical service.*

#### BASTYR UNIVERSITY VALUES

Compassion

Community

Integrity

Connection to Nature

Whole Systems Health

In pursuit of its vision and mission, the University is characterized by:

- Academic excellence: curricula that present the cutting edge of natural medicine philosophy and practices; programs that facilitate student development of high-level academic and/or clinical expertise; utilization of

teaching methodologies that optimally facilitate student skill and knowledge base development; and an educational environment that incorporates and models the principles of natural medicine

- Pioneering research: foundational inquiry into the underlying concepts of natural medicine; iterative research that continuously evaluates the efficacy of therapeutic strategies and agents; and research partnerships to deepen and broaden the kinds of possible inquiry
- Renowned clinical services: cutting-edge natural medical care; instruction that helps students model ideal clinical practice behaviors; and collaborations that provide opportunities to explore and develop integrated care protocols and clinical practices

For the University to fully meet these commitments, it must think and act strategically. Following a campus-wide, iterative and broadly-inclusive process, the University's Board of Trustees in December 2008 adopted and committed itself to the following core strategic initiatives:

**Strategic Initiative #1:** Convene essential generative conversations that inform the cultivation of practitioners and influence policy decisions that contribute to restoring the world's intrinsic health.

**Strategic Initiative #2:** Determine what academic programs are essential to a robust and universal education in the natural health arts and sciences and ensure that each program is focused on the achievement of excellence.

**Strategic Initiative #3:** Attract, support and retain world-class faculty and staff in the natural health arts and sciences.

**Strategic Initiative #4:** Attract, support and retain world-class students representing different cultures.

**Strategic Initiative #5:** Our methods of and access to instruction are innovative enough to attract the most diverse and qualified students, while maintaining the highest standards of academic, research and clinical excellence.

**Strategic Initiative #6:** Establish a secure base of financial support and appropriate physical assets so we can invest in and support those things that ensure we will always lead the way in education, research and clinical practice of the natural health arts and sciences.

Bastyr University has played a key part in establishing the credibility of science-based natural medicine and initiating the current transformation of the health care system. In order to retain the University's leadership role in promoting the benefits of natural medicine, we will continue to improve and transform the institution into a fully-developed, well-financed mature academic center for the natural health arts and sciences.

## GLOBAL COMPETENCIES AT BASTYR UNIVERSITY

Bastyr University has developed global competencies in three major areas to help students succeed in their chosen fields in the natural health arts and sciences. These three major areas are communication skills, critical thinking and professional behavior. Students fulfill these global competencies through the curriculum of their chosen programs and in their interactions with the Bastyr community. If students are having difficulties with any of the global competencies, they are encouraged to seek assistance from their instructors and the Tutoring Center. Faculty members may recommend remediation for students as appropriate.

**Communication Skills:** Five global competencies are listed under communication skills: writing, listening, speaking, information literacy and public speaking.

**Critical Thinking:** Six global competencies are listed under critical thinking: synthesis and integration, reflective evaluation, problem solving, analytical skills, intuitive skills, and research skills.

**Professional Behavior:** Five global competencies are listed under professional behavior: medical and professional ethics, compassionate caring behaviors, respectful communication, personal health and wellness, and professional boundary skills.

## LEGAL STRUCTURE OF BASTYR UNIVERSITY

Bastyr University is a nonprofit, tax-exempt corporation founded for the purpose of serving as an effective leader in the improvement of the health and well-being of the human community through education, research and community health care. The Articles of Incorporation are filed in the state of Washington. The University is governed by a Board of Trustees which appoints the president of the University, who is ultimately responsible for all academic and administrative policies as well as institutional financial management and planning. For a listing of University officers and members of the Board of Trustees, please refer to page 140.

## ACCREDITATION AND RECOGNITION

Bastyr University is accredited by the Northwest Commission on Colleges and Universities (NWCCU), 8060 165th Avenue NE, Suite 100, Redmond, WA 98052-3981, 425.558.4224. NWCCU is a regional institutional accrediting body recognized by the U.S. Department of Education.

The Doctor of Naturopathic Medicine program is accredited by the Council on Naturopathic Medical Education (CNME), a specialized accrediting board recognized by the U.S. Department of Education. A copy of the *CNME Handbook of Accreditation for Naturopathic Medical Colleges and Programs* (2007 edition) is on reserve in the Bastyr University Library. For more information, please contact the Council on Naturopathic Medical Education, P.O. Box 178, Great Barrington, MA 01230, or call 413.528.8877.

The BS Didactic Program in Dietetics, MS Didactic Program in Dietetics and Dietetic Internship are accredited by the Commission on Accreditation for Dietetics Education (CADE), 120 South Riverside Plaza, Suite 2000, Chicago, IL 60606-6995, [education@eatright.org](mailto:education@eatright.org), website: [www.eatright.org/cade](http://www.eatright.org/cade).

The Master of Science in Acupuncture (MSA), the Master of Science in Acupuncture and Oriental Medicine (MSAOM) and the Doctor of Acupuncture and Oriental Medicine (DAOM) are all accredited by the Accreditation Commission for Acupuncture and Oriental Medicine (ACAOM), 7501 Greenway Center Dr., Suite 760, Greenbelt, MD 20770, 301.313.0855. ACAOM is not currently recognized by the U.S. Department of Education with respect to doctoral programs in the field. However, Bastyr University is regionally accredited by the Northwest Commission for Colleges and Universities, 425.558.4224, and thus all degree offerings are accredited and DAOM students are eligible for Title IV funds.

The Master of Science in Acupuncture and Oriental Medicine and the combination of the Master of Science in Acupuncture and the Certificate in Chinese Herbal Medicine are approved curriculum by the California Acupuncture Board for graduates seeking California licensure.

Bastyr University is approved by the U.S. Immigration and Naturalization Service to accept and enroll foreign nonimmigrant students. Bastyr University's academic programs are approved by the Higher Education Coordinating Board's State Approved Agency (HECB/SAA) for enrollment of persons eligible to receive educational benefits under Title 38 and Title 10, U.S. Code.

Bastyr University has received approval from the state of Washington as a recognized midwifery training facility and provides education for midwives in a program for direct-entry midwifery students in the articulated Bachelors/Masters of Midwifery degree. This program is accredited through the Midwifery Education Accreditation Council (MEAC). Graduates of the Department of Midwifery are eligible to sit for licensure in Washington and other states and apply to the Canadian bridging program for provincial registration. Graduates of both programs may sit for the North American Registry of Midwives (NARM) exam to receive the Certified Professional Midwife (CPM) credential, recognized in many states for legal practice of midwifery and reimbursement for services.

Bastyr University is approved by Washington state to offer its acupuncture and Oriental medicine programs. Individuals who complete the Master of Science in Acupuncture or Master of Science in Acupuncture and Oriental Medicine are eligible to sit for the National Commission for the Certification of Acupuncture and Oriental Medicine (NCCAOM) certification exams as well as various state licensing exams.

## VISITING CAMPUS

Prospective students are invited to visit classes on the Bastyr campus, take a campus tour, speak with an advisor, and talk with administrators, faculty and current students to explore studying for a career in the natural health arts and sciences. Visitors should contact the admissions office at least a week prior to the visit to arrange for an appointment.

The admissions office is open weekdays from 8:30 a.m. to 5:00 p.m. Pacific Time, excluding holidays. Regular classes are in session from late September through early June. Upon request, the admissions office will send information about lodging in the area and transportation to the University from Seattle-Tacoma International Airport.

To schedule a visit, please call the admissions office at 425.602.3330 or e-mail [admissions@bastyr.edu](mailto:admissions@bastyr.edu). Visit our website at [www.Bastyr.edu/admissions](http://www.Bastyr.edu/admissions).

## Students

### THE STUDENT BODY

Those who attend Bastyr University constitute a diverse group of learners. The average age of the 996 students enrolled at the University in the fall of 2010 was 31, with a range in age from 19 to 66.

The demographics across various programs are fairly similar. More than three-quarters of the students are women. About half of the student body is from the Pacific Northwest, and in fall, 2010, 47 U.S. states were represented. International students are an important part of the Bastyr community. In 2010-2011, 32 foreign national students, representing 11 countries, were enrolled.

### STUDENT PARTICIPATION

The major focus of student participation is the Bastyr University Student Council. The council determines how student activity fees are spent, appoints students to various committees, represents student interests to the administration and allied professional organizations, and continually seeks to promote the University and meet the needs of students. The Student Council, like the University as a whole, relies upon student participation to create a more effective learning environment. The Student Council's constitution may be found online at MyBU.

The Student Council hosts numerous events during the year, including potluck dinners, dances, a talent show, graduation parties and Bastyr Community Day. The council has made significant contributions to the University, including sponsoring community events, remodeling the movement room and sponsoring the student exercise room, providing remote viewing for some classrooms, as well as equipment for the library and other University departments.

Each student is required to pay a \$25 student activity fee every quarter. These funds are administered by the Student Council and used to support student activities, organizations, programs and services. With these funds, events like Bastyr Community Day, expansion of the herb garden, and free or partially-subsidized concerts, lectures and workshops are made available to students. The funds are also used to purchase equipment for the University for general student body use, such as additional computers for the library, a laptop with LCD projector and video equipment.

The Student Council recognizes official student organizations. In the past several years these organizations have included the following:

- 12-Step Group
- Action Africa
- American Association of Naturopathic Physicians (AANP)
- Bastyr Environmental Action Team (BEAT)

Bastyr Rock the Vote  
Bellydance Club  
Chamber Music Club  
Christian Fellowship  
Community Health Club  
Culinary Roots Club  
Ethnobotanical Student Association  
Exercise Science Club  
Hapkido Club  
Herbal Ways  
Jewish Student Union  
Journal Club  
Meditation Club  
Nature Cure Club  
Pediatrics Club  
Physicians for Social Responsibility  
Soccer Club  
Sports Medicine Club  
Student Midwifery Association  
Student Nutrition Association  
Sundo Circle  
Tai Chi Club  
Tibetan Medicine Student Club  
Travel clubs  
Ultimate Frisbee Club  
Voice for Queer Natural Health  
Washington Association of Naturopathic Physicians (WANP)  
Yoga Club

## Student Affairs

The division of student affairs at Bastyr University provides support and services for students to meet personal and professional goals.

The student affairs staff at Bastyr University consists of the dean of students' office, admissions, financial aid, the registrar's office, the Student Resource Center, student housing, the Counseling Center, the Tutoring Center, marketing and media, career and alumni services, as well as services for international and veteran students and students who access services under the Americans with Disabilities Act. *Student Policies and Procedures* are available online at MyBU.

### DEAN OF STUDENTS/VICE PRESIDENT FOR STUDENT AFFAIRS

The dean of students' office supervises student affairs and professional staff, plans and conducts orientation and commencement activities, advises student organizations, oversees the Student Resource Center, facilitates communications within and among the University's constituencies, and resolves grievances.

### ADMISSIONS

The Office of Admissions works with all prospective students for degree and certificate programs at the University. In addition, the admissions department coordinates campus tours, information sessions, webinars, campus visits and off-campus events to highlight the academic opportunities at the University.

## REGISTRATION

The registrar's office maintains students' academic records, manages course scheduling, handles academic registration and evaluation, records grades, produces transcripts and grade reports, and provides academic advising and evaluation, as well as international and veteran student services.

Bastyr University operates on the quarter system. The University's quarter is 11 weeks long. (Summer quarter classes are generally eight weeks; summer clinic is 11 weeks.) Eleven hours of class constitute one credit hour, and 22 hours of lab/practicum constitute one credit hour.

Continuing students preregister for courses and clinic shifts by submitting a preregistration form. The preregistration forms must be turned in before the registrar's office will register a student for classes or clinic shifts.

Registration for continuing students takes place in the spring for summer and fall quarters and in the fall for winter and spring quarters. New students are automatically registered for their fall quarter courses, beginning in late spring and after they have paid their confirmation deposit. Nonmatriculated students may register for courses after matriculated students have been registered. Priority for courses is given to matriculated students. Students taking a course for credit have preference over students auditing a course. Students auditing a course or clinic shift (regardless of matriculation status) will be withdrawn if the course is full and an eligible student elects to register for the course, for credit. Students taking a course that is required for their major have preference over those taking the course as an elective. If a student has withdrawn from her/his program, s/he may only take subsequent program courses with permission from the dean of the school from which the student has withdrawn.

Students may elect to audit a course or change their status in a course from an audit to a grade through the second week of the quarter. However, after the first week of the quarter, standard refund policies apply. After the second week, a student may not change from a graded option to an audit option or from an audit option to a graded option.

Course add/drop/withdrawal forms are obtained from and returned to the registrar's office. Classes may be added or dropped from a student's schedule through the add/drop period (ending the close of the first week of each quarter). After the first week of the quarter, all withdrawals will be noted with a W grade on the transcript (except in the case of weekend intensive classes or non-traditionally scheduled classes that have not yet begun). Assigned clinic shifts may be traded during the shift change period. Elective clinic shifts may be added during that same period. Clinic shift drops are accompanied by financial penalties. (Please see the registrar's office for additional information.) Withdrawal from classes is not permitted during the final three weeks of a quarter (see the financial policies section for the refund policy and page 144 for a refund schedule). For courses with concentrated scheduling (not evenly spaced throughout a quarter), the timing of additions or drops varies. (In no case may students drop or withdraw from a course after the course has ended.) Students must check with the registrar for specific deadlines.

## FINANCIAL AID

Prospective students, current students and alumni all work with the Office of Financial Aid on financial planning for their education. Students have access to a full range of state and federal financial aid programs. The financial aid office also distributes information about a wide variety of private scholarships available throughout the academic year.

## STUDENT RESOURCE CENTER (SRC)

The Student Resource Center, located in the main hallway near the cafeteria, is a central location, where students can obtain information and assistance about student-related concerns, details on the student activity

schedule and ask general questions. Students can also obtain lockers and identification cards at this center. There are more than 400 lockers available for student rental on campus, costing \$15 - \$20 per year. Student identification cards are provided to all new students, and cost of the card is included in the new student matriculation fee.

#### STUDENT HOUSING

The University offers on-campus housing in the Student Village, which opened in summer 2010. The village consists of 11 buildings, housing 12 students each in single-suite rooms. These LEED-certified buildings are green-constructed and designed to enhance the student experience while also reducing traffic congestion. Full information, including photos, pricing and move-in dates, are available on the website or via e-mail at [housing@bastyr.edu](mailto:housing@bastyr.edu). Off campus postings for local apartments and home share opportunities are also available on the website and are updated often.

#### COUNSELING CENTER

The Bastyr University Counseling Center assists students with confidential personal and school-related counseling concerns. Short-term individual and couples counseling is provided by the center's director and staff counselors and is available throughout the academic year to students from all programs. A brochure describing the center's services is provided to new students at the beginning of each year. Informational brochures may also be obtained in the Counseling Center, rooms 54-62. Counseling is also available through Bastyr Center for Natural Health.

#### MARKETING & MEDIA

The Department of Marketing and Media works to increase the visibility of Bastyr University, coordinating all of the communications and public relations efforts for the University. The marketing office serves to recruit patients and students to the clinic and University and assists in producing all campus promotional materials and publications, including the website. The media and public relations office is the liaison between University representatives and members of the media and is responsible for handling proactive campaigns to gain publicity for the University.

#### TUTORING SERVICES

Tutoring opportunities consist of sessions in which faculty-approved student tutors provide help to students in all course areas of the curriculum. Small group tutoring workshops are organized when helpful. Audio taping and note-taking programs are also available to students. Students should make their request to the registrar's office.

#### CAREER CENTER

The Career Center is a resource for students during their active student years as they prepare to enter their career field and as they implement their job search activities. It is also a resource for graduates as they fulfill their career goals. During the course of students' studies, participation in self-understanding exercises helps them identify unique strengths that form the basis for excellent performance and a successful career. Preparation for job searching includes building a resume, which brings out accomplishments related to career goals, formulating letters, and learning to interact with people effectively by phone and in person so that both networking and job interviews will be successful. Job search support activities include individual coaching, videotaping, contact-development and transition support.

The Career Center also sponsors group activities such as the Health of Business, Business of Health practice success series, practitioner speakers for exploring career options, employer contact events and skill building workshops.

#### ALUMNI SERVICES

Bastyr is committed to supporting its graduates and to helping them stay engaged with the life of the University through a variety of programs. Communication services include an alumni e-newsletter, a website, an online public directory of alumni and professional opportunity listings on the web. Major benefits include access to group insurance rates, travel programs, and discounts with major car rental companies and hotel chains. The University also provides occasions for alumni to get together for career training, networking and social activities. Many other specific benefits are available for alumni to continue their studies at Bastyr, to use University facilities at special rates, and to be involved in the Bastyr community. For information about all benefits including the alumni tuition benefit, visit [www.Bastyr.edu/alumni](http://www.Bastyr.edu/alumni).

#### AMERICANS WITH DISABILITIES ACT (ADA) SERVICES

Bastyr University will provide reasonable academic or other accommodations for students with known disabilities to the extent and according to the definitions provided by the Americans with Disabilities Act, Section 504. Individuals with disabilities must formally request accommodation under the ADA in order for the University to provide reasonable accommodations. Students shall make their request to the Office of the Registrar. Please see MyBU, under the Registrar's page, for more information.

#### INTERNATIONAL STUDENTS

The U.S. Custom and Immigration Service (USCIS) has approved Bastyr University to accept and enroll international, nonimmigrant students. Student I-20 forms are issued by the University upon admission. For more information, consult the admissions section in this catalog or contact the admissions office. The associate registrar in the registrar's office assists currently enrolled international students with the USCIS regulations.

#### HEALTH CARE SERVICES

Every registered student is eligible and encouraged to make use of the services at Bastyr Center for Natural Health. Students may also register their partners, spouses and dependent children for a nominal fee each quarter. A co-pay is due at the time of each visit, as is typical with most health plans. Lab fees, dispensary items and certain medical procedures are billed separately. Contact Bastyr Center for Natural Health for more information or to make an appointment at 206.834.4100.

The University contracts with an outside company to provide a student injury and sickness plan at a special rate for all Bastyr students and dependents. You may receive a brochure with registration and pricing information at the office of student affairs. You will enroll and do business specifically with the company, not with Bastyr. Also, Bastyr University has contracted with Firebird International Insurance group to offer a mandatory student accident and sickness plan for international students. All F-1 students must participate in this plan or provide proof of comparable coverage. Additionally, a domestic or international student participating in coursework outside of the U.S. may sign up and pay for this same coverage before travelling.

#### UNIVERSITY FOOD SERVICES

The Bastyr University Dining Commons offers a variety of whole-foods-focused meal and snack options. During the academic year, breakfast, lunch and dinner are available Monday through Friday. Breakfast and

lunch are served on weekends. Weekend hours of service during summer quarter and during breaks between quarters are posted on the Bastyr website. Both the campus bookstore and the Bastyr Center dispensary carry snacks and beverages.

## BOOKSTORE

The Bastyr University Bookstore carries a unique selection of health-related books and supplies. All textbooks and materials needed for courses taught at the University are on hand, including books used in continuing education. In addition, the store stocks a wide selection of hard-to-find books on natural health. Topics found in the bookstore include acupuncture, cooking, herbal medicine, homeopathy, nutrition, Oriental medicine, psychology, physical medicine, spirituality, and books on specific diseases — all selected to emphasize Bastyr’s focus on natural healing. Medical supplies can also be found in the bookstore, including acupuncture equipment, herbal tinctures, homeopathic formulas, as well as traditional medical equipment such as diagnostic sets and stethoscopes. Unique gifts and Bastyr apparel are also on display and for sale. Special orders for students, staff and faculty are always welcome.

The bookstore is the between-classes stop for quick snacks and drinks. Natural and organic treats to meet a variety of needs, including gluten-free and dairy-free diets, are always on sale.

Online services can be found at [www.Bastyr.edu/bookstore](http://www.Bastyr.edu/bookstore). Reference books specific to the natural health arts and sciences can be ordered; check out the naturopathic reference sections for books that cannot be found at any other site. Bastyr logo items including sweatshirts, T-shirts, hats, Frisbees, bumper stickers, water bottles and more are on sale and ready to be shipped nationwide.

## Financial Policies

### 2011-2012 TUITION<sup>1</sup>

#### **Doctoral, Professional, Graduate, BS/MS Midwifery, BSOM/MSA/MSAOM Tuition**

Students taking fewer than

12 credits .....	\$560 per credit
Students taking 12–16 credits.....	\$6,700 per quarter
Students taking more than 16 credits.....	\$6,700 + \$285 per credit for each credit over 16
Naturopathic Midwifery Program: Practicum (birth experiences) <sup>2</sup> .....	\$164/birth (\$328/credit)
Dietetic Internship .....	\$650 per credit
Part-time certificate programs with fewer than 12 credits per quarter .....	\$475 per credit

#### **Undergraduate Tuition**

Students taking fewer than 12 credits.....	\$560 per credit
Students taking 12–16 credits.....	\$6,700 per quarter
Students taking more than 16 credits.....	\$6,700 + \$335 per credit for each credit over 16

#### **For all students**

Audit.....	\$240/credit
Audit for courses outside the region.....	\$320/credit

<sup>1</sup>Due to the unique nature of summer quarter, summer rates vary from those listed above. Rates for summer quarter, 2012, have been tentatively set at \$465 per credit for credits up through 16, and \$285 for each credit over 16 for graduate/professional students and \$335 for each credit over 16 for undergraduate students.

<sup>2</sup>The Naturopathic Midwifery program is no longer enrolling new students.

Tuition is increased annually to adjust for program growth and inflation. Tuition is payable on or before the first day of classes each quarter. A signed promissory note is required if for any reason a payment cannot be made by the due date. A deferment fee is assessed for late tuition payments unless a waiver is obtained from the financial aid office. Interest is charged on outstanding balances unless waived by the financial aid office. If the amount of financial aid pending does not cover the full tuition balance, the total not covered by financial aid is due on the first day of the quarter.

If an account is sent to a collection agency, all collection agency fees, reasonable attorney fees and court costs (if legal action becomes necessary) will be imposed on the student's tuition balance.

## 2011-2012 FEES

Add/Drop Fee (after completion of free add/drop).....	\$10
Admissions Deposit: (credited toward tuition)	
Degree Programs .....	\$200
Certificate, Non-matriculated, Post-baccalaureate.....	\$100
Advanced Standing/Transfer Evaluation Fee .....	\$75
Application Fees:	
Undergraduate .....	\$60
Graduate and Professional .....	\$75
Bike Rental.....	\$40/qtr
Challenge Exam Fee.....	50% of tuition
Clinic Shift Change/Drop Fee .....	\$10, \$25, \$50, \$100 <sup>1</sup>
Competency Exam Fee.....	\$50
Deferment Fee.....	\$50
Diploma Replacement/Second Diploma Fee.....	\$50
Interest.....	1.0% per month
International Student Accident/Sickness Plan <sup>2</sup> .....	\$258.70/qtr or \$1035/year
Late Graduation Application Fee .....	\$50
Late Registration Fee .....	\$25
Locker Fee.....	\$15 or \$20/year
National Criminal Background check .....	\$50 <sup>3</sup>
Naturopathic Medicine Student Association (NMSA) fee .....	\$25/year
New Student Matriculation Fee <sup>4</sup> .....	\$375
Nonrefundable Course Deposit <sup>5</sup> .....	Varies
NSF Check Fee .....	\$28
Program Fee (Undergraduate and MSN).....	\$150/qtr
Official Transcripts (7-10 business days).....	\$5
Official Transcripts (1-2 business days).....	\$10
Parking .....	\$40/qtr (summer free)
Parking Citations-Vary according to infraction.....	\$10 - \$100
Shuttle (between main campus and center) .....	Free
Stop Payment on Student Refund.....	\$20
Student Activity Fee.....	\$25/qtr

There may be additional fees.

<sup>1</sup>Fee varies depending on date and shift type. Please see clinic registration staff for details.

<sup>2</sup>A plan may also be purchased for international student dependents.

<sup>3</sup>Students may be charged an additional fee if it is deemed necessary to repeat the national check or their preceptor or clinical site requires the advanced background check.

<sup>4</sup>The new student matriculation fee includes costs for orientation, University publications, student ID chard cards, unofficial transcripts, and copies of official transcripts sent to licensing boards. Once orientation begins, this fee is nonrefundable.

<sup>5</sup>Nonrefundable course deposits are required when confirmed enrollment is essential prior to the start of a given quarter. Amount varies depending on the course.

## PARKING AND TRANSPORTATION

All campus students and employees, including adjunct faculty, are required to register their transportation choices, whether driving a car or not. This must be done either online or by paper form within two weeks of the start of fall quarter (or whichever quarter is first attended by a student). This information allows us to manage our parking availability, give incentives to carpoolers, track our carbon footprint and offer several services. For instance, we offer a bike rental program, which allows full-time students to rent bikes on a quarterly basis. In addition, we have a free shuttle service on weekdays throughout the quarter between the main campus and Bastyr Center.

Campus parking fees for fall, winter and spring quarters are \$40/quarter for those who are parking on campus three or more days per week. Parking two days or less per week costs \$20 per quarter. Carpooling two or more times per week is also \$20 per quarter. Parking one day or less per week is free. There is no fee in the summer.

These fees help defray the large expenses of building and maintaining our parking stalls. Automatic inclusion of parking fees with tuition or by payroll deduction is strongly preferred, but payment by cash or check is accepted if auto deduction is not possible.

Citations range from \$10 to \$100 depending on the seriousness of the infraction. We do this to ensure that parking spaces are equally available for all. Citations are generally given to those who have not registered their transportation information, those who do not have the current Bastyr identification on their cars and those who are incorrectly parked. Parking fines are due within two weeks. After two weeks, the fine is automatically charged to the student's account.

For more information on transportation and parking issues, please see the Transportation web page on MyBU, which is within the Facilities section.

## OTHER COSTS

Books and supplies cost approximately \$700-\$2,500/year, depending upon the program of study. Naturopathic medicine students are required to purchase diagnostic equipment at the beginning of NM6221 Physical/Clinical Diagnosis 1 at an estimated cost of \$1,000-\$3,000.

## REFUNDS

Dropping all classes by or before the end of the first week of classes entitles a student to a 100 percent tuition refund. An add/drop fee is charged after the free add/drop period has ended. Any clinic drops are accompanied by financial penalties. (See clinic registration staff in the registrar's office for more information.) Refund calculations for drops or withdrawals from classes after the first week of the quarter are found on the inside back cover of the catalog. For those students receiving federal financial aid, the federal calculation for the return of Title IV funds is required, and refunds will be returned on behalf of the student to the federal government. Amounts are determined by federal regulations.

Students with financial problems that will affect the payment of tuition and/or fees should contact the finance office at once to make satisfactory arrangements.

The deadline for contesting a charge on a student account is 90 days from the close of the quarter in which the charge is applied or 90 days from the actual posting, whichever is later.

Financial policies, like all policies of the University, are subject to change and revision by the management and/or Board of Trustees of the University. Notice of changes is published in MyBU.

# Facilities

## CAMPUS

Bastyr University's primary academic and administrative facilities are located in Kenmore, Washington. The 51-acre site adjoins Saint Edward State Park (with hiking trails leading down to the northern shore of Lake Washington) and includes a 186,000 square-foot building, playfields and forested areas. The building includes classrooms, research and teaching laboratories, exam rooms, an auditorium, a chapel, meeting rooms, faculty and administrative offices, the library, a bookstore and dining commons. Visitors are encouraged to enjoy the spacious grounds, tour the herb garden and visit neighboring St. Edward State Park.

A new student housing village opened in June 2010. This LEED-platinum-certified housing complex enables up to 132 students to reduce their carbon footprint by living on campus. Please see the Office of Student Affairs for more information or e-mail [housing@bastyr.edu](mailto:housing@bastyr.edu) with questions.

BASTYR CENTER FOR NATURAL HEALTH  
THE TEACHING CLINIC OF BASTYR UNIVERSITY

Bastyr Center for Natural Health (Bastyr Center or BCNH) is the largest natural health clinic in the Northwest. As the teaching clinic of Bastyr University, Bastyr Center provides patient services and student training in a professional clinical setting that emphasizes a natural approach to health care. Bastyr Center serves the health care needs of a diverse patient population, which includes young people, growing families and senior citizens from throughout the Puget Sound area. Bastyr Center provides care for approximately 35,000 patient visits yearly.

Services at Bastyr Center include naturopathic medicine, acupuncture, Chinese herbal medicine, nutrition counseling, homeopathy, mental health counseling and physical medicine. In an effort to meet the health care needs of patients and to enhance the educational experience for students, Bastyr Center provides specialized care options throughout the year. Specialized care options include an immune wellness program for people living with HIV/AIDS, ADHD treatment and wellness care, diabetes and cardiovascular wellness care, pediatric wellness care, women's wellness care, and senior wellness care.

Early in 2006, Bastyr Center moved to a newly renovated building in the Fremont/Wallingford neighborhood, designed to provide an enhanced environment for promoting health and healing for patients, staff and students. The expanded Bastyr Center features a Chinese herbal medicine dispensary and a larger natural medicine dispensary, offering a wide selection of natural health care products and a variety of gift items. Bastyr Center recently became the first natural health care clinic in the region to receive LEED-CI Certification from the U.S. Green Building Council for compliance with high environmental standards. LEED-CI is the recognized standard for certifying high-performance green interiors that are healthy and productive places to work, less costly to operate and maintain, and have a reduced environmental footprint. This past year, the University obtained additional space in the building and is in the process of adding several classrooms and other improvements.

Bastyr Center is located at 3670 Stone Way North in Seattle. Parking is available onsite for patients and on the street for students, faculty and staff. For more information, please visit [www.BastyrCenter.org](http://www.BastyrCenter.org).

Bastyr University maintains numerous external clinical learning sites, creating tremendous diversity in student clinical education and experiences. Bastyr faculty supervise the student clinicians at each site. Below is a partial list of active sites (at the time of publication of this catalog), the kinds of students participating and the populations served:

- Bastyr campus - naturopathic, acupuncture and nutrition students; general patient care/physical medicine
- Carolyn Downs Clinic - naturopathic students; chronic disease and multi-ethnic/low income
- Cascade Natural Medicine - naturopathic students; pediatrics
- Consejo - naturopathic students; multi-ethnic/low income
- Country Doctor Community Clinic - naturopathic students; multi-ethnic/sexual orientation, low income
- Chronic Fatigue Clinic at Harborview Medical Center - acupuncture students; chronic fatigue/fibromyalgia
- 45th St. Community Clinic - naturopathic students; homeless youth
- Shoreline/Lake Forest Park Senior Center - naturopathic students; senior citizens
- Ballard NW Senior Activity Center - naturopathic students; senior citizens
- West Seattle Teen Health Center - naturopathic students; teens and staff at West Seattle High School
- International Clinic at Harborview Medical Center - acupuncture students; U.S. immigrants
- Madison Clinic at Harborview Medical Center - acupuncture students; HIV/AIDS
- Mary's Place - naturopathic students; homeopathy, homeless and formerly homeless women and children
- Providence Regional Medical Center Everett - acupuncture students; cancer treatment and pain management
- Providence Marianwood - naturopathic students; senior citizens
- Providence Mt. St. Vincent - acupuncture students; geriatric and general community patients
- Rainier Park Medical Clinic - acupuncture and naturopathic students; multi-ethnic/low income
- Skagit Valley Hospital - doctoral acupuncture students; oncology
- Snohomish Valley Senior Center - naturopathic students; senior citizens

- YWCA - naturopathic students; homeless women

## Academic Policies and Procedures

This section is intended to provide students with a working outline of some of the more important policies and procedures pertaining to academic life at Bastyr University. Summary policies and procedures that apply to undergraduates are described in the catalog under “Bastyr Undergraduate Programs” beginning on page 28 of this catalog. The *Academic Policy and Procedure Manual*, *Student Policies and Procedures* section of MyBU and all versions of the *Student Clinician Handbook* provide complete information on all academic policies and procedures.

### ACADEMIC STATUS

The University uses the following terms to denote academic status:

Good Standing

Academic Warning

Probation

Final Probation

Suspension

Dismissal

A student whose status is anything other than Good Standing may be required to sign a learning contract, develop an academic improvement plan and/or be held to other sanctions. In addition, students under Academic Warning, Probation or Final Probation status must complete at least two successive quarters with no academic difficulty in order to petition for a change of status. A change in status is the decision of the student’s school or department Student Progress Committee (or the dean or dean’s designee). Depending on the nature of the academic deficiency, the categories above are not necessarily followed sequentially.

### ACADEMIC SUSPENSION POLICY

Academic suspension is used when the dean of the school believes a student will benefit from time away from his/her program and has sufficient opportunity to be successful upon his/her return from suspension. The terms of a suspension are unique to each student and are decided by the dean. Suspension will last at least one quarter, and a student may be required to receive remedial academic assistance before being readmitted. Suspended students must petition the dean for reinstatement, may be required to meet with the dean, and must show that all terms of the student contract, improvement plan and/or other requirements have been met before receiving approval to return to the University. If a student is unable to demonstrate that s/he has adequately resolved the issues that led to suspension, the student may be eligible for dismissal.

Removal from a course or clinic shift may be warranted in the case of a student’s failure to adhere to instructions, procedures and/or professional expectations that may lead to the compromised safety of a patient, student, staff or faculty member. Removal from a course or clinic shift constitutes a failure of that class or shift and is not eligible for remediation.

### RECOMMENDATIONS FOR DISMISSALS

Recommendations for dismissals from the University usually occur in the case of any of the following:

1. Failure to satisfactorily adhere to the terms of the established learning contract or academic improvement plan

2. Failure of the same class twice
3. Failure of two clinic shifts
4. Three failures in the same quarter
5. A history of poor academic performance relevant to the appropriate department
6. Removal from a course/clinic shift in the case of student failure to adhere to instructions, procedures and/or professional expectations that may lead to the compromised safety of a patient, student or faculty or staff member

#### DISMISSAL POLICY

Each school of Bastyr University has a Student Progress Committee that follows the individual school dismissal policy. Recommendations for dismissal are submitted to the provost for consideration. The provost will make the final decision on student dismissals.

#### APPEAL OF ACADEMIC SUSPENSION OR DISMISSAL

An appeal of academic suspension or dismissal is submitted to the provost and can only be made in the event of factual error. The written appeal must be made to the provost within five working days of the date on the suspension or dismissal letter or e-mail. The appeal must specify and include the alleged documented inaccuracy and the relevance of the fact(s).

The provost will respond within 10 working days to an appeal of academic suspension or dismissal and can only consider an appeal based on an error of fact. The decision of the provost is final and cannot be appealed.

#### NON-ACADEMIC SEPARATION

If an instructor, faculty member, clinic supervisor or university administrator determines that a student's behavior, performance or professionalism in the campus, classroom or clinic setting is disruptive or otherwise impeding the student's own success or the success of others, the instructor, faculty member, clinic supervisor or university administrator may take whatever steps deemed appropriate to remedy the situation up to and including requiring the student to leave the classroom, clinic shift, and/or university property for the remainder of the day. A student who is removed from a class, clinic shift or the university property may also be subject to suspension or other discipline.

#### LIMITS ON STUDENT CREDIT LOADS

Bastyr University degree programs are described under each school or department listing in the *Bastyr University Catalog*. The recommended didactic program for each year and track of the degree programs is specified. Elective courses and clinic credits are expected over and above the required didactic courses.

The *Student Policies and Procedures* section of MyBU specifies the requirements for full-time, half-time and less-than-half-time enrollment status for each program. Capable students may choose to exceed the full-time recommended enrollment in order to include important electives or special interests in their programs. However, the following are the maximum credit loads for which students may register in each program in any given quarter:

Bachelor of Science.....	20 credits
Master of Science in Nutrition (all tracks) .....	24 credits
Master of Science in Acupuncture .....	25 credits
Master of Science in Acupuncture and Oriental Medicine ..	25 credits
Doctor of Acupuncture and Oriental Medicine .....	30 credits
Doctor of Naturopathic Medicine.....	30 credits

Students who are seeking degrees in multiple programs must plan their registrations carefully so that they do not exceed the stated limits. Students in dual programs may use the credit limit of either program.

In extraordinary cases, very capable students may be allowed to exceed the maximum for their programs upon approval by their department chairs. Department chairs indicate their approval by signing the students' registration or add/drop forms and noting the credit load being approved. Any approved increase may not exceed 10 percent of the above totals.

## ATTENDANCE POLICY

### **Course and Lab Attendance Policy**

Bastyr University does not have a universal course and lab attendance policy. However, faculty members may establish attendance requirements for their course(s) or lab(s). Some state licensing boards and the Veteran's Administration require 90 percent attendance. Students receiving financial assistance from the Veteran's Administration or students who need to meet state licensing board requirements are responsible for notifying the faculty of their need to document attendance.

When a student has an excused absence, the faculty member may require that the student complete an assignment to make up for the time missed. An absence is considered excused if the student has a legitimate personal emergency, a serious illness or a documented birth (midwifery program students), as long as the student calls the faculty member(s) or leaves a message for the faculty member(s) with the faculty services department regarding the situation in advance (24-hour voicemail is available). Faculty may require documentation upon return from the excused absence. It is the student's responsibility to meet with the faculty member to discuss the absence and make up work upon return. Not meeting the stated attendance requirements for the class may affect the student's final grade, and a student may be required to take the course again. In addition to possible consequences for absences, habitual tardiness may be taken into account by faculty as part of the course grade and/or may be reported to the dean of students for disciplinary action.

Students cannot register for two courses or labs that are scheduled at overlapping times. Credit can only be applied to a single course at any one given time. Students cannot attend a course without being registered for it and must attend the section of a course or lab for which they are registered. Failure to follow this policy may result in loss of course credit or a course grade of no show (NS).

### **Clinic Attendance Policy**

All student clinicians are required to attend at least 80 percent of each assigned quarter shift in order to receive a grade of achieved competency (AC). Holidays and emergency closures of the clinic do not figure into the total quarter attendance. A student who does not attend at least 80 percent of the shift (two excused absences) will receive a failure grade for that shift and lose all accumulated patient contacts and hours for that shift. The entire shift would need to be taken again. Exceptional circumstances resulting in a third absence may be approved at the discretion of the supervisor. Four or more absences will result in an automatic failure for that shift. Please note that 100 percent of the required clinical hours must be completed before recommendation for graduation. Please refer to the *Student Clinician Handbook - Global Module* for further details.

### **Religious or Spiritual Holidays**

The University's policy is to attempt to accommodate the observance of religious practices. Religious absences will not count against any attendance requirement, but students are responsible for the information and material covered. Students observing such holidays are required to notify faculty during the first week of classes as well as find substitutes for clinic shifts affected. Students should follow the reschedule exam procedures in the event an exam falls on a religious holiday. Bastyr University schedules clinical training and occasional required courses or intensives on weekends. Students with religious restrictions against attending classes on weekends need to contact their program chairs, in advance, when such conflicts occur. Efforts will be made to resolve such conflicts, but a resolution cannot be guaranteed.

## **Convention, Conference, Seminar and Workshop Attendance Policy**

Occasionally, there may be professional conventions or conferences offered during the academic year that programs encourage their students to attend. Students who wish to attend must receive advance permission from their instructor(s) if there is an attendance requirement for the class or an exam or project due during that time. Students are responsible for the information and material missed. Students who receive permission must arrange with faculty to take missed quizzes and exams immediately upon return. Students must also comply with clinic absence policies. Please refer to the *Student Clinician Handbook - Global Module* for further details.

## UNIVERSITY CLOSURE

In the event of unplanned school closures for weather or community emergencies, students are required to make up missed course requirements or clinic contact hours. Should the duration of the closure be too long or too late to make up missed requirements/hours in the time allotted, the University reserves the right to extend the quarter and/or academic year to allow for additional make up time. Please see the inclement weather policy/procedure on MyBU for more information regarding University closure.

## CRIMINAL BACKGROUND CHECKS

Bastyr University requires national background checks for all students enrolling in clinical training courses. Background checks must be completed prior to any student contact with patients at Bastyr Center for Natural Health, an affiliate clinic or a practicum or preceptor site.

Students will also be required to immediately notify the dean or department chair of their program and their clinical training program supervisors if charged with and/or convicted of a felony after the background check has been conducted. Students should also note that Bastyr University requires that all felonies be disclosed at time of application for admission. Failure to comply with these disclosure requirements may result in immediate dismissal from the University. See "Background Checks" in the *Academic Policy and Procedure Manual* for more information.

## POLICY ON TB TESTING AND HEPATITIS B IMMUNIZATIONS

These policies were enacted to protect the health and safety of employees and students who may be exposed to certain biohazards in the campus and clinic working environments.

### **Tuberculosis Screening**

All faculty, staff and students who work or have shifts at Bastyr Center for Natural Health are required to be screened annually for tuberculosis (TB), and are responsible to provide documentation of their results. Screening results can be submitted directly to the Facilities and Safety Office on campus, room 110, or to the TB Results box, outside the Medical Records service window at the clinic.

Bastyr provides two TB testing clinics each year, and all are encouraged to have their screening performed in sync with these week-long clinics, called TB Weeks. Two screening options are available: Tuberculosis Skin Test (TST) or QuantiFERON blood test (QFG).

Students pay \$10 toward the cost of their TST at the TB Week clinic, or \$20 at Bastyr Center. QFG is available at Bastyr Center for an approximate cost of \$110. If a chest x-ray is necessary, Bastyr University agrees to pay \$37.50 toward this cost. Questions regarding TB screening or requests for forms can be addressed to the campus Facilities and Safety Office or to the Safety Manager at the clinic.

### **Hepatitis B Immunizations**

All ND, AOM and clinical nutrition students, AOM and ND faculty and staff at Bastyr Center, and faculty or laboratory and operations assistants who are category I (those who have daily exposure to blood or body fluids) and category II (those who have occasional exposure to blood or body fluids) are required to either take the hepatitis B immunization series, provide documentation that they have had such immunizations in the past 10 years, or sign a waiver refusing the immunizations along with a release of liability form.

Bastyr University agrees to pay 50 percent of the cost of the hepatitis B immunization series for students.

Note: All students are required to pay in full the cost of testing antibody levels for any of the agents listed above, if they choose to check for individual immunity, prior to waiving or taking any immunizations.

Commencement of the immunization series (or submission of a waiver) and TB screening shall occur before the first day of work for all faculty and staff, and before ND, AOM and clinical nutrition students begin their clinic shifts. Hepatitis immunization forms/waivers are distributed to students in one of their required clinical courses. Hepatitis immunization questions can be directed to the Blood Borne Pathogen Safety Officer.

Anyone who has elected to waive the immunization series has the option to change that election, at any time, and take the immunization series.

#### DEGREE AND CERTIFICATE REQUIREMENTS

To earn a degree at Bastyr University, a degree candidate must have completed the prescribed curriculum (refer to the specific academic program section), earned passing grades in all required courses and clinic shifts, satisfied the requirement for total degree or certificate credits and been recommended for graduation by the faculty. To be eligible to graduate with a master's degree or graduate-level certificate, the candidate must have a minimum GPA of 3.0; a bachelor's degree candidate must have a minimum GPA of 2.0. Students in the articulated bachelor's/master's AOM degree program must follow the degree requirements of that school.

A student is held to degree requirements in effect at the time of initial matriculation unless legal or accreditation standards mandate a change to an existing degree or certificate program. Those degree and certificate requirements are published in the edition of the *Bastyr University Catalog* that is in effect at the time of first matriculation. In rare circumstances, a course may be deleted from the required curriculum and/or curriculum substitutions may be made at the discretion of the school or the University.

A student who is readmitted after an absence of more than one calendar year may be held to the requirements in effect at the time of his/her return or may elect to graduate under degree or certificate requirements specified in a subsequent *Bastyr University Catalog* with written permission of the program dean/chair. Under no circumstances are the requirements from an earlier catalog applied.

Students in the ND and MSAOM programs must complete their degrees within six years. (In extraordinary circumstances, a one-year extension may be approved for ND students.) Students in the DAOM, MSA, MS Midwifery and MS nutrition programs must complete their degrees within five years. There is no time limit on the completion of undergraduate programs.

Students in all degree and certificate programs must have discharged satisfactorily all financial obligations to the University (tuition, fees, library fines, and all other charges), including the graduation fee, for each program in which a degree or certificate is to be awarded. For students who have not met their financial obligations at the time of graduation, the earned degrees and certificates are posted to their records, but diplomas and official transcripts are held until the financial obligations are cleared.

#### DEADLINES FOR THE AWARDING OF DEGREES

The awarding and posting of degrees at Bastyr University are governed by the deadlines. These deadlines affect the actual awarding of degrees. Student participation in commencement ceremonies is governed by a separate policy. The dates for final examinations each quarter and for commencement ceremonies are published in the *Bastyr University Catalog* and the registrar's quarterly calendar.

For all bachelor's, master's and professional doctoral degrees awarded by Bastyr University:

- All coursework must be completed by the last day of the quarter for graduating students.
- Any IP, I or PC grades in coursework or clinic shifts must be replaced with passing grades no later than the last day of the quarter.
- If a student has any outstanding course or grade requirements on the last day of the quarter, his/her degree will be posted at the close of the subsequent quarter.

#### GRADING POLICY

Grades are assigned based on the grading system of the department/program offering the course, rather than by the academic program in which the enrolled student is matriculated. Core courses required for an academic program will be graded according to the normal grading policy for that program.

#### **Naturopathic Medicine/Dietetic Internship**

Bastyr University provides a competency-based learning format in the classroom for students in the naturopathic medicine program, clinic courses and the dietetic internship program. A competency-based evaluation of student work and performance is structured on the premise of demonstrating competence of a well-defined set of information and/or skills.

With a competency system of grading, a student is aware of the learning objectives and core competencies for each course and clinic shift, knows how knowledge and understanding of these objectives and competencies are measured, and has the opportunity to demonstrate mastery by means of quizzes, exams, papers and/or practical application. The competencies established for each course reflect the goals and objectives of the appropriate program of study. Program and department chairs in the professional programs, in consultation with the faculty, determine the requirements and standards that students must meet in order to earn a grade of Achieved Competency, Partial Competency or Failure.

