******

***Spring 2022-23***

NUNM **ELECTIVES**: ALL PROGRAMS

***Classes are open to all NUNM graduate/doctoral students who meet course prerequisites.***

Classical Chinese Medicine

CM35E – Shiatsu III (1.5 credits)

KING | IN PERSON | FRI 2 – 5 p | ROOM 320

Shiatsu III, the short-form practicum, integrates the material learned in Shiatsu I and II. In a mock clinical approach to classroom learning, students bring a different volunteer client to class each week to give them a shiatsu massage. The instructor circulates and provides individualized feedback during each session. The short form constitutes the basic framework for the clinical practice of shiatsu, and by the end of the term the student should be capable of performing it professionally in about an hour and a quarter. *Prerequisite(s):* [*CM 25E*](https://catalog.nunm.edu/content.php?filter%5B27%5D=-1&filter%5B29%5D=&filter%5Bcourse_type%5D=-1&filter%5Bkeyword%5D=CM+35E+&filter%5B32%5D=1&filter%5Bcpage%5D=1&cur_cat_oid=6&expand=&navoid=491&search_database=Filter&filter%5Bexact_match%5D=1#tt5290)*.* *Note:* *Additional fee required.*

CM74E – Advanced Point Location and Techniques I (1.5 credits)

MCINTYRE | IN PERSON | TUES 5 - 7 p | ROOM 320

Students advance their acupuncture skills through a combined didactic and practical approach to anatomically based point location and needling. Open to CMR and Interns only. *Prerequisite(s):* [*CM 634*](https://catalog.nunm.edu/content.php?filter%5B27%5D=-1&filter%5B29%5D=&filter%5Bcourse_type%5D=-1&filter%5Bkeyword%5D=CM+74E+&filter%5B32%5D=1&filter%5Bcpage%5D=1&cur_cat_oid=5&expand=&navoid=361&search_database=Filter&filter%5Bexact_match%5D=1#tt9829).

Naturopathic Medicine

NDEB5130E –NW Herbs II (2 credits)

PETERSON | IN PERSON | TUES 3 – 5 p | ROOM 207

These courses cover local plant identification, ethical harvesting, drying techniques, and preparation of herb tinctures, oils, salves and many other therapeutic preparations. Traditional, historical and scientific uses of plants are explained. Students are encouraged to develop an appreciation for plants that is not limited to seeing them as medicinal agents. Each term includes outdoor field trips to enhance the study of plants. *Note: Additional fee required.*

NDEC7330E –Transgender Health & Gender Transition (1 credit)

ERMAC | IN PERSON | SAT 5/13/23 & SAT 5/20/23, 9:00 am – 2:00 pm | ROOM 107

This course provides an in-depth description of transgender identities and terminology, including firsthand accounts of the transgender experience. Students gain an extensive understanding of endocrinology and reproductive health in the context of cross-gender hormone transition; and naturopathic, herbal and acupuncture point support for patients in various stages of gender transition; surgical options are also discussed. *Prerequisite(s):* [*CLS 7310*](https://catalog.nunm.edu/content.php?filter%5B27%5D=-1&filter%5B29%5D=&filter%5Bcourse_type%5D=-1&filter%5Bkeyword%5D=NDEC+7330E&filter%5B32%5D=1&filter%5Bcpage%5D=1&cur_cat_oid=6&expand=&navoid=491&search_database=Filter#tt9791)*.*

NDEC7341E –Sleep Health and Disorders (2 credits)

DARLEY | IN PERSON | SAT 5/20 (10:30 a - 5:30 p) & SUN 5/21 (8:30 a - 3:30 p)| ROOM 310

Healthy sleep is imperative for overall good health. This course begins with sleep and circadian physiology and normal sleep throughout the life span. Then the six primary categories of sleep disorders are covered. Cases are presented with time for discussion and work-up of the differential diagnosis. Women’s sleep health and the interaction between sleep and other disorders is included. The course concludes with information on ways to promote healthy sleep, botanical and nutrition approaches, and common pharmaceuticals. *Prerequisite(s):* [*BAS 5130*](https://catalog.nunm.edu/search_advanced.php?cur_cat_oid=2&ecpage=1&cpage=1&ppage=1&pcpage=1&spage=1&tpage=1&search_database=Search&filter%5Bkeyword%5D=NDEC7341E+&filter%5B3%5D=1&filter%5B31%5D=1&filter%5B1%5D=1&filter%5B28%5D=1&filter%5B30%5D=1#tt2816)*.*

NDEC7342E –Advanced Gastroenterology (2 credits)