#### **Naturopathic Medicine Degree Program, Dietetic Internship and Clinical Shifts**

AC - Achieved Competency

PC - Partial Competency

F - Failure

I - Incomplete - Personal emergency or serious illness

W - Withdrawn -Withdrawal form must be completed, signed and filed in the registrar's office at least three weeks before the end of a given quarter. The W grade is transcribed for all course withdrawals after the first week of the quarter (with the exception of courses that have not yet met).

AW - Administrative Withdrawal

IP - In Progress - for clinic shifts, preceptorships, clinic entry, theses, didactic courses and internships

N - No Grade

CE - Challenge Examination

NS - No Show

AU- Audit

WV - Waived

**ACHIEVED COMPETENCY (AC):** A grade of AC indicates the student has gained the defined knowledge, information, skills and core competencies and has met the learning objectives as defined in the syllabi. Students must attain a level of achieved competency (AC) in all courses, clinic shifts and internships. AC grades are not factored into the GPA.

**PARTIAL COMPETENCY (PC):** A grade of PC indicates that an aspect of the learning objectives or core competencies has not been achieved and there is need for further study to earn the required AC. Faculty determine the date by which a PC grade must be converted; however, PC grades must be converted no later than the end of the break of the subsequent quarter in which the grade was received. Students may be required to complete a PC contract with the faculty member. Upon conversion of the grade, the instructor must submit a

grade change form to the registrar's office. Grades of PC that have not been converted to AC grades by the deadline revert to F grades. The course, lab, clinic shift or internship must then be repeated. PC grades do not translate into partial credit on transcripts and are not factored into the GPA.

**FAILURE (F):** A grade of F indicates failure to meet the minimum level of competency for learning objectives or core competencies. A student who receives a failure in a required course, lab, clinic shift or internship must repeat that course, lab, clinic shift or internship.

**INCOMPLETE (I):** A student who is doing satisfactory work in a course but cannot complete the work because of a serious illness or personal emergency may receive an Incomplete grade by filing a request for incomplete grade form with the registrar. Faculty determine the date by which an I grade must be converted; however, I grades must be converted no later than the end of the break subsequent to the quarter in which the grade was received. Students may be required to complete an I grade contract with the faculty member. Upon conversion of the grade, the instructor must submit a grade change form to the registrar's office.

**ADMINISTRATIVE WITHDRAWAL (AW):** A student who is suffering from a serious illness or experiencing a personal emergency and is unable to withdraw from term-based classes within the appropriate time frame may be awarded an AW grade by the registrar. The AW grade is awarded for all incomplete courses in a given quarter. (See "Administrative Withdrawal" in the *Academic Policy and Procedure Manual* for more information.)

**IN PROGRESS (IP):** IP grades are indicated for didactic courses, clinic shifts, preceptorships, community practicum, clinic preparation, theses, internships, and clinic entry courses in which work may extend beyond the end of a quarter. If not converted to a passing grade, IP grades may be converted to an F grade.

**NO GRADE (N):** N grades are assigned to indicate that a student is awarded no credit for a course but did not fail that course. N grades are administrative grades and are assigned only by the registrar. N grades are not refundable.

**CHALLENGE EXAMINATION (CE):** Please see "Challenge Examinations" in the *Academic Policy and Procedure Manual* for more information.

**NO SHOW (NS):** NS grades are assigned to indicate that a student did not attend class. NS grades are not refundable, and no credit is given.

**AUDIT (AU):** Students generally audit a course for their personal enrichment. No credit is given, and no academic grade granted. Courses taken for audit cannot serve as a prerequisite for a subsequent course.

**WAIVED (WV):** Courses are generally waived if a student has demonstrated competency in a particular subject matter but does not have the appropriate level of coursework from an accredited institution to allow a transfer of credit. There is no credit attached to a waived course, and a student is required to make up the corresponding credits waived with additional elective credits.

### **Undergraduate Degree Programs**

For the undergraduate degree programs, a student must maintain a 2.0 cumulative GPA in order to remain in good standing. Undergraduate students in the School of Acupuncture and Oriental Medicine must maintain a 2.5 GPA in their first year and a 3.0 GPA in their second year. Any required course in which a student receives a grade of F must be repeated.

The letter grading system for acupuncture and Oriental medicine\*, nutrition, exercise science, herbal sciences and health psychology undergraduate programs is as follows:

- A - 95 percent-100 percent or 4.0
- A- - 90 percent-94.9 percent or 3.7
- B+ - 87 percent-89.9 percent or 3.3
- B - 83 percent-86.9 percent or 3.0
- B- - 80 percent-82.9 percent or 2.7

- C+ - 77 percent-79.9 percent or 2.3
- C - 73 percent-76.9 percent or 2.0
- C-\* - 70 percent-72.9 percent or 1.7
- D+\* - 67 percent-69.9 percent or 1.3
- D\* - 63 percent-66.9 percent or 1.0
- D-\* - 60 percent-62.9 percent or 0.7
- F - Below 60 percent or 0.0

AC- Achieved Competency - for clinic shifts, preceptorships, community practicum, outreach and practical courses

PC - Partial Competency - for clinic shifts, preceptorships, community practicum, outreach, and practical courses

I - Incomplete - personal emergency or serious illness

W - Withdrawn -Withdrawal form must be completed, signed and filed in the registrar's office at least three weeks before the end of a given quarter. The W grade is transcribed for all course withdrawals after the first week of the quarter (with the exception of courses that have not yet met).

AW -Administrative Withdrawal

IP - In Progress - for didactic courses, clinic shifts, preceptorships, community practicum, outreach, clinic preparation, clinic entry, senior year projects and practical courses

N - No Grade

CE - Challenge Examination

NS - No Show

AU- Audit

WV - Waived

For explanation of grading terms, see above.

\*It should be noted that while a C-, D+, D and D- grades are passing, some courses require a C grade for professional standards.

### **Graduate Degree Programs: (DAOM, MSA, MSAOM, MS Midwifery, MSN, MSN/CHP, MSN/DPD)**

The grading system used for graduate degree programs is identical to the undergraduate system, as shown above, except for the following: There is no grade of D+, D or D- for a graduate student, and the IP grade applies also to ongoing work on a thesis. For an explanation of grading terms, see the listing under the professional degree programs.

For the graduate degree programs, a student must maintain a cumulative GPA of 3.0 or better. Any required course in which a student receives a grade of F must be repeated.

### **Grade Change Policy**

The grades of PC, IP and I are considered temporary grades and designed to be changed (see "Grading Policy" in the *Academic Policy and Procedure Manual*). The grades of AC, A, A-, B+, B, B-, C+, C, C-, D+, D, D- and F are considered permanent grades and can only be changed if a faculty error was made at the time of issuance. The faculty member must submit documentation demonstrating the error to the registrar. Students are not allowed to submit additional work after the quarter has ended with the intent to raise an A- through F grade. The option of "extra credit" work must be written into the syllabus and collected prior to quarter's end.

### **F or PC in Sequential Courses**

If a student has an F grade, or a PC that converts to an F grade, in a sequence course, the student will not be allowed to continue study in the next sequential course. If a PC grade is not remediated by 5 p.m. on the Friday at the end of the second week of the quarter, the student will be withdrawn from the course.

## INDEPENDENT STUDY POLICY

Independent study allows individual students to study areas of interest not included in the regular curriculum with the aid of an instructor or a selected resource person. Registration forms for independent study are available from the Office of the Registrar. The deadlines for registration, payment and grading of independent study courses are the same as those for regularly scheduled courses. Required courses may not be taken by independent study. Students may take an independent study course only if they are in good academic standing.

ND students may request to do an independent study after they have completed at least 50 credits of their degree program. Acupuncture and Oriental medicine and nutrition students must have completed at least 30 credits of their degree program. Psychology students must have completed at least 45 credits of their degree program. Students may apply a maximum of five (5) credits of independent study toward the completion of their degree program. Students pursuing two majors as an undergraduate may apply a maximum of ten (10) credits by independent study, five (5) toward each program.

## TRANSFER, WAIVER AND SUBSTITUTION POLICY

Requests for transfer or waiver of credit must be submitted and reviewed within 12 months of a student's matriculation date or before the quarter in which the student is required to complete the course, whichever comes first. Courses taken prior to entry at Bastyr can only be transferred to Bastyr during a student's first year of attendance. After the first year, previous courses taken can only be considered for waiver of required Bastyr courses, and elective credits must be taken to make up the waived credit. If this timeline is not followed and a course is waived/transferred after the start of the quarter in which a student is registered for that course, the standard course refund policy will apply. The courses under consideration for waiver or transfer should generally be no older than seven years. Waivers and transfer credit will not be awarded for courses submitted for transfer after the quarter in which the student is expected to take the course at Bastyr University.

If an enrolled student wishes to complete a program requirement at another institution with the intent to transfer or waive the course at Bastyr, the student must request approval *in advance* by submitting a petition to waive, substitute or transfer credits along with the course description from the other institution. Courses submitted for transfer that have not received prior approval are not guaranteed transferability.

## TRANSFER

Transfer credit recognizes coursework from another accredited institution as satisfying a Bastyr required course. Transfer credit grants credit for the Bastyr course and eliminates the need for the student to take that course. A petition to transfer may be requested by students who, at another accredited institution of higher education, have satisfactorily completed coursework that is the same in terms of content, level and credit as a specific Bastyr course, and meets or exceeds the academic objectives and competencies of a required course in Bastyr's programs. Transfer credit will generally not be granted for classes that are part of another earned degree or for classes that are taught at a different academic level. For courses taken prior to matriculation into Bastyr, transfer credit can only be granted within the first year of attendance.

Transfer credit may be granted from institutions that are accredited by regional accrediting agencies recognized by the American Council on Education Commission on Recognition of Postsecondary Accreditation and from institutions that are professionally accredited by the CNME, ACAOM and MEAC. Students who apply to Bastyr University with credit from institutions outside the U.S. are required to have international transcripts evaluated by an independent evaluation service. The evaluation report must be issued by an NACES (National Association of Credential Evaluation Services) accredited evaluation service. Credits from schools outside the U.S. are evaluated according to nationally established norms.

## WAIVER

A waiver does not grant credit; it only eliminates the necessity for taking the required course. Students are required to complete the equivalent number of credits approved via the waiver with elective credits. A petition to waive may be requested when formal training, coursework or experience has been earned at an accredited or unaccredited institution. A student must provide documentation showing that the competencies of the Bastyr University course have been met.

In some cases a competency or challenge exam may be required before the waiver will be granted.

The waiver decision rests with the chair of the department responsible for teaching the curriculum. Appeals may be made to the dean of the school in which the student is enrolled, whose decision is final.

## SUBSTITUTION

In some cases, students may request to substitute one Bastyr University course for another Bastyr course if the courses are the same in terms of content, level and credit and meet or exceed the academic objectives and competencies of the required course. Substitution both grants credits and eliminates the necessity for taking the required course.

For additional information regarding transfer, waiver or substitution of credit, please contact the advising/evaluations unit in the registrar's office. Also see "Transfer of Credit to Bastyr University" in the *Academic Policy and Procedure Manual* at MyBU for further details.

## DIVERSITY AWARENESS IN ACADEMICS

Bastyr University is dedicated to the welfare of its students and patients as well as to promoting equal opportunity and access in education and health care. The University pledges its commitment to recognizing and responding to multicultural and minority health care perspectives in all academic programs, clinical training and patient services, including curriculum development, course content, and supervision. Specifically, wherever appropriate and feasible, the University considers and implements health care information and therapeutics pertaining to differences in age, race, color, religion, national origin, sex, sexual orientation, gender identification or expression, socioeconomic level, disability and physical/mental challenge.

## WHERE TO FIND OTHER ACADEMIC POLICIES AND PROCEDURES

The complete *Academic Policy and Procedure Manual* is located on MyBU. Student clinicians are also held to the policies found in the student clinician handbooks applicable to their specific program(s).

## Faculty

Bastyr University's location in the greater Seattle area has been a tremendous asset in developing a highly qualified and diverse faculty. The greater Puget Sound region has dozens of higher education institutions, including at least five universities, many colleges and community colleges, medical and dental schools, and residency programs. Drawing full- and part-time faculty from this rich educational environment, Bastyr University has brought creative teachers in a variety of disciplines together with a committed group of naturopathic doctors, nutritionists, acupuncturists, psychologists and midwives as active participants in the students' educational experience.

The University's employment standards for faculty recruitment give priority to individuals with both teaching experience and doctoral degrees in the areas they teach.

Teaching is the primary obligation of the Bastyr faculty. Faculty members are strongly encouraged to continuously upgrade their skills and knowledge through active participation in continuing education and

faculty development activities. Teaching effectiveness is evaluated regularly, primarily through student course assessments, peer evaluation, portfolio development and supervisor-evaluation procedures. Faculty members participate on a variety of University committees and meet regularly as a faculty assembly to discuss issues of mutual importance.

Listings of 2011-2012 faculty are located throughout this catalog, within each school section.

## Continuing Education

Bastyr University's Department of Certificate, Community and Continuing Education (CCCE) offers a variety of training opportunities for health care professionals, as well as fun and interesting health-centered workshops for the general public. Many of the offerings provide continuing education units (CEUs) for acupuncturists, naturopathic physicians, nurses, massage therapists, counselors and a variety of other health care professionals. Courses include live seminars and home study (distance education) options.

For seminar descriptions or to register, please call CCCE at 425.602.3152 or go to [www.Bastyr.edu/continuinged](http://www.Bastyr.edu/continuinged).

## Bastyr University Research Institute

The activities of the Bastyr University Research Institute are devoted to the evaluation of natural medicine practices; the exploration, development and evaluation of new treatments for serious chronic diseases; the continued development of faculty research skills; and the training of students in research methods. The burgeoning interest in natural health care has precipitated a growing need for basic, applied and clinical research in naturopathic medicine, Oriental medicine, nutrition, herbal medicine and health psychology.

Research is a core element of the University's mission. As the nation's leading academic institution for the study of natural medicine, Bastyr University supports rigorous scientific investigation of empirically derived natural medicine practices in an ongoing effort to better understand their theoretical underpinnings, and encourages evaluation of new and promising therapies for a variety of diseases and conditions.

Bastyr University's research facilities include a fully equipped clinical research center with three exam rooms, two acupuncture/massage rooms, an interview room, a reception area, a practitioner's office and phlebotomy services. Also included are a biological sample processing facility, a sophisticated computerized data management system and the Tierney Basic Science Laboratory, which is equipped to perform analytical chemistry, molecular biology and tissue culture functions. Analytical chemistry instrumentation includes three HPLC units, including one unit with a coulometric array detector, as well as GC and FPLC instruments. Molecular biology instrumentation includes electrophoresis equipment for running DNA and RNA gels and western blots, and a PCR thermocycler. Adjunctive to our tissue culture facilities are an ELISA plate reader with fluorescent capabilities and microscopes with attached photodocumentation systems. The research lab also has an air displacement plethysmograph (commonly known as the BOD POD), which is used to measure body fat by percentage. Bastyr University has its own Institutional Review Board (IRB) for ensuring the safety and ethical treatment of human participants in clinical trials.

The commitment and expertise of the research faculty have been recognized by NIH/NCCAM and a growing number of foundations and natural health product manufacturers who have funded many projects over the years. Bastyr University's research faculty members continue to collaborate with researchers at major universities and research organizations, including the University of Washington, the University of Minnesota, the University of Mississippi, Purdue University, Group Health Research Institute and the Fred Hutchinson Cancer Research Center.

Research faculty members have conducted a variety of basic science and clinical studies. These include randomized clinical trials, larger observational studies and laboratory investigations on a variety of topics.

Completed projects include an investigation of the cardiovascular effects of garlic, nutrient absorption, naturopathic treatment of HIV infection, homeopathic treatment of osteoarthritis, botanical treatment of menopausal symptoms, botanical and nutritional treatment for weight loss and diarrhea in HIV+ patients, hyperimmune bovine colostrum in the treatment of cryptosporidiosis, in vitro evaluation of botanicals and ultrahigh dilutions of chemotherapeutic drugs in breast cancer cells, homeopathic treatment of tinnitus, neurophysiological studies pertinent to consciousness science, evaluation of certain natural agents on prostate cancer cells, a novel telehealth delivery of a weight loss program in diabetes, investigation of the menopause effect in obesity, evaluation of siliphos for hepatitis C, a randomized controlled trial of guided meditation and massage therapy complementing allopathic comfort care for persons with advanced cancer and AIDS, the relative influence of eating patterns versus dietary fat percentage on energy intake, the effects of mixed carotenoids in food or supplements on biomarkers of endothelial dysfunction following an inflammatory challenge, the impacts of Yi Ren Qigong on self-care, measurement of oral glutathione supplementation in healthy adults, and an investigation of whether probiotics can alter immune markers.

Studies currently underway include an assessment of various botanical medicines for clinical application to immune-related disorders, investigation of antitumor effects of botanical medicines, how the mushroom species *Trametes versicolor* may strengthen the immune response to breast cancer, the influence of Echinacea on cold prevention, a curriculum-based research training grant in the School of Naturopathic Medicine, the influence of a naturopathic diet on glycemic control, preclinical studies of CAM botanicals and iron overload, a study of the anti-tumor mechanisms of polysaccharide Krestin, an evaluation of the safety, tolerability and absorption of glutathione in Parkinson's disease, a comparison of the effects of three different Vitamin D supplements to correct Vitamin D insufficiency for the prevention and treatment of diabetes and cardiovascular disease, and a study that compares "disease free survival" and quality of life in cancer patients who are treated in the Integrated Oncology Research Center to patients living in Washington state who do not include complementary alternative or integrated therapies in their treatment plans. For more information on research at Bastyr University, see the Bastyr website at [www.Bastyr.edu](http://www.Bastyr.edu).

## Center for Interdisciplinary Studies

The Center for Interdisciplinary Studies offers both required and elective courses in a variety of interdisciplinary subjects. The center also coordinates course offerings for the Center for Spirituality, Science and Medicine.

## Center for Spirituality, Science and Medicine

The Center for Spirituality, Science and Medicine (CSSM) was created in November 2009 to support Bastyr University's commitment to multidisciplinary exploration of the deep questions at the heart of spiritual and scientific inquiry. As an expression of Bastyr's mission and vision, CSSM hosts courses and conversations devoted to illuminating the interfaces, connections and congruence between spirituality, science, nature and medicine. CSSM shares resources and develops collaborative relationships with organizations and individuals who work on the frontiers of this exploration. Its primary ambition is to contribute to the cultivation of wisdom and wholeness in the practice of medicine.

## Library

The Bastyr University Library supports the most diverse selection of accredited academic programs in the natural health arts and sciences in North America. Branches at both the campus and Bastyr Center for Natural Health provide resources and services to students, faculty, staff and alumni. Library staff members are eager to assist with reference and research questions; they also offer instruction sessions in research-related courses to teach critical thinking and information literacy skills.

The library catalog is available online at <http://library.bastyr.edu>. The print collection comprises more than 19,000 books in subject areas such as naturopathic medicine, botanical medicine, acupuncture and Oriental medicine, nutrition, psychology, and the basic and clinical sciences. Copies of all required textbooks and readings are available either for checkout or via the electronic reserve system.

The library subscribes to 240 journals and a suite of clinical and specialized databases, many of which are unavailable elsewhere in the area. Other resources include anatomy models, videotapes, DVDs and specialized conference proceedings on audiotape and CD. Students and faculty may also use the resources and services of the University of Washington Library System, which includes the largest medical library in the Northwest region.

## General Admissions

### DEGREE AND CERTIFICATE PROGRAMS

Bastyr University offers degree programs in naturopathic medicine, nutrition, nutrition and clinical health psychology, acupuncture and Oriental medicine, midwifery, exercise science and wellness, health psychology, nutrition and culinary arts, nutrition and exercise science, and herbal sciences. The University also offers certificates in holistic landscape design and Chinese herbal medicine, as well as the option to pursue a registered dietitian credential through the Didactic Program in Dietetics and Dietetic Internship. Information regarding admission to specific natural health arts and sciences programs is included in the separate academic program sections.

Students wishing to enroll in Bastyr University's natural health arts and sciences programs must complete and submit a Bastyr University admissions application along with a nonrefundable fee (\$60 for undergraduate programs and \$75 for graduate and professional programs). In addition, supplemental application materials must also be submitted for each degree and certificate program.

### ADDING ADDITIONAL PROGRAMS

Bastyr University has a significant number of students who plan to enroll in more than one degree or certificate course. New students must enter the University in a single degree or certificate program. Once enrolled, students who would like to matriculate in an additional program must go through a formal admissions process. Information and application materials are available from the admissions office. See the section on Double Majors for Undergraduate Students on page 28.

For detailed information about the Didactic Program in Dietetics, see pages 54 and 61. For information on the Dietetic Internship, refer to page 62.

For additional information regarding the ND/AOM dual track program, please see the School of Naturopathic Medicine section, page 82.

### NONMATRICULATING AND NONDEGREE STUDENTS

Nonmatriculating or nondegree students are those who are not formally admitted to a degree or certificate program. Such students may enroll in undergraduate classes through the registrar's office if the following conditions are met:

- 1) There is space available in the class upon completion of the initial add/drop period for matriculated students.

2) Students have successfully completed prerequisites for the course at an accredited college or university and attained a C grade or better or have program/department chair permission.

The registrar's office will check the prerequisites of non-matriculated students entering into undergraduate courses before registering them for the course.

#### POSTBACCALAUREATE PREPARATORY PROGRAM

Students who have earned a bachelor's degree may apply for admission to the postbaccalaureate preparatory program. This program is designed for students who are planning to apply for the MS in Nutrition program at Bastyr University and intend to enroll in courses at the University totaling six (6) or more credits per term while fulfilling prerequisite requirements. Postbaccalaureate preparatory programs are individually designed to permit students to meet outstanding prerequisite requirements and must be completed within one year. Students enrolled in a preparatory program must meet standards of satisfactory progress and minimum standards of admissibility for the degree program in which they wish to matriculate. Bastyr University offers only a limited selection of prerequisite coursework. For detailed information, contact the admissions office.

Students enrolled in the postbaccalaureate preparatory program are eligible for financial aid. Please contact the financial aid office for an application packet or additional information.

#### PREREQUISITE WAIVERS

Some prerequisite course requirements may be waived based on documented learning experience. Applicants who wish to request such a waiver must submit a completed petition to waive a prerequisite form to the admissions office.

#### APPLICATION DEADLINES

Bastyr University accepts applications on a rolling basis until all available spaces are filled. Application dates are as follows:

November 1

ND Early Decision<sup>1</sup>

February 1

ND Priority

MW Priority

MSN Priority

March 15

All other programs

<sup>1</sup>Applicants who have three or fewer outstanding prerequisites may apply by the early decision deadline. The early decision deadline is non-binding.

Applications received after that time are welcome but are accepted on a space-available basis. Applicants who wish to apply for a quarter other than fall should first check with the admissions office to see if they qualify to begin courses out of sequence.

Applications for the Dietetic Internship program must be postmarked by the appropriate ADA February application deadline.

## INTERVIEWS

Interviews are required for clinical, professional and certificate programs. Applicants are required to interview at the University's campus in Kenmore, Washington. Telephone interviews may be granted in exceptional circumstances.

## SELECTION FACTORS

Bastyr University is committed to providing quality education in the natural health arts and sciences to all communities. Applications from individuals from underrepresented minority groups are encouraged. The University supports equality of educational opportunity and, therefore, does not discriminate on the basis of race, color, national origin, marital status, gender, sexual orientation, gender identification or expression, age, religion, creed, veterans' status or handicap in admission or access to its programs and activities.

The University encourages students of diverse backgrounds and experience to apply. For detailed program information, refer to the required skills and abilities section (if applicable) in the appropriate school section.

## ACCEPTANCE

Following completion of the application process a letter of acceptance is sent to those students selected. Those students who are making satisfactory progress toward the completion of their prerequisite requirements may be accepted with conditions. For these students, matriculation is contingent on successful completion of the requirements outstanding at the time of acceptance. The applicant must return a nonrefundable deposit to hold a place in the class within two weeks of receipt of the acceptance letter. The deposit is credited toward tuition at registration. Applicants have six business days from the University's receipt of their deposit in which to request return of the deposit. Following this time, deposits are nonrefundable, even if applicants decide to reapply and enroll in a subsequent year.

Offers of admission are made for a specific quarter of a specific year. For most degree programs, students are admitted only in the fall quarter.

An admissions file may be examined by the student (with the exception of confidential recommendations) only after acceptance and enrollment. Files remain the property of the University, and information contained within cannot be returned to or copied for the student. Certain items submitted for admission to the University are not considered to be part of a student's permanent academic record. Those items are therefore purged from the file upon receipt by the registrar's office.

## DEPOSITS

All candidates for admission who have been accepted into a program at Bastyr University are required to pay a nonrefundable deposit (\$200 for degree programs) to hold a place in the entering class. The deposit is credited toward the student's first quarter tuition. Applicants should be aware that the University may, without notice and at the discretion of the admissions committee, offer to another student the place of any applicant whose deposit has not been submitted within the specified time.

Accepted students who wish to take a summer course (i.e., general or organic chemistry), must pay a separate \$100 nonrefundable deposit to hold their place in the summer class. This summer quarter deposit is credited toward the student's summer tuition. Continuing students are not required to pay a deposit for summer courses.

Currently enrolled students who have been accepted into an additional program at the University are not required to pay a deposit.

## DEFERRAL OF ENROLLMENT

Applicants who have accepted their offers of admission may request a deferral of their acceptance for up to one year. The admissions committee reviews the request and will either approve or deny the request. If re-admitted the following year, deferred application students must pay the deposit for their program to hold their spot in the class. If students fail to make this deposit, the deferral is rescinded and the initial deposit forfeited.

## GRADUATE-LEVEL TRANSFER CREDITS AND ADVANCED STANDING STATUS

Students who have completed professional programs may be considered for advanced standing status. Students who have attended, but not graduated from, similar graduate or professional programs may receive transfer credit for individual courses but are not considered advanced standing students. For transfer consideration, credits must be earned from an institution accredited by a regional accrediting agency that is recognized by the American Council on Education Commission on Recognition of Postsecondary Accreditation or from an institution accredited by the CNME, ACAOM or MEAC. Graduate and professional students must complete at least two-thirds of their credits at Bastyr University. Specific information regarding transfer and advanced standing status policies for the naturopathic medicine program is included in that school's section (page 73). Specific information regarding transfer policies for AOM programs is included in the acupuncture and Oriental medicine section (page 32).

## UNDERGRADUATE AND COMMUNITY COLLEGE TRANSFER CREDITS AND RESTRICTED COURSES

Bastyr University accepts undergraduate transfer credits earned at any regionally accredited college or university, provided the courses are similar in content and taught at the same level as courses within the curricula of Bastyr University. As the University is an upper-division institution, all undergraduates are transfer students. A maximum of 135 quarter credits or 90 semester credits may be transferred toward an undergraduate degree. Ninety quarter or 60 semester credits may be transferred from a community college. An additional 10 credits may be accepted from a community college in the following areas if the content of the courses is determined to be equivalent to the required courses at Bastyr University: organic chemistry, anatomy and physiology, microbiology, physics, statistics, developmental psychology, abnormal psychology, social psychology, and psychology of personality. Once a student has matriculated into Bastyr, additional credits over 90 will not be transferred from a community college. All entering undergraduate students are required to have at least a 2.25 cumulative grade point average, with a grade of C (2.0) or better in all required courses. An exception to this is the bachelor's entry option for AOM. This program requires a 2.5 cumulative grade point average, with a grade of C (2.0) or better in all required courses upon entrance. Transfer students who hold an approved direct transfer associate degree from a Washington state community college are given priority consideration in accordance with the Washington Inter-College Transfer and Articulation agreement. Admission to Bastyr University is competitive. All applicants are evaluated on the basis of academic records, narrative statement and applicable experience.

Undergraduate students may transfer a maximum of three quarter credits of one-credit physical education credits toward the required 180 graduation credits. A maximum of 15 vocational, technical, CLEP or military credits may be applied to the elective credit total. Non-college level mathematics courses below college algebra, such as basic algebra and intermediate algebra, may be used to satisfy the basic proficiency entrance requirement in math, but the credits are nontransferable. Other non-college courses, such as remedial composition and English as a second language, are also nontransferable.

For further information refer to the Academic Policies section starting on page 13 and the "Transfer of Credit to Bastyr University" policy in the *Academic Policy and Procedure Manual*.

## APPLICANTS WHOSE FIRST LANGUAGE IS NOT ENGLISH

All applicants for whom English is a second language must present evidence of proficiency in the English language in one of the following ways:

- Official TOEFL exam results on the Internet-based test (iBT) with a score of 79 with a minimum of 20 in the speaking section, 213 on the computer-based test, or 550 on paper-based test (PBT)
- Two quarters or semesters of enrollment in liberal arts courses taught in English, totaling at least 15 quarter credits (10 semester credits) of college transferable credits (not including vocational coursework or English as a second language), completed at an accredited U.S. or Canadian school, with GPA of 3.0 or greater (no single course less than a C- grade or 1.7 on a 4.00 scale). Please note that the Admissions Committee reserves the right to request further English proficiency documentation or the TOEFL results if desired
- Completion of Level 6 from any ACE Language Institute in the United States within the last two years from date of expected entry into a Bastyr University program

TOEFL scores over two years old will not be accepted. The Bastyr University code for the TOEFL exam is #9839. Admitted students whose first language is not English may also be required to take additional elective credits and/or training to improve their language skills.

## INTERNATIONAL STUDENTS

To be eligible for enrollment at Bastyr University, all international student applicants must submit an application, application fee, letters of recommendation (if needed), documentation of sufficient funds (see below), official transcripts or an evaluation sent from a foreign credential evaluation service, and a current photograph. Applicants who speak English as a second language are required to submit official exam results outlined in the section Applicants Whose First Language Is Not English. (See above.) Official transcripts from any college or university outside the United States must be translated and evaluated, course-by-course, by an independent evaluation service. There is a charge for this evaluation. The service will forward the evaluated transcript to Bastyr University, at the applicant's request.

Housing is available on a first-come, first-served basis in our residence village. Apartments and houses are also available for rent near both the Kenmore campus and Bastyr Center for Natural Health.

International students must enroll as full-time, degree-seeking students and comply with all related immigration policies for the F-1 student visa program.

Federal laws require that international students maintain adequate health insurance while attending Bastyr University. All admitted F-1 students will be required to purchase coverage through Bastyr University or submit a waiver form providing documentation of comparable insurance coverage valid in the United States for the duration of study.

## F-1 STUDENT VISAS

A nonimmigrant student and his/her spouse/children may be admitted into the United States in the F-1 classification during their course of full-time study. This does not include those applicants who hold dual citizenship, are lawful permanent residents (or have received confirmation from the U.S. Custom and Immigration Service [USCIS] of an adjustment of status to Lawful Permanent Resident), have a valid business visa, or, if by blood percentage, are 50 percent or more North American Indian. However, Bastyr University requires official documentation of such status. Students with current F-1 visas transferring to Bastyr University must forward a copy of their current I-20.

## DOCUMENTATION OF SUFFICIENT FUNDS

International students must provide complete and accurate documentation of sufficient funds in order to qualify for a student visa. The total of these funds must cover the cost of the first year of school, books and

living expenses. Official bank statements as proof of liquid assets are required to document sufficient funds. A signed affidavit of support (available from the admissions office) is required if the bank statement/account proving the availability of required funds is not in the student's name. The amount required to cover expenses for the first year is dependent upon the program of study. If you have dependents who will apply for F-2 Visas, the cost of living expenses for the spouse and/or children must be provided. The current cost of total expenses for each student and the cost of living per each dependent is listed on the 1-20 documentation worksheet, which is part of the application packet for international students.

#### FINANCIAL ASSISTANCE AND EMPLOYMENT

International students are not eligible for U.S. federal or state-funded student aid programs but may obtain private loans with a U.S. citizen or resident as a co-signer. Canadian students also have access to the Canadian federal student loan program and most provincial loans. Documentation of sufficient funding is required for F-1 students because off-campus employment is prohibited by the USCIS during the first year of study. International students are limited to no more than 20 hours a week of on-campus employment while school is in session and may work full time during vacation periods, as long as they have maintained status and intend to register for the following term. Bastyr University has a very limited amount of international employment money available.

#### FINANCIAL AID

The role of the financial aid office at Bastyr University is to assist students in obtaining the funding they need to reach their educational goals.

Bastyr University participates in the full range of state and federal student financial aid programs. Student eligibility is determined following the state and federal regulations that apply to each particular aid program.

Graduate students primarily rely on federal educational loan programs, including Federal Direct subsidized, unsubsidized and GradPLUS loans, and the Perkins loan program. Employment opportunities are provided by the federal and state work-study programs.

Additional support is provided by scholarship programs administered by Bastyr University from both endowed programs and University resources.

Undergraduate students are also eligible for all of the programs mentioned above except GradPlus loans, but parents of dependent undergraduate students may apply for a Federal Direct Parent PLUS loan. Undergraduate students may be eligible for federal grants (Pell grants and Federal Supplemental Educational Opportunity grants). Washington state residents may be eligible for a Washington State Need Grant.

Private loan programs also provide a supplemental source of funding to students at market rate interest. These loans require a positive credit history and/or a co-signer with good credit.

All international students are eligible for University-funded scholarships and grants and also for on-campus employment from University funds.

**Financial Aid Deadlines:** There are no formal University deadlines. However, undergraduate students are encouraged to apply by April 1 in order to receive consideration for several external grant programs with early deadlines. All students are encouraged to apply for financial aid at least 90 days before the first quarter of attendance.

Detailed information on application procedures, program costs, and financial aid funding are published annually in the *Bastyr University Financial Aid Handbook*. The *Bastyr University Financial Aid Handbook* and financial aid application are located on the Bastyr website and the MyBU student portal.

#### **Satisfactory Academic Progress for Financial Aid**

Federal student aid regulations mandate that students who wish to be considered for financial aid must be making satisfactory progress in a degree or certificate program. This requirement applies to the entire period of enrollment at Bastyr University, even though students may not have received financial aid for some periods of enrollment. Satisfactory academic progress is currently reviewed at the end of each spring quarter. It is also students' responsibility to monitor their own progress.

All students must meet the published academic standards for their individual programs. Students placed on suspension or limited suspension are not eligible for financial aid.

Undergraduate students awarded a State Need Grant must complete at least 50 percent of the credits for which they received funding for that quarter. Failure to complete the required number of credits each quarter will result in cancellation of subsequent disbursements. Satisfactory academic progress is monitored at the end of each quarter for this program.

See the student portal (MyBU) under Financial Aid menu option for the complete satisfactory academic progress policy for financial aid eligibility.

### **Required Return of Federal Financial Aid**

The University is required to return federal Title VI funds when a student fully withdraws during the first 60 percent of any quarter. Please see the student portal (MyBU) under financial aid for the complete policy.

### **Required Return of State Financial Aid**

The University is required to return state financial aid when a student fully withdraws during the first half of any quarter. Please see the student portal (MyBU) under financial aid for the complete policy.

### **Gainful Employment Compliance**

As of July 1, 2011, the U.S. Department of Education will require institutions who participate in the student financial assistance programs under Title IV of the Higher Education Act of 1965, as amended, to report certain information about students enrolled in their Title IV eligible programs that lead to gainful employment in a recognized occupation. At this time, the regulations only apply to the certificate programs in Chinese Herbal Medicine and Holistic Landscape Design. The following links to our website will provide that information:

Certificate in Chinese Herbal Medicine

[www.herbal1.bastyr.edu](http://www.herbal1.bastyr.edu)

Certificate in Holistic Landscape Design

[www.landscape.bastyr.edu](http://www.landscape.bastyr.edu)

# **Bastyr Undergraduate Programs**

## **MISSION STATEMENT FOR UNDERGRADUATE PROGRAMS**

*The mission of the Bastyr University bachelor's degree completion programs is to help each student build a strong foundation of basic knowledge and skills, as well as fostering a greater understanding of health of body, mind and spirit.*

## VISION STATEMENT FOR UNDERGRADUATE PROGRAMS

*The Bastyr University bachelor's degree completion programs provide students with opportunities to develop competency in basic skills such as written and verbal communication, critical thinking and the ability to work cooperatively with others. The degree completion programs also provide students with opportunities to develop competency in the fundamental theories, models, core knowledge and skills of their major field of study.*

*The degree completion programs uniquely emphasize the importance of holism and the natural health arts and sciences. The programs provide students with opportunities to develop a deeper understanding of the interconnections between body, mind and spirit and learn to foster wellness in themselves and others through approaches found in the natural health arts and sciences.*

## UNDERGRADUATE EDUCATION AT BASTYR UNIVERSITY

As Bastyr University continues to develop undergraduate degree offerings, we strive to maintain consistency across all programs in terms of admissions requirements, shared courses, double majors and undergraduate student support. The undergraduate experience at Bastyr encompasses a range of academic programs, which are coordinated by the undergraduate committee. Admissions requirements, the structure of interdisciplinary courses, double majors and general policy issues affecting undergraduates are all considered by this committee. The undergraduate committee works closely with the admissions office to ensure that applicants who meet all basic criteria are admitted to the University and to the undergraduate program of their choice.

## THE UNDERGRADUATE MAJORS

Exercise Science and Wellness (Curriculum can be found on page 53.)

Health Psychology (Curriculum can be found on page 46.)

Herbal Sciences (Curriculum can be found on page 67.)

Nutrition (Curriculum can be found on page 52.)

Nutrition and Culinary Arts (Curriculum can be found on page 57.)

Nutrition with DPD (Curriculum can be found on page 55.)

Nutrition and Exercise Science (Curriculum can be found on page 56.)

## FULL-TIME EXPECTATIONS

The undergraduate curricula are designed for full-time participants. Students may complete a program on a part-time basis, but should recognize that there may be scheduling conflicts between required courses. It is the responsibility of a student who wishes to complete a program on a part-time basis to work with an advisor to arrange an appropriate schedule. Special sections will not be offered to accommodate the needs of part-time students.

## DOUBLE MAJORS FOR UNDERGRADUATE STUDENTS

Bastyr University will allow students to complete two majors, provided students are in good standing at the time they wish to declare the second major. The second major cannot be declared until the second quarter of attendance. However, students may start attending courses required for the second major in their first quarter of attendance. Students must submit a declaration of double major form to the registrar's office at the time the major is declared. Students are required to have their program of study approved by the appropriate chair(s) and/or dean(s) at the time the double major is declared.

There are no predetermined schedules for the double majors. It is the student's responsibility to create appropriate schedules for double major combinations. Students must meet quarterly with the undergraduate advisor in the registrar's office for assistance in tracking the progress of the two majors.

Students are advised that declaring a double major will increase the amount of time it takes to graduate. The minimum amount of time to complete any double major is three years. If the required courses for any quarter exceed the limit on student credit loads as outlined in the "Limits on Student Credit Loads" policy of the *Academic Policy & Procedure Manual*, the student must obtain permission from the academic chairs of both majors.

Students earning a double major must usually complete no fewer than 220 credits. The credit requirement total for double majors is determined by the total of the prerequisite basic proficiency, science and general education credits, the major core credits in both programs (where duplication exists between the majors, it is not required to make up the credits represented by the duplication) and any elective credit requirement with defined parameters for one or both majors (for example, two activity credits required for exercise science and wellness majors).

#### UNDERGRADUATE ACADEMIC PROBATION, SUSPENSION AND DISMISSAL

Summary information on academic probation, suspension and dismissal as well as the appeals process, applicable to all students, is provided on page 13 of this catalog. In addition to the information provided below, more specific standards, guidelines and practices may be developed and published by individual schools and/or programs of the University. Undergraduate students should refer to the complete policies governing probation, suspension, dismissal and appeals published in the *Academic Policy and Procedure Manual*.

##### Reasons for Academic Probation

An undergraduate student may be placed on academic probation under the following circumstances:

- The student's cumulative GPA falls below a 2.0
- The student's GPA for the quarter is below that required for graduation, even if the student's cumulative GPA is above that required for graduation
- The student earned a grade lower than the minimum required by the school or program in a required course, internship or clinical rotation
- The student's record shows that s/he has failed a course more than once, or that the student has a number of incompletes and/or withdrawals that the dean or dean's designee considers to be of concern

A student placed on academic probation will be required to meet with a faculty advisor to develop an academic improvement plan that the student must complete in order to be removed from academic probation.

A student is generally placed on academic probation for one quarter. If the dean or dean's designee determines that the student has not satisfied the conditions of the probation, the dean or dean's designee will determine whether the student will be:

- Continued on probation and the circumstances for continued probation
- Placed on suspension (see below)
- Recommended for dismissal (see below)

The dean or dean's designee will notify the student each quarter that the s/he remains on probation and whenever the student's academic status has changed.

##### Dismissal for Academic Deficiencies

Each school at Bastyr University has a Student Progress Committee that follows an individual dismissal policy. Recommendations for dismissal are submitted to the provost for consideration. The provost will make the final decision on student dismissals.

A student may be dismissed from Bastyr University:

- If the student fails to fulfill the conditions of academic probation
- After the second consecutive quarter on probation (including summer, if enrolled)

- After the third quarter on probation (including summer, if enrolled); the quarters need not be consecutive  
Students who are dismissed will be dropped from all classes for which they are registered at the time of dismissal.

#### REMEDICATION IN PUBLIC SPEAKING AND/OR WRITING FOR UNDERGRADUATES

If a faculty member has concerns about a student's ability to progress satisfactorily in the area of writing proficiency and/or communication and public speaking and all efforts to provide assistance and remediation in the classroom have been unsuccessful, the student shall be referred to career services with a recommendation for remediation. It is up to the student to seek remediation and make continual efforts to improve competency in this area. Further recommendations for remediation may be made in future courses as needed.

#### SUMMER MASSAGE INTENSIVE

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

## School of Acupuncture and Oriental Medicine

#### ADMINISTRATORS OF THE SCHOOL OF ACUPUNCTURE AND ORIENTAL MEDICINE

Terry Courtney, MPH, LAc, Dean  
Steve Given, DAOM, LAc, Associate Dean, Clinical Education; DAOM Program Director  
Molly Parkhurst, Program Supervisor  
Cheryl Cuevas, Administrative Assistant

#### OVERVIEW

The field of acupuncture and Oriental medicine in America is rooted in the traditional medicine of China that has evolved over the past several thousand years. The contemporary model of natural health care education and practice in China is the combined system of traditional Chinese medicine (TCM) and Western medicine. This system has strongly inspired the current programs in acupuncture and Oriental medicine (AOM) at Bastyr University.

Established in 1988, the School of Acupuncture and Oriental Medicine currently offers the following degree/certificate options:

- Bachelor of Science in Natural Health Sciences/Master of Science in Acupuncture (BS/MSA) (see page 32)
- Bachelor of Science in Natural Health Sciences/Master of Science in Acupuncture and Oriental Medicine (BS/MSAOM) (see page 32)
- Master of Science in Acupuncture (MSA) (see page 32)
- Master of Science in Acupuncture and Oriental Medicine (MSAOM) (see page 33)
- Certificate in Chinese Herbal Medicine (CCHM) - postgraduate offering (see page 38)
- Doctor of Acupuncture and Oriental Medicine (DAOM) - postgraduate offering (see page 39)

These programs are closely interrelated and require the same foundational studies in traditional Chinese medicine.

## MASTER'S PROGRAM MISSION STATEMENT

*The mission of the acupuncture and Oriental medicine program at Bastyr University is to prepare excellent practitioners. This is accomplished through rigorous training in traditional Chinese medicine with an emphasis on collaborating with other health care disciplines. The program is committed to producing graduates who are respected among their health care peers, dedicated to service in their community, and prepared for lifelong learning in the field.*

The educational objectives of the AOM master's program are focused on training graduates to be:

- 1) Safe and effective in the care of patients by demonstrating in-depth ability in the following areas:
  - a. Knowledge of traditional Chinese medicine diagnostic strategies and their application to individual cases
  - b. Skill in the traditional methods of assessment of patients including interviewing, palpation and observation
  - c. Competence in selecting the appropriate treatment modalities and plans for a patient utilizing acupuncture, tui na, Chinese herbs (relevant to the MSAOM) and lifestyle counseling
  - d. Skill in the application of acupuncture techniques in an appropriate and safe fashion for each patient
- 2) Able to integrate Eastern and Western paradigms of medicine for the purposes of informing the practice of traditional Chinese medicine, communicating with other health care professionals and patients, and making appropriate medical referrals when necessary
- 3) Professional in their approach to setting up and maintaining a private practice, collaborating with other health care professionals, working in an integrated health care setting and providing leadership within the acupuncture and Oriental medicine field
- 4) Capable of accessing research information and critically assessing the value of published clinical research in the field
- 5) Able to provide health prevention measures based on traditional Chinese medicine theory (such as tai chi, qigong, and therapeutic nutrition) to support the well-being of their patients and themselves
- 6) Qualified to pass national and state acupuncture and/or herbal exams

## RECOGNITION AND LICENSURE OF ACUPUNCTURE AND ORIENTAL MEDICINE

The Master of Science in Acupuncture (MSA), the Master of Science in Acupuncture and Oriental Medicine (MSAOM) and the Doctor of Acupuncture and Oriental Medicine (DAOM) degree programs at Bastyr University are accredited by the Accreditation Commission for Acupuncture and Oriental Medicine (ACAOM), 7501 Greenway Center Dr., Suite 760, Greenbelt, MD 20770, 301.313.0855. Bastyr is accredited by the Northwest Commission for Colleges and Universities, 425.558.4224, and thus all degree offerings are accredited and eligible for Title IV funds.

The Master of Science programs are approved by the Washington State Department of Health. Graduates of Bastyr University's MSA and MSAOM programs are eligible to apply for licensure in acupuncture in Washington state, as well as in most other states offering similar licensure. Applications for licensing in Washington can be obtained by contacting the Washington State Department of Health, Professional Licensing - Acupuncture, P.O. Box 47868, Olympia, WA 98504-7868, 360.236.4700. Applications for licensing in California can be obtained by contacting the Department of Consumer Affairs, Acupuncture Board, 444 N. Third Street, Suite 260, Sacramento, CA 95814, 916.445.3021.

Currently, acupuncture is recognized in 44 states and the District of Columbia. The actual requirements for licensure can vary from state to state, with the majority of states requiring the successful completion of the National Certification Commission for Acupuncture and Oriental Medicine (NCCAOM) exam. If a student is interested in licensure in a state other than Washington or California, it is imperative for the student to know the licensing requirements of that particular state in order to ensure that there are no outstanding academic

requirements at the time of graduation. Academic advising is available to help students who may have additional requirements to meet.

#### ACUPUNCTURE AND ORIENTAL MEDICINE ADMISSIONS

For general information on the admissions process, please refer to the admissions section in this catalog. The information below refers only to the acupuncture and Oriental medicine programs. Applicants will significantly enhance their application status if they have previously experienced acupuncture and/or a traditional Chinese medicine treatment. Additionally, applicants will benefit from reading about and researching the field of Oriental medicine via the mainstream press and Internet.

#### REQUIRED ABILITIES/SKILLS FOR ACUPUNCTURE AND ORIENTAL MEDICINE PROGRAM ADMISSION

A candidate for the acupuncture and Oriental medicine degree must be able to demonstrate appropriate observational and communication skills, motor function, intellectual-conceptual, integrative and quantitative abilities, and behavioral and social maturity. A candidate should be able to perform in a reasonably independent manner.

**Observation:** A candidate must be able to observe a patient accurately at a distance and close at hand. Observation necessitates the functional use of the sense of vision and somatic sensation. These are enhanced by the functional use of the sense of smell.

**Motor:** Candidates should have sufficient motor function to elicit information from patients by palpation, auscultation, percussion and other diagnostic maneuvers. A candidate should be able to execute motor movements reasonably required to provide general care and emergency treatment to patients such as CPR and application of pressure to stop bleeding and the opening of obstructed airways. Such actions require coordination of both gross and fine muscular movements, equilibrium and functional use of the sense of touch and vision.

Observation and motor skills must be in coordination with each other in order to safely practice many of the diagnostic and clinical techniques specific to Oriental medicine. A combination of observation and motor skills are required for acquiring diagnostic information from patients as well as for the clinical portion of the training which includes the safe insertion and manipulation of acupuncture needles, cupping, moxibustion, etc.

**Communication:** A candidate should be able to speak, to hear, and to observe patients in order to elicit information, describe changes in mood, activity, and posture, and perceive nonverbal communications. A candidate must be able to communicate effectively and sensitively with patients. Communication includes not only speech but reading and writing. The candidate must be able to communicate effectively and efficiently in oral and written form with all members of the health care team.

**Intellectual-Conceptual, Integrative and Quantitative Abilities:** These abilities include measurement, calculation, reasoning, analysis and synthesis. Problem solving, which is a critical skill for health care practitioners, requires all of these intellectual abilities. In addition, the candidate should be able to comprehend three-dimensional relationships and to understand the spatial relationships of structures.

**Behavioral and Social Attributes:** A candidate must possess the emotional health required for full utilization of her/his intellectual abilities, the exercise of good judgment, the prompt completion of all

responsibilities attendant to the diagnosis and care of patients, and the development of mature, sensitive and effective relationships with patients. Candidates must be able to tolerate physically taxing work loads and to function effectively under stress. They must be able to adapt to changing environments, to display flexibility, and to learn to function in the face of uncertainties inherent in the clinical problems of many patients. Compassion, integrity, concern for others, interpersonal skills, interest and motivation are all personal qualities that are assessed during the admissions and education processes.

## TRANSFERS

Students who wish to transfer from other acupuncture and Oriental medicine programs are accepted on a space-available basis and must meet the same entrance requirements at the class level they seek to enter. Transfer credit is evaluated on an individual basis following completion of the application process. Transfer applicants must submit a \$75 transfer evaluation fee.

## COMBINED BACHELOR'S/MASTER'S PROGRAM

Students who have completed at least two years at the undergraduate level (60 semester credits or 90 quarter credits) have the opportunity to earn their bachelor's degree in combination with either the Master of Science in Acupuncture or the Master of Science in Acupuncture and Oriental Medicine. Master's program prerequisites must also be met prior to matriculation. The bachelor's degree is awarded at the time of graduation from the master's program.

## PREREQUISITES FOR BS/MSA OR BS/MSAOM

Entering undergraduates must have earned at least a 2.50 cumulative grade point average, with a grade of C or better in all basic proficiency and science requirement courses. Prior to enrolling, students must have completed 90 quarter credits (60 semester credits) including a minimum number of credits in basic proficiency, science and general education categories. Surplus credits not used to satisfy basic proficiency or science requirements may be applied to the appropriate general education requirements. Note that students may apply to the program while completing prerequisite coursework.

Students entering the BS/MS program as undergraduates are required to maintain a minimum 2.5 GPA for the first year of their studies, regardless of credits. Starting with the second academic year, students are required to maintain a minimum 3.0 GPA. Please see the Academic Status and Graduation Requirements section for additional information on grading.

## BASIC PROFICIENCY AND SCIENCE REQUIREMENTS

English literature or composition.....	9 quarter credits
Intermediate algebra .....	1 course <sup>1</sup>
General psychology .....	3 quarter credits
General chemistry (with lab) (allied health level).....	4 quarter credits <sup>2</sup>
General biology (with lab).....	4 quarter credits

<sup>1</sup>Intermediate algebra is not college level, and the credits will not transfer in toward degree completion.

<sup>2</sup>Survey level class that covers inorganic chemistry and includes a lab component. Intended for students in allied health majors.

## GENERAL EDUCATION REQUIREMENTS

Natural sciences and mathematics .....	12 quarter credits
Arts and humanities .....	15 quarter credits
Social sciences.....	15 quarter credits
Speech communication or public speaking.....	3 quarter credits
Electives .....	25 quarter credits <sup>1</sup>

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

## MASTER OF SCIENCE IN ACUPUNCTURE

The MSA provides the didactic and clinical training necessary for eligibility for the National Commission for the Certification of Acupuncture and Oriental Medicine (NCCAOM) exam, which is the basis for licensing in most states. The MSA program is a three-calendar-year course of study.

## MASTER OF SCIENCE IN ACUPUNCTURE AND ORIENTAL MEDICINE

The MSAOM is the model comprehensive degree program. It includes all the didactic and clinical training of the MSA but also includes training in Chinese herbal medicine and an introduction to Chinese medical language. The MSAOM program is a three-and-a-half-calendar-year course of study.

### PREREQUISITES FOR MSA/MSAOM

Entering students must have a bachelor's degree from a regionally accredited college/university and must have completed the following courses or their equivalent:

Intermediate algebra .....	1 course
General chemistry (allied health level) .....	1 course <sup>1</sup>
General biology (with lab) .....	1 course
General psychology .....	1 course

Note: All students must complete a CPR-C level course or equivalent prior to entering clinic.

<sup>1</sup>Survey level class that covers inorganic chemistry and includes a lab component. Intended for students in allied health majors.

### CLINIC

The core of the program's clinical training takes place at Bastyr Center for Natural Health, the University's teaching clinic. Bastyr Center is a comprehensive, multidisciplinary clinic providing quality training for students in all of the University's programs. Within the acupuncture and Oriental medicine clinic, students receive clinical training in acupuncture and Chinese herbs. In addition to training at the University clinic, students have the opportunity to train at several community medical sites that provide clinical experience in working with diverse populations.

The clinical training program begins in the first year and is comprised of three observation shifts, one preceptorship and either 14 (MSA) or 16 (MSAOM) student clinician shifts. The three observation shifts can be completed in any of the five quarters preceding clinician status. All observation hours, shifts and interim observation hours must be completed prior to starting as a student clinician, in spring of the second year. The preceptorship shift may be performed in either the observation or clinician phase of training. A minimum of one observation shift must be completed in order to do a preceptorship. Students in the MSAOM program or the CCHM program also take eight Chinese herbal shifts and two Chinese herbal dispensary shifts in the latter portion of their program. On a space available basis, students are welcome to take additional clinic shifts for elective credit. However, elective shifts cannot be used to make up missing hours in core shifts due to prior or future absences.

Admission as a clinician to the AOM student training clinic at Bastyr Center for Natural Health is based on: 1) good academic standing, 2) completion of a bachelor's degree or being enrolled in or graduated from an acupuncture master's program, 3) completion of the required prerequisite curriculum, 4) successful passage of the clinic entry written and practical exam, 5) current CPR for health care provider certification, and 6) certification in Clean Needle Technique (CNT).

Please be aware that the opportunity to be placed at one of the external clinics offered through Bastyr University is contingent on the student's ability to provide documentation of a vaccination history. If this documentation is unavailable or out of date, students will need to update their vaccines at either local health centers or through their personal physicians. The community clinic rotations are outstanding clinical experiences in working with underserved and special patient populations, including developing skills working with medical translators. Students who are unable to provide vaccine documentation will not be eligible for this

rotation and clinical training may be restricted to the Bastyr student clinic. Students are also required to submit to a national criminal background check. For more information, see “Background Checks” in the *Academic Policy and Procedure Manual*, Student Policies and Procedures section of MyBU.

#### CHINA STUDIES

Students in good academic standing are encouraged to apply for advanced studies in China and may earn eight (8) clinical credits. Students are placed at Chengdu University of Traditional Chinese Medicine or Shanghai University of Traditional Chinese Medicine. Permission to attend is at the discretion of the School of AOM and depends on a number of additional factors, such as interpersonal skills, maturity and depth of clinical skills. For an application, see the AOM clinic section in the student web portal under MyBU > clinic information. Students who plan to study in China are required to take the one-credit elective OM6820 Clinic Entry for China in summer quarter of their third year, just preceding their China trip.

#### SUMMER MASSAGE INTENSIVE

Bastyr University and the Bellevue Massage School Center for Healing Arts offer a summer massage training program that allows students to apply coursework taken at Bastyr University toward the Washington state requirements for massage licensure. This course cannot be audited. This program of study is an excellent future practice builder. The schedule for this training works particularly well for MSA students. Students interested in further information may meet with their academic advisor in the registrar’s office to discuss the program availability and the course prerequisites.

#### BASIC SCIENCES CURRICULUM WITHIN ACUPUNCTURE AND ORIENTAL MEDICINE

Basic science courses within acupuncture and Oriental medicine include Anatomy and Physiology, Organic Chemistry, Biochemistry, Microbiology, Pathology, and Pharmacology. These courses serve as a foundation for an understanding of the human body and provide students with the necessary skills and competency to pursue coursework in the AOM program. In addition, a portion of the AOM Anatomy and Physiology course is taught in Bastyr’s cadaver anatomy lab, thus giving students the unique opportunity to study anatomy in greater depth. Basic science courses in the doctoral program include Pathology of Cancer, Pharmacology and Advanced Living Anatomy.

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

The department also offers General Chemistry in a summer intensive format, which is a prerequisite requirement for the AOM program.

#### COUNSELING AND HEALTH PSYCHOLOGY CURRICULUM WITHIN ACUPUNCTURE AND ORIENTAL MEDICINE

The counseling and health psychology curriculum trains students in understanding and effecting change in the emotional, mental and spiritual dimensions of human functioning.

Students in acupuncture and Oriental medicine MS programs are required to take the following:

- PS5205: Patient Communications - 3 credits

- PS6100: Motivational Interviewing - 2 credits  
Students in the DAOM program are required to take the following:
- PS8110: Counseling in Chronic Pain and Chronic/Terminal Illness - 3 credits  
For additional counseling and health psychology courses available as electives to matriculated students, please see the course listings in this catalog or the current quarterly schedule of classes.

#### ACADEMIC STATUS AND GRADUATION REQUIREMENTS

A grade of C or higher is required to pass all AOM/CCHM courses. Students entering the BS/MS program as undergraduates are required to maintain a minimum GPA of 2.5 for the first year of their studies, regardless of credits. Starting with the second academic year, undergraduate students are required to maintain a minimum GPA of 3.0. Students entering the master's program as graduate students or entering the certificate in Chinese herbs (CCHM) must maintain a minimum of a 3.0 GPA to be in good academic standing. Academic sanctions occur when the quarterly or cumulative GPA drops below the minimum level or when a student receives PC, D or F grades. Students with a quarterly GPA below the minimum will be placed on academic warning status. Students who receive a PC, D or F in any one quarter, regardless of GPA, may be placed on probation status. Academic tutoring and support is available to assist students to return to good academic standing.

Students accepted into the Master of Science in Acupuncture (MSA) program must complete a total of 151.5<sup>1</sup> quarter credits with a minimum of 101 quarter credits in residence at Bastyr University. Students must maintain a minimum 3.0 GPA.

Students accepted into the Master of Science in Acupuncture and Oriental Medicine (MSAOM) program must complete a total of 216.5<sup>1</sup> quarter credits with a minimum of 144 quarter credits in residence at Bastyr University. Students must maintain a minimum 3.0 GPA.

Students earning the MSA must complete their degree requirements within five years and MSAOM within six years, including any credits completed as a bachelor's student and applied toward the master's. Students must complete at least two-thirds of their credits in residence at Bastyr University.

Students earning the DAOM must complete their degree within five years. Students must complete at least two-thirds of their credits in residence at Bastyr University. Students must maintain a minimum 3.0 GPA to be in good academic standing.

The Certificate in Chinese Herbal Medicine (CCHM) program has a total of 62 required credits of coursework and clinical training. To earn the certificate, at least 41 credits must be completed in residence. To maintain good academic standing, students in the CCHM program must maintain a term and/or cumulative GPA of 3.0 or better. The CCHM is a graduate course of study and, as such, follows the grading policies of the school of AOM degree programs.

Students accepted into the combined Bachelor of Science in Natural Health Sciences and the Master of Science degree program receive their bachelor's degree upon graduation from the master's program. If a student voluntarily or involuntarily leaves the program prior to completion of the master's, she/he may be eligible for a bachelor's degree if the student has a combined upper and lower division quarter credit total of 180 credits (specific course requirements also apply. See the dean for further information.) Furthermore, a student must have a minimum of 45 quarter credits in residence at Bastyr University.

In order to receive a license to practice acupuncture in the majority of states a student must earn either an MSA or MSAOM degree, pass the NCCAOM licensing exam and meet any additional state requirements. Several states require Chinese herbal medicine training for licensure (e.g., CA, FL, NM, TX). Students graduating with an MSA degree may need to consider taking the CCHM program as a postgraduate option to meet this requirement.

<sup>1</sup>Credits do not include prerequisites/corequisites.

Students may enter their course of study either into the combined BS/MS programs or directly into the MS programs. (The programs described below include required curriculum for the Bachelor of Science programs.)

## ELECTIVES

The School of Acupuncture and Oriental Medicine continually develops and adds to its special topics and elective course curriculum. These courses are included in the course description section of the catalog.

The MSA requires completion of eight elective credits. The MSAOM requires completion of five elective credits. For dual track (ND/AOM) students, please see the dual track program requirements listed in the School of Naturopathic Medicine section.

**The curriculum tables that follow list the tentative schedule of courses each quarter. Next to each course are the number of credits per course (Crdt.), the lecture hours each week (Lec.), the lab/clinic hours each week (L/C) and the total contact hours for the course over the entire quarter (Tot).**

### MASTER OF SCIENCE IN ACUPUNCTURE (MSA) 2011-2012

#### MSA YEAR I

Qtr.	Cat. No.	Course Title	Crdt.	Lec.	L/C	Tot
F	BC3100	Survey of Organic Chemistry 1 <sup>1</sup>	4	4	0	44
	BC3134	Living Anatomy	4	4	0	44
	OM4106	Meridians & Points 1	4	4	0	44
	OM4118	TCM Fundamentals	4	4	0	44
	OM4315	TCM Bodywork: Tui Na	1	0	2	22
	OM4406	Qi Gong	1	0	2	22
	OM4800	Clinic Entry	2	2	0	22
	OM5121	Medical Chinese 1	1	1	0	11
		Quarterly Totals	21	19	4	253
W	BC3104	Biochemistry <sup>1</sup>	4	4	0	44
	BC3135	Anatomy & Physiology 1 Lec/Lab <sup>1</sup>	5	4	2	66
	OM4107	Meridians & Points 2	4	4	0	44
	OM4211	TCM Diagnosis 1	3	3	0	33
	OM4221	TCM Pathology 1	3	3	0	33
	OM4411	TCM Techniques 1	2	2	0	22
	OM4803	Clinical Observation 1 <sup>2</sup>	2	0	4	44
	OM5442	Tai Chi	1	0	2	22
		Quarterly Totals	24	20	8	308
Sp	BC3136	Anatomy & Physiology 2 Lec/Lab <sup>1</sup>	4	3	2	55
	BC4105	Introduction to Western Pathology	3	3	0	33
	OM4108	Meridians & Points 3	4	4	0	44
	OM4212	TCM Diagnosis 2	3	2	2	44
	OM4222	TCM Pathology 2	3	3	0	33
	OM4804	Clinical Observation 2 <sup>2</sup>	2	0	4	44
	OM5430	TCM Techniques 2	2	2	0	22
		Quarterly Totals	21	17	8	275

#### MSA YEAR II

Qtr.	Cat. No.	Course Title	Crdt.	Lec.	L/C	Tot.
F	BC4104	Microbiology Lec <sup>1</sup>	3	3	0	33
	OM5321	Survey of Western Clinical Sciences 1	3	3	0	33
	OM5414	Acupuncture Therapeutics 1	2	2	0	22
	OM5415	Acupuncture Therapeutics 2	2	2	0	22
	OM5436	TCM Techniques 3	2	2	0	22
	OM5803	Clinical Observation 3 <sup>2</sup>	2	0	4	44
		Quarterly Totals	14	12	4	176
W	BC4125	Pharmacology Overview for AOM	4	4	0	44
	OM4806	AOM Preceptor Observation <sup>3</sup>	2	0	4	44
	OM5322	Survey of Western Clinical Sciences 2	3	3	0	33
	OM5416	Acupuncture Therapeutics 3	2	2	0	22
	OM5417	Acupuncture Therapeutics 4	2	2	0	22
	OM5438	TCM Techniques Lab	1	0	2	22
		Quarterly Totals	14	11	6	187
Sp	OM5300	Auricular Therapy	2	2	0	22
	OM5302	Public Health Issues in AOM	2	2	0	22

OM5324	Survey of Western Clinical Sciences 3	3	3	0	33
OM5418	Acupuncture Therapeutics 5	2	2	0	22
OM5419	Acupuncture Therapeutics 6	2	2	0	22
OM5813-14AOM	Clinic 1-2	4	0	8	88
OM6305	Survey of Biophysics/Electroacupuncture	2	2	0	22
	Quarterly Totals	17	13	8	231
Su	OM5815-18AOM Clinic 3-6	8	0	16	176
	PS5205 Patient Communications	3	3	0	33
	Quarterly Totals	11	3	16	209

### MSA YEAR III

Qtr.	Cat. No.	Course Title	Crdt.	Lec.	L/C	Tot.
F	OM5405	TCM Whole Foods Nutrition	2	2	0	22
	OM6110	TCM Medical Classics	2	2	0	22
	OM6417	Acupuncture Therapeutics 7	2	2	0	22
	OM6827-29AOM	Clinic 7-9	6	0	12	132
	PS6100	Motivational Interviewing	2	2	0	22
	TR6105	Nutrition & Dietary Systems	3	3	0	33
		Quarterly Totals	17	11	12	253
W	OM4101	History of Medicine	2	2	0	22
	OM6111	Practice Management 1	2	2	0	22
	OM6310	Case Review	2	2	0	22
	OM6315	Clinical Theatre	2	2	0	22
	OM6830-32AOM	Clinic 10-12	6	0	12	132
		Quarterly Totals	14	8	12	220
Sp	BC5140	Research Methods in AOM	3	3	0	33
	OM5819	AOM Interim Clinic <sup>4</sup>	1.5	0	3.3	36
	OM6105	Jurisprudence/Ethics	1	1	0	11
	OM6112	Practice Management 2	1	1	0	11
	OM6833-34AOM	Clinic 13-14	4	0	8	88
		Quarterly Totals <sup>5</sup>	10.5	5	11.3	179

<sup>1</sup>Corequisite courses to the MSA program: The MSA curriculum has been designed so students missing one or more of these may take them after matriculating at Bastyr University. Previously completed coursework from other accredited institutions may satisfy these corequisites.

<sup>2</sup>Observation 1-3 can be taken in any of the five quarters preceding clinician status.

<sup>3</sup>Preceptorship can be taken during observation or clinician phase, once Observation 1 is completed.

<sup>4</sup>Students are required to complete a total of 36 interim clinic hours. (Usually students staff the shifts they were assigned to in the quarter just ended.) Students register and pay for this shift in their last quarter of attendance.

<sup>5</sup>All students who plan to study in China must take the one-credit required elective Clinic Entry for China in summer quarter of year three, just preceding their China rotation. This course may be counted toward the nine required elective credits.

### Elective Requirements: MSA

Qtr.	Cat. No.	Course Title	Crdt.	Lec.	L/C	Tot.
variable		Elective & Special Topics <sup>6</sup>	8	8	0	88
		Total Elective Credits and Hours	8	8	0	88

<sup>6</sup>Electives/Special Topics: The MSA program requires a total of nine (9) elective/special topics credits. These credits may be any general electives/special topics as long as the prerequisites for each course are met.

For students who are approved to take an optional clinic in China, eight (8) credits (16 lab hours) will be applied toward AOM Clinical hours.

### Total Requirements: MSA

	Crdt.	Lec.	L/C	Tot.
Total Core Course Credits and Hours	106	101	10	1221
Total Prerequisites/Corequisites	20	18	4	242
Total Elective Credits and Hours	8	8	0	88
Total Clinic Credits and Hours	37.5	0	75.3	828
Total Requirements	171.5	127	89.3	2379

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.

## MASTER OF SCIENCE IN ACUPUNCTURE AND ORIENTAL MEDICINE (MSAOM) 2011-2012

### MSAOM YEAR I

Qtr.	Cat. No.	Course Title	Crdt.	Lec.	L/C	Tot.
F	BC3100	Survey of Organic Chemistry 1 <sup>1</sup>	4	4	0	44
	BC3134	Living Anatomy	4	4	0	44
	OM4106	Meridians & Points 1	4	4	0	44
	OM4118	TCM Fundamentals	4	4	0	44
	OM4315	TCM Bodywork: Tui Na	1	0	2	22
	OM4406	Qi Gong	1	0	2	22

	OM4800	Clinic Entry	2	2	0	22
	OM5121	Medical Chinese 1	1	1	0	11
		Quarterly Totals	21	19	4	253
W	BC3104	Biochemistry <sup>1</sup>	4	4	0	44
	BC3135	Anatomy & Physiology 1 Lec/Lab <sup>1</sup>	5	4	2	66
	OM4107	Meridians & Points 2	4	4	0	44
	OM4211	TCM Diagnosis 1	3	3	0	33
	OM4221	TCM Pathology 1	3	3	0	33
	OM4411	TCM Techniques 1	2	2	0	22
	OM4803	Clinical Observation 1 <sup>2</sup>	2	0	4	44
	OM5442	Tai Chi	1	0	2	22
		Quarterly Totals	24	20	8	308
Sp	BC3136	Anatomy & Physiology 2 Lec/Lab <sup>1</sup>	4	3	2	55
	BC4105	Intro to Western Pathology	3	3	0	33
	OM4108	Meridians & Points 3	4	4	0	44
	OM4212	TCM Diagnosis 2	3	2	2	44
	OM4222	TCM Pathology 2	3	3	0	33
	OM4804	Clinical Observation 2 <sup>2</sup>	2	0	4	44
	OM5430	TCM Techniques 2	2	2	0	22
		Quarterly Totals	21	17	8	275
Su	B02101	Introduction to Botany <sup>1</sup>	3	2	2	44
	CH6421	Chinese Materia Medica 1	4	4	0	44
	CH6831	CHM Dispensary 1 <sup>3</sup>	2	0	4	44
	OM5122	Medical Chinese 2	1	1	0	11
		Quarterly Totals	10	7	6	143

#### MSAOM YEAR II

Qtr.	Cat. No.	Course Title	Crdt.	Lec.	L/C	Tot.
F	BC4104	Microbiology Lec <sup>1</sup>	3	3	0	33
	CH6422	Chinese Materia Medica 2	4	4	0	44
	OM5123	Medical Chinese 3	2	2	0	22
	OM5321	Survey of Western Clinical Sciences 1	3	3	0	33
	OM5414	Acupuncture Therapeutics 1	2	2	0	22
	OM5415	Acupuncture Therapeutics 2	2	2	0	22
	OM5436	TCM Techniques 3	2	2	0	22
	OM5803	Clinical Observation 3 <sup>2</sup>	2	0	4	44
		Quarterly Totals	20	18	4	242
W	BC4125	Pharmacology Overview for AOM	4	4	0	44
	CH6423	Chinese Materia Medica 3	4	4	0	44
	OM4806	AOM Preceptor Observation <sup>4</sup>	2	0	4	44
	OM5124	Medical Chinese 4	2	2	0	22
	OM5322	Survey of Western Clinical Sciences 2	3	3	0	33
	OM5416	Acupuncture Therapeutics 3	2	2	0	22
	OM5417	Acupuncture Therapeutics 4	2	2	0	22
	OM5438	TCM Techniques Lab	1	0	2	22
		Quarterly Totals	20	17	6	253
Sp	CH6431	CHM Herbal Formulations 1	4	4	0	44
	OM5300	Auricular Therapy	2	2	0	22
	OM5302	Public Health Issues in AOM	2	2	0	22
	OM5324	Survey of Western Clinical Sciences 3	3	3	0	33
	OM5418	Acupuncture Therapeutics 5	2	2	0	22
	OM5419	Acupuncture Therapeutics 6	2	2	0	22
	OM5813-14	AOM Clinic 1-2	4	0	8	88
	OM6305	Survey of Biophysics/Electroacupuncture	2	2	0	22
		Quarterly Totals	21	17	8	275
Su	CH6432	CHM Herbal Formulations 2	4	4	0	44
	OM5815-18	AOM Clinic 3-6	8	0	16	176
	PS5205	Patient Communications	3	3	0	33
		Quarterly Totals	15	7	16	253

#### MSAOM YEAR III

Qtr.	Cat. No.	Course Title	Crdt.	Lec.	L/C	Tot.
F	CH6408	Chinese Herbal Therapeutics 1	4	4	0	44
	OM5405	TCM Whole Foods Nutrition	2	2	0	22
	OM6110	TCM Medical Classics	2	2	0	22
	OM6417	Acupuncture Therapeutics 7	2	2	0	22
	OM6827-29	AOM Clinic 7-9	6	0	12	132
	PS6100	Motivational Interviewing	2	2	0	22

TR6105	Nutrition & Dietary Systems 1	3	3	0	33
	Quarterly Totals	21	15	12	297
W BC6100	Pharmacology of CHM & Drug Interactions	2	2	0	22
CH6409	Chinese Herbal Therapeutics 2	4	4	0	44
CH6803-4	Chinese Herbal Medicine Clinic 1-2	4	0	8	88
OM4101	History of Medicine	2	2	0	22
OM6111	Practice Management 1	2	2	0	22
OM6310	Case Review	2	2	0	22
OM6315	Clinical Theatre	2	2	0	22
OM6830-32AOM Clinic 10-12		6	0	12	132
	Quarterly Totals	24	14	20	374
Sp BC5140	Research Methods in AOM	3	3	0	33
CH6410	Chinese Herbal Therapeutics 3	4	4	0	44
CH6805-6	Chinese Herbal Medicine Clinic 3-4	4	0	8	88
CH6832	CHM Dispensary 2 <sup>3</sup>	2	0	4	44
OM5819	AOM Interim Clinic <sup>5</sup>	1.5	0	3.3	36
OM6105	Jurisprudence/Ethics	1	1	0	11
OM6112	Practice Management 2	1	1	0	11
OM6833-34AOM Clinic 13-14		4	0	8	88
	Quarterly Totals	20.5	9	23.3	355
Su CH6411	Chinese Herbal Therapeutics 4	4	4	0	44
CH6807-8	Chinese Herbal Medicine Clinic 5-6	4	0	8	88
OM6835	AOM Clinic 15	2	0	4	44
	Quarterly Totals <sup>6</sup>	10	4	12	176

#### MSAOM YEAR IV

Qtr.Cat. No.	Course Title	Crdt.	Lec.	L/C	Tot.
F CH6105	Chinese Herb Preparations <sup>7</sup>	1	0	2	22
CH6809-10	Chinese Herbal Medicine Clinic 7-8	4	0	8	88
OM6836	AOM Clinic 16	2	0	4	44
	Quarterly Totals	7	0	14	154

<sup>1</sup>Corequisite courses to the MSAOM program: The MSAOM curriculum has been designed so students missing one or more of these may take them after matriculating at Bastyr University. Previously completed coursework from other accredited institutions may satisfy these corequisites.

<sup>2</sup>Observation 1-3 can be taken in any of the five quarters preceding clinician status.

<sup>3</sup>CH6831, CH6832 may be taken any quarter in the herbal program.

<sup>4</sup>Preceptorship can be taken during observation or clinician phase, once Observation 1 is completed.

<sup>5</sup>Students are required to complete a total of 36 interim clinic hours. (Usually students staff the shifts they were assigned to in the quarter just ended.) Students register for and pay for this shift in their last year of attendance.

<sup>6</sup>All students who plan to study in China must take the one-credit required elective Clinic Entry for China in summer quarter of year three, just preceding their China rotation. This course may be counted toward the six required elective credits.

<sup>7</sup>CH6105 may also be taken in the summer of year two or three.

#### Elective Requirements: MSAOM

Qtr.Cat. No.	Course Title	Crdt.	Lec.	L/C	Tot.
variable	Elective & Special Topic	5	5	0	55
	Total Elective Credits and Hours	5	5	0	55

Electives/Special Topics: The MSAOM program requires a total of six (6) elective/special topics credits. These credits may be any general electives/special topics as long as the prerequisites for each course are met.

Clinic in China is an eight (8) credit experience to be applied toward AOM Clinical, CHM shifts and/or elective credit. These credits may not be audited.

#### Total Requirements: MSAOM

	Crdt.	Lec.	L/C	Tot.
Total Core Course Credits and Hours	150	144	12	1716
Total Prerequisites/Corequisites	23	20	6	286
Total Elective Credits and Hours	5	5	0	55
Total Clinic Credits and Hours	61.5	0	123.3	1356
Total Requirements	239.5	169	141.3	3413

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.

## CERTIFICATE IN CHINESE HERBAL MEDICINE (CCHM)

The Chinese herbal medicine certificate program is designed for those seeking comprehensive training in the field of Chinese herbal medicine. This program is a postgraduate course for acupuncturists.

The CCHM curriculum enables students to gain skills and knowledge in the principles of Chinese herbology, including materia medica, formulations, prepared medicines, dispensary, herbal therapeutics and clinical training at the Chinese herbal medicine teaching clinic. The CCHM curriculum covers a minimum of 300 herbs and other therapeutic substances and a minimum of 150 herbal formulas. Case studies are presented to enhance the learning process. Students also gain skills in understanding drug/herb interactions — a very relevant topic for today’s practitioners. At the conclusion of the certificate program, graduates have enhanced their academic skills through clinical training and have gained the traditional Chinese medicine diagnostic skills to assess and diagnose syndromes relevant to traditional Chinese medicine. They also are prepared to determine and use appropriate Chinese herbal therapies within the appropriate professional scope of practice.

Prerequisites: The CCHM is a postgraduate course of study that includes both didactic and clinical training. Applications for the certificate program are taken from acupuncturists throughout the year, with admission starting in summer quarter. An interview may be required.

California licensure requirements: The CCHM curriculum is designed to meet the current Chinese herbal medicine requirement portion for California acupuncture licensure. (The California licensing exam requires comprehensive training in acupuncture as well as CHM.) Those interested in California licensure should complete the MSAOM program or complete the MSA and return to the CCHM program as a postgraduate student.

China Study: Students in the CHM certificate program may also choose to study in China. (Please see the China Studies section in the master’s program description.) Students who choose to complete the China studies must take an additional one-credit elective course, Clinic Entry for China, in the summer quarter just preceding their trip.

**The curriculum tables that follow list the tentative schedule of courses each quarter. Next to each course are the number of credits per course (Crdt.), the lecture hours each week (Lec.), the lab/clinic hours each week (L/C) and the total contact hours for the course over the entire quarter (Tot).**

CERTIFICATE IN CHINESE HERBAL MEDICINE PROGRAM (CCHM) 2011-2012

**CCHM YEAR I**

Qtr.	Cat. No.	Course Title	Crdt.	Lec.	L/C	Tot.
Su	BO2101	Intro to Botany	3	2	2	44
	CH6421	Chinese Materia Medica 1	4	4	0	44
	CH6831	CHM Dispensary 1 <sup>1</sup>	2	0	4	44
		Quarterly Totals	9	6	6	132
F	CH6422	Chinese Materia Medica 2	4	4	0	44
		Quarterly Totals	4	4	0	44
W	CH6423	Chinese Materia Medica 3	4	4	0	44
		Quarterly Totals	4	4	0	44
Sp	CH6431	CHM Herbal Formulations 1	4	4	0	44
		Quarterly Totals	4	4	0	44
Su	CH6432	CHM Herbal Formulations 2	4	4	0	44
		Quarterly Totals	4	4	0	44

**CCHM YEAR II**

Qtr.	Cat. No.	Course Title	Crdt.	Lec.	L/C	Tot.
F	CH6408	Chinese Herbal Therapeutics 1	4	4	0	44
		Quarterly Totals	4	4	0	44
W	BC6100	Pharm of CHM & Drug Interactions	2	2	0	22
	CH6409	Chinese Herbal Therapeutics 2	4	4	0	44
	CH6803-04	Chinese Herbal Medicine Clinic 1-2	4	0	8	88
		Quarterly Totals	10	6	8	154
Sp	CH6410	Chinese Herbal Therapeutics 3	4	4	0	44
	CH6805-6	Chinese Herbal Medicine Clinic 3-4	4	0	8	88
	CH6832	CHM Dispensary 2 <sup>1</sup>	2	0	4	44
		Quarterly totals	10	4	12	176
Su	CH6411	Chinese Herbal Therapeutics 4	4	4	0	44
	CH6807-8	Chinese Herbal Medicine Clinic 5-6	4	0	8	88

Quarterly Totals <sup>2</sup>		8	4	8	132	
<b>CCHM YEAR III</b>						
Qtr.Cat.No.	Course Title	Crdt.	Lec.	L/C	Tot.	
F	CH6105	Chinese Herbs Preparation <sup>3</sup>	1	0	2	22
	CH6809-10	Chinese Herbal Medicine Clinic 7-8	4	0	8	88
	Quarterly Totals		5	0	10	110

<sup>1</sup>CH6831,6832 may be taken in any quarter in the herbal program.

<sup>2</sup>Students who plan to study in China must take the one-credit elective course Clinic Entry for China in summer quarter of year two, just preceding their China studies, making their total required program credits 63.

<sup>3</sup>CH6105 may also be taken in summer of year two.

**Total Requirements: CCHM**

	Crdt.	Lec.	L/C	Tot.
Total Core Course Credits and Hours	42	40	4	484
Total Clinic Credits and Hours	20	0	40	440
Total Requirements	62	40	44	924

Note: The CCHM program is 62 credits total. To earn the certificate, 41 credits must be completed in residence.

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.

## ACUPUNCTURE AND ORIENTAL MEDICINE DOCTORAL PROGRAM

### MISSION STATEMENT

*The mission of Bastyr University's Doctor of Acupuncture and Oriental Medicine program is to develop the knowledge and skills of qualified practitioners in the specialties of integrated oncology and advanced pain management. The program accomplishes this through rigorous training in TCM and biomedical concepts, and by emphasizing an integrative model of care delivery. The program graduates leaders in the field of acupuncture and Oriental medicine prepared for lifelong learning and achievement in clinical practice, education and scholarship.*

### EDUCATIONAL OBJECTIVES

Graduates of the School of Acupuncture and Oriental Medicine's clinical doctoral program will have the skills to:

- 1) Develop an advanced TCM diagnosis and treatment plan including all applicable modalities within the scope of practice, commensurate with patients' health statuses
- 2) Demonstrate an understanding of allopathic oncology and pain treatment protocols in order to inform TCM care
- 3) Discuss treatment planning issues as part of an integrated medical team
- 4) Demonstrate an ability to participate as part of a clinic supervisory team educating master's students in acupuncture and Oriental medicine
- 5) Conduct research that demonstrates knowledge and skills in study design and comprehension

The AOM clinical doctorate is focused on training students in cancer care and advanced pain management and treatment with an emphasis on training in integrated clinical settings. Students develop skills in clinical research and teaching with an in-depth focus on a medical specialty. Courses include advanced Chinese medical classics, advanced acupuncture techniques, Chinese herbs and therapeutics classes. Basic science classes focus on oncology and pain conditions pertaining to pathology and pharmacology. The curriculum also includes nutrition and patient management courses. A capstone research project is required.

The degree title is "DAOM," Doctor of Acupuncture and Oriental Medicine. At the present time, there is no change in scope of practice for DAOM graduates. Students would choose to pursue this training if they are 1) interested in a doctoral degree in traditional Chinese medicine, 2) interested in oncology and management of

advanced pain conditions and /or 3) interested in learning to conduct clinical research. This is a clinical doctoral degree, not a PhD program.

#### CLINICAL COMPONENT

The DAOM program emphasizes clinical training in integrated care settings, with rotations at Bastyr Center for Natural Health, Seattle, Washington; Providence Regional Medical Center, Everett, Washington; and Skagit Valley Hospital Regional Cancer Care Center, Mount Vernon, Washington. In their final quarter of study, DAOM students travel to China and complete additional studies at Chengdu and Shanghai Universities of Traditional Chinese Medicine. Students take a one-credit elective course, Clinic Entry for China, in spring quarter of their second year in preparation for China studies.

There are additional expenses associated with the China studies other than tuition, including travel, lodging and living expenses, and laboratory fees assessed by institutions in China. With planning, these expenses can be covered by financial aid. Bastyr University holds fundraising events to support China studies. DAOM students may choose to participate in these fundraising events to help defray travel expenses in China. See the DAOM program director for more information.

#### CAPSTONE THESIS PROJECT

As part of the program of study, DAOM students must complete a capstone research project. Capstone projects may take a variety of formats, including clinical or basic research, surveys, translation, systematic review or theoretical analysis. Students are expected to conduct and complete their capstone project, including final acceptance of their capstone paper, by the time all other program requirements are completed. If additional time is needed for completion and all other program requirements are finished, then students will be assessed an additional fee (equal to 1 credit of tuition) on a quarter by quarter basis until completion. Please see OM8199 “Capstone Continuation” and/or the *Capstone Project Handbook* for further details.

#### PREREQUISITES

Minimum prerequisites for the doctor of acupuncture and Oriental medicine degree are a master’s degree in acupuncture or acupuncture and Oriental medicine or a certificate of acupuncture with 10 years of documented clinical experience. Prospective students with certificates of acupuncture should contact the admissions office for specialized assistance.

Applicants with AOM master’s degrees must have graduated from an ACAOM-candidate or -accredited program and have formal academic training in Chinese herbs. If applicants do not have a Chinese herb background, then they must complete the Certificate in Chinese Herbal Medicine as a prerequisite. Students may begin their doctoral studies if the classroom portion of the certificate has been completed. The clinical portion of the CCHM may be done concurrently with the DAOM program.

Applicants to the doctoral program need to either have completed or be in the process of completing the following coursework:

Intermediate algebra ..... 1 course<sup>1</sup>  
General psychology ..... 3 quarter credits  
General chemistry  
(allied health level with lab) ..... 4 quarter credits

<sup>1</sup>Intermediate algebra is pre-college level.

Doctoral applicants must have a background in the basic sciences that is comparable to Bastyr University’s master’s curriculum. Upon review of past coursework, applicants may be asked to take a higher level science course or complete a competency exam. The minimum GPA for any past college-level education is a 2.50.

The curriculum table that follows lists the tentative schedule of courses each quarter. Next to each course are the number of credits per course (Crdt.), the lecture hours each week (Lec.), the lab/clinic hours each week (L/C) and the total contact hours for the course over the entire quarter (Tot). This table reflects a full-time course of study. A part-time option is also available.

DOCTOR OF ACUPUNCTURE AND ORIENTAL MEDICINE (DAOM) 2011-2012

**YEAR I**

Qtr.	Cat. No.	Course Title	Crdt.	Lec.	L/C	Tot.
F	BC7101	Pathology of Cancer	3	3	0	33
	OM7400	Acupuncture in Oncology	2	2	0	22
	OM7401	AOM Orthopedics	2	2	0	22
	OM7800	Clinic Entry for Supervisors	1	1	0	11
	OM7805	Clinic Supervision 1	2	0	4	44
	OM9817	Advanced Clinician Shift <sup>1</sup>	2	0	4	44
	TR5100	Biostatistics	4	4	0	44
		Quarterly Totals	16	12	8	220
W	BC6134	Advanced Living Anatomy	1	0	2	22
	BC7105	Pharmacology of Cancer Therapeutics	3	3	0	33
	OM7110	Mechanisms & Pathology of Pain	2	2	0	22
	OM7405	Chinese Herbs in Oncology	3	3	0	33
	OM7411	TCM Cancer Therapeutics 1	2	2	0	22
	OM7806	Clinic Supervision 2	2	0	4	44
	TR5104	Research Methods in Health Sciences	3	2	2	44
		Quarterly Totals	16	12	8	220
Sp	OM7200	Huang Di Nei Jing	2	2	0	22
	OM7311	Pain Management 1	2	2	0	22
	OM7402	Clinical Orthopedics	2	2	0	22
	OM7412	TCM Cancer Therapeutics 2	2	2	0	22
	OM7415	Advanced Acupuncture Techniques for Pain	2	2	0	22
	OM7811	Oncology Clinic 1	2	0	4	44
	PS8110	Counseling in Chronic Pain & Chronic/Terminal Illness	3	3	0	33
	TR5128	Applied Research Skills	3	3	0	33
		Quarterly Totals	18	16	4	220
Su	OM7312	Pain Management 2	2	2	0	22
	OM7403	Advanced Tui Na	1	0	2	22
	OM7406	Qi Gong for Immunity & Pain Management	1	0	2	22
	OM7821	Pain Clinic 1	2	0	4	44
	OM8101	Research Practicum 1	2	2	0	22
	OM7812	Oncology Clinic 2	2	0	4	44
		Quarterly Totals	10	4	12	176

<sup>1</sup>May be waived, depending on experience. Waived credits must be made up with elective credits. 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.

**YEAR II**

Qtr.	Cat. No.	Course Title	Crdt.	Lec.	L/C	Tot.
F	OM7205	Shang Han Lun	2	2	0	22
	OM7313	Pain Management 3	2	2	0	22
	OM7813	Oncology Clinic 3	2	0	4	44
	OM7822	Pain Clinic 2	2	0	4	44
	OM8102	Research Practicum 2	2	2	0	22
	TR8401	Nutrition Issues in Cancer Care	3	3	0	33
		Quarterly Totals	13	9	8	187
W	OM7210	Jin Gui Yao Lue	2	2	0	22
	OM7814	Oncology Clinic 4	2	0	4	44
	OM7823	Pain Clinic 3	2	0	4	44
	OM8103	Research Practicum 3	2	2	0	22
		Quarterly Totals	8	4	8	132
Sp	OM6820	Clinic Entry for China	1	1	0	11
	OM7215	Wen Bing Xue	2	2	0	22
	OM8810	China Studies	12	0	24	264
		Quarterly Totals	15	3	24	297

**Elective Requirements: DAOM**

Qtr.Cat. No.	Course Title	Crdt.	Lec.	L/C	Tot.
variable	Elective & Special Topics <sup>3</sup>	4	4	0	44
	Total Elective Credits and Hours	4	4	0	44

<sup>3</sup>Electives/Special Topics: The DAOM program requires a total of four (4) elective/special topics credits. These credits may be any general electives/special topics as long as the prerequisites for each course are met.

**Total Requirements: DAOM**

	Crdt.	Lec.	L/C	Tot.
Total Core Course Credits and Hours	64	60	8	748
Total Elective Credits and Hours	4	4	0	44
Total Clinic Credits and Hours	32	0	64	704
Total Requirements	100	64	72	1496

*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.*

**NATUROPATHIC MEDICINE/ACUPUNCTURE AND ORIENTAL MEDICINE DUAL TRACK**

Students in the Bastyr University naturopathic medicine program who are academically in good standing have the opportunity to apply to the Master of Science in Acupuncture (MSA) or the Master of Science in Acupuncture and Oriental Medicine (MSAOM) program in October of their second year of the four-year track. This requires a formal application to the acupuncture and Oriental medicine program through the admissions department, followed by a joint interview with both the AOM and ND schools. Please see page 82 in the “School of Naturopathic Medicine” section for a complete program description for dual track studies.

**FACULTY**

The program’s foundation of teaching, clinical supervision, and AOM strategic planning rests on 11 full-time faculty members, assisted by approximately 20 adjunct AOM academic and clinical faculty, as well as seven basic sciences and nutrition faculty.