SANDBERG-LEWIS & SIEBECKER | IN PERSON | TUES 2 - 4 p | ROOM 220

This course explores certain key disorders of the digestive tract with a focus on the small intestine (bacterial overgrowth), inflammatory bowel disease, and altered GI anatomy. Physical exam, lab and imaging studies, management of these disorders, as well as optimization of the digestive function are emphasized through lecture and case discussions. *Prerequisite(s):* [*CLS 6230*](https://catalog.nunm.edu/content.php?filter%5B27%5D=-1&filter%5B29%5D=&filter%5Bcourse_type%5D=-1&filter%5Bkeyword%5D=NDEC+7342E&filter%5B32%5D=1&filter%5Bcpage%5D=1&cur_cat_oid=6&expand=&navoid=491&search_database=Filter#tt7359)*.*

NDEC7351E –Point-of-Care Ultrasound (2.50 credits)

LOK | IN PERSON | MON 4 – 6 p | ROOM 204

Students learn to use Point-of-Care Ultrasound (POCUS) to diagnose common clinical entities in the provider’s office. Students are taught to rule out conditions including, but not limited to: DVT, cholecystitis, AAA, ovarian cysts, hydronephrosis, fractures and pneumonia; and to diagnose various musculoskeletal conditions. *Note: Additional fee required.*

NDER7340E –Natural Childbirth III: Labor and Delivery(3 credits)

GIBBONS & ZIEMAN | IN PERSON | WEDS 1 - 4 p | ROOM 202

This course prepares students to provide support and safety to the birthing family through labor and the emergence of the new baby. Films of normal labor and birth are used to enhance lectures on the techniques of monitoring the fetal/maternal condition and the progress of the labor. Complications of labor and birth are examined, and the hands-on skills required for response to those situations are discussed and demonstrated. *Prerequisite(s):* [*CLS 7310*](https://catalog.nunm.edu/search_advanced.php?cur_cat_oid=2&ecpage=1&cpage=1&ppage=1&pcpage=1&spage=1&tpage=1&search_database=Search&filter%5Bkeyword%5D=NDER7340E&filter%5B3%5D=1&filter%5B31%5D=1&filter%5B1%5D=1&filter%5B28%5D=1&filter%5B30%5D=1#tt9467)*.*

NDER7341E –Advanced Gynecology: Infertility and Endocrinology (2.50 credits)

WINDSTAR | ONLINE SYNCHRONOUS | MON 12 - 1 p

Students learn to assess/evaluate, treat and manage medical conditions related to endocrinology in women’s health care. This includes: infertility, secondary amenorrhea, thyroid disease, hyperprolactinemia, adrenal dysfunction, premature ovarian failure, polycystic ovary syndrome, luteal phase defect, conditions that present with anovulation, hypothalamic dysfunction, age-related infertility, obesity and diabetes. *Prerequisite(s): CLS 7310.*

NDER8440E – Natural Childbirth VI: Special Topics(1 credit)

GRABOWSKA | IN PERSON | TUES 8 – 10 a | Room 202

This seminar provides students with the opportunity to research topics of special interest and share information with colleagues. Topics presented by the course instructors include developing childbirth education classes, counseling and grief in pregnancy loss, and adoption. Additionally, this course covers water births, working with related social agencies, and intubation training. *Prerequisite(s):* [*CLS 7310*](https://catalog.nunm.edu/content.php?filter%5B27%5D=-1&filter%5B29%5D=&filter%5Bcourse_type%5D=-1&filter%5Bkeyword%5D=NDER+8440E&filter%5B32%5D=1&filter%5Bcpage%5D=1&cur_cat_oid=6&expand=&navoid=491&search_database=Filter&filter%5Bexact_match%5D=1#tt3380).

NDER8441E – Natural Childbirth VII: Legal Aspects(1 credit)

GIBBONS | IN PERSON | WEEKS 1-6, THURS 8 – 10 a / Room 202

Medical, legal and malpractice issues are discussed with respect to different states, as well as requirements for licensure.

NDET5130E – Bodywork II: Advanced Massage(1 credit)

MATHER | IN PERSON | MON 1 – 4 p | ROOM 220

Bodywork II covers advanced massage techniques—trigger point work and therapeutic touch. Students learn by giving and receiving treatments in supervised hands-on classes. *Prerequisite(s):* [*NDET 5120E.*](https://catalog.nunm.edu/content.php?filter%5B27%5D=-1&filter%5B29%5D=&filter%5Bcourse_type%5D=-1&filter%5Bkeyword%5D=Massage+Foundations&filter%5B32%5D=1&filter%5Bcpage%5D=1&cur_cat_oid=5&expand=&navoid=361&search_database=Filter&filter%5Bexact_match%5D=1#acalog_template_course_filter) *Note:* *Additional fee required.*

NDET5140E –Bodywork III:Energy Work (1 credit)