**WITH HIGHEST DEGREES, LICENSES OBTAINED AND DEPARTMENTAL AFFILIATIONS****Key**

- (AOM) Acupuncture & Oriental Medicine
- (BS) Basic Sciences
- (BTM) Botanical Medicine
- (EXS) Exercise Science
- (HO) Homeopathy
- (HS) Herbal Sciences
- (MW) Midwifery
- (NM) Naturopathic Medicine
- (NTR) Nutrition
- (PM) Physical Medicine
- (PSY) Psychology

**CORE**

Cao, Qiang, MD (China), Shanghai University of Traditional Chinese Medicine, ND, Bastyr University, LAc (AOM)

Cho, Young, PhD, University of Wisconsin, Madison (BS)

Courtney, Terry, MPH, Boston University, LAc (AOM)

Ding, Weiyi, MD (China), MS, Shanghai University of Traditional Chinese Medicine, RN, Indiana University of Pennsylvania, LAc (AOM)

Given, Steve, DAOM, Bastyr University, MS, Emperor’s College of Traditional Oriental Medicine, LAc (AOM)

Golden, Lynelle, PhD, MS, University of Tennessee, Knoxville (BS)

Kirk, Elizabeth, PhD, University of Washington (NTR)  
Koutoubi, Samer, MD, University Institute of Medicine and Pharmacy (Romania), PhD, Florida International University (NTR)  
Lichtenstein, Brad, ND, Bastyr University (PSY)  
Liu, Chongyun, MD (China), MS, Chengdu University of Traditional Chinese Medicine, LAc (AOM)  
Love Steward, Rebecca, DVM, Washington State University (BS)  
Lumiere, Kathleen, DAOM, Bastyr University, MAc, Northwestern Institute of Acupuncture and Oriental Medicine, LAc (AOM)  
McIntyre, Andrew, MS, Bastyr University, LAc (AOM)  
Mitchell, Richard (Kyo), DAOM, MS, Bastyr University, MPH, Northern Illinois University, LAc (AOM)  
Morrow, Kelly, MS, RD, CD, Bastyr University (NTR)  
Spicer, Diane, MIT, University of Washington, MS, University of Wisconsin (BS)  
Tseng, Angela, DAOM, MS, Bastyr University, LAc (AOM)  
Wang, Ying, MD (China), MS, Heilongjiang University of Traditional Chinese Medicine, LAc (AOM)  
Yang-Eng, Sue, DAOM, MS, Bastyr University, LAc (AOM)

## ADJUNCT

Apichai, Boonchai Benjamin, MD (China), Jinan University, MS, Bastyr University, LAc (AOM)  
Altschuler, Daniel, PhD (Taiwan), Guangzhou Chinese Medical College (AOM)  
Bayer, Sara, MA, University of Michigan, LAc (AOM)  
Dowling, James, MAc, Northwest Institute of Acupuncture and Oriental Medicine, RN, LAc (AOM)  
Ewing, Drake, MS, Bastyr University, LAc (AOM)  
Ferguson, Matthew, MS, Bastyr University, LAc (AOM)  
Huang, Jianxin, MD (China), MS, Nanjing University of Traditional Chinese Medicine, LAc (AOM)  
Hughes, Angela, MAc, Northwest Institute of Acupuncture and Oriental Medicine, LAc (AOM)  
Iwi'ula, Andrea, MS, Bastyr University, LAc (AOM)  
Lamden, Mark, ND, Bastyr University (NM, AOM)  
Lu, Yuanming, MD (China), Qinghai Medical School, MS, Bastyr University, LAc (AOM)  
Ma, Xin Dong (Rosey), MD (China), Heilongjiang University of Traditional Chinese Medicine, LAc (AOM)  
Martin, Eric, MS, Bastyr University, LAc (AOM)  
Pollard, Tiffany, MS, Bastyr University, LAc (AOM)  
Russo, Alfred, DAOM, Bastyr University, LAc (AOM)  
Sayigh, Allen, MAc, Seattle Institute of Oriental Medicine, LAc (AOM)  
Stahlberg, Rainer, PhD, Leningrad State University (HS)  
Washburn, Sarah, MS, University of Washington, RD (NTR)  
Yu, Hong, DAOM, Bastyr University, LAc (AOM)

# School of Natural Health Arts and Sciences

## ADMINISTRATORS OF THE SCHOOL OF NATURAL HEALTH ARTS AND SCIENCES

Gerald Porter, PhD, Dean  
Debra Boutin, MS, RD, Chair, Nutrition and Exercise Science  
Lynelle Golden, PhD, Chair, Basic Sciences  
Suzy Myers, LM, CPM, MPH, Chair, Midwifery  
Charles E. Smith, PhD, Chair, Counseling and Health Psychology  
Tiffany Reiss, PhD, Program Director, Exercise Science and Wellness  
Hatha Gbedawo, ND, Cadaver Anatomy Program Director  
Jeanne Garthwaite, Program Supervisor, Nutrition and Exercise Science  
Mary Yglesia, Preceptor Coordinator, Program Supervisor, Midwifery  
Andrea Larson, Program Coordinator, Basic Sciences  
Eileen Newsom, Program Coordinator, Counseling and Health Psychology  
Marissa Ohoyo, Program Coordinator, Midwifery

Chris Vires, Manager, Lab Services  
Roselyn Le, Assistant Manager, Lab Services

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

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

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

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

To practice critical and integrative thinking

To honor and celebrate diversity

To promote professional ethics and behavior

To communicate respectfully

To foster a lifelong quest for knowledge

To pursue excellence

The Department of Basic Sciences provides science curriculum for most graduate and undergraduate programs. It also houses the University's laboratory services and the cadaver anatomy program. The courses offered by this department emphasize the scientific knowledge required for success in each of these programs.

The Department of Counseling and Health Psychology offers a Bachelor of Science degree with a major in health psychology with tracks in either health psychology and human biology or general health psychology. The department also provides coursework and training for the Master of Science degree in Nutrition and Clinical Health Psychology (see page 59 for details), and counseling coursework and training for the School of Naturopathic Medicine and the School of Acupuncture and Oriental Medicine.

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

## Department of Basic Sciences

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

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

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

#### BASIC SCIENCE COURSES WITHIN OTHER DEPARTMENTS

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

Basic science courses within the School of Naturopathic Medicine (naturopathic medicine program) emphasize Anatomy, Physiology, and Biochemistry as the foundation for further basic sciences and all clinical courses. Further courses include Histology, Pathology, Pharmacology, Immunology, Infectious Diseases, Embryology, Neuroscience and Fundamentals of Research Design. Basic science courses within the herbal sciences program include Anatomy and Physiology, Organic Chemistry, Biochemistry, Microbiology, Pharmacology, and Disease Processes. These courses serve as a foundation for an understanding of the human body and provide students with the necessary skills and competencies to pursue coursework in their chosen field.

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

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

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

#### LAB SERVICES

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

#### CADAVER ANATOMY

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

rehabilitation medicine, nursing, dental hygiene and allied health care fields. Cadaver Anatomy is also recommended for those individuals who teach such subjects as yoga, massage and acupuncture.

#### PREREQUISITES

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

#### CURRICULUM

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

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

## Department of Counseling and Health Psychology

The Department of Counseling and Health Psychology offers a Bachelor of Science degree with a major in health psychology. The department also offers a Master of Science degree in nutrition and clinical health psychology, in conjunction with the Department of Nutrition and Exercise Science (for details, see the description under the graduate nutrition program section, page 59), as well as providing coursework and training in counseling for the School of Naturopathic Medicine and the School of Acupuncture and Oriental Medicine.

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

#### BACHELOR OF SCIENCE WITH A MAJOR IN HEALTH PSYCHOLOGY

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

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

#### ADMISSION

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

## PREREQUISITES

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

## BASIC PROFICIENCY AND SCIENCE REQUIREMENTS

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

<sup>1</sup>Intermediate algebra is not college level and the credits taken will not transfer in toward degree completion. College algebra is highly recommended and will become the required prerequisite beginning fall 2012.

<sup>2</sup>These credits are required for the psychology and human biology track only.

## GENERAL EDUCATION REQUIREMENTS

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

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

## GRADUATION REQUIREMENTS

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

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

## BACHELOR OF SCIENCE WITH A MAJOR IN HEALTH PSYCHOLOGY 2011-2012

### JUNIOR YEAR (YEAR I)

Qtr.	Cat. No.	Course Title	Crdt.	Lec.	L/C
F	IS3111	Interdisciplinary Experiences In Natural Health Arts & Sciences 1	1	1	0
	PS3114	Developmental Psychology	4	4	0
	PS3123	Health Psychology 1	4	4	0
	PS3139	Spirituality & Health	3	3	0
	PS4101	Social Psychology	4	4	0
		Quarterly Totals	16	16	0
W	IS3112	Interdisciplinary Experiences In Natural Health Arts & Sciences 2	1	1	0
	PS3124	Health Psychology 2	4	4	0
	PS3126	Psychology of Personality	4	4	0
	PS3133	Introduction to Statistics	4	3	2
	PS3147	Myth, Ritual & Health	3	3	0
		Quarterly Totals	16	15	2
Sp	PS3129	Abnormal Psychology	4	4	0
	PS3131	Learning, Cognition & Behavior	4	4	0
	PS3134	Research Methods in Psychology	4	4	0
		Quarterly Totals	12	12	0

**SENIOR YEAR (YEAR II)**

Qtr.	Cat. No.	Course Title	Crdt.	Lec.	L/C
F	PS4102	Ethical Issues in Psychology	3	3	0
	PS4106	Multicultural Psychology	3	3	0
	PS4117	Experimental Psychology	4	4	0
	PS4126	Research Proposal <sup>1</sup>	(2)	(2)	0
		Quarterly Totals	(12)10	(12)10	0
W	PS4109	Human Sexuality	3	3	0
	PS4112	Creating Wellness	3	3	0
	PS4128	Research Project <sup>1</sup>	(5)	(5)	0
	PS4149	Psychology & World Religions	5	5	0
		Quarterly Totals	(16)11	(16)11	0
Sp	PS4124	Biological Psychology	5	5	0
	PS4129	Research Presentation <sup>1</sup>	(3)	(3)	0
	PS4150	Healing: Self, Society & World	3	3	0
		Quarterly Totals	(11)8	(11)8	0

<sup>1</sup>PS4126, PS4128 and PS4129 are optional.

**Total Requirements: BS with a Major in Health Psychology**

	Crdt.	Lec.	L/C
Total Core Course Credits and Hours	(83)73	(82)72	2
Total Elective Credits and Hours	(7)17	(7)17	0
Total Requirements	90	89	2

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

**BACHELOR OF SCIENCE WITH A MAJOR IN HEALTH PSYCHOLOGY, HUMAN BIOLOGY/PRE-MED TRACK 2011-2012****JUNIOR YEAR (YEAR I)**

Qtr.	Cat. No.	Course Title	Crdt.	Lec.	L/C
F	BC3124	Organic Chemistry Lecture/Lab	5	4	2
	BC3161	Anatomy & Physiology 1 Lec/Lab	3	2	2
	IS3111	Interdisciplinary Experiences In Natural Health Arts & Sciences 1	1	1	0
	PS3123	Health Psychology 1	4	4	0
	PS3139	Spirituality & Health	3	3	0
		Quarterly Totals	16	14	4
W	BC3162	Anatomy & Physiology 2 Lec/Lab	3	2	2
	BC4117	Biochemistry for Life Sciences 1 Lec/lab	5	4	2
	IS3112	Interdisciplinary Experiences In Natural Health Arts & Sciences 2	1	1	0
	PS3124	Health Psychology 2	4	4	0
	PS3147	Myth, Ritual & Health	3	3	0
		Quarterly Totals	16	14	4
Sp	BC3163	Anatomy & Physiology 3 Lec/Lab	4	3	2
	BC4118	Biochemistry for Life Sciences 2 Lec/lab	5	4	2
	PS3134	Research Methods in Psychology	4	4	0
		Quarterly Totals	13	11	4

**SENIOR YEAR (YEAR II)**

Qtr.	Cat. No.	Course Title	Crdt.	Lec.	L/C
F	PS3114	Developmental Psychology	4	4	0
	PS4101	Social Psychology	4	4	0
	PS4102	Ethical Issues in Psychology	3	3	0
	PS4106	Multicultural Psychology	3	3	0
		Quarterly Totals	14	14	0
W	PS3126	Psychology of Personality	4	4	0
	PS4109	Human Sexuality	3	3	0
	PS4112	Creating Wellness	3	3	0
	PS4149	Psychology & World Religions	5	5	0
		Quarterly Totals	15	15	0
Sp	PS3129	Abnormal Psychology	4	4	0
	PS3131	Learning, Cognition & Behavior	4	4	0
	PS4150	Healing: Self, Society & World	3	3	0
		Quarterly Totals	11	11	0

**Total Requirements: BS with a Major in Health Psychology, Human Biology/Pre-Med Track<sup>1</sup>**

	Crdt.	Lec.	L/C
Total Core Course Credits and Hours	85	79	12

Total Elective Credits and Hours	5	5	0
Total Requirements	90	84	12

<sup>1</sup>To enroll in this program track, students must have 8 quarter credits in general chemistry.

## SUMMER MESSAGE INTENSIVE

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

# Department of Midwifery

## MISSION STATEMENT

The mission of the Department of Midwifery is to educate and inspire leaders in the profession of midwifery.

## PROGRAM OBJECTIVES

The Department of Midwifery educates midwives to conform to national and international standards of midwifery competence and to do the following:

- practice autonomously in a variety of settings, which may include homes, birth centers, clinics and hospitals
- promote birth as a normal process requiring a minimum of intervention
- function within the health care system, consulting and referring appropriately
- qualify for licensure or registration in a variety of jurisdictions, including certification by the North American Registry of Midwives (NARM)
- promote midwifery through state, provincial and national professional organizations, the political process, research activities and policy development
- work in partnership with the women they serve in a way that promotes personal responsibility, validates knowledge and experience, and encourages lifelong learning
- promote the Midwives Model of Care™

## PROGRAM OVERVIEW

Bastyr University is pleased to offer a Master of Science in Midwifery and a combined Bachelor/Master of Science in Midwifery. The midwifery program at Bastyr is unique. Based on the combined expertise of Bastyr University and the former Seattle Midwifery School, the department has developed a rigorous, proven curriculum using state-of-the-art technologies and an extensive network of national and international clinical sites.

Bastyr's direct-entry midwifery program is designed to prepare students in all aspects of midwifery care based on the competencies established by the Midwives Alliance of North America (MANA). This robust program is intended for students with little or no background in midwifery. Upon completion of the three -year program, students are eligible to sit for an examination to become licensed as a midwife in Washington or other states or provinces and to become nationally certified by the North American Registry of Midwives (NARM) as a Certified Professional Midwife (CPM). In the United States, direct-entry midwives attend mainly out-of-hospital births. Students have a maximum of five calendar years from first date of enrollment, including leaves of absence, in which to complete the program.

The department welcomes students who have previous midwifery training or practicing midwives who have not attended a formal midwifery educational program and/or want to obtain a degree. All students in the

program must meet the transfer credit requirements and complete at least two-thirds of the program and all of the practicum while enrolled at Bastyr.

## MIDWIFERY MASTER'S, COMBINED BACHELOR'S/MASTER'S PROGRAM

The Master of Science in Midwifery is available to students who already hold a bachelor's degree from a regionally accredited college/university and who complete the program prerequisites prior to entering the program. The combined Bachelor/ Master of Science in Midwifery option is available to students who have completed at least two years at the undergraduate level (60 semester or 90 quarter credits), including the basic science and proficiency prerequisites and general education requirements.

## LOW RESIDENCY MODEL

One of the most exciting aspects of this program is its low-residency model. This hybrid delivery system allows students to remain in their communities and commute to the Bastyr campus three times each quarter for onsite learning. When not physically on campus, students use the Internet classroom to correspond with classmates and instructors, participate in discussions, complete homework assignments and take tests.

Each cohort of students (determined by year of entry) attends the same onsite weeks together, which allows for the face-to-face learning experience that is vital to midwifery training and allows students to build strong relationships with classmates and faculty.

Because students are face-to-face with their instructors only three times each quarter, attendance onsite is mandatory.

When not attending classes onsite, students are engaged in learning activities in the virtual classroom using our online learning system as a guide and point of interaction. Learning activities include extensive reading, video viewing, research projects, worksheets, quizzes and online discussions. Students need to be self-directed, self-motivated and have good time management skills in order to be successful in this low-residency program.

## MIDWIFERY CURRICULUM

The midwifery curriculum is enhanced by studies in related fields such as epidemiology, nutrition, pharmacology, genetics, embryology, counseling and education. The Midwifery Care courses are the foundation of the program. All courses build skills necessary for the practice of midwifery through the use of case questions, skills-practice labs, role-plays, discussion, student presentations and research projects. Clinical skills and judgment capabilities are honed during practicum with practicing midwives. The midwifery program addresses both the art and science of midwifery by integrating theory with clinical experience.

## CLINICAL EXPERIENCE

The Department of Midwifery places all students in qualified clinical training sites. The program replicates the age-old apprenticeship model, where students work side-by-side with experienced preceptors who are licensed midwives and other professionals. Department staff work closely with each student in the process of arranging these clinical placements. Students need to live within a one-hour commute of a qualified clinical faculty and must be prepared to relocate temporarily if the community where they reside does not have adequate clinical training opportunities. This requires flexibility and the support of the student's family, as it may mean separation and economic challenges.

The clinical practicum begins in the third quarter of the program. Students start off very slowly, primarily observing for the first few months. What students are able to do in their preceptorships mirrors what they are learning in the classroom. Basic clinical skills, such as performing blood draws, IVs, physical/ vaginal exams, pap smears, neonatal resuscitation, etc., are all taught in the classroom first. Students will be required to obtain

training in adult CPR, have a TB test, demonstrate rubella immunity and pass a criminal background check. (A fee will be charged in MW4800 for the background check.) Students returning from a leave of absence will be required to have clinical skills assessed and may need remedial skills training before becoming eligible for a practicum assignment.

Students may obtain their clinical experience in gynecology/family planning clinics, prenatal/postpartum clinics, homebirth settings, birth centers and hospitals in North America as well as overseas. (See Graduation Requirements for more specifics about clinical training requirements.) Students may work with licensed midwives, certified professional midwives, certified nurse-midwives, nurse practitioners, foreign midwives, naturopathic doctors, physician assistants or physicians. Clinical faculty must be practicing legally and have sufficient obstetrical/gynecological volume to adequately instruct, supervise and evaluate students' clinical training. The Department of Midwifery screens and approves all potential clinical faculty.

## ADMISSION

For general information on the admissions process, please refer to the admissions section in this catalog. The information below refers only to the Department of Midwifery Master of Science in Midwifery and Bachelor/Master of Science in Midwifery degree.

## PREREQUISITES

A minimum cumulative GPA of 2.25 is required to be considered for admission. A grade of C or better is required in all science prerequisites. For students applying for the BS/MS program, a grade of C or better is also required in all basic proficiency courses. Students may apply to the program while completing prerequisite coursework, but all prerequisites must be completed prior to enrollment in the program.

## MASTER OF SCIENCE IN MIDWIFERY

(FOR APPLICANTS WITH A BACHELOR'S DEGREE IN ANY FIELD<sup>1</sup>)

Psychology .....	3 quarter credits
Introductory nutrition .....	3 quarter credits
General biology w/ lab .....	4 quarter credits
General chemistry w/ lab (allied-health-major level) .....	4 quarter credits
Microbiology .....	4 quarter credits
Anatomy and physiology series .....	8 quarter credits
College algebra .....	4 quarter credits
Labor support course/doula training (DONA or ALACE approved).....	not a college course
Childbirth educator training (ICEA or Lamaze approved) .....	not a college course

## BACHELOR/MASTER OF SCIENCE IN MIDWIFERY

(FOR UNDERGRADUATE APPLICANTS)

### BASIC SCIENCE AND PROFICIENCY PREREQUISITES

English literature or composition.....	9 quarter credits
General psychology .....	3 quarter credits
Public speaking.....	3 quarter credits
Introductory nutrition .....	3 quarter credits
General biology w/ lab (science-major level) .....	4 quarter credits
General chemistry w/ lab (allied-health-major level) .....	4 quarter credits
Microbiology .....	4 quarter credits
Anatomy & physiology series .....	8 quarter credits
College algebra .....	4 quarter credits
Labor support course/doula training	

(DONA or ALACE approved)..... not a college course  
Childbirth educator training (ICEA or Lamaze approved) .. not a college course  
<sup>1</sup> from a regionally accredited college/university

## GENERAL EDUCATION REQUIREMENTS

Natural science and mathematics..... 8 quarter credits  
Social sciences..... 15 quarter credits  
Arts and humanities..... 15 quarter credits  
Electives..... 10 quarter credits<sup>1</sup>

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

For BS/MS applicants, please visit the Bastyr University undergraduate admissions page for information about transfer credits at [www.Bastyr.edu/admissions/info/ugtg.asp](http://www.Bastyr.edu/admissions/info/ugtg.asp).

## GRADUATION REQUIREMENTS

Graduates must demonstrate proficiency in the midwifery program Core Competencies as shown by:

- satisfactory completion of all didactic and clinical courses with a grade of 80 percent or better (Some non-core courses may be passed with a grade of 75 percent or better.)
- satisfactory completion and presentation of the Master's Research Project
- satisfactory completion of all sections of the comprehensive written and clinical exams in the last year of the program
- completion of 40 hours of community service for the University or the profession of midwifery
- demonstration of the qualities of a professional midwife as determined by the Student Progress Committee

Graduates must also meet the following minimum clinical requirements:

Participation in 60 births<sup>1</sup>, including at least the following:

- 30 births in which the student functions in the role of primary midwife under supervision
- 20 births in which the student is actively involved in the client's care
- 10 births in which the student is observing
- 30 births in an out-of-hospital setting
- 25 births in the U.S. or the student's country of origin

<sup>1</sup>An additional 40 observed births (total of 100 births) are required for Washington state licensure.

Participation in 1,500 hours (the equivalent of 50 credits) of clinical work, including at least the following:

- 400 hours of intrapartum experience
- 800 hours of clinic time in prenatal, postpartum and gynecological care
- Participation in 720 client contacts, including at least:
  - 300 prenatal exams
  - 100 postpartum visits
  - 50 newborn exams
  - 50 follow-up newborn exams
  - 50 gynecological exams

Clinical training for at least one year at a minimum of two clinical sites in the U.S. or the student's home country is required. All clinical training is supervised by preceptors who are practicing legally in their region and incorporates the following:

- at least one preceptorship in which the clinical faculty member is a midwife
- one site for at least six months and 15 births (involved and supervised primary) in an out-of-hospital setting
- one site for at least three months and 10 births (involved and supervised primary)
- satisfactory completion of all levels of clinical evaluation
- demonstration of continuity of care by providing these continuous care services to at least 10 women:
  - four prenatal visits

- © three postpartum visits
- © In three of the 10 cases, the student must function as primary midwife under supervision.

**The curriculum table that follows lists the tentative schedule of courses each quarter. Next to each course are the number of credits per course (Crdt.), the approximate hours spent in the onsite and virtual classroom with faculty each quarter (Clsm), the lab/practical hours each quarter (L/P), and the total contact hours for the course over the entire quarter.**

#### MASTER OF SCIENCE IN MIDWIFERY 2011-2012

##### MSMW YEAR I

Qtr	Cat. No.	Course Title	Crdt.	Clsm	L/P	Tot
F		Orientation <sup>†</sup>	0			
	MW3101	Midwifery Care 1: Introduction to the Midwives Model of Care	3	33	0	33
	MW3105	Introduction to Epidemiology for Midwives	3.5	38.5	0	38.5
	MW3301	Well Woman Health & Assessment	4	44	44	88
	MW3311	Perinatal Nutrition 1: Pre-conception & Prenatal	2	22	0	22
	MW4104	Professional Issues Seminar: Undoing Racism	1	11	0	11
		Quarterly Totals	13.5	148.5	44	192.5
W	MW4100	Genetics & Embryology	2	22	0	22
	MW4300	Pharmacology & Treatments 1	1	22	0	22
	MW4302	Midwifery Care 2: Pregnancy & Prenatal Care	4	44	0	44
	MW4305	Gynecology	3.5	38.5	0	38.5
	MW4313	Counseling for the Childbearing Year 1	1	11	0	11
	MW4321	Clinical Skills 1	1	11	11	22
	MW4800	Introduction to Practicum	0.5	5.5	0	5.5
	MW5101	Master's Project 1	0.5	5.5	0	5.5
		Quarterly Totals	13.5	159.5	11	170.5
Sp	MW4101	Professional Issues Seminar: Cultural Competency for Midwives	2	22	0	22
	MW4301	Pharmacology & Treatments 2	1	11	0	11
	MW4303	Midwifery Care 3: Advanced Pregnancy & Prenatal Care	4	44	0	44
	MW4314	Counseling for the Childbearing Year 2	1	11	0	11
	MW4322	Clinical Skills 2	1	11	1	22
	MW4331	Clinical Seminar 1	1	1	0	1
	MW4810	Practicum	2.5	0	75	75
	MW5100	Research Methods for Midwifery	3	33	0	33
		Quarterly Totals	15.5	143	86	229
Su	MW4810	Practicum	6	0	180	180
		Quarterly Totals	6	0	180	180

<sup>†</sup>Orientation occurs before and during the first month of classes, with the intention of building group cohesion and introducing students to all aspects of the program. Taking place primarily online, the course includes orientation to the midwifery program infrastructure, staff and faculty, the curriculum and schedule, tools, and the skills needed to use online educational technologies.

##### MSMW YEAR II

Qtr	Cat. No.	Course Title	Crdt.	Clsm	L/P	Tot
F	MW4102	Professional Issues Seminar: Modern Midwifery, History, Politics & Activism	2	22	0	22
	MW4323	Clinical Skills 3	0.5	0	11	11
	MW4332	Clinical Seminar 2	1	11	0	11
	MW5102	Master's Project 2	0.5	5.5	0	5.5
	MW5304	Midwifery Care 4: Labor & Birth	6	66	0	66
	MW5315	Counseling for the Childbearing Year 3	1.5	16.5	0	16.5
	MW5810	Practicum	4.5	0	135	135
		Quarterly Totals	16	121	146	267
W	MW4308	Breastfeeding & Lactation Education	2.5	27.5	0	27.5

MW4333	Clinical Seminar 3	1	11	0	11	
MW5103	Master's Project 3	0.5	5.5	0	5.5	
MW5114	Professional Issues Seminar: Health Care Systems & Health Policy	2	22	0	22	
MW5307	Midwifery Care 5: Postpartum & Newborn Care	4.5	49.5	0	49.5	
MW5316	Counseling for the Childbearing Year 4: Postpartum	1.5	16.5	0	16.5	
MW5324	Clinical Skills 4	0.5	0	11	11	
MW5810	Practicum	3	0	90	90	
	Quarterly Totals	15.5	132	101	233	
Sp	MW4103	Professional Issues Seminar: Midwifery Legal, Ethical & Professional Frameworks	2.5	27.5	0	27.5
	MW5104	Master's Project 4	0.5	5.5	0	5.5
	MW5310	Midwifery Care 6: Challenges in Practice	4.5	49.5	0	49.5
	MW5325	Clinical Skills 5	0.5	0	11	11
	MW5334	Clinical Seminar 4	1	11	0	11
	MW6810	Practicum	4	0	120	120
	Quarterly Totals	13	93.5	121	214.5	
Su	MW6105	Master's Project 5	3	33	0	33
	MW6810	Practicum	4.5	0	135	135
	Quarterly Totals	7.5	33	135	168	

### MSMW YEAR III

Qtr	Cat. No.	Course Title	Crdt.	Clstrm	L/P	Tot
F	MW6106	Master's Project 6	3	33	0	33
	MW6307	Midwifery Care 7: Synthesis & Application	2	22	0	22
	MW6335	Clinical Seminar 5	1	11	0	11
	MW6810	Practicum	8	0	240	240
	Quarterly Totals		14	66	240	306
W	MW6107	Master's Project 7	3	33	0	33
	MW6336	Clinical Seminar 6	1	11	0	11
	MW6810	Practicum	8	0	240	240
	Quarterly Totals		12	44	240	284
Sp	MW6115	Professional Issues Seminar: The Business of Midwifery	2.5	27.5	0	27.5
	MW6337	Clinical Seminar 7	1	11	0	11
	MW6810	Practicum	9	0	270	270
	Quarterly Totals		12.5	38.5	270	308.5

### Total Requirements: MSMW

	Crdt	Clstrm	L/P	Tot.
Total Course Credits & Hours	89.5	978.5	99	1077.5
Total Practicum Hours	49.5	0	1485	1485
Total Requirements	139	978.5	1584	2562.5

## Department of Nutrition and Exercise Science

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

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

The Department of Nutrition and Exercise Science prepares graduates to critically evaluate scientific literature and to incorporate current research and advances in nutrition and exercise science. The nutrition program within the Department of Nutrition and Exercise Science is unique in its emphasis on whole foods and

multicultural, political and ecological dimensions of diet and world food supply within the overall context of basic, clinical and community nutrition. These aspects of nutrition, blended with biochemistry and physiology, reflect the University's natural health sciences philosophy.

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

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

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

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

For information about each of these programs, refer to the following pages:

- BS with a Major in Nutrition page 52
- BS with Major in Exercise Science and Wellness page 53
- BS with a Major in Nutrition with DPD page 54
- BS with a Major in Nutrition and Exercise Science page 56
- BS with a Major in Nutrition and Culinary Arts page 56
- MS in Nutrition (Research) page 58
- MS in Nutrition and Clinical Health Psychology page 59
- MS in Nutrition with DPD page 61
- Dietetic Internship page 62

#### REQUIRED ABILITIES/SKILLS FOR NUTRITION/EXERCISE SCIENCE PROGRAM STUDENTS

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

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

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

**Behavioral and Social Attributes:** A student must possess the emotional health required for full utilization of her/his intellectual abilities, the exercise of good judgment, the prompt completion of all responsibilities attendant to the academic and clinical program, and the development of mature, sensitive and effective relationships with others. A student must be able to tolerate physically taxing workloads and to function effectively under stress. S/he must be able to adapt to changing environments, to display flexibility and to learn to function in the face of uncertainties inherent in both clinical and research problems the student may face.

Compassion, integrity, concern for others, interpersonal skills, interest and motivation are all personal qualities that are assessed during the admissions and education processes.

## Undergraduate Programs

### BACHELOR OF SCIENCE WITH A MAJOR IN NUTRITION

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

#### ADMISSIONS

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

#### PREREQUISITES

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

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

#### BASIC PROFICIENCY AND SCIENCE REQUIREMENTS

English literature or composition.....	9 quarter credits
General psychology .....	3 quarter credits
Intermediate algebra <sup>1</sup> .....	1 class
General chemistry (science-major level with lab) .....	8 quarter credits
General biology (with lab).....	4 quarter credits
Introductory nutrition (should include metabolism) .....	5 quarter credits

<sup>1</sup>Intermediate algebra is not college level and the credits taken will not transfer in toward degree completion. College algebra is highly recommended and will become the required prerequisite beginning fall 2012.

Note: Microbiology, 1 course, will become a required prerequisite beginning in fall 2012 for Nutrition and Nutrition with DPD majors.

#### GENERAL EDUCATION REQUIREMENTS

Natural science and mathematics.....	12 quarter credits
Arts and humanities.....	15 quarter credits
Social sciences.....	15 quarter credits
Speech communication or public speaking.....	3 quarter credits
Electives .....	16 quarter credits <sup>1</sup>

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

#### GRADUATION REQUIREMENTS

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

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

## hours each week (L/C).

### BACHELOR OF SCIENCE WITH A MAJOR IN NUTRITION 2011-2012

#### JUNIOR YEAR (YEAR I)

Qtr.Cat. No.	Course Title	Crdt.	Lec.	L/C
F	BC3124 Organic Chemistry for Life Sciences Lec/Lab	5	4	2
	BC3161 Anatomy & Physiology 1 Lec/Lab	3	2	2
	IS3111 Interdisciplinary Experiences in Natural Health Arts & Sciences 1	1	1	0
	TR4103 Whole Foods Production	3	1.5	3
	TR4118 Cultural Perspectives on Food	2	2	0
	Quarterly Totals	14	10.5	7
W	BC3162 Anatomy & Physiology 2 Lec/Lab	3	2	2
	BC4117 Biochemistry for Life Sciences 1	5	4	2
	IS3112 Interdisciplinary Experiences in Natural Health Arts & Sciences 2	1	1	0
	TR3111 Nutrition Throughout Life (hybrid online course)	3	3	0
	TR3115 Introduction to Food Science	2	2	0
	Quarterly Totals	14	12	4
Sp	BC3163 Anatomy & Physiology 3 Lec/Lab	4	3	2
	BC4118 Biochemistry for Life Sciences 2	5	4	2
	EX3105 Physical Activity & Wellness	2	2	0
	TR3117 Experimental Foods Lecture	4	4	0
	TR3118 Experimental Foods Lab	1	0	2
	Quarterly Totals	16	13	6

#### SENIOR YEAR (YEAR II)

Qtr.Cat. No.	Course Title	Crdt.	Lec.	L/C
F	PS3601 Psychology of Nourishment	3	3	0
	TR4107 Advanced Nutrition Principles 1	4	4	0
	TR4805 Nutrition Education Practicum <sup>1</sup>	2	0	4
	Quarterly Totals	9	7	4
W	TR4100 Introduction to Research Methods (hybrid online course)	3	2	2
	TR4108 Advanced Nutrition Principles 2	2	2	0
	TR4113 Nutritional Supplements & Herbs	3	3	0
	TR4205 Nutritional Analysis & Assessment	3	2	2
	Quarterly Totals	11	9	4
Sp	TR4117 Nutrition, Physical Activity & Disease	5	5	0
	TR4126 Community Nutrition/Nutrition Education	5	5	0
	TR4140 Ecological Aspects of Nutrition	2	2	0
	Quarterly Totals	12	12	0

<sup>1</sup>TR4805 Nutrition Education Practicum may be taken in any quarter except summer during year two.

#### *Elective Requirements: Bachelor of Science with a Major in Nutrition*

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

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

#### *Total Requirements: Bachelor of Science with a Major in Nutrition*

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

Curriculum and course changes in the 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.

### BACHELOR OF SCIENCE WITH A MAJOR IN EXERCISE SCIENCE AND WELLNESS

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

Medicine and the National Strength and Conditioning Association. This preparation is accomplished through the rigorous scientific study and subsequent application of physiological changes and adaptations that occur during various modes of physical activity in clinical, preventative and performance settings.

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

#### ADMISSIONS

The admissions standards and prerequisites are the same as those outlined on page 52 for the undergraduate nutrition program.

#### GRADUATION REQUIREMENTS

Please see the graduation requirements for the undergraduate nutrition program on page 52.

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

#### BACHELOR OF SCIENCE WITH A MAJOR IN EXERCISE SCIENCE AND WELLNESS 2011-2012

##### JUNIOR YEAR (YEAR I)

Qtr.	Cat. No.	Course Title	Crdt.	Lec.	L/C
F	BC3124	Organic Chemistry for Life Sciences Lec/Lab	5	4	2
	BC3161	Anatomy/Physiology 1 Lec/Lab	3	2	2
	EX4115	Motor Learning & Development	3	3	0
	IS3111	Interdisciplinary Experiences in Natural Health Arts & Sciences 1	1	1	0
	PS3128	Psychology of Sports & Exercise	2	2	0
		Quarterly Totals	14	12	4
W	BC3113	Living Anatomy	3	3	0
	BC3162	Anatomy/Physiology 2 Lec/Lab	3	2	2
	BC4117	Biochemistry for Life Sciences 1	5	4	2
	IS3112	Interdisciplinary Experiences in Natural Health Arts & Sciences 2	1	1	0
	TR4100	Intro to Research Methods (hybrid online course)	3	2	2
		Quarterly Totals	15	12	6
Sp	BC3163	Anatomy/Physiology 3 Lec/Lab	4	3	2
	BC4118	Biochemistry for Life Sciences 1	5	4	2
	EX3101	Biomechanics 1	2	1	2
	EX3105	Physical Activity & Wellness	2	2	0
		Quarterly Totals	13	10	6

##### SENIOR YEAR (YEAR II)

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

Quarterly Totals	12	0	36
------------------	----	---	----

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

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

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

	Crdt.	Lec.	L/C
Total Core Course Credits and Hours	85	62	58
Total Elective and Activity Credits and Hours	5	3	4
Total Requirements	90	65	62

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

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

*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.*

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

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

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

### ADMISSION REQUIREMENTS AND PREREQUISITES

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

Cumulative overall GPA – total of all courses  $\geq 3.00$

Cumulative science GPA – biology, organic chemistry, anatomy and physiology, and biochemistry courses only  $\geq 3.00$

Cumulative nutrition GPA – all nutrition courses  $\geq 3.00$

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

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

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

Minimum of 50 hours food service management

Minimum of 50 hours community nutrition

## ADMISSION TO CLINICAL TRAINING

In order to enroll in clinical dietetic practicum, students must have successfully completed TR4207, RD4302, must be enrolled in TR4303 as a corequisite, and must have met the criteria for behavior and attitude as outlined in the *Nutrition Student Clinician Handbook*. Students are also required to pass a national criminal background check (see “Background Checks” in the *Academic Policy and Procedure Manual* for more information) and must show proof of completion of the clinic entry checklist prior to the first scheduled clinic shift.

## GRADUATION REQUIREMENTS

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

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

Total of 100 hours food service management

Total of 100 hours community nutrition

Leadership by participation in the Bastyr University Student Nutrition Association (SNA) is strongly encouraged, and becoming a student member of the American Dietetic Association (ADA) is required.

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

## ACCREDITATION

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

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

## BACHELOR OF SCIENCE WITH A MAJOR IN NUTRITION WITH DIDACTIC PROGRAM IN DIETETICS (DPD) 2011-2012

### JUNIOR YEAR (YEAR I)

Qtr.	Cat. No.	Course Title	Crdt.	Lec.	L/C
F	BC3124	Organic Chemistry for Life Sciences Lec/Lab	5	4	2
	BC3161	Anatomy & Physiology 1 Lec/Lab	3	2	2
	IS3111	Interdisciplinary Experiences in Natural Health Arts & Sciences 1	1	1	0
	TR4103	Whole Foods Production	3	1.5	3
	TR4118	Cultural Perspectives on Food	2	2	0
		Quarterly Totals	14	10.5	7
W	BC3162	Anatomy & Physiology 2 Lec/Lab	3	2	2
	BC4117	Biochemistry for Life Sciences 1	5	4	2
	IS3112	Interdisciplinary Experiences in Natural			

	Health Arts & Sciences 2	1	1	0
TR3111	Nutrition Throughout Life (hybrid online course)	3	3	0
TR3115	Introduction to Food Science	2	2	0
	Quarterly Totals	14	12	4
Sp	BC3163 Anatomy & Physiology 3 Lec/Lab	4	3	2
	BC4118 Biochemistry for Life Sciences 2	5	4	2
	EX3105 Physical Activity & Wellness	2	2	0
	TR3117 Experimental Foods Lecture	4	4	0
	TR3118 Experimental Foods Lab	1	0	2
	TR4140 Ecological Aspects of Nutrition	2	2	0
	Quarterly Totals	18	15	6

#### SENIOR YEAR (YEAR II)

Qtr.	Cat. No.	Course Title	Crdt.	Lec.	L/C
F	BC4114	<b>Disease Processes</b>	<b>4</b>	<b>4</b>	<b>0</b>
	PS3127	<b>Foundations of Counseling for Dietitians3</b>	<b>3</b>	<b>0</b>	
	RD4105	<b>Intro to Dietetics</b>	<b>1</b>	<b>0</b>	<b>2</b>
	RD4301	<b>Medical Nutrition Therapy 1: Assessment &amp; Diagnosis</b>	<b>5</b>	<b>4</b>	<b>2</b>
	TR4107	Advanced Nutrition Principles 1	4	4	0
		Quarterly Totals	17	15	4
W	RD4130	<b>Quantity Food Production</b>	<b>3</b>	<b>3</b>	<b>0</b>
	RD4302	<b>Medical Nutrition Therapy 2: Chronic Disease Management</b>	<b>5</b>	<b>4</b>	<b>2</b>
	TR4100	Introduction to Research Methods (hybrid online course)	3	2	2
	TR4108	Advanced Nutrition Principles 2	2	2	0
	TR4113	Nutritional Supplements & Herbs	3	3	0
	TR4207	<b>Nutritional Counseling</b>	<b>2</b>	<b>2</b>	<b>0</b>
		Quarterly Totals	18	16	4
Sp	RD4120	<b>Perspectives in Leadership &amp; Mgmt</b>	<b>3</b>	<b>3</b>	<b>0</b>
	RD4303	<b>Medical Nutrition Therapy 3: Critical Care</b>	<b>3</b>	<b>3</b>	<b>0</b>
	RD4802	<b>Clinical Dietetic Practicum</b>	<b>2</b>	<b>0</b>	<b>4</b>
	TR4126	Community Nutrition/Nutrition Educ	5	5	0
		Quarterly Totals	13	11	4

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

	Crdt.	Lec.	L/C
Total Core Course Credits and Hours	92	79.5	25
Total Clinic Credits and Hours	2	0	4
Total Requirements	94	79.5	29

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

*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.*

## BACHELOR OF SCIENCE WITH A MAJOR IN NUTRITION AND EXERCISE SCIENCE

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

### ADMISSIONS

The admissions standards and prerequisites are the same as those outlined on page 52 for the undergraduate nutrition program.

### GRADUATION REQUIREMENTS

Please see the graduation requirements for the undergraduate nutrition program on page 52.

**The curriculum table that follows lists the tentative schedule of courses each quarter. Next to each**

course are the number of credits per course (Crdt.), the lecture hours each week (Lec.) and the lab/clinic hours each week (L/C).

BACHELOR OF SCIENCE WITH A MAJOR IN NUTRITION AND EXERCISE SCIENCE 2011-2012

**JUNIOR YEAR (YEAR I)**

Qtr.Cat. No.	Course Title	Crdt.	Lec.	L/C
F	BC3124 Organic Chemistry for Life Sciences Lec/Lab	5	4	2
	BC3161 Anatomy & Physiology 1 Lec/Lab	3	2	2
	EX4115 Motor Learning & Development	3	3	0
	IS3111 Interdisciplinary Experiences in Natural Health Arts & Sciences 1	1	1	0
	TR4103 Whole Foods Production	3	1.5	3
	Quarterly Totals	15	11.5	7
W	BC3113 Living Anatomy	3	3	0
	BC3162 Anatomy & Physiology 2 Lec/Lab	3	2	2
	BC4117 Biochemistry for Life Sciences 1	5	4	2
	IS3112 Interdisciplinary Experiences in Natural Health Arts & Sciences 2	1	1	0
	TR3111 Nutrition Throughout Life (hybrid online course)	3	3	0
	Quarterly Totals	15	13	4
Sp	BC3163 Anatomy & Physiology 3 Lec/Lab	4	3	2
	BC4118 Biochemistry for Life Sciences 2	5	4	2
	EX3101 Biomechanics 1	2	1	2
	EX3105 Physical Activity & Wellness	2	2	0
	Quarterly Totals	13	10	6

**SENIOR YEAR (YEAR II)**

Qtr.Cat. No.	Course Title	Crdt.	Lec.	L/C
F	EX4100 Physiology of Exercise	5	4	2
	EX4107 Sports Nutrition	5	5	0
	EX4119 Principles of Resistance Training	3	2	2
	TR4107 Advanced Nutrition Principles 1	4	4	0
	Quarterly Totals	17	15	4
W	EX4105 Business Practices in Health Promotion 2	2	0	
	EX4112 Seminar in Ergogenic Aids	1	1	0
	EX4124 Exercise Science Lab Techniques	2	0	4
	TR4100 Introduction to Research Methods (hybrid online course)	3	2	2
	TR4108 Advanced Nutrition Principles 2	2	2	0
	TR4205 Nutritional Analysis & Assessment	3	2	2
	Quarterly Totals	13	9	8
Sp	EX4800 Exercise/Nutrition Practicum <sup>1</sup>	2	0	4
	TR4117 Nutrition, Physical Activity & Disease	5	5	0
	TR4126 Community Nutrition/Nutrition Education 5	5	0	
	Quarterly Totals	12	10	4

<sup>1</sup>EX4800 may be taken in any quarter during year two.

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

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

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

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

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

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

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.

## BACHELOR OF SCIENCE WITH A MAJOR IN NUTRITION AND CULINARY ARTS

The Bachelor of Science degree with a major in Nutrition and Culinary Arts is designed to provide rigorous training in nutrition science while applying whole foods principles to the preparation of nourishing food. Graduates of this program may have enhanced career opportunities in areas requiring both nutrition and culinary skills.

### ADMISSIONS

The admissions standards and prerequisites are the same as those outlined on page 52 for the undergraduate nutrition program.

### GRADUATION REQUIREMENTS

Please see the graduation requirements for the undergraduate nutrition major on page 52.

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

## BACHELOR OF SCIENCE WITH A MAJOR IN NUTRITION AND CULINARY ARTS 2011-2012

### JUNIOR YEAR (YEAR I)

Qtr.	Cat. No.	Course Title	Crdt.	Lec.	L/C
F	BC3124	Organic Chemistry for Life Sciences Lec/Lab	5	4	2
	BC3161	Anatomy & Physiology 1 Lec/Lab	3	2	2
	IS3111	Interdisciplinary Experiences in Natural Health Arts & Sciences 1	1	1	0
	TR4103	Whole Foods Production I	3	1.5	3
	TR4118	Cultural Perspectives on Food	2	2	0
		Quarterly Totals	14	10.5	7
W	BC3162	Anatomy & Physiology 2 Lec/Lab	3	2	2
	BC4117	Biochemistry for Life Sciences	5	4	2
	IS3112	Interdisciplinary Experiences in Natural Health Arts & Sciences 2	1	1	0
	TR3111	Nutrition Throughout Life (hybrid online course)	3	3	0
	TR3115	Introduction to Food Science	2	2	0
	TR3121	Culinary Skills 1: Soups & Seasonings with Intuition	2	0.5	3
		Quarterly Totals	16	12.5	7
Sp	BC3163	Anatomy & Physiology 3 Lec/Lab	4	3	2
	BC4118	Biochemistry for Life Sciences	5	4	2
	TR3117	Experimental Foods Lec	4	4	0
	TR3118	Experimental Foods Lab	1	0	2
	TR3122	Culinary Skills 2: Suppers & Desserts with Originality	2	0.5	3
		Quarterly Totals	16	11.5	9

### SENIOR YEAR (YEAR II)

Qtr.	Cat. No.	Course Title	Crdt.	Lec.	L/C
F	TR4107	Advanced Nutrition Principles 1	4	4	0
	TR3141	Therapeutic Cooking 1: Maintaining Health <sup>2</sup>	0.5	3	
	TR4132	Quantity Food Production	3	3	0
	TR4820	Culinary Practicum <sup>1</sup>	4	0	8
		Quarterly Totals	13	7.5	11
W	TR3142	Therapeutic Cooking 2: Illness and Recovery	2	0.5	3
	TR3152	Cooking Demonstration	2	1.5	1
	TR4100	Introduction to Research Methods (hybrid online course)	3	2	2
	TR4108	Advanced Nutrition Principles 2	2	2	0

TR4205	Nutritional Analysis & Assessment	3	2	2
	Quarterly Totals	12	8	8
Sp TR3153	Writing about Food and Health	2	2	0
TR3163	The Business of Cooking	3	3	0
TR4117	Nutrition, Physical Activity & Disease	5	5	0
TR4123	Culinary Skills 3: Appetizers & Entrees with Beauty	2	0.5	3
TR4140	Ecological Aspects of Nutrition	2	2	0
	Quarterly Totals	14	12.5	3

<sup>†</sup>TR4820 Culinary practicum may be taken in any quarter of year two.

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

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

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

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

*Curriculum and course changes in the 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.*

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

#### SUMMER MESSAGE INTENSIVE

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

## Graduate programs

The Department of Nutrition and Exercise Science offers three master's-level graduate programs that are consistent with the overall focus and mission of the department. The first option is the Master of Science in Nutrition (Research), which culminates in a research thesis (MSN/Research). The second option is the Master of Science in Nutrition and Clinical Health Psychology (MSN/CHP), which is a degree that combines training in nutrition and clinical health psychology. The third option is the Master of Science in Nutrition with the Didactic Program in Dietetics (MSN/DPD). This option provides the academic part of the requirements to become a registered dietitian.

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

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

#### MASTER OF SCIENCE IN NUTRITION (RESEARCH)

The purpose of the Master of Science in Nutrition (Research) is to provide students with a solid overview of nutritional science, theory and research in preparation for future doctoral study or for employment

in research and development, public policy, or the prevention and wellness field. Graduates with this degree are eligible in some states for certification as nutritionists with a limited scope of practice. Training in critically evaluating and conducting nutrition-related research is emphasized.

## ADMISSIONS

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

## PREREQUISITES

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

Human Physiology (upper level) <sup>1</sup> .....	5 qtr credits
Chemistry (science major level with lab) .....	3 courses
(must include at least one organic chemistry course)	
Nutrition .....	5 qtr credits or 3 semester credits
Biochemistry <sup>2</sup> .....	1 course
Intermediate algebra <sup>3</sup> .....	1 course

<sup>1</sup>Ten credits of anatomy and physiology will meet this requirement.

<sup>2</sup>The biochemistry course must be upper-level and must cover intermediary metabolism.

<sup>3</sup>College algebra is highly recommended and will become the required prerequisite beginning fall 2012.

Note: Microbiology, 1 course, will become a required prerequisite beginning in fall 2012.

## GRADUATION REQUIREMENTS

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

## THESIS CREDIT AND CONTINUATION POLICY

Students who have not completed their theses by the end of their last quarter of attendance at Bastyr University but who have already been registered for the number of thesis credits required for their program will be required to register for Thesis Continuation. Thesis Continuation is a 0.0 credit "course" that maintains the student's enrollment at Bastyr University; it carries a thesis continuation fee equivalent to the tuition for one credit. The registration and payment deadlines for Thesis Continuation are the same as those published for regular registration activities. Students who do not register for Thesis Continuation or fail to pay the thesis continuation fee are not permitted to utilize faculty time or other University resources.

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

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

## MASTER OF SCIENCE IN NUTRITION (RESEARCH) 2011-2012

### YEAR I

Qtr.	Cat. No.	Course Title	Crdt.	Lec.	L/C
F	BC5118	Disease Processes I	3	3	0
	TR5100	Biostatistics	4	4	0

	TR5120	Advanced Nutrition: Macronutrients	5	5	0
	TR5136	Nutrition in the Life Cycle (hybrid online course)	3	3	0
		Quarterly Totals	15	15	0
W	BC5132	Disease Processes 2	2	2	0
	TR5104	Research Methods in Health Sciences	3	2	2
	TR5124	Advanced Nutrition: Macronutrients	5	5	0
	TR5320	Nutrition Assessment & Therapy 1	5	4	2
		Quarterly Totals	15	13	4
Sp	TR5101	Whole Foods Production	3	1.5	3
	TR5128	Applied Research Skills	3	3	0
	TR5140	Advanced Nutrition: Bioactive Compounds in Foods	3	3	0
	TR5321	Nutrition Assessment & Therapy 2	5	4	2
		Quarterly Totals	14	11.5	5

## YEAR II

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

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

<sup>2</sup>Thesis seminar classes should be taken in the same quarter as thesis credits.

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

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

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

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

	Crdt.	Lec.	L/C
Total Core Course Credits and Hours	74	55.5	37
Total Elective Credits and Hours	4	4	0
Total Requirements	78	59.5	37

*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.*

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

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

## ADMISSIONS

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

## PREREQUISITES

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

Human Physiology (upper level) <sup>1</sup> .....	5 qtr credits
Chemistry (science major level with lab) .....	3 courses
(must include at least one organic chemistry course)	
Nutrition .....	5 qtr credits or 3 semester credits
Biochemistry <sup>2</sup> .....	1 course
Abnormal psychology .....	1 course
Developmental psychology .....	1 course
Intermediate algebra <sup>3</sup> .....	1 course

<sup>1</sup>Ten credits of Anatomy and Physiology will meet the Physiology prerequisite requirements.

<sup>2</sup>The biochemistry course must be upper-level and must cover intermediary metabolism.

<sup>3</sup>College algebra is highly recommended and will become the required prerequisite beginning fall 2012.

Note: Microbiology, 1 course, will become a required prerequisite beginning fall 2012.

## ADMISSION TO CLINICAL TRAINING

In order to enroll in the Clinic Shift series, students must have successfully completed all prerequisites based on the clinic track outlined below and under course descriptions for Clinic Nutrition Practicum and must have met the criteria for professional behavior and attitudes. Students are also required to pass a national criminal background check (see "Background Checks" in the *Academic Policy and Procedure Manual* for more information) and must show proof of completion of the clinic entry checklist prior to the first scheduled clinic shift.

## GRADUATION REQUIREMENTS

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

In addition to the didactic and clinical experience, MSN/CHP students are required to complete 10 hours of individual counseling or therapy before their first counseling shift at BCNH. Counseling may occur at the Bastyr Counseling Center or with a private counselor of the student's choice. Documentation of these hours is required.

## EXIT EXAM

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

## EXPECTED COMPETENCIES

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

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

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

MASTER OF SCIENCE IN NUTRITION AND CLINICAL HEALTH PSYCHOLOGY 2011-2012

**YEAR I**

Qtr.Cat. No.	Course Title	Crdt.	Lec.	L/C
F	BC5118 Disease Processes 1	3	3	0
	PS5301 Fundamentals of Counseling: Basic Skills	3	3	0
	TR5101 Whole Foods Production	3	1.5	3
	TR5120 Advanced Nutrition: Macronutrients	5	5	0
	TR5136 Nutrition in the Life Cycle (hybrid online course)	3	3	0
	Quarterly Totals	17	15.5	3
W	BC5132 Disease Processes 2	2	2	0
	PS5113 Theories of Counseling & Psychotherapy	3	3	0
	TR5124 Advanced Nutrition: Micronutrients	5	5	0
	TR5320 Nutrition Assessment & Therapy 1	5	4	2
	Quarterly Totals	15	14	2
Sp	PS5202 Psychopathology & Biomedical Conditions	3	3	0
	PS6315 Counseling Adults 1: Assessment & Treatment	3	3	0
	TR5140 Advanced Nutrition: Bioactive Compounds in Foods	3	3	0
	TR5321 Nutrition Assessment & Therapy 2	5	4	2
	TR5803 Nutrition Clinic Entry	1	0	2
	Quarterly Totals	15	13	4

**YEAR II**

Qtr.Cat. No.	Course Title	Crdt.	Lec.	L/C
F	PS5110 Fundamentals of Counseling: Group Dynamics	3	2	2
	PS7801 Clinic Shift 1: Nutrition/ Clinical Health Psychology	2	0	4
	TR5100 Biostatistics	4	4	0
	TR5115 Food Science	5	4	2
	Quarterly Totals	14	10	8
W	PS5115 Fundamentals of Counseling: Systems, Families & Couples	4	3	2
	PS6105 Diversity & Multicultural Issues in Health Psychology	3	3	0
	PS7802 Clinic Shift 2: Nutrition/ Clinical Health Psychology	2	0	4
	TR5104 Research Methods in Health Sciences	3	2	2
	TR6100 Nutritional Supplementation	4	4	0
	Quarterly Totals	16	12	8
Sp	PS6130 Psychological Testing	3	3	0
	PS6310 Nutrition & Pharmacology in Mental Health	3	3	0
	PS6323 Assessment/Treatment of Children/ Adolescents in Health Psychology	3	2	2
	PS7105 Alcohol & Substance Abuse	2	2	0
	PS7803 Clinic Shift 3: Nutrition/ Clinical Health Psychology	2	0	4
	Quarterly Totals	13	10	6

**YEAR III**

Qtr.Cat. No.	Course Title	Crdt.	Lec.	L/C
F	PS6317 Counseling Adults 2: Assessment & Treatment	3	2	2
	PS7101 Professional, Ethical & Legal Issues	3	3	0
	PS7805 MSN/CHP Practicum 1	2	0	4
	PS7811 Practicum Seminar 1: Nutrition/ Clinical Health Psychology	1	1	0
	TR6111 Contemporary Nutrition: Global & Ecological Issues	2	2	0
	Quarterly Totals	11	8	6

W	PS6207	Counseling for Eating Disorders	2	1	2
	PS7103	Mind Body Techniques for Stress Reduction	3	3	0
	PS7806	MSN/CHP Practicum 2	2	0	4
	PS7812	Practicum Seminar 2: Nutrition/ Clinical Health Psychology	1	1	0
		Quarterly Totals	8	5	6
Sp	PS7115	Developing & Evaluating Counseling Programs	3	3	0
	PS7129	Career Counseling	3	3	0
	PS7807	MSN/CHP Practicum 3	2	0	4
	PS7813	Practicum Seminar 3: Nutrition/ Clinical Health Psychology	1	1	0
		Clinical Competency Exam	0	0	0
		Quarterly Totals	9	7	4

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

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

*Curriculum and course changes in the 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.*

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

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

### ADMISSIONS

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

To be competitive for admission into the MSN/DPD, the following GPAs are required:

- 3.25 in prerequisite coursework (classes listed as specific prerequisites)
- 3.0 cumulative in science coursework
- 3.0 cumulative undergraduate coursework
- 3.0 in nutrition coursework

### PREREQUISITES

Please see prerequisites for the Master of Science in Nutrition listed on page 58. In addition to the prerequisites listed on page 58, Introduction to Psychology is also required.

Note: Microbiology, 1 course, will become a required prerequisite beginning in fall 2012.

It is highly recommended that all students receive a B or better in all major prerequisite classes to be most competitive for accredited dietetic internships.

### ADMISSION TO CLINICAL TRAINING

In order to enroll in the Clinical Practicum, students must have successfully completed all prerequisites based on clinic track outline below, and all courses listed under course descriptions for Clinic Nutrition

Practicum, and must have met the criteria for behavior and attitudes as outlined in the *Nutrition Student Clinician Handbook*. Students are also required to pass a national criminal background check (see “Background Checks” in the *Academic Policy and Procedure Manual* for more information) and must show proof of completion of the clinic entry checklist prior to the first scheduled clinic shift.

## GRADUATION REQUIREMENTS

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

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

Total of 100 hours food service management

Total of 100 hours community nutrition

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

Once coursework for the MSN/DPD and the 300 volunteer and/or paid required hours are completed, signed and verified by the DPD director, the student is eligible to sit for the DPD exit exam. A pass rate of 70 percent on the DPD exit exam is required to receive the verification statement that will enable the student to be eligible to complete an accredited dietetic internship. Completion of the DPD program does not guarantee acceptance into a dietetic internship. All other policies and procedures related to the MSN/DPD program are located on MyBU under the Department of Nutrition and Exercise Science.

## ACCREDITATION

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

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

## MASTER OF SCIENCE IN NUTRITION/DIDACTIC PROGRAM IN DIETETICS 2011-2012

### YEAR I

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

TR5321	Nutrition Assessment & Therapy 2	5	4	2
TR5803	Nutrition Clinic Entry	1	0	2
	Quarterly Totals	12	8.5	7

## YEAR II

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

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

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

	Crdt.	Lec.	L/C
Total Core Course Credits and Hours	74	66.5	15
Clinic Totals	4	0	8
Total Requirements	78	66.5	23

## DIETETIC INTERNSHIP

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

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

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

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

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

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

<sup>†</sup>Community Practicum, Medical Nutrition Therapy Practicum and Food Service Practicum are incorporated into the supervised practice experience.

#### ADMISSION REQUIREMENTS FOR DIETETIC INTERNSHIP

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

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

All applicants must complete an internship application via the Dietetic Internship Centralized Application Services (DICAS) system. The following items will be uploaded by each applicant to the DICAS site:

- Completed ADA Dietetic Internship application
- One-page typed letter of application/ personal statement
- Three letters of recommendation (ADA Waiver and Recommendation Form are to be included): one reference is to be related to work experience and two references are to be related to academic performance
- All official transcripts
- DPD Verification Statement or Declaration of Intent

Supplemental application materials to be sent directly to the Bastyr University Admissions Office include:

- Completed Bastyr University application for certificate and non-degree programs, available for download on the Bastyr University website
- Nonrefundable \$75 application fee, with check written to “Bastyr University”

All application materials must be received by the February application deadline date established by the American Dietetic Association. Interns begin the program in September and complete the program in June. Applicants are informed of acceptance through the designated computer matching system.

#### EXPECTED COMPETENCIES

Interns are required to pass all internship graduate courses with a grade of achieved competency (AC) and must have demonstrated competency in all learning outcomes. (The achieved-competency based grading system is explained on page 17 of this catalog.) Graduates of the program meet eligibility requirements to write the registration examination to become a registered dietitian (RD). Bastyr internship graduates are qualified to provide exceptional nutrition and dietetic services to individuals and institutions and contribute positively to the nutrition awareness and health education of the community.

#### ACCREDITATION STATUS

The Bastyr University Dietetic Internship is accredited by the Commission on Accreditation for Dietetics Education of the American Dietetic Association (CADE), 120 South Riverside Plaza, Suite 2000, Chicago, IL, 60606-6995, (800) 877-1600, ext. 5400. E-mail: [education@eatright.org](mailto:education@eatright.org). Website: [www.eatright.org/cade](http://www.eatright.org/cade), a specialized accrediting body recognized by the U.S. Department of Education.

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

## FACULTY

### WITH HIGHEST DEGREES, LICENSES OBTAINED AND DEPARTMENTAL AFFILIATION

#### Key

(AOM) Acupuncture & Oriental Medicine

(BS) Basic Sciences

(BTM) Botanical Medicine

(EXS) Exercise Science

(HO) Homeopathy

(HS) Herbal Sciences

(IS) Interdisciplinary Studies

(NM) Naturopathic Medicine

(NTR) Nutrition

(PM) Physical Medicine

(PSY) Psychology

#### CORE

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

Cho, Young, PhD, University of Wisconsin, Madison (BS)

Coan, Suz, PsyD, Pacific University (PSY)

Frasieur, Amy, MS, RD, Oregon State University (NTR)

Frederickson, Richard, PhD, University of North Dakota (BS)

Golden, Lynelle, PhD, University of Tennessee, Knoxville (BS)

Harris, Cristen, PhD, RD, LD/N, Florida International University (NTR)

Hofsess, Christy, PhD, Arizona State University (PSY)

Kazaks, Alexandra, PhD, RD, University of California-Davis (NTR)

Kirk, Elizabeth, PhD, RD, University of Washington (NTR)

Kloubec, June, PhD, University of Minnesota, (EXS, NTR)

Koutoubi, Samer, MD, University Institute of Medicine and Pharmacy (Romania), PhD, Florida International University (NTR)

Lair, Cynthia, BA, CHN, Wichita State University (NTR)

Lester, Naomi, PhD, Uniformed Services University of the Health Services (PSY)

Lichtenstein, Brad, ND, Bastyr University (PSY)

Littleton, Kent, ND, Bastyr University, MS, University of Washington (BS)

Love Steward, Rebecca, DVM, Washington State University (BS)

Martzen, Mark, PhD, University of South Dakota School of Medicine (BS)

Messner, Don, PhD, University of Washington (BS)

Modell, Harold, PhD, University of Mississippi Medical Center (BS)

Morrow, Kelly, MS, RD, CD, Bastyr University (NTR)

Myers, Suzy, LM, CPM, MPH, University of Washington (MW)

Piccinin, Doris, MS, RD, CDE, CD, Wayne State University (NTR)

Reiss, Tiffany, PhD, Virginia Polytechnic Institute and State University (EXS, NTR)

Rosen, Daniel, PhD, Arizona State University (PSY)

Smith, Charles, PhD, Ball State University (PSY)

Spicer, Diane, MIT, University of Washington, MS, University of Wisconsin (BS)

Thomas, Aleyamma, PhD, University of Manitoba (BS)

Wenner, Cynthia, PhD, Washington University, St. Louis, MO (BS)

## ADJUNCT

Adler, Jennifer, MS, CN, Bastyr University (NTR)  
Biery, Nancy, PhD, Johns Hopkins University (BS)  
Brinton, Catherine, ND, Bastyr University (BS)  
Buono, Laura, RD, CD, CNSD, Washington State University (NTR)  
Butterfield, Leslie, PhD, Virginia Commonwealth University (MW)  
Cabasco-Cebrian, Tess, BS, University of Washington (BS)  
Chamberlain, Kristina, CNM, IBCLC, University of Washington (MW)  
Chorley, Heather, LM, PA, Bowman Gray School of Medicine (MW)  
Cooper, Tracy, LM, Seattle Midwifery School (MW)  
Curtiss, Erin, BA, LM, Seattle Midwifery School (MW)  
Davis, Amy, PsyD, Antioch University (PSY)  
DeNinno, John, PhD, Purdue University (PSY)  
Denmark, Melissa, LM, MA, University of Florida (MW)  
Gabel, Helen, MSN, Emory University, (MW)  
Gordon, Wendy, LDM, CPM, Seattle Midwifery School (MW)  
Grace, Victoria, RN, Montgomery College (MW)  
Haq, Aliya, MS, RD, University of Washington (NTR)  
Hart, Katherine, MS, LMHC, CN, Bastyr University (PSY)  
Hays, Karen, DNP, CNM, ARNP, University of Washington, (MW)  
Hsu, Clarissa, PhD, University of Washington (MW)  
Jakus, Carol, MSW, University of Washington (PSY)  
Kaufman, Trina, MS, Bastyr University (NTR)  
Legel, Laura, MEd, ATC, Old Dominion University (EXS)  
Levin, Buck, PhD, RD, University of North Carolina, Greensboro (NTR)  
Lumiere, Kathleen, MAc, LAc, Northwest Institute of Acupuncture and Oriental Medicine (AOM)  
Mazzanti, Marta, MS, Bastyr University (NTR)  
Palagi, Traci, LM, CPM, Seattle Midwifery School (MW)  
Pennington, Amy (NTR)  
Price, Lisa, ND, Bastyr University (BS)  
Ramanujam, Kumuthini, MD (India), Madras Medical College (BS)  
Raymond, Janice, MS, RD, University of Utah (NTR)  
Roustaei, Omid, MS, LIOS, Bastyr University (NTR, PSY)  
Ryan, Mary, MS, RD, University of Utah (NTR)  
Sasagawa, Masa, ND, Bastyr University, MS, University of Utah (NTR)  
Sasson, Valerie, LM, CPM, Seattle Midwifery School (MW)  
Scott, Heather, PhD, University of Missouri (BS)  
Selengut, Becky, William Smith College, Seattle Culinary Academy (NTR)  
Streich, Emily, LM, LMP, Seattle Midwifery School (MW)  
Strong, Aaron, MA, Bastyr University (PSY)  
Thetford, Lois, PA-C, University of Washington (MW)  
Tromblay, Ali, LM, CPM, Seattle Midwifery School (MW)  
Walls, Marilyn, MS, Bastyr University (NTR)  
Washburn, Sarah, MS, RD, CD, University of Washington (NTR)

# School Of Naturopathic Medicine

## ADMINISTRATORS OF THE SCHOOL OF NATUROPATHIC MEDICINE

Jane Gultinan, ND, Dean

Deborah S. Lantz, ND, Associate Dean

Debra Brammer, ND, Associate Dean for Naturopathic Clinical Education  
Chair, Clinical Science, TBD  
Sheila Kingsbury, ND, RH (AHG), Chair, Botanical Medicine  
Richard Mann, ND, Chair, Homeopathy  
Dean Neary, ND, Chair, Physical Medicine  
Gary Garcia, MD, Director of Community and Post Graduate Medicine  
Katherine Martin, ND, Interim Assistant Director of Naturopathic Midwifery  
Kristine Arena, Program Supervisor  
Chrissy Atkins, Program Coordinator, Botanical Medicine

The School of Naturopathic Medicine consists of the botanical medicine department (which offers a Bachelor of Science with a Major in Herbal Sciences and a Certificate in Holistic Landscape Design), the homeopathy department, the physical medicine department, the clinical sciences department and the clinical education department.

#### MISSION

*We educate future naturopathic physicians who care for the health and well-being of their communities and advance our profession.*

#### VISION

*The School of Naturopathic Medicine will be a leading academic center for inspired and scholarly learning in the cultivation of naturopathic doctors. It will accomplish this through education, research, professional leadership, community and clinical services that bridge the worlds of science, nature and spirit.*

#### PROGRAMS OFFERED

Certificate in Holistic Landscape Design page 68 Bachelor of Science, Major in Herbal Sciences page 66  
Doctor of Naturopathic Medicine page 69

#### BACHELOR OF SCIENCE WITH A MAJOR IN HERBAL SCIENCES

##### BOTANICAL MEDICINE DEPARTMENT MISSION

*We inspire students and colleagues to carry forward the traditions and enrich the knowledge of botanical medicine with integrity.*

##### BOTANICAL MEDICINE DEPARTMENT VISION

*We facilitate learning about plants and plant-centered medicine, guiding students to apply this knowledge toward growing, harvesting, manufacturing and clinical practice. The inclusive range of knowledge runs from traditional wisdom to contemporary scientific information, emphasizing critical and creative thought and discovery.*

A Bachelor of Science degree completion program with a major in herbal sciences is designed to provide a thorough, scientifically rigorous and inspiring exploration of herbalism and its applications. The curriculum of the herbal sciences major does not include the diagnosis and treatment of disease, but rather introduces the student to concepts of disease prevention and health maintenance using medicinal herbs. The curriculum addresses economic, historical and sociopolitical perspectives regarding herbal sciences. Additionally, issues related to herbal product manufacturing and quality assurance/quality control introduce the analytical aspects of

herbs and herbal products. This program offers a substantial breadth of perspectives and approaches in the herbal sciences.

The program is based upon scientific inquiry in the herbal sciences. Courses in Anatomy and Physiology, Organic Chemistry, Biochemistry, and Botany occur during the first year of this program. Beginning in the first year and heavily concentrated in the second year are courses exploring various aspects of the herbal sciences. Introduction to Herbal Sciences, Herbal Preparations, and Herbal Medicine History and Traditions lay a foundation in the junior year. In Research Methods for Herbal Sciences, the student learns to interpret scientific literature on medicinal herbs. In Ethnobotany, the door opens to the connection between people and plants in indigenous cultures, old and new. The senior year includes Pharmacology, Pharmacognosy and Medicinal Actions of a core of Materia Medica, deepening the knowledge base. Northwest Herbs and First Aid for Herbalists lend hands-on experiences. In additional courses, the student becomes familiar with environmental, economic and political issues surrounding the herbal sciences. There are electives available that cover a wide array of topics including diverse field courses.

Additionally, students are required to complete a 44-hour practicum with herbal manufacturers, herb growers, wildcrafters, practitioners or researchers. Upon completion of this program, each student is uniquely qualified to enter the herbal industry, enter a clinically based program or pursue further education in a related field.

#### ADMISSION

For general information on the admissions process, please refer to the admissions section in this catalog. The information below refers only to the herbal sciences program.

#### PREREQUISITES

Entering undergraduates must have at least a 2.25 cumulative GPA with a grade of C or better in all basic proficiency and science requirement courses. Prior to enrolling, students must have completed 90 quarter credits (60 semester credits), including a minimum number of credits in the basic proficiency, science and general education categories.

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

#### BASIC PROFICIENCY AND SCIENCE REQUIREMENTS

English literature or composition.....	9 quarter credits
General psychology.....	3 quarter credits
Intermediate algebra <sup>1</sup> .....	1 course
General chemistry (science-major-level with lab).....	8 quarter credits
General biology (with lab).....	4 quarter credits
Botany.....	3 quarter credits

<sup>1</sup>Intermediate algebra is not college level, and the credits taken will not transfer in toward degree completion. College algebra is highly recommended and will become the required prerequisite beginning fall 2012.

#### GENERAL EDUCATION REQUIREMENTS

Natural science and mathematics.....	12 quarter credits
Arts and humanities.....	15 quarter credits
Social sciences.....	15 quarter credits
Speech communication or public speaking.....	3 quarter credits
Electives.....	18 quarter credits <sup>1</sup>

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

## BASIC SCIENCES CURRICULUM WITHIN HERBAL SCIENCES

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

The basic sciences faculty encourages and expects students to advance beyond the simple learning of scientific facts and to integrate systematically the information from basic science disciplines into a unified model of human organization and function. Problem solving, clinical cases and examples are an integral part of the basic science curriculum.

## GRADUATION REQUIREMENTS

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

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

### BACHELOR OF SCIENCE WITH A MAJOR IN HERBAL SCIENCES 2011-2012

#### JUNIOR YEAR (YEAR I)

Qtr.	Cat. No.	Course Title	Crdt.	Lec.	L/C
F	BC3124	Organic Chemistry for Life Sciences (Lec/Lab)	5	4	2
	BC3161	Anatomy & Physiology 1 (Lec/Lab)	3	2	2
	BO3103	Botany 1 (Lec/Lab)	3	2	2
	BO3108	Introduction to Herbal Sciences	3	2	2
	IS3111	Interdisciplinary Experiences in Natural Health Arts & Sciences 1	1	1	0
		Quarterly Totals	15	11	8
W	BC3162	Anatomy & Physiology 2 (Lec/Lab)	3	2	2
	BC4117	Biochemistry for Life Sciences 1 (Lec/Lab)	5	4	2
	BO3114	Herbal Preparations	3	2	2
	BO4102	Research Methods for Herbal Sciences	2	2	0
	IS3112	Interdisciplinary Experiences in Natural Health Arts & Sciences 2	1	1	0
		Quarterly Totals	14	11	6
Sp	BC3163	Anatomy & Physiology 3 (Lec/Lab)	4	3	2
	BC4118	Biochemistry for Life Sciences 2 (Lec/Lab)	5	4	2
	BO3105	Plant Identification (Lec/Lab)	3	2	2
	BO3115	Herbal Medicine History & Traditions	2	2	0
	BO4129	Ethnobotany	2	2	0
	BO4801	Herbal Sciences Practicum <sup>1</sup>	1	0	4
		Quarterly Totals	17	13	10

<sup>1</sup>Students may register for the practicum in any quarter after winter quarter of their junior year.

#### SENIOR YEAR (YEAR II)

Qtr.	Cat. No.	Course Title	Crdt.	Lec.	L/C
F	BC4104	Microbiology	3	3	0
	BC4114	Disease Processes	4	4	0
	BO4107	Materia Medica 1 for Herbal Sciences	5	4	2
	BO4111	First Aid for Herbalists	2	2	0
	BO4119	Pharmacognosy for Herbal Sciences	2	2	0
	BO4122	Test Methods for Botanical Authentication (Lab)	2	0	4
		Quarterly Totals	18	15	6
W	BC4115	Pharmacology Overview for Herbal Sciences	3	3	0
	BO4100	Herbs & Food	3	2	2
	BO4108	Materia Medica 2 for Herbal Sciences	5	4	2

BO4128	QAQC - Quality Assurance/Quality Control	2	1	2
Quarterly Totals		13	10	6
Sp BO4103	Botany 2 (Lec/Lab)	3	2	2
BO4109	Materia Medica 3 for Herbal Sciences	5	4	2
BO4112	Northwest Herbs	1	0	2
BO4125	Introduction to Herb/Drug Interaction	2	2	0
BO4150	Research Applications	1	0	2
Quarterly Totals		12	8	8

**Total Requirements: BS with a Major in Herbal Sciences**

	Crdt.	Lec.	L/C
Total Core Course Credits and Hours	89	68	44
Total Elective Credits and Hours	3	3	0
Total Requirements	92	71	44

*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.*

### SUMMER MESSAGE INTENSIVE

Bastyr University and Bellevue Massage School Center for Healing Arts offer a summer massage training program that allows students to apply coursework completed at Bastyr University toward the Washington state requirements for licensure. This course cannot be audited.

Students interested in further information may meet with their academic advisor in the registrar's office or with their department's program supervisor to discuss the program availability and the course prerequisites.

### CERTIFICATE IN HOLISTIC LANDSCAPE DESIGN (CHLD)

Mission: The Certificate in Holistic Landscape Design program allows students to build upon their knowledge of medicinal and edible plants and apply this knowledge to building sustainable landscape solutions that benefit the earth and the human community.

The courses in this certificate program are offered on evenings and weekends. The program instructs students on permaculture concepts and cultivation of medicinal and edible plants. Students who complete the program will be able to develop sustainable landscapes that benefit the environment and provide utilitarian resources for the community as a whole.

### PREREQUISITES

Prior to enrolling, students must have completed 90 quarter credits (60 semester credits) of college-level coursework.

Students must also have completed the following specific coursework, either as part of their 90 credits or in equivalent coursework:

- Introduction to Botany
- Organic Gardening<sup>1</sup>

Organic Gardening and Introduction to Botany are both offered at Bastyr University during the summer quarter. Applicants may take these courses to meet the prerequisites. Be advised these courses may only be offered in a weekday format.

In order to be prepared for the concepts covered in the Holistic Landscape Design program, coursework in the following areas is strongly recommended:

- Chemistry – survey-level to cover general inorganic and organic concepts, no labs required
- Biology – basic biological concepts desired, covering cell and plant biology, no labs required
- Public Speaking coursework or experience
- General Education material to round out the 90 college credits, including some Humanities, English, Natural

## Sciences and Social Sciences

<sup>1</sup>Gardening coursework taken not for college credit will be reviewed on a case-by-case basis. A competency exam may be required

### LEARNING OBJECTIVES

Following are the learning objectives for students in the Holistic Landscape Design Program:

- Ability to create a landscape design that enhances the natural landscape and reflects the health of all of the beings that utilize it as well as the health of the planet
- Apply sustainable landscape measures creatively, designing for biodiversity, therapeutic utility and aesthetics
- Integrate permaculture techniques and principles for sustainably modifying land and implementing designs
- Understand importance and elements of soil science and how to utilize this knowledge in horticultural methods
- Enhance knowledge of practices that support seasonal and sustainable cultivation of food and medicinal plants
- Practice therapeutic plant propagation and cultivation from native and analogue climates for landscape design as well as nursery or market production

### CERTIFICATE IN HOLISTIC LANDSCAPE DESIGN PROGRAM (CHLD) 2011-2012

#### YEAR I

Qtr.	Cat. No.	Course Title	Crdt.	Lec.	L/C
F	BO4123	Soil Ecology	1	1	0
	BO4131	Permaculture 1	3	2	2
	BO4141	Medicinal & Edible Plants in the Landscape 1	1	1	0
	BO4144	Horticultural Business Practices	1	0	2
		Quarterly Totals	6	4	4
W	BO4132	Permaculture 2	3	2	2
	BO4135	Organic Greenhouse & Nursery Mgmt	1	0	2
	BO4137	Horticultural Research & Grant Writing	1	1	0
	BO4142	Medicinal & Edible Plants in the Landscape 2	1	1	0
		Quarterly Totals	6	4	4
Sp	BO4124	Intro to Biodynamic Agriculture	2	1	2
	BO4127	Mycology	1	1	0
	BO4133	Permaculture 3	3	2	2
	BO4143	Medicinal & Edible Plants in the Landscape 3	1	1	0
		Quarterly Totals	7	5	4
Su	BO4134	Organic Seed Production	1	1	0
	BO4138	Biointensive IPM & Plant Health	2	2	0
	BO4139	Permaculture in a Global Context	1	1	0
	BO4810	Holistic Landscape Design Practicum	1	0	4
		Quarterly Totals	5	4	4

#### Total Requirements: Certificate in Holistic Landscape Design (CHLD)

	Crdt.	Lec.	L/C
Total Core Course Credits and Hours	24	17	16
Total Elective Credits and Hours	4	4	0
Total Requirements	28	21	16

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

Current Botanical Medicine Department Electives: Cascade Herb Experience, Island Herb Experience, Herbal Medicine in Italy, Organic Gardening, Clinical Pharmacognosy, Flower Essences, Herbs and Ayurvedic Medicine, Herbal Medicine throughout Oregon, Plants in Ceremony, Clinical Formulations and Applications of Botanical Medicine, Herbal Medicine Making for All, Plant Identification and Medicinal Field Botany, Foundations of Aromatic Medicine, Introduction to Gemmotherapy, and Botanical Studies in Costa Rica.

## DOCTOR OF NATUROPATHIC MEDICINE

### DEFINITION AND DESCRIPTION OF NATUROPATHIC MEDICINE

Naturopathic medicine is a distinct profession of primary health care, emphasizing prevention, treatment and the promotion of optimal health through the use of therapeutic methods and modalities which encourage the self-healing process, the *vis medicatrix naturae*.

The U.S. Department of Labor defines naturopathic physicians as doctors who “diagnose, treat, and help prevent diseases using a system of practice that is based on the natural healing capacity of individuals. May use physiological, psychological or mechanical methods. May also use natural medicines, prescription or legend drugs, foods, herbs, or other natural remedies.”

Most naturopathic physicians provide natural medicine primary care through office-based, private practice. Many receive additional training in disciplines or modalities such as acupuncture and Oriental medicine.

Naturopathic diagnosis and therapeutics are supported by scientific research drawn from peer-reviewed journals from many disciplines, including naturopathic medicine, conventional medicine, European complementary medicine, clinical nutrition, phytotherapy, pharmacognosy, homeopathy, psychology and spirituality. Information technology and new concepts in clinical outcomes assessment are particularly well-suited to evaluating the effectiveness of naturopathic treatment protocols and are being used in research, both at naturopathic medical schools and in the offices of practicing physicians. Clinical research into natural therapies has become an increasingly important focus for naturopathic physicians.

### A NATUROPATHIC MEDICINE GRADUATE OF BASTYR UNIVERSITY’S SCHOOL OF NATUROPATHIC MEDICINE WILL:

- Be an empowered, strong practitioner
- Be trained to the standards of a primary care physician as accepted by the profession
- Be a provider of excellent and consistent, quality patient care
- Practice the principles of naturopathic medicine
- Be an integrated, active participant in the community

### PRINCIPLES OF NATUROPATHIC MEDICINE

The Healing Power of Nature (*Vis Medicatrix Naturae*)

Identify and Treat the Causes (*Tolle Causam*)

First Do No Harm (*Primum Non Nocere*)

Doctor as Teacher (*Docere*)

Treat the Whole Person

Prevention Wellness

### SCOPE OF PRACTICE

Naturopathic medicine is defined by principles rather than by methods or modalities. Diagnostic and therapeutic methods are diverse. The current scope of practice for a naturopathic physician covers the general practice of naturopathic medicine, as a primary care physician. This scope of practice includes, but is not limited to, the following diagnostic and therapeutic modalities: nutritional science, natural hygiene, botanical medicine, naturopathic physical medicine, homeopathy, counseling, spirituality, minor office procedures and methods of laboratory and clinical diagnosis. The scope of practice is defined by state or provincial statute. The curriculum at Bastyr University matches the requirements listed by the Washington State Department of Health. Students have the responsibility to be informed on licensure and scope of practice in the legal jurisdiction in which they choose to practice.

## LEGAL STATUS OF NATUROPATHIC MEDICINE

Naturopathic physicians are licensed or registered as health care providers in Alaska, Arizona, California, Connecticut, Hawaii, Idaho, Kansas, Maine, Minnesota, Montana, New Hampshire, North Dakota, Oregon, Utah, Vermont, Washington, District of Columbia and the U.S. territories of Puerto Rico and the Virgin Islands. Legal provisions allow the practice of naturopathic medicine in several other states. Efforts to gain licensure elsewhere are currently underway. Forty-two states and territories in the United States have professional associations for naturopathic medicine. Naturopathic physicians are also recognized in British Columbia, Manitoba, Ontario, Nova Scotia and Saskatchewan, and there are 11 provincial and territorial professional associations.

## NATUROPATHIC MEDICINE LICENSURE REQUIREMENTS

All states and provinces with licensure laws require a resident course of at least four years and 4,100 hours of study from a college or University recognized by the Council on Naturopathic Medical Education (CNME). A copy of the CNME handbook is available in the Bastyr Library. To qualify for a license, the applicant must satisfactorily pass the Naturopathic Physicians Licensing Examinations (NPLEX), which include basic sciences, diagnostic and therapeutic subjects and clinical sciences. Applicants must satisfy all licensing requirements for the state or province to which they have applied.

## PROFESSIONAL ORGANIZATIONS

The American Association of Naturopathic Physicians, based in Washington, D.C., represents the interests of the profession of naturopathic medicine in the U.S.

- American Association of Naturopathic Physicians, 4435 Wisconsin Ave NW, Suite 403, Washington, D.C., 20016, [www.member.services@Naturopathic.org](mailto:www.member.services@Naturopathic.org), 202.237.8150
- The Canadian Association of Naturopathic Doctors is the professional association in Canada. Contact them at 20 Holly Street, Suite 200, Toronto, Ontario, Canada M4S 3B1, 416.496.8633. E-mail: [info@cand.ca](mailto:info@cand.ca)  
Web: [www.cand.ca](http://www.cand.ca)

Contact the appropriate national association for further information.

## NATUROPATHIC MEDICINE PROGRAM ADMISSIONS

For general information on the admissions process, please refer to the admissions section in this catalog. The information below refers only to the naturopathic medicine program.

## NATUROPATHIC MEDICINE PREREQUISITES

In selecting applicants for admission, the Bastyr University naturopathic medicine program seeks those qualities of motivation, intellect and character essential to becoming a physician. Applicants are considered on the basis of academic performance, maturity and demonstrated humanitarian qualities. Work and/or volunteer experience in health care coupled with an awareness of the field of natural medicine is strongly recommended. The following coursework is the minimum required preparation for the study of naturopathic medicine. Applicants may apply with coursework still in progress, but prerequisites must be completed prior to matriculation.

Please note: If in doubt about a specific prerequisite, contact an admissions advisor before taking the course.

The admissions office may require a course description to verify content. Descriptions may be read over the phone, e-mailed, faxed or sent by regular mail.

## Overall Preparation

Completion of a bachelor's degree from a regionally accredited college/university is required. No specific major is advised. In addition to a strong preparation in the sciences, a broad background in the humanities and liberal arts is encouraged. Prerequisite coursework is used to determine a student's preparation for the naturopathic program. No credit is given for prerequisite coursework earning a C- or lower.

## Prerequisite Coursework

College-level Algebra ..... 1 course

Chemistry (science-major level) ..... at least 4 courses

Must include a minimum of either two sequential courses in organic chemistry or one course in organic chemistry and one course in biochemistry. The chemistry sequence should include an introduction to biological molecules. (The standard prerequisite for science-major level organic chemistry is one year of general chemistry.) Appropriate lab work required.

General Biology (science-major level) ..... 2 semesters or 3 quarters

Must cover concepts in cellular biology and genetics. Appropriate lab work required. Individual courses in the biological sciences may count if the above competencies are met, i.e., anatomy, physiology, microbiology and botany.

Physics<sup>1</sup> ..... at least 1 college-level course

Many institutions do not cover all required concepts in one course; required concepts include mechanics, optics, electricity and magnetism. Course may be algebra-based, and lab is not required.

Psychology ..... 1 course

Introduction to psychology is recommended.

<sup>1</sup>For students applying for Fall 2013, the physics requirement will be at least one course in science-major level physics (course must be algebra based; calculus is also acceptable). Lab is not required.

## Strongly Recommended Courses

Though not required for admission, faculty recommend students complete biochemistry, anatomy and physiology, and botany coursework in addition to the prerequisite requirements. These courses will substantially enhance students' ability to master the naturopathic course material.

## Other Suggested Courses

Biomedical ethics, philosophy of science, public speaking and English composition.

## Age of Course

Required chemistry and biology courses not taken within seven years of matriculation into the program are subject to review by the admissions committee. Additional coursework may be required.

## Credit by Examination

Applicants may submit AP, IB and CLEP scores for prerequisite consideration for math, psychology and physics. Students who have had prior AP or IB coursework in chemistry and biology may submit AP or IB scores for biology or chemistry exams. Students must submit either the original score received directly from the testing center or a copy of their high school or college transcripts showing the score results. Decisions regarding credit are assessed on a case-by-case basis. The admissions committee reviews test scores within the context of an applicant's academic history. All equivalency decisions made by the admissions committee are final.

## REQUIRED ABILITIES/SKILLS FOR NATUROPATHIC MEDICINE PROGRAM ADMISSION

Bastyr University is committed to providing equal opportunities for differently abled persons. The following policy has been adapted from the American Association of Medical Colleges guidelines to ensure that prospective students have the physical and mental capacities to perform the required duties of a naturopathic physician.

A candidate for the naturopathic medicine degree must be able to demonstrate appropriate observational and communication skills, motor function, intellectual-conceptual, integrative and quantitative abilities, and

behavioral and social maturity. Technological compensation can be made for some disabilities in certain of these areas, but a candidate should be able to perform in a reasonably independent manner. The use of a trained intermediary means that a candidate's judgment must be mediated by someone else's power of selection and observation.

**Observation:** The candidate must be able to observe demonstrations and experiments in the basic sciences, including but not limited to microbiologic cultures and microscopic studies of microorganisms and tissues in normal and pathologic states. A candidate must be able to observe a patient accurately at a distance and close at hand. Observation necessitates the functional use of the sense of vision and somatic sensation. These are enhanced by the functional use of the sense of smell.

**Communication:** A candidate must be able to speak, to hear, and to observe patients in order to elicit information, describe changes in mood, activity, and posture, and perceive nonverbal communications. A candidate must be able to communicate effectively and sensitively with patients. Communication includes not only speech but also reading and writing. The candidate must be able to communicate effectively and efficiently in oral and written form with all members of the health care team.

**Motor:** Candidates should have sufficient motor function to elicit information from patients by palpation, auscultation, percussion and other diagnostic maneuvers. A candidate should be able to do basic laboratory tests (urinalysis, CBC, etc.), re-position a patient, carry out diagnostic and therapeutic procedures and read ECGs and x-rays. A candidate should be able to execute motor movements reasonably required to provide general care and emergency treatment to patients. Examples of emergency treatment required of physicians are cardiopulmonary resuscitation, the administration of intravenous medication, application of pressure to stop bleeding, the opening of obstructed airways, the suturing of simple wounds, and the performance of simple obstetrical maneuvers. Such actions require coordination of both gross and fine muscular movements, equilibrium, and functional use of the senses of touch and vision.

**Intellectual-Conceptual, Integrative and Quantitative Abilities:** These abilities include measurement, calculation, reasoning, analysis and synthesis. Problem solving, a critical skill demanded of physicians, requires all of these intellectual abilities. In addition, the candidate should be able to comprehend three-dimensional relationships and to understand the spatial relationships of structures.

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

#### ADMISSIONS CRITERIA

The admissions committee of the naturopathic medicine program determines the processes and procedures that guide the selection of candidates for the naturopathic program. The committee reviews undergraduate and graduate (if applicable) academic records and performance in the required prerequisite courses. The personal statement, references, resumes and in person interviews are also evaluated for evidence of the abilities and skills

required of naturopathic physicians. The interview also explores the candidate's awareness of the practice of naturopathic medicine. Bastyr University's naturopathic medicine program is academically challenging. While no minimum GPA is specified, the mean GPA for entering students in the last five years has exceeded 3.3.

## INTERVIEWS

Qualified applicants who submit complete applications and meet the prerequisites may be invited to interview. Applicants are expected to interview at the University's campus in Kenmore, Washington. A limited number of exceptions are made to accommodate special circumstances.

## TRANSFER STUDENTS

Bastyr University accepts transfer students from naturopathic, medical, osteopathic and chiropractic schools and other accredited professional programs on a space-available basis. For transfer consideration, credits must be earned from an institution accredited by a regional accrediting agency or from an institution accredited by the Council on Naturopathic Medical Education (CNME). Transfer students are considered for admission in accordance with the following general guidelines:

- Applicants must meet the same entrance requirements as candidates for the first-year class.
- Applicants who wish to transfer credits from prior coursework must demonstrate satisfactory completion of courses that are equivalent in content and quality to courses given at the University. Satisfactory completion equals a grade of achieved competency, a C or above, or a 2.0 or above.
- Applicants must provide an official transcript from the college or program from which the transfer is being requested, demonstrating that they are leaving in good academic standing, and they should be prepared to submit additional documentation to support a thorough evaluation.
- Transfer applicants must submit a \$75 transfer evaluation fee.

## ADVANCED STANDING STATUS BASED ON PRIOR MEDICAL EDUCATION

Applicants who have completed professional programs may be considered for advanced standing status. Those applicants who graduated from accredited chiropractic, medical or osteopathic colleges may be eligible for advanced standing in the Bastyr University naturopathic medicine program. All advanced standing students must complete at least two-thirds of the program and do all of their clinical work at Bastyr University. They are eligible for a maximum of 103 credits toward advanced standing. In those instances where the maximum number of advanced standing transfer credits is granted, it will take a minimum of three years (11 quarters) to complete the program. Placement depends upon the amount of coursework completed in the original program, similarity of the course content and credits, age of the courses and performance in these courses. A student must provide documentation which shows the competencies of the Bastyr University course have been met. Course waivers and/or credit transfers are considered only for those courses in which applicants demonstrate a grade of achieved competence, a C or above, or a 2.0 or above. An exam to determine competency may also be required. Advanced standing applicants must complete all of the course and credit requirements in effect at the time of their enrollment in the Bastyr University naturopathic medicine program. Final waiver and/or transfer credit decisions rest with the dean of the school in which the curriculum is taught.

Advanced standing is determined on a case by case basis and depends on the type of degree program completed, the courses taken and the number of years in practice.

Applicants who are eligible for advanced standing must submit a \$75 advanced standing evaluation fee.

Applicants must submit a catalog of course descriptions for the years they attended their professional program and should be prepared to submit additional documentation to support a thorough evaluation. If an advanced standing student is found to be deficient in some area(s) of study, s/he may be required to complete additional courses at Bastyr University. For more information on advanced standing status admission policies and procedures, contact the admissions office.

## BASIC SCIENCES CURRICULUM WITHIN NATUROPATHIC MEDICINE

Basic science courses within the naturopathic medicine program emphasize anatomy, physiology and biochemistry as the foundation for further basic sciences and all clinical courses. Further courses include Histology, Pathology, Pharmacology, Immunology, Infectious Diseases, Embryology, Neuroscience and Research Design.

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

The department also offers science courses that satisfy prerequisite requirements, including courses in General Chemistry and Organic Chemistry.

## COUNSELING AND HEALTH PSYCHOLOGY CURRICULUM WITHIN NATUROPATHIC MEDICINE

The counseling and health psychology curriculum serves naturopathic medical students in understanding and effecting change in the emotional, mental, and spiritual dimensions of human functioning.

The naturopathic medicine program includes five core counseling and health psychology courses. These courses are designed to build the following competencies:

- Study of the nature and process of healing
- Development of therapeutic counselor characteristics and communication skills
- Development of comfort in the role of counseling physician and a sense of counseling style and skill.
- Ability to select and implement holistic counseling interventions and strategies
- Ability to assess and stimulate psychological wellness
- Ability to understand and utilize the body/mind/spirit interaction in the healing process
- Ability to assess psychological functioning and make clinical judgments regarding the appropriateness of treating individuals in naturopathic practice
- Ability to make appropriate psychological referrals

Naturopathic principles and cross-cultural perspectives are woven throughout all counseling and health psychology courses in the naturopathic medicine program.

The following core courses are required of all naturopathic medicine students:

- PS6305: Naturopathic Counseling 1 - 3 credits
- PS6306: Naturopathic Counseling 2 - 3 credits
- PS7200: Psychological Assessment - 2 credits
- PS7203: Addictions and Disorders - 2 credits
- PS7315: Naturopathic Counseling 3 - 2 credits

For additional counseling and health psychology courses available as electives to matriculated students, please see the course listings in this catalog or the current quarterly schedule of classes.

## Departments Within the Naturopathic Medicine Program

## BOTANICAL MEDICINE

(For Department of Botanical Medicine Mission and Vision, see page 66.)

Botanical medicine is a core modality for naturopathic physicians to use in optimizing the health and well-being of their patients. Medicinal plants have been used as food and medicine by all peoples on all continents. The importance of plants to humans has been recorded in cave paintings 60,000 years old. A contemporary renaissance in herbal medicine weaves traditional use and wisdom with modern analytical methodologies for optimal medical applications for today. Empirical knowledge of plant therapeutics is based on Western and holistic thought rather than reductionistic paradigms and is linked with contemporary scientific knowledge.

The core curriculum in botanical medicine for naturopathic medical students covers fundamental plant identification and nomenclature, pharmacognosy, therapeutic actions, extraction principles, dosage considerations, contraindications, toxicology, herb-drug interactions, clinical applications and treatment regimens. Clinical therapeutics draw from traditional uses, naturopathic formulae and use, and from international scientific and clinical research, as well as advances in phytotherapy. Several of the materia medica courses are linked with a laboratory experience in the botanical medicine lab on campus. Completion of the required curriculum, along with the required clinical experience, prepares the student for effective and safe clinical utilization of preventive and therapeutic botanicals.

A variety of botanical medicine elective and special topic courses are offered to students in the naturopathic medicine program and other programs, along with independent study options.

The Bastyr garden is managed by the botanical medicine department, with support from the University and donations. It is maintained primarily by a staff garden supervisor and work-study students. The botanical medicine department continues to build an herbarium, although the vast University of Washington herbarium is used as one of Bastyr's teaching venues. The department supports a botanical medicine lab to expand class experience and provide a space for students to continue exploring their work and passion for herbs.

## HOMEOPATHIC MEDICINE

Homeopathic medicine is a broad therapeutic modality that is integral to naturopathic medicine. Homeopathy is based on the law of similars. This principle states that a substance that is capable of producing symptoms of disease in a healthy person can cure an ill patient presenting a similar pattern of disease symptoms. Homeopathic medicines stimulate a person's inherent defense mechanism. The entire range of mental, emotional and physical symptoms is considered with each patient. A single medicine is then chosen that addresses the complex pattern of the patient, while emphasizing the uniqueness of the individual.

The homeopathic curriculum at Bastyr University includes the basic principles and philosophy of homeopathy, materia medica of commonly used homeopathic medicines, use of the homeopathic repertory, taking a homeopathic case, homeopathic case analysis and practical therapeutics for common medical situations.

All naturopathic students are required to take three courses in homeopathy, HO6300, HO6301, and HO6302 (Homeopathy 1-3). There are three additional elective courses, HO9301, HO9302, and HO9303 (Homeopathy 4-6), which explore, in more depth, the areas of homeopathic philosophy, materia medica, case analysis and management, and homeopathic therapeutics. Naturopathic students, upon successful completion of Homeopathy 1-3, may register for shifts in the Homeopathy Specialty Clinic at Bastyr Center for Natural Health. Students registered for a homeopathy shift must register concurrently for Homeopathy Grand Rounds.

## PHYSICAL MEDICINE

Physical medicine is an integral part of naturopathic medicine. It includes various modalities such as hydrotherapy, osseous and soft tissue manipulation, sports medicine and therapeutic exercise. The course of study and clinical training in physical medicine enable students to develop a solid foundation for entry into the

practice of naturopathic medicine. The curriculum offers sufficient hours in manipulation to satisfy the state of Washington's licensing requirement as a naturopathic physician.

The physical medicine curriculum begins by teaching students the art of touch and palpation, introduction to basic Swedish massage techniques and soft tissue manipulation, and then progresses to osseous manipulation.

### SUMMER MESSAGE INTENSIVE

Bastyr University and Bellevue Massage School Center for Healing Arts offer students a summer massage training program that allows them to apply coursework taken at Bastyr University toward the Washington state requirements for massage licensure. This course cannot be audited.

Students interested in further information may meet with their academic advisor in the registrar's office or with their department's program supervisor to discuss the program availability and the course prerequisites.

### NATUROPATHIC MEDICINE CLINIC ENTRANCE PREREQUISITES

Naturopathic medicine students must complete and achieve competency in all required classes prior to entering clinical training. This includes all classes in the first and second year if the student is on the four-year track. It includes all classes of the first three years of the 5A track and the first two years of the 5B track. Questions about didactic prerequisites for clinical ND training should be addressed to the registrar's office on campus. Students must also have completed TB screening, received a hepatitis B vaccination or signed a waiver, have a current CPR card, and submit to a national criminal background check. The criminal background check will be conducted prior to enrolling in clinical shifts. For more information, see "Background Checks" in the *Academic Policy and Procedure Manual*.

### CLINIC REQUIREMENTS

Registration in eight consecutive quarters is required to complete the clinic training requirements. Students are expected to begin their clinical training during the summer following the completion of their preclinical courses. Students will be registered for six clinical rotations during their first year (four quarters) in clinic. After completing six rotations (Patient Care and Physical Medicine), students become primary clinicians. Students must be enrolled in at least one Patient Care shift each quarter throughout their clinical training. Students must complete 1200 hours of clinical training in order to graduate.

### GRADUATION REQUIREMENTS

The curriculum of the naturopathic medicine program requires completion of 310.5 credits for graduation. This includes 249.5 core course credits, 14 elective credits and 47 clinical credits. Students must achieve competency (grade of AC) in all 310.5 credits required in the curriculum. Students must complete all required clinical competencies in order to graduate. Students must complete at least two-thirds of their credits in residence at Bastyr University.

### ELECTIVES

Students in the naturopathic medicine program are required to complete 14 elective credits (included in the 310.5 credit totals) during their course of study. Up to five of these credits may be satisfied by independent study. It is recommended that elective credits be spread out over the length of the student's program. Courses designated as elective and special topics may fulfill this 14-credit requirement, as well as additional clinic shifts during the student's clinical training. A maximum of nine elective credits from any one discipline may be used to satisfy the Naturopathic Medicine program elective requirement. The rule of a nine-credit maximum does not

apply to elective credits being taken to satisfy waived credits. Elective credits covering waived course credits may be from any discipline. A student may take elective credits from any program/department.

#### NATUROPATHIC MEDICINE PROGRAM TRACKS

Students who are accepted into the program and decide not to complete the program in four years must choose one of the following approved options:

- Five-Year Track-Option A
- Five-Year Track-Option B
- Combined Five-Year Track-Option A and B (for a total of 6 years)

These are the only program track options. Bastyr offers no part-time status. At the time of enrollment, most naturopathic medicine students are registered for the four-year track. Students who wish to change to one of the five-year tracks must complete the ND change of status form (available in the registrar's office) and then meet with an advisor/evaluator, room 249. Changes may affect financial aid packages as well as the sequencing of courses. Naturopathic medicine students wanting to add a second program must switch to one of the five-year tracks.

As long as a student remains on an approved program track, there will be no course-scheduling conflicts.

Students must remain on track in order to graduate on time. Students may not register off track or register ahead of track without approval from the dean's office.

For additional information regarding combining naturopathic medicine with acupuncture and Oriental medicine, please contact the admissions office.

**The curriculum tables that follow list the tentative schedule of courses each quarter. Next to each course are the number of credits per course (Crdt.), the lecture hours each week (Lec.), the lab/clinic hours each week (L/C) and the total contact hours for the course over the entire quarter (Tot.).**

#### DOCTOR OF NATUROPATHIC MEDICINE PROGRAM 2011-2012

##### FOUR-YEAR TRACK

##### YEAR I

Qtr.	Cat. No.	Course Title	Crdt.	Lec.	L/C	Tot.
F	BC5104	Biochemistry 1	4	4	0	44
	BC5110	Histology <sup>1</sup>	5	4	2	66
	BC5122	Gross Human Anatomy 1	4.5	4	1	55
	BC5122L	Gross Human Anatomy 1 Lab	1	0	2	22
	BC5143	Solving Problems in Human Physiology 1 Lec/Lab	5.5	4	3	77
	NM5113	Naturopathic Medicine in Historical Context	2	1	2	33
	NM5804	Clinic Entry 1	1	0	2	22
		Quarterly Totals	23	17	12	319
W	BC5105	Biochemistry 2	4	4	0	44
	BC5112	Embryology	3	3	0	33
	BC5123	Gross Human Anatomy 2	4.5	4	1	55
	BC5123L	Gross Human Anatomy 2 Lab	1	0	2	22
	BC5142	Fundamentals of Research Design <sup>1</sup>	2	2	0	22
	BC5144	Solving Problems in Human Physiology 2 Lec/Lab	5.5	4	3	77
	NM5114	Fundamentals of Naturopathic Clinical Theory	2	1	2	33
	OM5120	Fundamental Principles of TCM <sup>1</sup>	3	3	0	33
	PM5301	Hydrotherapy/Physiotherapy Lecture	2	2	0	22
	PM5305	Hydrotherapy/Physiotherapy Lab	1	0	2	22
		Quarterly Totals	28	23	10	363
Sp	BC5106	Biochemistry 3	4	4	0	44
	BC5124	Gross Human Anatomy 3	4.5	4	1	55
	BC5124L	Gross Human Anatomy 3 Lab	1	0	2	22

BC5129	Neuroscience	5.5	4	3	77
BC5145	Solving Problems in Human Physiology 3	3	3	0	33
BO5301	Botanical Medicine 1 Lec/Lab	2	1.5	1 <sup>2</sup>	26.5
NM5115	Naturopathic Medicine in Global Context	2	1	2	33
PM5310	Myofascial Analysis	1.5	0	3	33
	Quarterly Totals	23.5	17.5	12	323.5

<sup>1</sup>BC5110, BC5142, OM5120: Usually also offered in summer

<sup>2</sup>Two hours every other week times five weeks

#### FOUR-YEAR TRACK

##### YEAR II

Qtr.Cat. No.	Course Title	Crdt.	Lec.	L/C	Tot.
F	BC6200 Human Pathology 1	4	4	0	44
	BC6204 Immunology <sup>1</sup>	4	4	0	44
	BO6301 Botanical Medicine 2	2	2	0	22
	HO6300 Homeopathy 1	2	2	0	22
	NM6210 Clinical Lab Diagnosis 1	3.5	2	3	55
	NM6221 Physical/Clinical Diagnosis 1 Lecture	2	2	0	22
	NM6221L Physical/Clinical Diagnosis 1 Lab	2	1	2	33
	PS6305 Naturopathic Counseling 1	3	3	0	33
	TR6310 Foods, Dietary Systems & Assessment	3	2	2	44
	Quarterly Totals	25.5	22	7	319
W	BC6201 Human Pathology 2	4	4	0	44
	BC6209 Infectious Diseases <sup>2</sup>	5	5	0	55
	BO6302 Botanical Medicine 3 Lec	2	2	0	22
	HO6301 Homeopathy 2	3	3	0	33
	NM6211 Clinical Lab Diagnosis 2	3.5	2	3	55
	NM6222 Physical/Clinical Diagnosis 2 Lecture	2	2	0	22
	NM6222L Physical/Clinical Diagnosis 2 Lab	2	1	2	33
	PS6306 Naturopathic Counseling 2	3	3	0	33
	TR6311 Macro & Micronutrients	3	3	0	33
	Quarterly Totals	27.5	25	5	330
Sp	BC6202 Human Pathology 3	4	4	0	44
	BC6305 Pharmacology <sup>2</sup>	5	5	0	55
	HO6302 Homeopathy 3	3	3	0	33
	NM6100 Successful Charting & Coding	1	1	0	11
	NM6212 Clinical Lab Diagnosis 3	3.5	2	3	55
	NM6224 Physical/Clinical Diagnosis 3 Lecture	2.5	2.5	0	27.5
	NM6224L Physical/Clinical Diagnosis 3 Lab	2	1	2	33
	NM8801 Preceptorship 1	1	0	4	44
	PM6300 Naturopathic Manipulation 1	2	2	0	22
	Quarterly Totals	24	20.5	9	324.5

<sup>1</sup>BC6204: Usually also offered in summer

<sup>2</sup>BC6209 and BC6305: Offered in winter and spring quarter

Eligible to take NPLEX basic science exams after the successful completion of the second year.

See clinic entrance prerequisites, page 75.

#### FOUR-YEAR TRACK

##### YEAR III

Qtr.Cat. No.	Course Title	Crdt.	Lec.	L/C	Tot.
Su	BO6303 Botanical Medicine Dispensary Lab <sup>1</sup>	1	0	2	22
	NM7325 Naturopathic Case Analysis & Mgmt 1	1.5	0	3	33
	NM7341 Cardiology <sup>1</sup>	3	3	0	33
	NM7416 Minor Office Procedures <sup>1</sup>	3	3	0	33
	NM7417 Medical Procedures <sup>1</sup>	3	3	0	33
	Quarterly Subtotal	11.5	9	5	154
	1-2 Clinic Shifts <sup>2</sup>	s2-4	0	4-8	44-88
F	BO7300 Botanical Medicine 4 Lec/Lab	2	1.5	1 <sup>3</sup>	26.5
	NM7302 Gastroenterology <sup>4</sup>	2	2	0	22
	NM7307 EENT	2	2	0	22
	NM7312 Normal Maternity	3	3	0	33
	NM7313 Gynecology	3	3	0	33
	NM7401 Diet & Nutrient Therapy 1	3	3	0	33
	PM7301 Naturopathic Manipulation 2 <sup>5</sup>	3	3	0	33
	PM7305 Orthopedics	2	2	0	22
	PS7200 Psychological Assessment	2	2	0	22
	Quarterly Subtotal	22	21.5	1	246.5

		1-2 Clinic Shifts <sup>2</sup>	2-4	0	4-8	44-88
W	NM7101	Environmental Medicine	1.5	1.5	0	16.5
	NM7102	Public Health	1.5	1.5	0	16.5
	NM7116	Naturopathic Clinical Theory	1	1	0	11
	NM7142	Critical Evaluation of the Medical Literature	2	2	0	22
	NM7304	Dermatology	2	2	0	22
	NM7306	Oncology	2	2	0	22
	NM7314	Pediatrics 1	2	2	0	22
	NM7402	Diet & Nutrient Therapy 2	3	3	0	33
	PM7302	Naturopathic Manipulation 3 <sup>6</sup>	3	3	0	33
	PM 7341	Sports Medicine/Therapeutic Exercise	2	2	0	22
	PS7203	Addictions & Disorders	2	2	0	22
		Quarterly Subtotal	22	22	0	242
		1-2 Clinic Shifts <sup>2</sup>	2-4	0	4-8	44-88
Sp	BO7301	Botanical Medicine 5 Lec/Lab	2	1.5	1 <sup>3</sup>	26.5
	NM6105	Fundamentals of Business Operations	2	2	0	22
	NM7305	Clinical Ecology	2	2	0	22
	NM7311	Neurology	2	2	0	22
	NM7315	Pediatrics 2	2	2	0	22
	NM7320	Family Medicine	2	2	0	22
	NM7330	The Healing Systems	1	1	0	11
	PM7303	Naturopathic Manipulation 4 <sup>7</sup>	3	3	0	33
	PS7315	Naturopathic Counseling 3	2	2	0	22
		Quarterly Subtotal	18	17.5	1	202.5
		1-2 Clinic Shifts <sup>2</sup>	2-4	0	4-8	44-88

<sup>1</sup>BO6303, NM7341, NM7416 and NM7417: May also be offered and taken in spring of the 2<sup>nd</sup> year

<sup>2</sup>Students are assigned 6 shifts during their first year (4 quarters) in clinic.

<sup>3</sup>Two hours every other week times five weeks

<sup>4</sup>NM7302: Offered fall and spring

<sup>5</sup>PM7301: One section usually offered in summer

<sup>6</sup>PM7302: One section usually offered in fall

<sup>7</sup>PM7303: One section usually offered in winter

#### FOUR-YEAR TRACK

##### YEAR IV

Qtr.	Cat. No.	Course Title	Crdt.	Lec.	L/C	Tot.
Su	{ NM6115	Goal Setting & Self Motivation	1	1	0	11
		OR				
	NM6120	Professional Speaking & Writing	1	1	0	11 }
	NM8201	Radiographic Interpretation 1 <sup>1</sup>	2	2	0	22
		Quarterly Subtotal	3	3	0	33
		3-4 Clinic Shifts	6-8	0	12-16	132-176
F	NM8303	Geriatrics	2	2	0	22
	NM8308	Endocrinology <sup>2</sup>	3	3	0	33
	NM8312	Urology	1.5	1.5	0	16.5
	NM8325	Nat. Case Analysis & Mgmt 2: Grand Rounds <sup>3</sup>	1	0	2	22
	NM8413	Adv'd Naturopathic Therapeutics 1	2	2	0	22
		Quarterly Subtotal	9.5	8.5	2	115.5
		3-4 Clinic Shifts	6-8	0	12-16	132-176
W	NM8101	Ethics <sup>4</sup>	1	1	0	11
	NM8214	Diagnostic Imaging <sup>5</sup>	3	3	0	33
	NM8309	Rheumatology	1.5	1.5	0	16.5
	NM8414	Adv'd Naturopathic Therapeutics 2	2	2	0	22
	NM8802	Preceptorship 2	1	0	4	44
		Quarterly Subtotal	8.5	7.5	4	126.5
		3-4 Clinic Shifts	6-8	0	1	132-176
Sp	NM8102	Jurisprudence	1	1	0	11
	NM8212	Radiographic Interpretation 2 <sup>5</sup>	3	3	0	33
	NM8314	Pulmonary Medicine	1.5	1.5	0	16.5
	NM8803	Preceptorship 3	1	0	4	44
	NM8844	Interim Patient Care <sup>6</sup>	2	0	4	44
		Quarterly Subtotal	8.5	5.5	8	148.5
		3-4 Clinic Shifts	6-8	0	12-16	132-176

<sup>1</sup>NM8201: Offered summer and fall

<sup>2</sup>NM8308: Offered fall and spring

<sup>3</sup>NM8325: Offered in fall, winter and spring

<sup>4</sup>NM8101: Offered fall and winter

<sup>5</sup>NM8212 and NM8214: Both offered winter and spring

<sup>6</sup>NM8844: Students are required to complete a total of 44 interim clinic hours. (Usually students staff the shifts they are assigned to in the quarter just ended.) Students register for and pay for this shift in their last quarter of attendance.

**Summary of Clinic Requirements:**

**Naturopathic Medicine Program**

Qtr. <sup>1</sup>	Cat. No.	Course Title	Crdt.	Lec.	L/C	Tot.
variable	NM7820-29	Patient Care 1-10	20	0	40	440
variable	NM8801-3	Preceptorship 1-3	3	0	12	132
variable	NM8830-36	Patient Care 11-17	14	0	28	308
Variable	NM8844	Interim Patient Care	2	0	4	44
variable	PM7801-2	Physical Medicine 1-2	4	0	8	88
variable	PM8801-2	Physical Medicine 3-4	4	0	8	88
Clinic Totals			47	0	100	1100 <sup>2</sup>

<sup>1</sup>Quarterly shift assignments are based on availability.

<sup>2</sup> Clinical training with patients in a clinical setting also occurs in courses including Clinic Entry I, Living Anatomy, Hydrotherapy Lab, Clinical Laboratory Diagnosis Lab, Physical Clinical Diagnosis Lab, Gynecology, Counseling Lab, Minor Office Procedures and Medical Procedures. There are more than 172 clinical training hours in those courses. In addition, at least 30 minutes of case preparation time are assumed before the beginning of each 4-hour clinical shift. That clinic preparation time exceeds 121 hours through the course of clinical training. Consequently, students receive more than 1,393 clinical training hours.

**Elective Requirements: Naturopathic Medicine Program**

Qtr.	Cat. No.	Course Title	Crdt.	Lec.	L/C	Tot.
variable	variable	Elective and Special Topics	14	14	0	154
Elective Totals			14	14	0	154

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.

**FIVE-YEAR TRACK-OPTION A**

**YEAR I**

Qtr.	Cat. No.	Course Title	Crdt.	Lec.	L/C	Tot.
F	BC5104	Biochemistry 1	4	4	0	44
	BC5110	Histology <sup>1</sup>	5	4	2	66
	BC5122	Gross Human Anatomy 1	4.5	4	1	55
	BC5122L	Gross Human Anatomy 1 Lab	1	0	2	22
	BC5143	Solving Problems in Human Physiology 1 Lec/Lab	5.5	4	3	77
	NM5113	Naturopathic Medicine in Historical Context	2	1	2	33
	NM5804	Clinic Entry 1	1	0	2	22
	Quarterly Totals			23	17	12
W	BC5105	Biochemistry 2	4	4	0	44
	BC5123	Gross Human Anatomy 2	4.5	4	1	55
	BC5123L	Gross Human Anatomy 2 Lab	1	0	2	22
	BC5144	Solving Problems in Human Physiology 2 Lec/Lab	5.5	4	3	77
	NM5114	Fundamentals of Naturopathic Clinical Theory	2	1	2	33
	OM5120	Fundamental Principles of TCM <sup>1</sup>	3	3	0	33
	Quarterly Totals			20	16	8
Sp	BC5106	Biochemistry 3	4	4	0	44
	BC5124	Gross Human Anatomy 3	4.5	4	1	55
	BC5124L	Gross Human Anatomy 3 Lab	1	0	2	22
	BC5142	Fundamentals of Research Design <sup>1</sup>	2	2	0	22
	BC5145	Solving Problems in Human Physiology 3	3	3	0	33
	NM5115	Naturopathic Medicine in Global Context	2	1	2	33
	PM5310	Myofascial Analysis	1.5	0	3	33
	Quarterly Totals			18	14	8

<sup>1</sup>BC5110, BC5142 and OM5120: Usually also offered in summer

**FIVE-YEAR TRACK-OPTION A**

**YEAR II**

Qtr.	Cat. No.	Course Title	Crdt.	Lec.	L/C	Tot.
F	BC5112	Embryology	3	3	0	33
	BC6200	Human Pathology 1	4	4	0	44
	BC6204	Immunology <sup>1</sup>	4	4	0	44

	NM6210	Clinical Lab Diagnosis 1	3.5	2	3	55
		Quarterly Totals	14.5	13	3	176
W	BC6201	Human Pathology 2	4	4	0	44
	BC6209	Infectious Diseases <sup>2</sup>	5	5	0	55
	NM6211	Clinical Lab Diagnosis 2	3.5	2	3	55
	PM5301	Hydrotherapy/Physiotherapy Lecture	2	2	0	22
	PM5305	Hydrotherapy/Physiotherapy Lab	1	0	2	22
		Quarterly Totals	15.5	13	5	198
Sp	BC5129	Neuroscience	5.5	4	3	77
	BC6202	Human Pathology 3	4	4	0	44
	BO5301	Botanical Medicine 1 Lec/Lab	2	1.5	1 <sup>3</sup>	26.5
	NM6212	Clinical Lab Diagnosis 3	3.5	2	3	55
		Quarterly Totals	15	11.5	7	202.5

<sup>1</sup>BC6204: Usually also offered in summer

<sup>2</sup>BC6209: Offered in winter and spring

<sup>3</sup>Two hours every other week times five weeks

Eligible to take NPLEX basic science exams after the successful completion of the second year.

#### FIVE-YEAR TRACK-OPTION A

##### YEAR III

	Qtr.Cat. No.	Course Title	Crdt.	Lec.	L/C	Tot.
F	BO6301	Botanical Medicine 2	2	2	0	22
	HO6300	Homeopathy 1	2	2	0	22
	NM6221	Physical/Clinical Diagnosis 1 Lecture	2	2	0	22
	NM6221L	Physical/Clinical Diagnosis 1 Lab	2	1	2	33
	PS6305	Naturopathic Counseling 1	3	3	0	33
	TR6310	Foods, Dietary Systems & Assessment	3	2	2	44
		Quarterly Totals	14	12	4	176
W	BO6302	Botanical Medicine 3 Lec	2	2	0	22
	HO6301	Homeopathy 2	3	3	0	33
	NM6222	Physical/Clinical Diagnosis 2 Lecture	2	2	0	22
	NM6222L	Physical/Clinical Diagnosis 2 Lab	2	1	2	33
	NM7142	Critical Evaluation of the Medical Literature	2	2	0	22
	PS6306	Naturopathic Counseling 2	3	3	0	33
	TR6311	Macro & Micronutrients	3	3	0	33
		Quarterly Totals	17	16	2	198
Sp	BC6305	Pharmacology <sup>1</sup>	5	5	0	55
	HO6302	Homeopathy 3	3	3	0	33
	NM6100	Successful Charting & Coding	1	1	0	11
	NM6224	Physical/Clinical Diagnosis 3 Lecture	2.5	2.5	0	27.5
	NM6224L	Physical/Clinical Diagnosis 3 Lab	2	1	2	33
	NM8801	Preceptorship 1	1	0	4	44
	PM6300	Naturopathic Manipulation 1 <sup>2</sup>	2	2	0	22
		Quarterly Totals	16.5	14.5	6	225.5

See clinic entrance prerequisites, page 75.

<sup>1</sup>BC6305: Offered in winter and spring

<sup>2</sup>PM6300: Also offered in winter

#### FIVE-YEAR TRACK-OPTION A

##### YEAR IV

	Qtr.Cat. No.	Course Title	Crdt.	Lec.	L/C	Tot.
Su	BO6303	Botanical Medicine Dispensary Lab <sup>1</sup>	1	0	2	22
	NM7325	Naturopathic Case Analysis & Mgmt 1	1.5	0	3	33
	NM7341	Cardiology <sup>1</sup>	3	3	0	33
	NM7416	Minor Office Procedures <sup>1</sup>	3	3	0	33
	NM7417	Medical Procedure <sup>1</sup>	3	3	0	33
		Quarterly Subtotal	11.5	9	5	154
		1-2 Clinic Shifts <sup>2</sup>	2-4	0	4-8	44-88
F	BO7300	Botanical Medicine 4 Lec/Lab	2	1.5	1 <sup>3</sup>	26.5
	NM7302	Gastroenterology <sup>4</sup>	2	2	0	22
	NM7307	EENT	2	2	0	22
	NM7312	Normal Maternity	3	3	0	33
	NM7313	Gynecology	3	3	0	33
	NM7401	Diet & Nutrient Therapy 1	3	3	0	33
	PM7301	Naturopathic Manipulation 2 <sup>5</sup>	3	3	0	33
	PM7305	Orthopedics	2	2	0	22
	PS7200	Psychological Assessment	2	2	0	22

	Quarterly Subtotal	22	21.5	1	246.5
	1-2 Clinic Shifts <sup>2</sup>	2-4	0	4-8	44-88
W	NM7101 Environmental Medicine	1.5	1.5	0	16.5
	NM7102 Public Health	1.5	1.5	0	16.5
	NM7116 Naturopathic Clinical Theory	1	1	0	11
	NM7304 Dermatology	2	2	0	22
	NM7306 Oncology	2	2	0	22
	NM7314 Pediatrics 1	2	2	0	22
	NM7402 Diet & Nutrient Therapy 2	3	3	0	33
	PM7302 Naturopathic Manipulation 3 <sup>6</sup>	3	3	0	33
	PM7341 Sports Medicine/Therapeutic Exercise	2	2	0	22
	PS7203 Addictions & Disorders	2	2	0	22
	Quarterly Subtotal	20	20	0	220
	1-2 Clinic Shifts <sup>2</sup>	2-4	0	4-8	44-88
Sp	BO7301 Botanical Medicine 5 Lec/Lab	2	1.5	1 <sup>3</sup>	26.5
	NM6105 Fundamentals of Business Operations	2	2	0	22
	NM7305 Clinical Ecology	2	2	0	22
	NM7311 Neurology	2	2	0	22
	NM7315 Pediatrics 2	2	2	0	22
	NM7320 Family Medicine	2	2	0	22
	NM7330 The Healing Systems	1	1	0	11
	PM7303 Naturopathic Manipulation 4 <sup>7</sup>	3	3	0	33
	PS7315 Naturopathic Counseling 3	2	2	0	22
	Quarterly Subtotal	18	17.5	1	202.5
	1-2 Clinic Shifts <sup>2</sup>	2-4	0	4-8	44-88

<sup>1</sup>BO6303, NM7341, NM7416 and NM7417: May also be offered and taken in spring of year 3

<sup>2</sup>Students are assigned 6 shifts during their first year (4 quarters) in clinic.

<sup>3</sup>Two hours every other week times five weeks

<sup>4</sup>NM7302: Offered fall and spring

<sup>5</sup>PM7301: One section usually offered in summer

<sup>6</sup>PM7302: One section usually offered in fall

<sup>7</sup>PM7303: One section usually offered in winter

#### FIVE-YEAR TRACK-OPTION A

##### YEAR V

Qtr.Cat. No.	Course Title	Crdt.	Lec.	L/C	Tot.
Su	{NM6115 Goal Setting & Self Motivation OR	1	1	0	11
	NM6120 Professional Speaking & Writing	1	1	0	11}
	NM8201 Radiographic Interpretation 1 <sup>1</sup>	2	2	0	22
	Quarterly Subtotal	3	3	0	33
	3-4 Clinic Shifts	6-8	0	12-16	132-176
F	NM8303 Geriatrics	2	2	0	22
	NM8308 Endocrinology <sup>2</sup>	3	3	0	33
	NM8312 Urology	1.5	1.5	0	16.5
	NM8325 Nat. Case Analysis & Mgmt 2: Grand Rounds <sup>3</sup>	1	0	2	22
	NM8413 Adv'd Naturopathic Therapeutics 1	2	2	0	22
	Quarterly Subtotal	9.5	8.5	2	115.5
	3-4 Clinic Shifts	6-8	0	12-16	132-176
W	NM8101 Ethics <sup>4</sup>	1	1	0	11
	NM8214 Diagnostic Imaging <sup>5</sup>	3	3	0	33
	NM8309 Rheumatology	1.5	1.5	0	16.5
	NM8414 Adv'd Naturopathic Therapeutics 2	2	2	0	22
	NM8802 Preceptorship 2	1	0	4	44
	Quarterly Subtotal	8.5	7.5	4	126.5
	3-4 Clinic Shifts	6-8	0	12-16	132-176
	176				
Sp	NM8102 Jurisprudence	1	1	0	11
	NM8212 Radiographic Interpretation 2 <sup>5</sup>	3	3	0	33
	NM8314 Pulmonary Medicine	1.5	1.5	0	16.5
	NM8803 Preceptorship 3	1	0	4	44
	NM8844 Interim Patient Care <sup>6</sup>	2	0	4	44
	Quarterly Subtotal	8.5	5.5	8	148.5
	3-4 Clinic Shifts	6-8	0	12-16	132-176

<sup>1</sup>NM8201: Offered summer and fall

<sup>2</sup>NM8308: Offered fall and spring

<sup>3</sup>NM8325: Offered in fall, winter and spring

<sup>4</sup>NM8101: Offered fall and winter

<sup>5</sup>NM8212 and NM8214: Both offered winter and spring

<sup>6</sup>NM8844: Students are required to complete a total of 44 interim clinic hours. (Usually students staff the shifts they are assigned to in the quarter just ended.) Students register for and pay for this shift in their last quarter of attendance.

**Summary of Clinic Requirements: Naturopathic Medicine Program**

Qtr. <sup>1</sup>	Cat. No.	Course Title	Crdt.	Lec.	L/C	Tot.
variable	NM7820-29	Patient Care 1-10	20	0	40	440
variable	NM8801-3	Preceptorship 1-3	3	0	12	132
variable	NM8830-36	Patient Care 11-17	14	0	28	308
variable	NM8844	Interim Patient Care	2	0	4	44
variable	PM7801-2	Physical Medicine 1-2	4	0	8	88
variable	PM8801-2	Physical Medicine 3-4	4	0	8	88
	Clinic Totals		47	0	100	1100 <sup>2</sup>

<sup>1</sup>Quarterly shift assignments are based on availability.

<sup>2</sup>Clinical training with patients in a clinical setting also occurs in courses including Clinic Entry I, Living Anatomy, Hydrotherapy Lab, Clinical Laboratory Diagnosis Lab, Physical Clinical Diagnosis Lab, Gynecology, Counseling Lab, Minor Office Procedures and Medical Procedures. There are more than 172 clinical training hours in those courses. In addition, at least 30 minutes of case preparation time are assumed before the beginning of each 4-hour clinical shift. That clinic preparation time exceeds 121 hours through the course of clinical training. Consequently, students receive more than 1,393 clinical training hours.

**Elective Requirements: Naturopathic Medicine Program**

Qtr.	Cat. No.	Course Title	Crdt.	Lec.	L/C	Tot.
variable	variable	Elective and Special Topics	14	14	0	154
	Elective Totals		14	14	0	154

*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.*

**FIVE-YEAR TRACK-OPTION B**

**YEAR I**

Qtr.	Cat. No.	Course Title	Crdt.	Lec.	L/C	Tot.
F	BC5104	Biochemistry 1	4	4	0	44
	BC5110	Histology <sup>1</sup>	5	4	2	66
	BC5122	Gross Human Anatomy 1	4.5	4	1	55
	BC5122L	Gross Human Anatomy 1 Lab	1	0	2	22
	BC5143	Solving Problems in Human Physiology 1 Lec/Lab	5.5	4	3	77
	NM5113	Naturopathic Medicine in Historical Context	2	1	2	33
	NM5804	Clinic Entry 1	1	0	2	22
	Quarterly Totals		23	17	12	319
W	BC5105	Biochemistry 2	4	4	0	44
	BC5112	Embryology	3	3	0	33
	BC5123	Gross Human Anatomy 2	4.5	4	1	55
	BC5123L	Gross Human Anatomy 2 Lab	1	0	2	22
	BC5142	Fundamentals of Research Design <sup>1</sup>	2	2	0	22
	BC5144	Solving Problems in Human Physiology 2 Lec/Lab	5.5	4	3	77
	NM5114	Fundamentals of Naturopathic Clinical Theory	2	1	2	33
	OM5120	Fundamental Principles of TCM <sup>1</sup>	3	3	0	33
	PM5301	Hydrotherapy/Physiotherapy Lecture	2	2	0	22
	PM5305	Hydrotherapy/Physiotherapy Lab	1	0	2	22
	Quarterly Totals		28	23	10	363
Sp	BC5106	Biochemistry 3	4	4	0	44
	BC5124	Gross Human Anatomy 3	4.5	4	1	55
	BC5124L	Gross Human Anatomy 3 Lab	1	0	2	22
	BC5129	Neuroscience	5.5	4	3	77
	BC5145	Solving Problems in Human Physiology 3 3	3	3	0	33
	BO5301	Botanical Medicine 1 Lec/Lab	2	1.5	1 <sup>2</sup>	26.5
	NM5115	Naturopathic Medicine in Global Context 2	1	1	2	33
	PM5310	Myofascial Analysis	1.5	0	3	33
	Quarterly Totals		23.5	17.5	12	323.5

<sup>1</sup>BC5110, BC5142 and OM5120: Usually also offered in summer

<sup>2</sup>Two hours every other week times five weeks

**FIVE-YEAR TRACK-OPTION B**

**YEAR II**

Qtr.Cat. No.	Course Title	Crdt.	Lec.	L/C	Tot.
F	BC6200 Human Pathology 1	4	4	0	44
	BC6204 Immunology <sup>1</sup>	4	4	0	44
	BO6301 Botanical Medicine 2	2	2	0	22
	HO6300 Homeopathy 1	2	2	0	22
	NM6210 Clinical Lab Diagnosis 1	3.5	2	3	55
	NM6221 Physical/Clinical Diagnosis 1 Lecture	2	2	0	22
	NM6221L Physical/Clinical Diagnosis 1 Lab	2	1	2	33
	PS6305 Naturopathic Counseling 1	3	3	0	33
	TR6310 Foods, Dietary Systems & Assessment	3	2	2	44
	Quarterly Totals	25.5	22	7	319
W	BC6201 Human Pathology 2	4	4	0	44
	BC6209 Infectious Diseases <sup>2</sup>	5	5	0	55
	BO6302 Botanical Medicine 3 Lec	2	2	0	22
	HO6301 Homeopathy 2	3	3	0	33
	NM6211 Clinical Lab Diagnosis 2	3.5	2	3	55
	NM6222 Physical/Clinical Diagnosis 2 Lecture	2	2	0	22
	NM6222L Physical/Clinical Diagnosis 2 Lab	2	1	2	33
	PS6306 Naturopathic Counseling 2	3	3	0	33
	TR6311 Macro & Micronutrients	3	3	0	33
	Quarterly Totals	27.5	25	5	330
Sp	BC6202 Human Pathology 3	4	4	0	44
	BC6305 Pharmacology <sup>2</sup>	5	5	0	55
	BO6303 Botanical Medicine Dispensary Lab <sup>1</sup>	1	0	2	22
	HO6302 Homeopathy 3	3	3	0	33
	NM6100 Successful Charting & Coding	1	1	0	11
	NM6212 Clinical Lab Diagnosis 3	3.5	2	3	55
	NM6224 Physical/Clinical Diagnosis 3 Lecture	2.5	2.5	0	27.5
	NM6224L Physical/Clinical Diagnosis 3 Lab	2	1	2	33
	NM8801 Preceptorship 1	1	0	4	44
	PM6300 Naturopathic Manipulation 1	2	2	0	22
	Quarterly Totals	25	20.5	11	346.5

<sup>1</sup>Usually also offered in summer

<sup>2</sup>BC6209 and BC6305: Offered in winter and spring

Eligible to take NPLEX basic science exams after the successful completion of the second year.

See clinic entrance prerequisites, page 75.

#### FIVE-YEAR TRACK-OPTION B

##### YEAR III

Qtr.Cat. No.	Course Title	Crdt.	Lec.	L/C	Tot.
F	NM7312 Normal Maternity	3	3	0	33
	NM7313 Gynecology	3	3	0	33
	NM7401 Diet & Nutrient Therapy 1	3	3	0	33
	PM7301 Naturopathic Manipulation 2 <sup>1</sup>	3	3	0	33
	PM7305 Orthopedics	2	2	0	22
	PS7200 Psychology Assessment	2	2	0	22
	Quarterly Subtotal	16	16	0	176
	1-2 Clinic Shifts <sup>2</sup>	2-4	0	4-8	44-88
W	NM7101 Environmental Medicine	1.5	1.5	0	16.5
	NM7102 Public Health	1.5	1.5	0	16.5
	NM7116 Naturopathic Clinical Theory	1	1	0	11
	NM7142 Critical Evaluation of the Medical Literature	2	2	0	22
	NM7314 Pediatrics 1	2	2	0	22
	NM7402 Diet & Nutrient Therapy 2	3	3	0	33
	PM7302 Naturopathic Manipulation 3 <sup>3</sup>	3	3	0	33
	PS7203 Addictions & Disorders	2	2	0	22
	Quarterly Subtotal	16	16	0	176
	1-2 Clinic Shifts <sup>2</sup>	2-4	0	4-8	44-88
Sp	NM7315 Pediatrics 2	2	2	0	22
	NM7320 Family Medicine	2	2	0	22
	NM7330 The Healing Systems	1	1	0	11
	PM7303 Naturopathic Manipulation 4 <sup>4</sup>	3	3	0	33
	PS7315 Naturopathic Counseling 3	2	2	0	22
	Quarterly Subtotal	10	10	0	110
	1-2 Clinic Shifts <sup>2</sup>	2-4	0	4-8	44-88

<sup>1</sup>PM7301: One section usually offered in summer

<sup>2</sup>Students are assigned 6 shifts during their first year (4 quarters) in clinic.

<sup>3</sup>PM7302: One section usually offered in fall

<sup>4</sup>PM7303: One section usually offered in winter

**FIVE-YEAR TRACK-OPTION B**

**YEAR IV**

Qtr.Cat. No.	Course Title	Crdt.	Lec.	L/C	Tot.
Su	NM7325 Naturopathic Case Analysis & Mgmt 1	1.5	0	3	33
	NM7341 Cardiology <sup>1</sup>	3	3	0	33
	NM7416 Minor Office Procedures <sup>1</sup>	3	3	0	33
	NM7417 Medical Procedures <sup>1</sup>	3	3	0	33
	Quarterly Subtotal	10.5	9	3	132
	1-2 Clinic Shifts	2-4	0	4-8	44-88
F	BO7300 Botanical Medicine 4 Lec/Lab	2	1.5	1 <sup>2</sup>	26.5
	NM7302 Gastroenterology <sup>3</sup>	2	2	0	22
	NM7307 EENT	2	2	0	22
	Quarterly Subtotal	6	5.5	1	70.5
	1-2 Clinic Shifts	2-4	0	4-8	44-88
W	NM7304 Dermatology	2	2	0	22
	NM7306 Oncology	2	2	0	22
	PM7341 Sports Medicine/Therapeutic Exercise	2	2	0	22
	Quarterly Subtotal	6	6	0	66
	1-2 Clinic Shifts	2-4	0	4-8	44-88
Sp	BO7301 Botanical Medicine 5 Lec/Lab	2	1.5	1 <sup>2</sup>	26.5
	NM6105 Fundamentals of Business Operations	2	2	0	22
	NM7305 Clinical Ecology	2	2	0	22
	NM7311 Neurology	2	2	0	22
	Quarterly Subtotal	8	7.5	1	92.5
	1-2 Clinic Shifts	2-4	0	4-8	44-88

<sup>1</sup>NM7341, NM7416 and NM7417: May also be offered in spring

<sup>2</sup>Two hours every other week times five weeks

<sup>3</sup>NM7302: Offered fall and spring

**FIVE-YEAR TRACK-OPTION B**

**YEAR V**

Qtr.Cat. No.	Course Title	Crdt.	Lec.	L/C	Tot.
Su	{NM6115 Goal Setting & Self Motivation	1	1	0	11
	OR				
	NM6120 Professional Speaking & Writing	1	1	0	11}
	NM8201 Radiographic Interpretation 1 <sup>1</sup>	2	2	0	22
	Quarterly Subtotal	3	3	0	33
	3-4 Clinic Shifts	6-8	0	12-16	132-176
F	NM8303 Geriatrics	2	2	0	22
	NM8308 Endocrinology <sup>2</sup>	3	3	0	33
	NM8312 Urology	1.5	1.5	0	16.5
	NM8325 Nat. Case Analysis & Mgmt 2: Grand Rounds <sup>3</sup>	1	0	2	22
	NM8413 Adv'd Naturopathic Therapeutics 1	2	2	0	22
	Quarterly Subtotal	9.5	8.5	2	115.5
	2-3 Clinic Shifts	4-6	0	6-8	66-88
W	NM8101 Ethics <sup>4</sup>	1	1	0	11
	NM8214 Diagnostic Imaging <sup>5</sup>	3	3	0	33
	NM8309 Rheumatology	1.5	1.5	0	16.5
	NM8414 Adv'd Naturopathic Therapeutics 2	2	2	0	22
	NM8802 Preceptorship 2	1	0	4	44
	Quarterly Subtotal	8.5	7.5	4	126.5
	2-3 Clinic Shifts	4-6	0	6-8	66-88
Sp	NM8102 Jurisprudence	1	1	0	11
	NM8212 Radiographic Interpretation 2 <sup>5</sup>	3	3	0	33
	NM8314 Pulmonary Medicine	1.5	1.5	0	16.5
	NM8803 Preceptorship 3	1	0	4	44
	NM8844 Interim Patient Care <sup>6</sup>	2	0	4	44
	Quarterly Subtotal	8.5	5.5	8	148.5
	2-3 Clinic Shifts	4-6	0	6-8	66-88

<sup>1</sup>NM8206: Offered summer and fall

<sup>2</sup>NM8308: Offered fall and spring

<sup>3</sup>NM8325: Offered in fall, winter and spring

<sup>4</sup>NM8101: Offered fall and winter

<sup>5</sup>NM8212 and NM8214: Both offered winter and spring

<sup>6</sup>NM8844: Students are required to complete a total of 44 interim clinic hours. (Usually students staff the shifts they are assigned to in the quarter just ended.) Students generally register and pay for this shift in their last quarter of attendance.

**Summary of Clinic Requirements:**

**Naturopathic Medicine Program**

Qtr. <sup>1</sup>	Cat. No.	Course Title	Crdt.	Lec.	L/C	Tot.
variable	NM7820-29	Patient Care 1-10	20	0	40	440
variable	NM8801-3	Preceptorship 1-3	3	0	12	132
variable	NM8830-36	Patient Care 11-17	14	0	28	308
variable	NM8844	Interim Patient Care	2	0	4	44
variable	PM7801-2	Physical Medicine 1-2	4	0	8	88
variable	PM8801-2	Physical Medicine 3-4	4	0	8	88
Clinic Totals			47	0	100	1100 <sup>2</sup>

<sup>1</sup>Quarterly shift assignments are based on availability.

<sup>2</sup>Clinical training with patients in a clinical setting also occurs in courses including Clinic Entry I, Living Anatomy, Hydrotherapy Lab, Clinical Laboratory Diagnosis Lab, Physical Clinical Diagnosis Lab, Gynecology, Counseling Lab, Minor Office Procedures and Medical Procedures. There are more than 172 clinical training hours in those courses. In addition, at least 30 minutes of case preparation time are assumed before the beginning of each 4-hour clinical shift. That clinic preparation time exceeds 121 hours through the course of clinical training. Consequently, students receive more than 1,393 clinical training hours.

**Elective Requirements: Naturopathic Medicine Program**

Qtr.	Cat. No.	Course Title	Crdt.	Lec.	L/C	Tot.
variable	variable	Elective and Special Topics	14	14	0	154
Elective Totals			14	14	0	154

*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.*

The following total requirements apply to all naturopathic medicine program tracks.

**Total Requirements: Naturopathic Medicine**

**Program**

	Crdt.	Lec.	L/C	Tot.
Total Core Course Credits and Hours	249.5	219.5	60	3071.5
Total Elective Credits and Hours	14	14	0	154
Total Clinic Credits and Hours	47	0	100	1100 <sup>1</sup>
Total Requirements	310.5	233.5	160	4325.5

<sup>1</sup>Clinical training with patients in a clinical setting also occurs in courses including Clinic Entry I, Living Anatomy, Hydrotherapy Lab, Clinical Laboratory Diagnosis Lab, Physical Clinical Diagnosis Lab, Gynecology, Counseling Lab, Minor Office Procedures and Medical Procedures. There are more than 172 clinical training hours in those courses. In addition, at least 30 minutes of case preparation time are assumed before the beginning of each 4-hour clinical shift. That clinic preparation time exceeds 121 hours through the course of clinical training. Consequently, students receive more than 1,393 clinical training hours.

**NATUROPATHIC MEDICINE/ACUPUNCTURE AND ORIENTAL MEDICINE DUAL TRACK**

Students in the Bastyr University naturopathic medicine program who are academically in good standing have the opportunity to apply to the Master of Science in Acupuncture (MSA) or the Master of Science in Acupuncture and Oriental Medicine (MSAOM) program in October of their second year of the four-year track. This requires a formal application to the acupuncture and Oriental medicine program through the admissions department, followed by a joint interview by both the AOM and ND schools.

ND students who are considering applying to the School of AOM as their second program are strongly encouraged to be enrolled as four-year track students during their first two years of attendance. In essence, the dual track program requires that students have successfully completed their pre-clinical ND training before they add a second degree program. Students who are accepted into the AOM program must switch their naturopathic program to the five-year track in order to carry a combined program load. Students with advanced medical training, e.g., DC, DO or MD, must successfully complete the first year of study in their original program before acceptance into dual status. Dual program applicants are able to utilize their basic science coursework in the naturopathic program toward their MSA or MSAOM.

Please note that some states require Chinese herbal training for acupuncture licensure. Please see the School of Acupuncture and Oriental Medicine master's program description for complete information on degree and licensing requirements.

#### DUAL TRACK ELECTIVE CREDITS

ND/MSAOM students must complete ten elective credits. ND/MSA students must complete thirteen elective credits. For all dual track students, five of the elective credits must be from disciplines other than OM or CH. If a dual track student has waived a required course from either program, core course credit from the *opposite* program cannot be used to cover the waiver. Use of core credits would result in a shortage of overall credits.

**The curriculum tables that follow list the tentative schedule of courses each quarter. Next to each course are the number of credits per course (Crdt.), the lecture hours each week (Lec.), the lab/clinic hours each week (L/C) and the total contact hours for the course over the entire quarter (Tot).**

#### DOCTOR OF NATUROPATHIC MEDICINE/MASTER OF SCIENCE IN ACUPUNCTURE (MSA) OR ACUPUNCTURE AND ORIENTAL MEDICINE (MSAOM) 2011-2012

Note: Since a naturopathic medicine student enters the dual program after completion of the 2<sup>nd</sup> year of the NM program, the curriculum that follows reflects the NM curriculum from the 2009/2010 catalog and the MSA/MSAOM curriculum from the 2011-2012 catalog.

##### YEAR I

Qtr.Cat. No.	Course Title	Crdt.	Lec.	L/C	Tot.
F	BC5104 Biochemistry 1	4	4	0	44
	BC5107 Human Physiology 1 Lec/Lab	5.5	4	3	77
	BC5110 Histology <sup>1</sup>	5	4	2	66
	BC5122 Gross Human Anatomy 1	4.5	4	1	55
	BC5122L Gross Human Anatomy 1 Lab	1	0	2	22
	NM5113 Naturopathic Medicine in Historical Context	2	1	2	33
	NM5804 Clinic Entry 1	1	0	2	22
	Quarterly Totals	23	17	12	319
W	BC5105 Biochemistry 2	4	4	0	44
	BC5108 Human Physiology 2 Lec/Lab	5.5	4	3	77
	BC5112 Embryology	3	3	0	33
	BC5123 Gross Human Anatomy 2	4.5	4	1	55
	BC5123L Gross Human Anatomy 2 Lab	1	0	2	22
	BC5142 Fundamentals of Research Design <sup>1</sup>	2	2	0	22
	NM5114 Fundamentals of Naturopathic Clinical Theory	2	1	2	33
	PM5301 Hydrotherapy/ Physiotherapy Lecture	2	2	0	22
	PM5305 Hydrotherapy/Physiotherapy Lab	1	0	2	22
	Quarterly Totals	25	20	10	330
Sp	BC5106 Biochemistry 3	4	4	0	44
	BC5109 Human Physiology 3	3	3	0	33
	BC5124 Gross Human Anatomy 3	4.5	4	1	55
	BC5124L Gross Human Anatomy 3 Lab	1	0	2	22
	BC5129 Neuroscience	5.5	4	3	77
	BO5301 Botanical Medicine 1 Lec/Lab	2	1.5	1 <sup>2</sup>	26.5
	NM5115 Naturopathic Medicine in Global Context	2	1	2	33
	PM5310 Myofascial Analysis	1.5	0	3	33
	Quarterly Totals	23.5	17.5	12	323.5

<sup>1</sup>BC5110, BC5142: Usually also offered in summer

<sup>2</sup>Two hours every other week times five weeks

##### YEAR II

Qtr.Cat. No.	Course Title	Crdt.	Lec.	L/C	Tot.
F	BC6200 Human Pathology 1	4	4	0	44
	BC6204 Immunology <sup>1</sup>	4	4	0	44
	BO6301 Botanical Medicine 2	2	2	0	22

	HO6300	Homeopathy 1	2	2	0	22
	NM6210	Clinical Lab Diagnosis 1	3.5	2	3	55
	NM6221	Physical/Clinical Diagnosis 1 Lecture	2	2	0	22
	NM6221L	Physical/Clinical Diagnosis 1 Lab	2	1	2	33
	OM4118	TCM Fundamentals	4	4	0	44
	PS6305	Naturopathic Counseling 1	3	3	0	33
	TR6310	Foods, Dietary Systems & Assessment	3	2	2	44
		Quarterly Totals	29.5	26	7	363
W	BC6201	Human Pathology 2	4	4	0	44
	BC6209	Infectious Diseases <sup>2</sup>	5	5	0	55
	BO6302	Botanical Medicine 3 Lec	2	2	0	22
	HO6301	Homeopathy 2	3	3	0	33
	NM6211	Clinical Lab Diagnosis 2	3.5	2	3	55
	NM6222	Physical/Clinical Diagnosis 2 Lecture	2	2	0	22
	NM6222L	Physical/Clinical Diagnosis 2 Lab	2	1	2	33
	PS6306	Naturopathic Counseling 2	3	3	0	33
	TR6311	Macro & Micronutrients	3	3	0	33
		Quarterly Totals	27.5	25	5	330
Sp	BC6202	Human Pathology 3	4	4	0	44
	BC6305	Pharmacology <sup>2</sup>	5	5	0	55
	HO6302	Homeopathy 3	3	3	0	33
	NM6100	Successful Charting & Coding	1	1	0	11
	NM6212	Clinical Lab Diagnosis 3	3.5	2	3	55
	NM6224	Physical/Clinical Diagnosis 3 Lecture	2.5	2.5	0	27.5
	NM6224L	Physical/Clinical Diagnosis 3 Lab	2	1	2	33
	NM8801	Preceptorship 1	1	0	4	44
	PM6300	Naturopathic Manipulation 1	2	2	0	22
		Quarterly Totals	24	20.5	9	324.5

<sup>1</sup>BC6204: Usually also offered in summer. Summer enrollment is recommended for dual track students.

<sup>2</sup>BC6209 and BC6305: Offered in winter and spring

Eligible to take NPLEX basic science exams after the successful completion of the second year.

See clinic entrance prerequisites, page 75.

Note: The didactic courses that follow in italics are the additional courses required for the MSAOM degree. The shifts that follow in italics represent the distribution of shifts for the MSAOM degree. For those students in the MSA program, please follow the shift distribution in regular text.

### YEAR III

Qtr.	Cat. No.	Course Title	Crdt.	Lec.	L/C	Tot.
Su	BO6303	Botanical Medicine Dispensary Lab <sup>1</sup>	1	0	2	22
	NM7325	Naturopathic Case Analysis & Mgmt 1	1.5	0	3	33
	NM7341	Cardiology <sup>1</sup>	3	3	0	33
	NM7417	Medical Procedures <sup>1</sup>	3	3	0	33
		Quarterly Subtotal	8.5	6	5	121
		NM Clinic Shift 1	2	0	4	44
		PM Clinic Shift 1	2	0	4	44
F	MW7312	Normal Maternity	3	3	0	33
	NM7313	Gynecology	3	3	0	33
	NM7401	Diet & Nutrient Therapy 1	3	3	0	33
	OM4106	Meridians & Points 1	4	4	0	44
	OM5121	Medical Chinese 1	1	1	0	11
	OM4315	TCM Bodywork: Tui Na	1	0	2	22
	OM4406	Qi Gong	1	0	2	22
	PM7301	Naturopathic Manipulation 2 <sup>2</sup>	3	3	0	33
	PM7305	Orthopedics	2	2	0	22
	PS7200	Psychology Assessment	2	2	0	22
		Quarterly Subtotal	23	21	4	275
		<i>NM Clinic Shifts 2-3</i>	4	0	8	88
		NM Clinic Shift 2	2	0	4	44
W	NM7101	Environmental Medicine	1.5	1.5	0	16.5
	NM7102	Public Health	1.5	1.5	0	16.5
	NM7116	Naturopathic Clinical Theory	1	1	0	11
	NM7142	Critical Evaluation of the Medical Literature	2	2	0	22
	NM7314	Pediatrics 1	2	2	0	22
	OM4107	Meridians & Points 2	4	4	0	44
	OM4211	TCM Diagnosis 1	3	3	0	33
	OM4221	TCM Pathology 1	3	3	0	33
	OM4411	TCM Techniques 1	2	2	0	22

OM5442	Tai Chi	1	0	2	22
PM7302	Naturopathic Manipulation 3 <sup>3</sup>	3	3	0	33
PS7203	Addictions & Disorders	2	2	0	22
	Quarterly Subtotal	26	25	2	297
	NM Clinic Shift 4	2	0	4	44
	PM Clinic Shift 2	2	0	4	44
	NM Clinic Shift 3	2	0	4	44
	PM Clinic Shift 2	2	0	4	44
Sp	NM7315 Pediatrics 2	2	2	0	22
	NM7320 Family Medicine	2	2	0	22
	NM7330 The Healing Systems	1	1	0	11
	OM4108 Meridians & Points 3	4	4	0	44
	OM4212 TCM Diagnosis 2	3	2	2	44
	OM4222 TCM Pathology 2	3	3	0	33
	OM5430 TCM Techniques 2	2	2	0	22
	PM7303 Naturopathic Manipulation 4 <sup>4</sup>	3	3	0	33
	PS7315 Naturopathic Counseling 3	2	2	0	22
	Quarterly Subtotal	22	21	2	253
	AOM Clinic Observation 1 <sup>5</sup>	2	0	4	44
	AOM Clinic Observation 1 <sup>5</sup>	2	0	4	44
	NM Clinic Shift 5	2	0	4	44
	NM Clinic Shift 4	2	0	4	44

<sup>1</sup>BO6303, NM7341 and NM7417: May also be offered and taken in spring of the second year

<sup>2</sup>PM7301: One section usually offered in summer

<sup>3</sup>PM7302: One section usually offered in fall

<sup>4</sup>PM7303: One section usually offered in winter

<sup>5</sup>All Observation shifts occur between winter quarter of year III and winter quarter of year IV of the dual track program.

#### YEAR IV

Qtr.	Cat. No.	Course Title	Crdt.	Lec.	L/C	Tot.
Su	BO3101	Intro to Botany	3	2	2	44
	CH6421	Chinese Materia Medica 1	4	4	0	44
	NM7402	Diet & Nutrient Therapy 2	3	3	0	33
	NM7416	Minor Office Procedures <sup>1</sup>	3	3	0	33
	OM5122	Medical Chinese 2	1	1	0	11
		Quarterly Subtotal	14	13	2	165
		CHM Dispensary 1 <sup>2</sup>	2	0	4	44
		NM Clinic Shifts 6-7	4	0	8	88
		NM Clinic Shifts 5-6	4	0	8	88
F	BO7300	Botanical Medicine 4 Lec/Lab	2	1.5	1 <sup>3</sup>	26.5
	CH6422	Chinese Materia Medica 2	4	4	0	44
	NM7302	Gastroenterology	2	2	0	22
	NM7307	EENT	2	2	0	22
	OM5123	Medical Chinese 3	2	2	0	22
	OM5414	Acupuncture Therapeutics 1	2	2	0	22
	OM5415	Acupuncture Therapeutics 2	2	2	0	22
	OM5436	TCM Techniques 3	2	2	0	22
		Quarterly Subtotal	18	17.5	1	202.5
		AOM Clinic Observation 2	2	0	4	44
		AOM Clinic Observation 2	2	0	4	44
		NM Clinic Shifts 8-9	4	0	8	88
		NM Clinic Shifts 7-8	4	0	8	88
W	CH6423	Chinese Materia Medica 3	4	4	0	44
	NM7304	Dermatology	2	2	0	22
	NM7306	Oncology	2	2	0	22
	OM5124	Medical Chinese 4	2	2	0	22
	OM5416	Acupuncture Therapeutics 3	2	2	0	22
	OM5417	Acupuncture Therapeutics 4	2	2	0	22
	OM5438	TCM Techniques Lab	1	0	2	22
	PM7341	Sports Medicine/Therapeutic Exercise	2	2	0	22
		Quarterly Subtotal	17	16	2	198
		AOM Clinic Observation 3	2	0	4	44
		AOM Clinic Observation 3	2	0	4	44
		AOM Preceptor Observation <sup>2</sup>	2	0	4	44
		AOM Preceptor Observation <sup>2</sup>	2	0	4	44
		NM Clinic Shift 10	2	0	4	44
		NM Clinic Shifts 9-10	4	0	8	88
		PM Clinic Shift 3	2	0	4	44

Sp	BO7301	Botanical Medicine 5 Lec/Lab	2	1.5	1 <sup>3</sup>	26.5
	CH6431	CHM Herbal Formulations 1	4	4	0	44
	NM6105	Fundamentals of Business Operations	2	2	0	22
	NM7305	Clinical Ecology	2	2	0	22
	NM7311	Neurology	2	2	0	22
	OM5300	Auricular Therapy	2	2	0	22
	OM5418	Acupuncture Therapeutics 5	2	2	0	22
	OM5419	Acupuncture Therapeutics 6	2	2	0	22
		Quarterly Subtotal	18	17.5	1	202.5
		AOM Clinic 1-2 <sup>4</sup>	4	0	8	88
		AOM Clinic 1-2 <sup>4</sup>	4	0	8	88
		CHM Dispensary 2 <sup>5</sup>	2	0	4	44
		NM Clinic Shift 11	2	0	4	44
		NM Clinic Shifts 11-12	4	0	8	88

<sup>1</sup>NM7416: May also be offered in spring

<sup>2</sup>Preceptorship can be taken during observation or clinic phase, once Observation 1 is completed.

<sup>3</sup>Two hours every other week times five weeks

<sup>4</sup>All AOM requirements listed through winter quarter of year 4 must be completed to be eligible to begin AOM clinic.

<sup>5</sup>May be taken in any quarter after beginning the Chinese herbal curriculum

#### YEAR V

Qtr.	Cat. No.	Course Title	Crdt.	Lec.	L/C	Tot.
Su	CH6432	CHM Herbal Formulations 2	4	4	0	44
	NM8201	Radiographic Interpretation 1	2	2	0	22
	NM6115	Goal Setting & Self Motivation	1	1	0	11
		OR				
	NM6120	Professional Speaking & Writing	1	1	0	11
		Quarterly Subtotal	7	7	0	77
		AOM Clinic 3-5	6	0	12	132
		AOM Clinic 3-6	8	0	16	176
		NM Clinic Shifts 12-13	4	0	8	88
		NM Clinic Shift 13	2	0	4	44
F	CH6408	Chinese Herbal Therapeutics 1	4	4	0	44
	NM8303	Geriatrics	2	2	0	22
	NM8308	Endocrinology <sup>2</sup>	3	3	0	33
	NM8312	Urology	1.5	1.5	0	16.5
	NM8325	Nat. Case Analysis & Mgmt 2:				
		Grand Rounds <sup>3</sup>	1	0	2	22
	NM8413	Adv'd Naturopathic Therapeutics 1	2	2	0	22
	OM5405	TCM Whole Foods Nutrition	2	2	0	22
	OM6110	TCM Medical Classics	2	2	0	22
	OM6417	Acupuncture Therapeutics 7	2	2	0	22
		Quarterly Subtotal	19.5	18.5	2	225.5
		AOM Clinic 6-8	6	0	12	132
		AOM Clinic 7-9	6	0	12	132
		CHM Shift 1	2	0	4	44
		NM Clinic Shift 14	2	0	4	44
		NM Clinic Shift 14	2	0	4	44
		PM Clinic Shift 3 <sup>4</sup>	2	0	4	44
W	BC6100	Pharmacology of CHM & Drug				
		Interactions	2	2	0	22
	CH6409	Chinese Herbal Therapeutics 2	4	4	0	44
	NM8101	Ethics <sup>5</sup>	1	1	0	11
	NM8214	Diagnostic Imaging <sup>6</sup>	3	3	0	33
	NM8309	Rheumatology	1.5	1.5	0	16.5
	NM8414	Adv'd Naturopathic Therapeutics 2	2	2	0	22
	NM8802	Preceptorship 2	1	0	4	44
	OM4101	History of Medicine	2	2	0	22
	OM6310	Case Review	2	2	0	22
	OM6315	Clinical Theatre	2	2	0	22
		Quarterly Subtotal	20.5	19.5	4	258.5
		AOM Clinic 9-10	4	0	8	88
		AOM Clinic 10-12	6	0	12	132
		CHM Shift 2	2	0	4	44
		NM Clinic Shifts 15-16	4	0	8	88
		NM Clinic Shifts 15-16	4	0	8	88
Sp	CH6410	Chinese Herbal Therapeutics 3	4	4	0	44
	NM8102	Jurisprudence	1	1	0	11
	NM8212	Radiographic Interpretation 2 <sup>6</sup>	3	3	0	33

NM8314	Pulmonary Medicine	1.5	1.5	0	16.5
NM8803	Preceptorship 3	1	0	4	44
NM8844	Interim Patient Care <sup>7</sup>	2	0	4	44
OM5819	AOM Interim Clinic <sup>7</sup>	1.5	0	3.3	36
OM6105	Jurisprudence/Ethics	1	1	0	11
	Quarterly Subtotal	15	10.5	11.3	2395
	AOM Clinic Shifts 11-12	4	0	8	88
	AOM Clinic Shifts 13-14	4	0	8	88
	CHM Shifts 3-4	4	0	8	88
	NM Clinic Shift 17	2	0	4	44
	NM Clinic Shift 17	2	0	4	44
	PM Clinic Shift 4	2	0	4	44
	PM Clinic Shift 4	2	0	4	44

<sup>1</sup>NM8206 and NM8207: Both offered summer and fall

<sup>2</sup>NM8308: Offered fall and spring

<sup>3</sup>NM8325: Offered in fall, winter and spring

<sup>4</sup>Physical Medicine shifts may be distributed differently; two shifts fulfilling ND requirements will be assigned in each of the last four quarters of the program.

<sup>5</sup>NM8101: Offered fall and winter

<sup>6</sup>NM8212 and NM8214: Both offered winter and spring

<sup>7</sup>Students are required to complete a total of 44 NM interim Patient Care hours and 36 AOM Interim Clinic hours. (Usually students staff the shifts they are assigned to in the quarter just ended.) Students register for and pay for this shift in their last quarter of attendance.

#### YEAR VI

Qtr.Cat. No.	Course Title	Crdt.	Lec.	L/C	Tot.
Su	CH6411 Chinese Herbal Therapeutics 4	4	4	0	44
	Quarterly Subtotal	4	4	0	44
	AOM Clinic 13-14	4	0	8	88
	CHM Shifts 5-6	4	0	8	88
F	AOM Clinic 15-16	4	0	8	88
	CHM Shifts 7-8	4	0	8	88

For students who choose to take advantage of the optional clinic experience in China, up to eight (8) credits (16 lab hours) may be applied toward AOM Clinical requirement. Acupuncture and CHM shifts will be distributed differently if a student goes to China. All students who plan to study in China must take the one-credit required elective OM6820 Clinic Entry for China in summer quarter of year five just preceding their China clinic. This course may be counted toward required AOM elective credits.

#### Elective Requirements: Naturopathic Medicine/Acupuncture and Oriental Medicine

Qtr.Cat. No.	Course Title	Crdt.	Lec.	L/C	Tot.
variable	variable Elective and Special Topics	13/10	13/10	0	143/110
	Elective Totals	13/10	13/10	0	143/110

Note: Five of the thirteen or ten elective credits must be from disciplines other than OM or CH.

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.

#### Total Requirements: Naturopathic Medicine/Acupuncture and Oriental Medicine

	Crdt.	Lec.	L/C	Tot.
Total Core Course Credits and Hours	358.5	322.5	72	4336.5
Total Elective Credits and Hours	10	10	0	110
Total Clinic Credits and Hours	108.5	0	223.3	2456 <sup>1</sup>
Total Requirements	477	332.5	295.3	6902.5

<sup>1</sup>Clinical training with patients in a clinical setting also occurs in courses including Clinic Entry I, Living Anatomy, Hydrotherapy Lab, Clinical Laboratory Diagnosis Lab, Physical Clinical Diagnosis Lab, Gynecology, Counseling Lab, Minor Office Procedures and Medical Procedures. There are more than 172 clinical training hours in those courses. In addition, at least 30 minutes of case preparation time are assumed before the beginning of each 4-hour clinical shift. That clinic preparation time exceeds 121 hours through the course of clinical training. Consequently, students receive more than 2,749 clinical training hours.

#### WAIVED ACUPUNCTURE AND ORIENTAL MEDICINE CLASSES FOR DUAL TRACK STUDENTS

The following courses can be found in the curriculum for the acupuncture or acupuncture and Oriental medicine students. However, the content has been met through the prerequisites of or the coursework for the naturopathic medicine program and are therefore waived for dually enrolled students (shown in order, as found in the MSA/MSAOM curriculum tables):

Cat. No.	Course Title	Credits
BC3134	AOM Living Anatomy	4

OM4800	Clinic Entry	2
BC3100	Survey of Organic Chemistry	4
BC3104	Biochemistry	4
BC3135	Anatomy & Physiology 1 Lec/Lab	5
BC3136	Anatomy & Physiology 2 Lec/Lab	4
BC4105	Introduction to Western Pathology	3
BC4125	Pharmacology Overview for AOM	4
OM5321	Survey of Western Clinical Sciences 1	3
OM5322	Survey of Western Clinical Sciences 2	3
OM5324	Survey of Western Clinical Sciences 3	3
BC4104	Microbiology (AOM)	3
OM5302	Public Health Issues in AOM	2
OM6305	Survey of Biophysics/Electroacupuncture	2
PS5205	Patient Communications	3
TR6105	Nutrition & Dietary Systems	3
BC5140	Research Methods in AOM	3
OM6111	Practice Management 1	2
OM6112	Practice Management 2	1
CH6105	Chinese Herb Preparations	1

## FACULTY

### WITH HIGHEST DEGREES, LICENSES OBTAINED AND DEPARTMENTAL AFFILIATION

#### Key

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

#### CORE

- Brammer, Debra, ND, Bastyr University (NM)
- Bradley, Ryan, ND, MPH, Bastyr University, University of Washington (NM)
- Cho, Young, PhD, University of Wisconsin, Madison (BS)
- Cullen, Lauren, ND, Bastyr University (NM)
- Dazey, Jenn, ND, RH, (AHG), Bastyr University (HS, BTM, CHLD)
- Dodge, Christian, ND, MA, Stanford University (MA, BS), Bastyr University (NM))
- Frederickson, Richard, PhD, University of North Dakota (BS)
- Guiltinan, Jane, ND, Bastyr University (NM)
- Hibbs, John, ND, Bastyr University (NM)
- Jones, Eric, ND, Bastyr University (NM)
- Kingsbury, Sheila, ND, RH (AHG), Bastyr University (BTM, HS, NM)
- Koutoubi, Samer, MD, University Institute of Medicine and Pharmacy (Romania), PhD, Florida International University (NTR)
- Lair, Cynthia, BA, CHN, Wichita State University (NTR)
- Lichtenstein, Brad, ND, Bastyr University (NM, PM)
- Littleton, Kent, ND, Bastyr University, MS, University of Washington (BS)
- Mann, Richard, ND, Bastyr University (HO)
- Martzen, Mark, PhD, University of South Dakota School of Medicine (BS)
- Messner, Don, PhD, University of Washington (BS)
- Modell, Harold, PhD, University of Mississippi Medical Center (BS)
- Neary, Dean E., Jr, ND, Bastyr University (PM, NM)

Parkinson, Andrew, ND, Bastyr University (NM)  
Raymer, Katherine, ND, MD, Southwest College of Naturopathic Medicine, University of Louisville School of Medicine (NM)  
Rubinstein, Joshua, ND, Bastyr University (NM)  
Spicer, Diane, MIT, University of Washington, MS, University of Wisconsin (BS)  
Standish, Leanna, ND, Bastyr University, PhD, University of Massachusetts, LAc (NM)  
Staruch, Arianna, ND, National College of Naturopathic Medicine (NM)  
Steward, Rebecca Love, DVM, Washington State University (BS)  
Takakura, Masahiro, ND, LAc, Bastyr University, DC,  
National College of Chiropractic (PM)  
Thomas, Aleyamma, PhD, University of Manitoba (BS)  
Wallace, James, ND, Bastyr University (NM)  
Wenner, Cynthia, PhD, Washington University, St. Louis, MO (BS)  
Yarnell, Eric, ND, RH, (AHG), Bastyr University (BTM, HS, NM)  
Yin, Phoebe, ND, Bastyr University (NM)

#### ADJUNCT

Aasan, Candace, ND, Bastyr University (BTM)  
Acosta, Sarah, ND, Bastyr University (NM)  
Allen, Jason, ND, Bastyr University (NM)  
Anderson, Paul S, ND, National College of Naturopathic Medicine (NM)  
Auerbach, Marisha, BA, The Evergreen State College (CHLD)  
Anderson, Robert, MD, University of Washington (NM)  
Barry, David, ND, DC, Bastyr University (PM)  
Bauer, Kimberly, ND, Bastyr University (BTM)  
Berman, Lisa, Heilpraktiker, Berlin University (BTM)  
Boehnlein, David, BS, University of Minnesota – Twin Cities (CHLD)  
Bohan, Heidi, Ethnobotanist (HS)  
Bosted, Christopher, ND, Bastyr University (NM)  
Brignall, Matt, ND, Bastyr University (NTR, NM)  
Brinton, Catherine, ND, Bastyr University (BS, NM)  
Broderick, Evert, BA, University of Nevada (HS)  
Broderick, Kathrine, ND, Bastyr University (NM)  
Colwell, Emily, ND, Bastyr University (NM)  
Connor, Kevin, ND, Bastyr University (NM)  
Cullen, Tamara, ND, Bastyr University (NM)  
Cusack, Cortney, ND, Bastyr University (NM)  
Daniels, Jennifer, ND, Bastyr University (NM)  
Deichert, David, ND (NM)  
DiPasquale, Robin, ND, RH (AHG), Bastyr University (HS)  
DiRienzo, Alyssa, ND, National College of Naturopathic Medicine (NM)  
Dirks, Rebecca, ND, Bastyr University (NM)  
Donovan, Patrick, ND, RN, Bastyr University (NM)  
Doolittle, Janelle, ND, Bastyr University (NM)  
Drum, Ryan, PhD, Iowa State University (HS)  
Edwards, Louise, ND, National College of Naturopathic Medicine (NM)  
Epstein, Paul, ND, National College of Naturopathic Medicine (NM)  
Fahoum, Mona, ND, Bastyr University (NM)  
Fasig, Amy, ND, Bastyr University (NM)  
Frances, Deborah, ND, National College of Naturopathic Medicine, RN, Edward J. Meyer Memorial School of Nursing (BTM, HS)  
Freedman, Natalie, ND, Bastyr University (NM)  
Fresonke, Jill, ND, Bastyr University (NM)  
Fuller, Carolyn, ND, Bastyr University (NM)  
Gbedawo, Hatha, ND, Bastyr University (NM, PM)  
Gonzalez, Alicia, ND, Bastyr University (NM)  
Goldhamer, Alan, DC, Western States Chiropractic College (NM)

Hamrick, Marcie, MD, Baylor College of Medicine (NM)  
Harpster, Corinne, ND, Bastyr University (HS)  
Harris, Jeff, ND, Bastyr University (NM)  
Hirst, Shannon, ND, Bastyr University (NM)  
Honda, Kristine, ND, Bastyr University (NM)  
Hurley, Karen, ND, Bastyr University (BTM)  
Huyck, Amy, ND, Bastyr University (NM)  
Ikeda, Margie, ND, Bastyr University (NM)  
Ivons, Maryann, ND, Bastyr University (NM)  
Jaeggli, Angila, ND, Bastyr University (NM)  
Karsten, Paul, PhD, Samra University, MEd, University of Washington, LAc (AOM, NM)  
Khalsa, Karta Purkh Singh, AHG, CN (HS, BTM)  
Kolbo, Russell, ND, DC, National College of Naturopathic Medicine, National College of Chiropractic, Illinois (PM)  
Kyle, Joel, Mycologist (CHLD)  
Lamden, Mark, ND, Bastyr University (NM)  
Lamson, Davis, PhD, University of Illinois, ND, Bastyr University (NM)  
Lee-Engel, Christy, ND, Bastyr University, LAc (NM)  
Lia, Barry, PhD, University of California – Davis (CHLD)  
Lund, Kaleb, PhD, University of Minnesota (HS)  
Martin, Katherine, ND, Bastyr University (BTM)  
Mariotti, Ronald, ND, Bastyr University (PM)  
Masterson, John, DC, Life West Chiropractic College (PM)  
McCarty, Rachele, ND, Bastyr University, MPH, University of Washington (NM, BS)  
McDaniel, Tracy, ND, LM, Bastyr University (NMW)  
Mercer, Nancy, ND, Bastyr University (HO, NM)  
Milkis, Steven, ND, Bastyr University (NM)  
Miller, John, DC, Western States Chiropractic College, DACBR, (NM)  
Miller, Kelda, BA, The Evergreen State College (CHLD)  
Nagel, Glen, ND, National College of Naturopathic Medicine (HS)  
Oberg, Erica, ND, Bastyr University (NM)  
Perez, Jennifer, BS, Bastyr University (HS, BTM, CHLD)  
Peters, Brian, ND, Bastyr University (NM)  
Philp, Hazel, ND, LAc, Bastyr University (NM)  
Pilarski, Michael, Herbalist/Wildcrafter (HS)  
Pizzorno, Joseph, ND, National College of Naturopathic Medicine (President Emeritus) (NM)  
Plaza, Steven M, ND, Bastyr University (NM)  
Pournadeali, Kasra, ND, Bastyr University (NM)  
Powell, Dirk, ND, National College of Naturopathic Medicine (NM)  
Ramanujam, Kumuthini, MD (India), Madras Medical College (BS)  
Reddeman, Robin, ND, Bastyr University (NM)  
Rinde, Adam, ND, Bastyr University (NM)  
Rizzi, Trinity Ava, Herbalist (HS)  
Schmidt, Dawn, LMP, Seattle Massage School, BS, California State University (PM)  
Schwartz, Karyn, LMP, Brian Utting School of Massage, BA, Cornell University (HS)  
Scott, Heather, PhD, University of Missouri (BS)  
Shaff, Katie, ND, National College of Naturopathic Medicine (NM)  
Snider, Pamela, ND, Bastyr University (NM)  
Sodhi, Shailinder, ND, Bastyr University (AV)  
Somine, Josho, MLA, University of Washington (CHLD)  
Somol, Kris, ND, Bastyr University (NM)  
Stahlberg, Rainer, PhD, Leningrad State University (HS)  
Stelzer, Crystal, BS, Bastyr University (HS, BTM)  
Vlasuk, Susan, DC, National College of Chiropractic, Illinois, DACBR (NM)  
Walia, Jas, DC, Western States Chiropractic College, Portland, Oregon (PM)  
Webb, Brandy, ND, Bastyr University (NM)

Weitz, Brooke, ND, Bastyr University (PM)  
Weakland, Melissa, MD, University of Washington (NM)  
White, Jenna, ND, Bastyr University (NM)  
Yasuda, Gregory, ND, Bastyr University (PM)  
Zeff, Jared, ND, National College of Naturopathic Medicine (NM)  
Zajdel, Dominika, ND, Bastyr University (NM)  
Zorich, Dana, LMP, (PM)  
Zucker, Debora, ND Bastyr University (NM)

# Bastyr Center for Natural Health

THE TEACHING CLINIC OF BASTYR UNIVERSITY  
CLINICAL EDUCATION PRACTICUM

Jamey Wallace, ND, Clinic Director

*The mission of Bastyr Center for Natural Health is to create an extraordinary environment committed to excellence in health care and clinical education that assists and empowers individuals and the community to achieve better health and a higher quality of life.*

All students in the Doctor of Naturopathic Medicine program (ND), Doctor of Acupuncture and Oriental Medicine program (DAOM), Master of Science in Acupuncture program (MSA), Master of Science in Acupuncture and Oriental Medicine program (MSAOM), Master of Nutrition program (MSN/CHP and MSN/DPD), Certificate in Chinese Herbal Medicine program (CCHM), and BS Didactic Program in Dietetics (BSN/DPD) receive clinical training at Bastyr Center for Natural Health - Team Care. The program deans/chairs or their designates in conjunction with the clinic medical director oversee the clinical education and training of the students and work closely with each program's lead administrator.

The clinical training in Team Care is modeled upon mentorship. The average faculty/student ratio is 1:6, which includes three primary clinicians and three observing clinicians. Each student pair is assigned to a room throughout the quarter. Each clinic shift begins with case preview during which the students present to the supervisor their preparations for the patients they will see that day. During each patient visit, the supervisor spends time in the room with the student team and the patient. Also, during each visit, the supervisor and student team discuss the patient in the consult rooms, reviewing the assessments and treatment recommendations. Each clinic shift concludes with case review where all the students and supervisors meet jointly to discuss selected cases seen that day.

Clinical course numbers and descriptions for each program's required and elective clinical offerings are found in the course description section of the catalog under the appropriate program heading. The narrative section of the catalog provides further information regarding clinical training under each program and curriculum section.

Students in each program receive a *Bastyr Center for Natural Health Student Clinician Handbook* prior to entering clinical training. This required manual serves as the student's clinic textbook and contains information on clinical education requirements, policies and procedures, learning objectives and clinical competencies.

External clinical training opportunities have been developed for each program, in order to provide a broader educational experience for students. At each external site, Bastyr faculty supervises the student clinicians. For a description of these sites, see Bastyr Center facilities listing on page 12 in this catalog.

Students have a preceptorship requirement where they work with a variety of licensed, practicing health care professionals in various practice settings. These placements provide students with valuable clinical experience. The combination of external training sites, the preceptor experience and clinical rotations in the main clinic assures diversity in each student's clinical experience.

Bastyr Center for Natural Health has a well-established CNME-credentialed naturopathic residency program, with positions both at Bastyr Center for Natural Health and numerous external sites. Currently, there are eight naturopathic residency positions at Bastyr Center for Natural Health. These programs are highly competitive and attract graduates from other educational institutions as well as from Bastyr. The residency programs at Bastyr are closely supervised programs of mentorship. Each resident progresses from a purely observational role into an independent role over the course of the year. This progression is monitored and facilitated by a faculty mentor and by the director of the Office of Graduate and Community Medicine. A second year of residency offers clinical supervision and continued skill development. All residents have multiple opportunities to do rotations in other local clinics. The director of the Office of Graduate and Community Medicine is responsible for the administration, development and expansion of the naturopathic residency program. The University is committed to the goal of providing residency opportunities for every graduate.

## 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)

<b>BC3104 Biochemistry</b>	<b>4 credits</b>
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	
<b>BC3113 Living Anatomy</b>	<b>3 credits</b>
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	
<b>BC3115 Organic Chemistry Intensive 1 Lecture</b>	<b>4 credits</b>
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	
<b>BC3116 Organic Chemistry Intensive 1 Lab</b>	<b>1 credit</b>
Prerequisite: At least a C in BC2117 and BC2118 or equivalent college-level courses elsewhere. Corequisite: BC3115	
<b>BC3124 Organic Chemistry for Life Sciences Lecture/Lab</b>	<b>5 credits</b>
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	
<b>BC3125 Organic Chemistry Intensive 2 Lecture</b>	<b>4 credits</b>
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	
<b>BC3126 Organic Chemistry Intensive 2 Lab</b>	<b>1 credit</b>
Prerequisite: A grade of C or better in BC3116. Corequisite: BC3125	
<b>Anatomy and Physiology Sequence for AOM</b>	
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.	
<b>BC3134 Living Anatomy for AOM</b>	<b>4 credits</b>
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	
<b>BC3135 Anatomy and Physiology 1 Lecture/Lab (AOM)</b>	<b>5 credits</b>
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	
<b>BC3136 Anatomy and Physiology 2 Lecture/Lab (AOM)</b>	<b>4 credits</b>
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

<b>BC5901, BC5902, BC5903 Independent Study</b>	<b>variable credit</b>
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	
<b>BC6100 Pharmacology of CHM and Drug Interactions</b>	<b>2 credits</b>
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 <i>in vitro</i> , <i>in vivo</i> and clinical trial evidence for efficacy. Prerequisites: BC3104, BC4125	
<b>BC6134 Advanced Living Anatomy</b>	<b>1 credit</b>
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	
<b>Human Pathology 1-3</b>	
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.	
<b>BC6200 Human Pathology 1</b>	<b>4 credits</b>
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	
<b>BC6201 Human Pathology 2</b>	<b>4 credits</b>
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	
<b>BC6202 Human Pathology 3</b>	<b>4 credits</b>
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	
<b>BC6204 Immunology</b>	<b>4 credits</b>
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	
<b>BC6209 Infectious Diseases</b>	<b>5 credits</b>
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	
<b>BC6305 Pharmacology</b>	<b>5 credits</b>
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, Physiomedical 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

<b>BO4131 Permaculture 1 Lecture/Lab</b>	<b>3 credits</b>
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	
<b>BO4132 Permaculture 2 Lecture/Lab</b>	<b>3 credits</b>
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	
<b>BO4133 Permaculture 3 Lecture/Lab</b>	<b>3 credits</b>
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	
<b>BO4134 Organic Seed Production</b>	<b>1 credit</b>
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	
<b>BO4135 Organic Greenhouse &amp; Nursery Management</b>	<b>1 credit</b>
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	
<b>BO4137 Horticultural Research and Grant Writing</b>	<b>1 credit</b>
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	
<b>BO4138 Biointensive IPM &amp; Plant Health</b>	<b>2 credits</b>
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	
<b>BO4139 Permaculture in a Global Context</b>	<b>1 credit</b>
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 retro-fit 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****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

<b>CH6408 Chinese Herbal Therapeutics 1</b>	<b>4 credits</b>
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	
<b>CH6409 Chinese Herbal Therapeutics 2</b>	<b>4 credits</b>
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	
<b>CH6410 Chinese Herbal Therapeutics 3</b>	<b>4 credits</b>
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	
<b>CH6411 Chinese Herbal Therapeutics 4</b>	<b>4 credits</b>
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	
<b>CH6421 Chinese Materia Medica 1</b>	<b>4 credits</b>
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	
<b>CH6422 Chinese Materia Medica 2</b>	<b>4 credits</b>
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	
<b>CH6423 Chinese Materia Medica 3</b>	<b>4 credits</b>
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	
<b>CH6431 Chinese Herbal Medicine Formulations 1</b>	<b>4 credits</b>
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	
<b>CH6432 Chinese Herbal Medicine Formulations 2</b>	<b>4 credits</b>
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	
<b>Chinese Herbal Medicine Clinic 1-8</b>	
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.	
<b>CH6803 CHM Clinic 1</b>	<b>2 credits</b>
See description above. Prerequisites: CH6408 (may be concurrent) and admission to MSAOM or CCHM program	

<b>CH6804 CHM Clinic 2</b> See description preceding CH6803. Prerequisite: CH6803	<b>2 credits</b>
<b>CH6805 CHM Clinic 3</b> See description preceding CH6803. Prerequisite: CH6804	<b>2 credits</b>
<b>CH6806 CHM Clinic 4</b> See description preceding CH6803. Prerequisite: CH6805	<b>2 credits</b>
<b>CH6807 CHM Clinic 5</b> See description preceding CH6803. Prerequisite: CH6806	<b>2 credits</b>
<b>CH6808 CHM Clinic 6</b> See description preceding CH6803. Prerequisite: CH6807	<b>2 credits</b>
<b>CH6809 CHM Clinic 7</b> See description preceding CH6803. Prerequisite: CH6808	<b>2 credits</b>
<b>CH6810 CHM Clinic 8</b> See description preceding CH6803. Prerequisite: CH6809	<b>2 credits</b>
<b>Herbal Medicine Clinic in China 1-4</b>	
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.	
<b>CH6821 Clinic in China 1</b> See description above. Prerequisite: Permission of dean	<b>2 credits</b>
<b>CH6822 Clinic in China 2</b> See description preceding OM6821. Prerequisite: Permission of dean	<b>2 credits</b>
<b>CH6823 Clinic in China 3</b> See description preceding OM6821. Prerequisite: Permission of dean	<b>2 credits</b>
<b>CH6824 Clinic in China 4</b> See description preceding OM6821. Prerequisite: Permission of dean	<b>2 credits</b>
<b>CHM Dispensary</b>	
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.	
<b>CH6831 CHM Dispensary 1</b> See description above. Prerequisite: Admission to MSAOM or CCHM program	<b>2 credits</b>
<b>CH6832 CHM Dispensary 2</b> See description preceding CH6831. Prerequisite: Admission to MSAOM or CCHM program	<b>2 credits</b>
<b>CH6901, CH6902, CH6903 Independent Study</b>	<b>variable credit</b>
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	
<b>CH9520 Introduction to AOM Oncology</b> 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	<b>2 credits</b>

---

**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

---

**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

---

**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

---

**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

---

**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

---

**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

---

**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

---

**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

---

**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

---

**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

---

**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 disease states. Corequisite: EX4123

---

**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

---

**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 H06302 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

Suzy 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.

<b>MW3311 Perinatal Nutrition 1: Pre-conception and Prenatal</b>	<b>2 credits</b>
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	
<b>MW4100 Genetics and Embryology</b>	<b>2 credits</b>
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	
<b>MW4101 Professional Issues Seminar: Cultural Competency for Midwives</b>	<b>2 credits</b>
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	
<b>MW4102 Professional Issues Seminar: Modern Midwifery, History, Politics and Activism</b>	<b>2 credits</b>
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	
<b>MW4103 Professional Issues Seminar: Midwifery Legal, Ethical and Professional Frameworks</b>	<b>2.5 credits</b>
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	
<b>MW4104 Professional Issues Seminar: Undoing Racism</b>	<b>1 credit</b>
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	
<b>MW4300 Pharmacology and Treatments 1</b>	<b>1 credit</b>
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	
<b>MW4301 Pharmacology and Treatments 2</b>	<b>1 credit</b>
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	
<b>MW4302 Midwifery Care 2: Pregnancy and Prenatal Care</b>	<b>4 credits</b>
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	
<b>MW 4303 Midwifery Care 3: Advanced Pregnancy and Prenatal Care</b>	<b>4 credits</b>
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	
<b>MW4305 Gynecology</b>	<b>3.5 credits</b>
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	

<b>MW4308 Breastfeeding and Lactation Education</b>	<b>2.5 credits</b>
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	
<b>MW4313 Counseling for the Childbearing Year 1</b>	<b>1 credit</b>
This introductory course consists of information, role-plays and student presentations designed to develop basic skills needed for client counseling. Prerequisite: MW3301	
<b>MW4314 Counseling for the Childbearing Year 2</b>	<b>1 credit</b>
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	
<b>MW4321 Clinical Skills 1</b>	<b>1 credit</b>
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	
<b>MW4322 Clinical Skills 2</b>	<b>1 credit</b>
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	
<b>MW4323 Clinical Skills 3</b>	<b>0.5 credit</b>
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	
<b>MW4331 Clinical Seminar 1</b>	<b>1 credit</b>
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	
<b>MW4332 Clinical Seminar 2</b>	<b>1 credit</b>
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	
<b>MW4333 Clinical Seminar 3</b>	<b>1 credit</b>
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	
<b>MW4800 Introduction to Practicum</b>	<b>0.5 credit</b>
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

---

**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

---

<b>MW5316 Counseling for the Childbearing Year 4: Postpartum</b>	<b>1.5 credits</b>
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	
<b>MW5324 Clinical Skills 4:</b>	<b>0.5 credit</b>
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	
<b>MW5325 Clinical Skills 5</b>	<b>0.5 credits</b>
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	
<b>MW5334 Clinical Seminar 4</b>	<b>1 credit</b>
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	
<b>MW5810 Midwifery Practicum</b>	<b>variable to maximum of 7.5 credits</b>
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	
<b>MW6105 Master’s Project 5</b>	<b>3 credits</b>
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	
<b>MW6106 Master’s Project 6</b>	<b>3 credits</b>
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	
<b>MW6107 Master’s Project 7</b>	<b>3 credits</b>
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	
<b>MW6115 Professional Issues Seminar: The Business of Midwifery</b>	<b>2.5 credits</b>
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	
<b>MW6199 Master’s Project Continuation</b>	<b>0 credits</b>
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	
<b>MW6307 Midwifery Care 7: Synthesis and Application</b>	<b>2 credits</b>
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

<b>NM5114 Fundamentals of Naturopathic Clinical Theory</b>	<b>2 credits</b>
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	
<b>NM5115 Naturopathic Medicine in Global Context</b>	<b>2 credits</b>
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	
<b>NM5500 Intensive: Advanced Standing Status</b>	<b>variable credit</b>
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	
<b>NM5804 Clinic Entry 1</b>	<b>1 credit</b>
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	
<b>NM5901, NM5902, NM5903 Independent Study</b>	<b>variable credit</b>
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	
<b>NM6100 Successful Charting and Coding</b>	<b>1 credit</b>
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	
<b>NM6105 Fundamentals of Business Operations</b>	<b>2 credits</b>
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	
<b>NM6115 Goal Setting and Self Motivation</b>	<b>1 credit</b>
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	
<b>NM6120 Professional Speaking and Writing</b>	<b>1 credit</b>
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	
<b>Clinical Laboratory Diagnosis 1-3</b>	
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.	
<b>NM6210 Clinical Laboratory Diagnosis 1</b>	<b>3.5 credits</b>
See description above. Prerequisite: BC5106	

<b>NM6211 Clinical Laboratory Diagnosis 2</b> See description preceding NM6210. Prerequisite: NM6210	<b>3.5 credits</b>
<b>NM6212 Clinical Laboratory Diagnosis 3</b> See description preceding NM6210. Prerequisite: NM6211	<b>3.5 credits</b>
<b>Physical/Clinical Diagnosis 1-3</b>	
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.	
<b>NM6221 Physical/Clinical Diagnosis 1 Lecture</b> See description above. Prerequisites: BC5124, BC5129	<b>2 credits</b>
<b>NM6221L Physical/Clinical Diagnosis 1 Lab</b> See description preceding NM6221. Corequisite: NM6221	<b>2 credits</b>
<b>NM6222 Physical/Clinical Diagnosis 2 Lecture</b> See description preceding NM6221. Prerequisite: NM6221	<b>2 credits</b>
<b>NM6222L Physical/Clinical Diagnosis 2 Lab</b> See description preceding NM6221. Corequisite: NM6222	<b>2 credits</b>
<b>NM6224 Physical/Clinical Diagnosis 3 Lecture</b> See description preceding NM6221. Prerequisite: NM6222	<b>2.5 credits</b>
<b>NM6224L Physical/Clinical Diagnosis 3 Lab</b> See description preceding NM6221. Corequisite: NM6224	<b>2 credits</b>
<b>NM6901, NM6902, NM6903 Independent Study</b>	<b>variable credit</b>
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	
<b>Public Health and Environmental Medicine</b>	
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.	
<b>NM7101 Environmental Medicine</b> See description above. Prerequisite: NM6221	<b>1.5 credits</b>
<b>NM7102 Public Health</b> See description preceding NM7101. Prerequisite: NM6221	<b>1.5 credits</b>
<b>NM7116 Naturopathic Clinical Theory</b> 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	<b>1 credit</b>
<b>NM7142 Critical Evaluation of the Medical Literature</b> 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	<b>2 credits</b>

<b>NM7302 Gastroenterology</b>	<b>2 credits</b>
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	
<b>NM7304 Dermatology</b>	<b>2 credits</b>
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	
<b>NM7305 Clinical Ecology</b>	<b>2 credits</b>
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	
<b>NM7306 Oncology</b>	<b>2 credits</b>
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	
<b>NM7307 Eye, Ear, Nose and Throat (EENT)</b>	<b>2 credits</b>
Conventional and naturopathic therapeutics for EENT conditions are presented. Prerequisite: Concurrent with clinic shifts	
<b>NM7311 Neurology</b>	<b>2 credits</b>
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	
<b>NM7312 Normal Maternity</b>	<b>3 credits</b>
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	
<b>NM7313 Gynecology</b>	<b>3 credits</b>
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	
<b>Pediatrics 1-2</b>	
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.	
<b>NM7314 Pediatrics 1</b>	<b>2 credits</b>
See description above. Prerequisite: Concurrent with clinic shifts	
<b>NM7315 Pediatrics 2</b>	<b>2 credits</b>
See description preceding NM7314. Prerequisite: Concurrent with clinic shifts	
<b>NM7320 Family Medicine</b>	<b>2 credits</b>
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	

---

**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

---

**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

---

**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

---

**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.

---

**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

---

**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

---

**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 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

---

**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

---

**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

---

**NM7820 Patient Care 1****2 credits**

See description above. Prerequisites: See above

---

**NM7821 Patient Care 2****2 credits**

See description preceding NM7820. Prerequisite: NM7820

<b>NM7822 Patient Care 3</b>	<b>2 credits</b>
See description preceding NM7820. Prerequisite: NM7821	
<b>NM7823 Patient Care 4</b>	<b>2 credits</b>
See description preceding NM7820. Prerequisite: NM7822	
<b>NM7824 Patient Care 5</b>	<b>2 credits</b>
See description preceding NM7820. Prerequisite: NM7823	
<b>NM7825 Patient Care 6</b>	<b>2 credits</b>
See description preceding NM7820. Prerequisite: NM7824	
<b>NM7826 Patient Care 7</b>	<b>2 credits</b>
See description preceding NM7820. Prerequisite: NM7825	
<b>NM7827 Patient Care 8</b>	<b>2 credits</b>
See description preceding NM7820. Prerequisite: NM7826	
<b>NM7828 Patient Care 9</b>	<b>2 credits</b>
See description preceding NM7820. Prerequisite: NM7827	
<b>NM7829 Patient Care 10</b>	<b>2 credits</b>
See description preceding NM7820. See NM8830-NM8836 for Patient Care 11-17 descriptions. Prerequisite: NM7828	
<b>NM7835 Building Clinical Skills</b>	<b>2 credits</b>
Cross 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	
<b>NM7901, NM7902, NM7903 Independent Study</b>	<b>variable credit</b>
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	
<b>NM8101 Ethics</b>	<b>1 credit</b>
Ethics of the physician-patient relationship are explored in case studies. Prerequisite: NM6105	
<b>NM8102 Jurisprudence</b>	<b>1 credit</b>
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	
<b>Radiographic Interpretation 1-2</b>	
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.	
<b>NM8201 Radiographic Interpretation 1</b>	<b>2 credits</b>
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

<b>NM8802 Preceptorship 2</b>	<b>1 credit</b>
See description preceding NM8801. Prerequisite: NM8801	
<b>NM8803 Preceptorship 3</b>	<b>1 credit</b>
See description preceding NM8801. Prerequisite: NM8802	
<b>NM8830 Patient Care 11</b>	<b>2 credits</b>
See description preceding NM7820. Prerequisite: NM7829	
<b>NM8831 Patient Care 12</b>	<b>2 credits</b>
See description preceding NM7820. Prerequisite: NM8830	
<b>NM8832 Patient Care 13</b>	<b>2 credits</b>
See description preceding NM7820. Prerequisite: NM8831	
<b>NM8833 Patient Care 14</b>	<b>2 credits</b>
See description preceding NM7820. Prerequisite: NM8832	
<b>NM8834 Patient Care 15</b>	<b>2 credits</b>
See description preceding NM7820. Prerequisite: NM8833	
<b>NM8835 Patient Care 16</b>	<b>2 credits</b>
See description preceding NM7820. Prerequisite: NM8834	
<b>NM8836 Patient Care 17</b>	<b>2 credits</b>
See description preceding NM7820. Prerequisite: NM8835	
<b>NM8844 Interim Patient Care</b>	<b>2 credits</b>
See description preceding NM7820. Prerequisite: NM7820	
<b>NM8901, NM8902, NM8903 Independent Study</b>	<b>variable credit</b>
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	
<b>NM9111 Fasting and Natural Medicine</b>	<b>1 credit</b>
Prerequisite: Admission to naturopathic medicine program or permission of dean	
<b>NM9112 Traditional Naturopathic Medicine Series: Special Topics</b>	<b>2 credits</b>
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	
<b>NM9115 Traditional Naturopathic Medicine Series: Natural Hygiene, Principles, Research and Practice</b>	<b>2 credits</b>
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	
<b>NM9118 Energetics of Natural Medicine</b>	<b>0.5 credits</b>
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	
<b>NM9314 Advanced Gynecology and Practicum</b>	<b>2 credits</b>
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, LAc, 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.

---

**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

<b>OM5122 Medical Chinese 2</b>	<b>1 credit</b>
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	
<b>OM5123 Medical Chinese 3</b>	<b>2 credits</b>
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	
<b>OM5124 Medical Chinese 4</b>	<b>2 credits</b>
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	
<b>OM5300 Auricular Therapy</b>	<b>2 credits</b>
This course introduces the basics of auricular therapy (ear acupuncture) and its use in diagnosis and treatment. Labs and lectures are included. Prerequisite: OM5436	
<b>OM5302 Public Health Issues in AOM</b>	<b>2 credits</b>
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	
<b>Survey of Western Clinical Sciences 1-3</b>	
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.	
<b>OM5321 Survey of Western Clinical Sciences 1</b>	<b>3 credits</b>
See description above. Prerequisites: BC3136, BC4105 and admission to the AOM program	
<b>OM5322 Survey of Western Clinical Sciences 2</b>	<b>3 credits</b>
See description preceding OM5321. Prerequisite: OM5321	
<b>OM5324 Survey of Western Clinical Sciences 3</b>	<b>3 credits</b>
See description preceding OM5321. Prerequisite: OM5322	
<b>OM5405 TCM Whole Foods Nutrition</b>	<b>2 credits</b>
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	
<b>Acupuncture Therapeutics 1-7</b>	
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.	
<b>OM5414 Acupuncture Therapeutics 1</b>	<b>2 credits</b>
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	
<b>OM5415 Acupuncture Therapeutics 2</b>	<b>2 credits</b>
See description preceding OM5414. This course provides foundational training in musculo-skeletal and dermatology conditions. Also covered are respiratory disorders. Prerequisite: OM5414	

<b>OM5416 Acupuncture Therapeutics 3</b>	<b>2 credits</b>
See description preceding OM5414. Acupuncture therapeutics for disorders of the gastrointestinal and hepatobiliary systems are covered in this course. Prerequisite: OM5414	
<b>OM5417 Acupuncture Therapeutics 4</b>	<b>2 credits</b>
See description preceding OM5414. Acupuncture therapeutics for the treatment of pediatric and gynecological disorders are covered in this course. Prerequisite: OM5414	
<b>OM5418 Acupuncture Therapeutics 5</b>	<b>2 credits</b>
See description preceding OM5414. Students learn to treat disorders of the cardiovascular system and common psychiatric disorders. Prerequisite: OM5414	
<b>OM5419 Acupuncture Therapeutics 6</b>	<b>2 credits</b>
See description preceding OM5414. This course covers the approach to and treatment of eye, ear, nose and throat conditions. Prerequisite: OM5414	
<b>OM5430 TCM Techniques 2</b>	<b>2 credits</b>
See description preceding OM4411. This course continues with building basic needling skills and introducing moxibustion, Gwa Sha, and other non-needle modalities. Prerequisite: OM4411	
<b>OM5436 TCM Techniques 3</b>	<b>2 credits</b>
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	
<b>OM5438 TCM Techniques Lab</b>	<b>1 credit</b>
This course provides additional instruction, review and practice opportunity for all material taught in the TCM Techniques 1-3 series. Prerequisite: OM5436	
<b>OM5442 Tai Chi</b>	<b>1 credit</b>
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	
<b>OM5803 Clinical Observation 3</b>	<b>2 credits</b>
See description preceding OM4803. Prerequisite: OM4804	
<b>Student Clinician Shifts and Interim Clinic</b>	
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.	
<b>OM5813 AOM Clinic 1</b>	<b>2 credits</b>
See description above. Prerequisite: Admission to MSA or MSAOM, OM5803, successful completion of Clinician Entry exam	
<b>OM5814 AOM Clinic 2</b>	<b>2 credits</b>
See description preceding OM5813. Prerequisite: OM5813	
<b>OM5815 AOM Clinic 3</b>	<b>2 credits</b>
See description preceding OM5813. Prerequisite: OM5814	
<b>OM5816 AOM Clinic 4</b>	<b>2 credits</b>
See description preceding OM5813. Prerequisite: OM5815	
<b>OM5817 AOM Clinic 5</b>	<b>2 credits</b>
See description preceding OM5813. Prerequisite: OM5816	

<b>OM5818 AOM Clinic 6</b>	<b>2 credits</b>
See description preceding OM5813. See OM6827-OM6836 for AOM Clinic 7-16. Prerequisite: OM5817	
<b>OM5819 AOM Interim Clinic</b>	<b>1.5 credits</b>
See description preceding OM5813. Prerequisite: OM4800	
<b>OM5901, OM5902, OM5903 Independent study</b>	<b>variable credit</b>
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	
<b>OM6105 Jurisprudence/Ethics</b>	<b>1 credit</b>
Medical ethics and legal considerations are discussed in relationship to patient care and privacy issues. Prerequisite: Third-year status in AOM program	
<b>OM6110 TCM Medical Classics</b>	<b>2 credits</b>
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	
<b>OM6111 Practice Management 1</b>	<b>2 credits</b>
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	
<b>OM6112 Practice Management 2</b>	<b>1 credit</b>
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	
<b>OM6305 Survey of Biophysics and Electroacupuncture</b>	<b>2 credits</b>
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	
<b>OM6310 Case Review</b>	<b>2 credits</b>
This course runs concurrently with Clinic and provides a forum for the discussion of cases seen in the teaching clinic. Prerequisite: OM5813	
<b>OM6315 Clinical Theatre</b>	<b>2 credits</b>
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	
<b>OM6417 Acupuncture Therapeutics 7</b>	<b>2 credits</b>
See description preceding OM5414. Acupuncture therapeutics of renal and genitourinary systems, plus immune disorders including MS, CFIDS, and fibromyalgia. Prerequisite: OM5414	
<b>OM6820 Clinic Entry for China</b>	<b>1 credit</b>
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	
<b>Acupuncture Clinic in China 1-4</b>	
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 <i>Student Clinician Handbook</i> . 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.	

<b>OM6821 Clinic in China 1</b>	<b>2 credits</b>
See description above. Prerequisite: Permission of dean	
<b>OM6822 Clinic in China 2</b>	<b>2 credits</b>
See description preceding OM6821. Prerequisite: Permission of dean	
<b>OM6823 Clinic in China 3</b>	<b>2 credits</b>
See description preceding OM6821. Prerequisite: Permission of dean	
<b>OM6824 Clinic in China 4</b>	<b>2 credits</b>
See description preceding OM6821. Prerequisite: Permission of dean	
<b>OM6827 AOM Clinic 7</b>	<b>2 credits</b>
See description preceding OM5813. Prerequisite: OM5818	
<b>OM6828 AOM Clinic 8</b>	<b>2 credits</b>
See description preceding OM5813. Prerequisite: OM6827	
<b>OM6829 AOM Clinic 9</b>	<b>2 credits</b>
See description preceding OM5813. Prerequisite: OM6828	
<b>OM6830 AOM Clinic 10</b>	<b>2 credits</b>
See description preceding OM5813. Prerequisite: OM6829	
<b>OM6831 AOM Clinic 11</b>	<b>2 credits</b>
See description preceding OM5813. Prerequisite: OM6830	
<b>OM6832 AOM Clinic 12</b>	<b>2 credits</b>
See description preceding OM5813. Prerequisite: OM6831	
<b>OM6833 AOM Clinic 13</b>	<b>2 credits</b>
See description preceding OM5813. Prerequisite: OM6832	
<b>OM6834 AOM Clinic 14</b>	<b>2 credits</b>
See description preceding OM5813. Prerequisite: OM6833	
<b>OM6835 AOM Clinic 15</b>	<b>2 credits</b>
See description preceding OM5813. Prerequisite: OM6834	
<b>OM6836 AOM Clinic 16</b>	<b>2 credits</b>
See description preceding OM5813. Prerequisite: OM6835	
<b>OM6901, OM6902, OM6903 Independent Study</b>	<b>variable credit</b>
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	
<b>OM7110 Mechanisms and Pathology of Pain</b>	<b>2 credits</b>
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	
<b>OM7200 Huang Di Nei Jing</b>	<b>2 credits</b>
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

<b>OM7405 Chinese Herbs in Oncology</b>	<b>3 credits</b>
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	
<b>OM7406 Qi Gong for Immunity and Pain Management</b>	<b>1 credit</b>
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	
<b>OM7411 TCM Cancer Therapeutics 1</b>	<b>2 credits</b>
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	
<b>OM7412 TCM Cancer Therapeutics 2</b>	<b>2 credits</b>
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	
<b>OM7415 Advanced Acupuncture Techniques for Pain</b>	<b>2 credits</b>
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	
<b>DAOM Clinic</b>	
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.	
<b>OM7800 Clinic Entry for Supervisors</b>	<b>1 credit</b>
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	
<b>OM7805 Clinic Supervision 1</b>	<b>2 credits</b>
See description preceding OM7800. Prerequisite: Concurrent with OM7800, Admission to DAOM program	
<b>OM7806 Clinic Supervision 2</b>	<b>2 credits</b>
See description preceding OM7800. Prerequisite: OM7805	
<b>OM7811 Oncology Clinic 1</b>	<b>2 credits</b>
See description preceding OM7800. Prerequisite: completion of or concurrent with BC7105 and OM7412	
<b>OM7812 Oncology Clinic 2</b>	<b>2 credits</b>
See description preceding OM7800. Prerequisite: OM7811	
<b>OM7813 Oncology Clinic 3</b>	<b>2 credits</b>
See description preceding OM7800. Prerequisite: OM7812	

<b>OM7814 Oncology Clinic 4</b>	<b>2 credits</b>
See description preceding OM7800. Prerequisite: OM7813	
<b>OM7821 Pain Clinic 1</b>	<b>2 credits</b>
See description preceding OM7800. Prerequisite: OM7110, OM7401	
<b>OM7822 Pain Clinic 2</b>	<b>2 credits</b>
See description preceding OM7800. Prerequisite: OM7821	
<b>OM7823 Pain Clinic 3</b>	<b>2 credits</b>
See description preceding OM7800. Prerequisite: OM7822	
<b>OM7901, OM7902, OM7903 Independent Study</b>	<b>variable credit</b>
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	
<b>Research Practicum 1-3</b>	
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.	
<b>OM8101 Research Practicum 1</b>	<b>2 credits</b>
See description above. Prerequisites: TR5128, Admission to DAOM program	
<b>OM8102 Research Practicum 2</b>	<b>2 credits</b>
See description preceding OM8101. Prerequisite: OM8101	
<b>OM8103 Research Practicum 3</b>	<b>2 credits</b>
See description preceding OM8101. Prerequisite: OM8102	
<b>OM8199 Capstone Continuation</b>	<b>0 credits</b>
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	
<b>OM8810 China Studies</b>	<b>12 credits</b>
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	
<b>OM8901, OM8902, OM8903 Independent Study</b>	<b>variable credit</b>
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	
<i>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.</i>	
<b>OM9101 Overview of TCM and Physics</b>	<b>3 credits</b>
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	
<b>Qi Gong Elective Series</b>	
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

---

<b>OM9400 Tai Chi 2</b>	<b>1 credit</b>
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	
<b>OM9402 Qi Gong 2</b>	<b>1 credit</b>
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	
<b>OM9403 Tai Chi Sword</b>	<b>1 credit</b>
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	
<b>OM9404 Tai Chi Saber</b>	<b>1 credit</b>
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	
<b>OM9420 Specialized Approaches in Acupuncture Therapy: Acupuncture Detox Training</b>	<b>2 credits</b>
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	
<b>OM9815 Advanced Point Location</b>	<b>2 credits</b>
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.	
<b>OM9817 Advanced Clinician Shift</b>	<b>2 credits</b>
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	
<b>Clinical Elective 1-3</b>	
Students may take Clinical shifts as elective credit by permission of the dean.	
<b>OM9821 Clinical Elective 1</b>	<b>2 credits</b>
See description above. Prerequisite: Permission of dean	
<b>OM9822 Clinical Elective 2</b>	<b>2 credits</b>
See description preceding OM9821. Prerequisite: Permission of dean	
<b>OM9823 Clinical Elective 3</b>	<b>2 credits</b>
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

<b>PS7122 Thesis Advisement 2</b>	<b>2 credits</b>
Continuation of Psychology Thesis 1. Prerequisite: PS7121	
<b>PS7123 Thesis Advisement 3</b>	<b>2 credits</b>
Continuation of Psychology Thesis 2. Prerequisite: PS7122	
<b>PS7129 Career Counseling</b>	<b>3 credits</b>
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	
<b>PS7200 Psychological Assessment</b>	<b>2 credits</b>
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	
<b>PS7203 Addictions and Disorders</b>	<b>2 credits</b>
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	
<b>PS7315 Naturopathic Counseling 3</b>	<b>2 credits</b>
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)	
<b>PS7801 Clinic Shift 1: Nutrition/Clinical Health Psychology</b>	<b>2 credits</b>
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	
<b>PS7802 Clinic Shift 2: Nutrition/Clinical Health Psychology</b>	<b>2 credits</b>
This shift is a supervised nutrition practicum, emphasizing nutritional assessment, nutritional counseling, interviewing and chart documentation. Prerequisites: PS5301, PS5110, PS7801	
<b>PS7803 Clinic Shift 3: Nutrition/Clinical Health Psychology</b>	<b>2 credits</b>
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	
<b>PS7805 MSN/CHP Practicum 1</b>	<b>2 credits</b>
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	
<b>PS7806 MSN/CHP Practicum 2</b>	<b>2 credits</b>
A continuation of MSN/CHP Practicum 1. Prerequisite: PS7801, PS7802, PS7803 and PS7805	
<b>PS7807 MSN/CHP Practicum 3</b>	<b>2 credits</b>
A continuation of MSN/CHP Practicum 2. Prerequisite: PS7801, PS7802, PS7803 and PS7806	

<b>PS7811 Practicum Seminar 1: Nutrition/Clinical Health Psychology</b>	<b>1 credit</b>
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	
<b>PS7812 Practicum Seminar 2: Nutrition/Clinical Health Psychology</b>	<b>1 credit</b>
A continuation of Practicum Seminar 1. Prerequisite: PS7811, concurrent enrollment in PS7806	
<b>PS7813 Practicum Seminar 3: Nutrition/Clinical Health Psychology</b>	<b>1 credit</b>
A continuation of Practicum Seminar 2. Prerequisite: PS7812, concurrent enrollment in PS7807	
<b>PS7901, PS7902, PS7903 Independent Study</b>	<b>variable credit</b>
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	
<b>Bastyr Center for Natural Health - Counseling Specialty Shift</b>	<b>2 credits</b>
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	
<b>PS8110 Counseling in Chronic Pain and Chronic/ Terminal Illness</b>	<b>3 credits</b>
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	
<b>PS9101 Death and Dying</b>	<b>2 credits</b>
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	
<b>PS9103 Ecopsychology</b>	<b>2 credits</b>
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	
<b>PS9105 Psychoneuroimmunology</b>	<b>2 credits</b>
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	
<b>PS9106 Psychology of Dreams</b>	<b>2 credits</b>
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

**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.

<b>TR2101 Introduction to Human Nutrition</b>	<b>3 credits</b>
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	
<b>TR3111 Nutrition Throughout Life (hybrid online/onsite course)</b>	<b>3 credits</b>
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	
<b>TR3115 Introduction to Food Science</b>	<b>2 credits</b>
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	
<b>TR3117 Experimental Foods Lecture</b>	<b>4 credits</b>
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	
<b>TR3118 Experimental Foods Lab</b>	<b>1 credit</b>
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	
<b>TR3121 Culinary Skills 1: Soups and Seasonings with Intuition</b>	<b>2 credits</b>
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	
<b>TR3122 Culinary Skills 2: Suppers and Desserts with Originality</b>	<b>2 credits</b>
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	
<b>TR3141 Therapeutic Cooking 1: Maintaining Health</b>	<b>2 credits</b>
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	
<b>TR3142 Therapeutic Cooking 2: Illness and Recovery</b>	<b>2 credits</b>
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	
<b>TR3152 Cooking Demonstration</b>	<b>2 credits</b>
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	

<b>TR3153 Writing About Food and Health</b>	<b>2 credits</b>
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	
<b>TR3163 The Business of Cooking</b>	<b>3 credits</b>
Personal cheffing, private cheffing, 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	
<b>TR4100 Intro to Research Methods (hybrid online/onsite course)</b>	<b>3 credits</b>
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	
<b>TR4103 Whole Foods Production</b>	<b>3 credits</b>
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	
<b>TR4107 Advanced Nutrition Principles 1</b>	<b>4 credits</b>
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	
<b>TR4108 Advanced Nutrition Principles 2</b>	<b>2 credits</b>
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	
<b>TR4113 Nutritional Supplements and Herbs</b>	<b>3 credits</b>
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	
<b>TR4117 Nutrition, Physical Activity and Disease</b>	<b>5 credits</b>
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	
<b>TR4118 Cultural Perspectives on Foods</b>	<b>2 credits</b>
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	
<b>TR4124 Culinary Skills 3: Appetizers and Entrees with Beauty</b>	<b>2 credits</b>
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	

<b>TR4126 Community Nutrition/Nutrition Education</b>	<b>5 credits</b>
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	
<b>TR4132 Quantity Food Production</b>	<b>3 credits</b>
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	
<b>TR4140 Ecological Aspects of Nutrition</b>	<b>2 credits</b>
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	
<b>TR4205 Nutritional Analysis and Assessment</b>	<b>3 credits</b>
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	
<b>TR4207 Nutritional Counseling</b>	<b>2 credits</b>
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	
<b>TR4805 Nutrition Education Practicum</b>	<b>2 credits</b>
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	
<b>TR4820 Culinary Practicum</b>	<b>4 credits</b>
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	
<b>TR4901, TR4902, TR4903 Independent Study</b>	<b>variable credit</b>
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	
<b>TR5100 Biostatistics</b>	<b>4 credits</b>
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.	
<b>TR5101 Whole Foods Production</b>	<b>3 credits</b>
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	

<b>TR5104 Research Methods in Health Sciences</b>	<b>3 credits</b>
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	
<b>TR5115 Food Science</b>	<b>5 credits</b>
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	
<b>TR5120 Advanced Nutrition: Macronutrients</b>	<b>5 credits</b>
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	
<b>TR5124 Advanced Nutrition: Micronutrients</b>	<b>5 credits</b>
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	
<b>TR5128 Applied Research Skills</b>	<b>3 credits</b>
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	
<b>TR5132 Applied Statistical Analysis</b>	<b>2 credits</b>
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	
<b>TR5136 Nutrition in the Life Cycle (hybrid online/onsite course)</b>	<b>3 credits</b>
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	
<b>TR5140 Advanced Nutrition: Bioactive Compounds in Foods</b>	<b>3 credits</b>
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	
<b>TR5207 Nutritional Counseling</b>	<b>2 credits</b>
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	

<b>TR5320 Nutrition Assessment and Therapy 1</b>	<b>5 credits</b>
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	
<b>TR5321 Nutrition Assessment and Therapy 2</b>	<b>5 credits</b>
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	
<b>TR5803 Nutrition Clinic Entry</b>	<b>1 credit</b>
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 HIPPA training. Prerequisites: TR5207 or PS5301, TR5320, admission into MSN/DPD or MSN/CHP program, or permission of instructor. Corequisite: TR5321 or PS6315	
<b>TR5901, TR5902, TR5903 Independent Study</b>	<b>variable credit</b>
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	
<b>TR6100 Nutritional Supplementation</b>	<b>4 credits</b>
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	
<b>TR6105 Nutrition and Dietary Systems</b>	<b>3 credits</b>
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	
<b>TR6111 Contemporary Nutrition: Global and Ecological Issues</b>	<b>2 credits</b>
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	
<b>TR6114 Thesis</b>	<b>variable to 12 credits</b>
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 <i>Master's Thesis Handbook</i> . Prerequisites: TR5100, TR5104, TR5128	
<b>TR6116 Thesis Seminar</b>	<b>1 credit</b>
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)	

<b>TR6122 Contemporary Nutrition: Community and Culture</b>	<b>3 credits</b>
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	
<b>TR6133 Contemporary Nutrition: Public Health</b>	<b>3 credits</b>
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	
<b>TR6199 Thesis Continuation</b>	<b>0 credits</b>
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)	
<b>TR6310 Foods, Dietary Systems and Assessment</b>	<b>3 credits</b>
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	
<b>TR6311 Macro and Micronutrients</b>	<b>3 credits</b>
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	
<b>Clinic Nutrition Practicum 1-2</b>	
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.	
<b>TR6811 Clinic Nutrition Practicum 1</b>	<b>2 credits</b>
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	
<b>TR6812 Clinic Nutrition Practicum 2</b>	<b>2 credits</b>
See description above. Prerequisite: TR6811 and meeting criteria for professional behavior and attitudes	
<b>TR6901, TR6902, TR6903 Independent Study</b>	<b>variable credit</b>
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	

<b>TR8401 Nutrition Issues in Cancer Care</b>	<b>3 credits</b>
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	
<b>TR9106 Quilliascut Culinary Farm Experience</b>	<b>2 credits</b>
This is a one-week, onsite course at the Quilliascut 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	
<b>TR9107 Ayurvedic Nutrition – Principles and Practices</b>	<b>2 credits</b>
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	
<b>TR9118 Food and Society (hybrid online/onsite course)</b>	<b>2 credits</b>
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	
<b>TR9130 Obesity &amp; Obesity Related Diseases</b>	<b>2 credits</b>
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	
<b>TR9139 Entrepreneurial Nutrition (hybrid online/onsite course)</b>	<b>2 credits</b>
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	
<b>Special Topics in Nutrition 1-2</b>	
These special topics, offered periodically, explore trends, developments and specific topical areas in human nutrition. Topics vary and are not necessarily offered every year.	
<b>TR9511 Special Topics in Nutrition 1</b>	<b>2 credits</b>
See description above. Prerequisite: Variable according to topic	
<b>TR9512 Special Topics in Nutrition 2</b>	<b>2 credits</b>
See description preceding TR9511. Prerequisite: Variable according to topic	
<b>TR9801-9804 Clinic Practicum Elective</b>	<b>2 credits</b>
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	

# Officers

President

Daniel K. Church, PhD

Senior Vice President and Provost

Timothy C. Callahan, PhD

Vice President for Finance and Administration

Sheldon R. Haber, BA, BS

Vice President for Student Affairs

Susan L. Weider, MS

# Board of Trustees

Samuel L. Anderson, JD

Northwestern School of Law,

Lewis and Clark College

(Vice-Chair)

Margaret Brevoort

University of Connecticut

Daniel K. Church, PhD

University of Washington

(University President)

John Cunningham, BA, CPA

University of Washington

(Treasurer)

Moira Fitzpatrick, ND, PhD

Bastyr University

California School of Professional Psychology

Jon Flora, BA

Whitworth College

(Chair)

Samer Koutoubi, MD, PhD

Florida International University

Cluj-Napoca University, Romania

David Lang, BBA

Stephen F. Austin State University

Steven G. Olswang, JD, PhD

University of Illinois

University of Washington

Pamela Rolfe, BA

University of Arizona  
Secretary  
The Honorable Paull Shin, PhD  
University of Washington

# Directions to Bastyr Campus and Bastyr Center

BASTYR UNIVERSITY  
14500 Juanita Drive NE  
Kenmore, Washington 98028-4966  
425.823.1300

BASTYR CENTER FOR NATURAL HEALTH  
3670 Stone Way North  
Seattle, WA 98103  
206.834.4100

## DRIVING DIRECTIONS TO BASTYR CENTER FOR NATURAL HEALTH

### FROM I-5 (*NORTH OR SOUTH*)

1. Take the 45<sup>th</sup> Street exit just north of Hwy. 520 and turn to the west.
2. Proceed west on 45<sup>th</sup> Street to Stone Way.
3. Turn left onto Stone Way and proceed approximately seven blocks south. The clinic is located at 3670 Stone Way North at the southeast corner of Stone Way and North 38<sup>th</sup> Street.
4. Parking is available on the street. Underground parking is reserved for patients.

## DRIVING DIRECTIONS TO BASTYR CAMPUS

### SOUTHBOUND ON I-5 (*FROM VANCOUVER, B.C.*)

1. Take EXIT 177 (Lake Forest Park) onto Ballinger Road NE.
2. Follow Ballinger Road NE for about 3 miles to Hwy 522, also called Bothell Way.
3. Turn LEFT on Hwy 522/Bothell Way to 68th Avenue NE in Kenmore.
4. Turn RIGHT on 68th Ave NE, which becomes Juanita Drive NE, and follow it south to sign on the right indicating Bastyr University (NE 145th).
5. Turn RIGHT and follow drive until it forks. Continue straight ahead until you reach Bastyr University.

### NORTHBOUND ON I-5 (*FROM PORTLAND*)

1. Take EXIT 175 (NE 145th) and turn RIGHT at the end of the exit ramp onto NE 145th.
2. Follow NE 145th to Hwy 522/Bothell Way.
3. Follow instructions #3-5 above.

### SOUTHBOUND ON I-405

1. Take EXIT 23/Hwy 522 (third Bothell exit).
2. Follow Hwy 522 west to 68th Ave NE in Kenmore.
3. Turn LEFT; continue on 68th Ave NE which becomes Juanita Drive NE. Follow it south to sign on the RIGHT indicating Bastyr University.
4. Turn RIGHT and follow drive until it forks. Continue straight ahead until you reach Bastyr University.

### NORTHBOUND ON I-405

1. Take EXIT 20A (NE 116th) and turn LEFT at the end of the exit ramp onto NE 116th (this is a northbound exit only).
2. Follow NE 116th to the second signal light (98th Ave NE) and continue through this intersection. You are now on Juanita Drive NE.
3. Follow Juanita Drive NE for 4 miles to sign on your LEFT indicating Bastyr University (NE 145th).
4. Turn LEFT and follow drive until it forks. Continue straight ahead until you reach Bastyr University.

# Index

academic calendar .....	inside back cover
academic dismissal .....	13
academic policies/procedures .....	13
academic suspension policy .....	13
accreditation.....	4
acupuncture and oriental medicine school (aom).....	30
academic status and graduation requirements .....	34
administrators .....	30
admissions/required abilities .....	31
china studies .....	33
chinese herbal medicine certificate .....	38, 100
clinic .....	33
combined bs/ms.....	32
course descriptions .....	115
curriculum .....	35
daom program .....	39
mission statement .....	30
msa .....	32, 35
msaom .....	33, 36
prerequisites .....	32, 33
recognition and licensure.....	30
ada services .....	9
admissions - general (see also program pages).....	23
advanced standing status.....	25, 73
alumni services .....	8
application deadlines/acceptance .....	24
attendance policy .....	14
ayurvedic medicine course descriptions.....	90
basic sciences department .....	44
courses.....	90
bastyr center for natural health (clinic).....	12, 88
board of trustees.....	140
bookstore.....	9
botanical medicine department .....	74
course descriptions .....	95
mission and vision.....	66
cadaver anatomy .....	44
career center.....	8
center for interdisciplinary studies.....	22
center for spirituality, science and medicine .....	22
chinese herbal medicine certificate program.....	38
course descriptions .....	100
clinic residency programs .....	88
continuing education.....	21
counseling and health psychology .....	45
bs with a major in health psychology .....	45
courses.....	125
curriculum .....	34, 73
counseling center .....	8
course additions/withdrawals .....	7
credit loads.....	14
criminal background checks .....	15
deadlines for awarding degrees.....	16
deferral of enrollment .....	25
degree and certificate requirements .....	16

deposits .....	24
didactic program in dietetics/courses .....	54, 61, 132
dietetic internship/courses .....	62, 102
directions.....	141
diversity awareness .....	20
dual track nd/aom.....	41, 82
electives .....	35, 76
external clinic sites.....	12
facilities.....	11
faculty .....	20, 41, 64, 85
fees .....	10
financial aid.....	7, 27
financial policies .....	10
food services .....	9
gainful employment compliance.....	27
global competencies.....	4
grading policy .....	17
health care services .....	9
health psychology program.....	45
admission/prerequisites .....	45
course descriptions .....	125
curriculum .....	46
herbal sciences program.....	66
admission/prerequisites .....	67
course descriptions .....	95
curriculum .....	67
holistic landscape design certificate.....	68
homeopathic medicine department .....	75
course descriptions .....	104
housing.....	8
immunization policy .....	15
independent study .....	19
interdisciplinary studies .....	105
international students .....	9, 26
interviews.....	24, 72
legal structure of university .....	4
library.....	22
massage intensive .....	29, 34, 47, 57, 68, 75
marketing & media .....	8
midwifery department.....	47
midwifery bs/combined bs/ms.....	47
admissions/prerequisites .....	48
courses .....	105
curriculum.....	49
natural health arts and sciences school.....	43
administrators .....	43
midwifery department .....	47
naturopathic medicine program .....	69
admissions .....	70
advanced standing .....	73
clinic requirements .....	75
course descriptions .....	109
curriculum .....	76
definition .....	69
dual track nd/aom.....	82
electives.....	76
departments within nd .....	74
graduation requirements .....	75

legal status and licensure .....	70
prerequisites .....	71
principles .....	70
professional organizations .....	70
scope of practice .....	70
tracks .....	76
transfer students.....	73
naturopathic medicine school.....	66
administrators .....	66
mission and vision .....	66
bs with a major in herbal sciences .....	66
certificate in holistic landscape design .....	68
non-academic separation.....	14
nondegree/nonmatriculated students .....	23
nutrition and exercise science department .....	51
bs with a major in nutrition .....	52
admissions/prerequisites/grad requirements .....	52
curriculum.....	52
bs with a major in exercise science and wellness .....	53
admissions/grad requirements.....	53
curriculum.....	53
bs with a major in nutrition/dpd .....	54
admissions/prerequisites/grad requirements .....	54
curriculum.....	55
bs with a major in nutrition and exercise science .....	56
admissions/grad requirements.....	56
curriculum.....	56
bs with a major in nutrition and culinary arts .....	56
admissions/grad requirements.....	57
curriculum.....	57
course descriptions–exercise science .....	102
course descriptions–nutrition .....	134
course descriptions–dpd .....	132
dietetic internship/courses .....	62, 102
msn (research) .....	58
admissions/prerequisites/grad requirements .....	58
curriculum.....	58
ms nutrition and clinical health psychology .....	59
admissions/prerequisites/grad requirements .....	59
curriculum.....	60
msn/dpd .....	61
accreditation.....	62
admissions/prerequisites/grad requirements .....	61
curriculum.....	62
officers of university .....	140
parking and transportation .....	10
physical medicine department.....	75
course descriptions .....	123
post-baccalaureate preparatory program .....	23
psychology .....	45
quarter system .....	7
refunds .....	11, 144
registration .....	7
research .....	21
schools	
acupuncture and oriental medicine .....	30
natural health arts and sciences .....	43
naturopathic medicine .....	66

selection factors .....	24
student affairs.....	7
student body.....	6
student participation.....	6
student resource center.....	8
transfer students .....	25, 32, 73
transfer, waiver and substitution policy .....	19
tuition.....	10
tutoring services.....	8
undergraduate programs .....	28
academic probation, suspension and dismissal.....	29
double majors.....	28
full-time expectations.....	28
majors.....	28
remediation in public speaking.....	29
university mission/vision statements .....	3
visiting campus .....	5

## Federal Refund Requirements

The refund schedule below has been established in keeping with federal refund requirements for students withdrawing from school:

Week of the Quarter	% Refund for Course Withdrawals <sup>1</sup>	% Refund for Complete Withdrawals <sup>2</sup>
1 <sup>st</sup>	100%	100%
2 <sup>nd</sup>	90%	90%
3 <sup>rd</sup>	50%	80%
4 <sup>th</sup>	50%	70%
5 <sup>th</sup>	25%	60%
6 <sup>th</sup>	25%	50%
7 <sup>th</sup> through 8 <sup>th</sup>	0	0

Refunds related to course and full withdrawal from summer quarter are different and published in the summer quarter academic calendar, available on MyBU. After the first week of the quarter, course withdrawals are accompanied by a “W” grade on the transcript (except in the case of courses that have not yet begun).

<sup>1</sup>All courses (including weekend intensive courses) follow this refund schedule. Courses may not be dropped after the course has ended (example: weekend intensive and non-traditionally scheduled courses). Courses may only be added in the first week of the quarter (with the exception of weekend intensive courses). In order to manage patient scheduling, the University strongly discourages students from dropping clinic shifts. Students who drop a clinic shift before the quarter may be assessed a financial penalty. Once the quarter has begun, there is no refund for shift withdrawals (except in the case of family or medical emergencies). Please see the clinic registration staff, in the registrar’s office, for more information regarding clinic shift changes.

<sup>2</sup>Calculated by hand.

## Calendar Notes

<sup>1</sup>In fall quarter only, first-year naturopathic medicine classes begin a week earlier to accommodate midterms week, when students take exams but do not have other scheduled classes. Midterms week is 10/24-

28/11.

<sup>2</sup>During interim clinic, all clinic services run normally. Interim clinic is required; exceptions must be approved in advance. Students staff the shifts in which they were registered, in the quarter just ended.

<sup>3</sup>During clinic closure, the clinic does not offer patient visits, but appointment phones and dispensary are open (except when one of the clinic closure days falls on a paid holiday). Appointment phones and dispensary hours may be altered from their standard operating hours. The clinic is closed on all official University holidays.

<sup>4</sup>Bastyr community day is focused on the health and well-being of members of the Bastyr community. Activities are scheduled for the afternoon and classes and clinic shifts are cancelled from noon - 5 p.m. so that members of the community can participate.

<sup>5</sup>Although religious holidays are NOT official University holidays, the University's policy is to attempt to accommodate the observance of religious practices. Students are responsible for the material covered but will not have religious absences count against any attendance requirement. Students observing such holidays are required to notify faculty during the first week of classes and find substitutes for clinic shifts affected. Students should follow the reschedule exam procedures in the event an exam falls on a religious holiday.

The following are the major religious holidays in the coming academic year (holidays that occur during break periods are not listed): Jewish (holidays begin at sunset of the first day listed and continue through sunset of the final day listed): 9/28-29/11, 10/7-8/11. Christian: 4/6/12, 4/8/12. Bastyr University schedules clinical training and occasional required courses or intensives on weekends. Students who have religious restrictions against attending classes on weekends must contact their program chair or dean, in advance, when such a conflict occurs. Efforts will be made to resolve such conflicts, but a resolution cannot be guaranteed.

Revised: July 2011

The calendar is subject to change without notice.

## Academic Calendar For 2011-2012

	FALL 2011	WTR 2012	SP 2012	SU 2012
Orientation	9/13-15 for ND students, 9/20-21 for other students			
Classes Start for First Year Midwifery Students	9/12	1/2	4/2	7/9
Classes Start for First Year ND Students	9/19 <sup>1</sup>	1/2	4/2	7/9
Classes/Clinic Start for All Others/Payment Due	9/26	1/2	4/2	7/9 (Clinic 6/25)
Convocation	9/26 (9:00 a.m.)			
Last Day to Withdraw with a W Grade	11/18	2/24	5/25	8/17
Classes End	12/2	3/9	6/8	8/31
Final Exams End	12/9	3/16	6/15	8/31
Clinic Ends	12/10	3/17	6/16	9/8
Interim Clinic <sup>2</sup>	12/12-23	3/19-24		9/10-15
Commencement Ceremony			6/18	
Clinic Closure <sup>3</sup>	12/24-31	3/26-31	6/18-23	9/17-22
Bastyr Community Day <sup>4</sup>			4/11	
Official Holidays <sup>5</sup>	11/24-26	1/16, 2/20	5/28	7/4, 9/3
Priority Applications Due–ND, Midwifery & MSN Programs	2/1			
Priority Applications Due–all other BS/MS Programs	3/15			
Financial Aid Application Priority Due Date			4/1	

*See notes on facing page.*