MATHER | IN PERSON | THURS 4 – 7 p | ROOM 220

|  |
| --- |
| Bodywork III teaches students to open, become sensitive to, and develop their energy work. This is taught in several ways, including subtle energy techniques and the vocabulary of energy. Respect for personal boundaries is emphasized. *Prerequisite(s):* [*NDET 5130E*](https://catalog.nunm.edu/search_advanced.php?cur_cat_oid=2&ecpage=1&cpage=1&ppage=1&pcpage=1&spage=1&tpage=1&search_database=Search&filter%5Bkeyword%5D=NDET5140E&filter%5B3%5D=1&filter%5B31%5D=1&filter%5B1%5D=1&filter%5B28%5D=1&filter%5B30%5D=1#tt655)*.* *Note:* *Additional fee required* |

NDET6230E –Mindful Self-Compassion (2 credits)

WINDSTAR | SECT 01 | IN PERSON | TUES 1 – 3:20 p & SAT (DATE TBD) 1 – 3:20 p | ROOM 305

This is an eight-week course with a half-day silent retreat designed to explicitly teach skills of self-compassion. This experiential course uses meditations, informal practice, group discussion and dyads, and homework exercises. A variety of guided meditations (loving-kindness, affectionate breathing, giving and receiving meditation [11 meditations total]), informal practices for use in daily life (soothing touch, self-compassionate letter writing, compassionate listening, self-compassion for care givers [18 total]) are taught and practiced. Self-compassion is evoked during the classes using experiential exercises, and home practices are taught to help develop the habit of self-compassion. Students will be asked to incorporate evidence-based literature into reflective journals.

NDET6230E –Mindful Self-Compassion (2 credits)

WINDSTAR | SECT 02 | ONLINE SYNCHRONOUS| FRI 10:30 a – 1 p & SUN 5/14/23 10 a – 2 p

This is an eight-week course with a half-day silent retreat designed to explicitly teach skills of self-compassion. This experiential course uses meditations, informal practice, group discussion and dyads, and homework exercises. A variety of guided meditations (loving-kindness, affectionate breathing, giving and receiving meditation [11 meditations total]), informal practices for use in daily life (soothing touch, self-compassionate letter writing, compassionate listening, self-compassion for care givers [18 total]) are taught and practiced. Self-compassion is evoked during the classes using experiential exercises, and home practices are taught to help develop the habit of self-compassion. Students will be asked to incorporate evidence-based literature into reflective journals.

NDET6250E –Nature Cure(2 credits)

MATHER | IN PERSON | THURS 1:30 – 3:30 p | ROOM 220

This class emphasizes the essence of natural medicine as taught by the founding naturopathic doctors. Students practice water and herbal therapies, poultices, Cayce treatments and other therapies on themselves and each other. There are opportunities to experience an internal cleansing/detoxification, learn practical applications, and hear case experiences of natural, safe remedies. *Note:* *Additional fee required.*

NDET6251E – Advanced Physical Medicine (1.5 credits)

WALTON | IN PERSON | WEDS 1 – 4 p | ROOM 206

This course provides an opportunity to consolidate and review physical medicine concepts and skills pertaining to the assessment and treatment of common primary care presentations. Students will review and practice cervical, lumbar, and pelvis/SI adjustment; and also, further their clinical acumen in assessment and treatment of musculoskeletal conditions that commonly present to family practice. *Prerequisite(s):* [*CLS 6210*](https://catalog.nunm.edu/search_advanced.php?cur_cat_oid=2&ecpage=1&cpage=1&ppage=1&pcpage=1&spage=1&tpage=1&search_database=Search&filter%5Bkeyword%5D=NDET6251E+&filter%5B3%5D=1&filter%5B31%5D=1&filter%5B1%5D=1&filter%5B28%5D=1&filter%5B30%5D=1#tt9730)*.*

School of Undergraduate and Graduate Studies

Ayurveda

GSA544E –Ayurvedic Yoga (2 credits)

RAJURKAR | ONLINE ASYNCHRONOUS

This course examines yoga and its eight limbs with Ayurvedic perspective. Through instruction and practice, the application of various aspects of yoga as modalities in the Ayurvedic practice (with their indications and contraindications for Tridosha-wise body types, conditions of balance and imbalance), for the objective of conservation of health, and prevention and pacification of disorders, will be explored. Selected practices of asana, mantra, mudra, bandha, breathing technique, and meditation will be covered.

GSA545E –Philosophy ofAyurveda (2 credits)

RAJURKAR | ONLINE ASYNCHRONOUS

This course provides an overview of the Ayurvedic medical system, including views on health and disease, Ayurvedic treatments, and the mission of Ayurvedic practice and practitioners. The holistic approach of Ayurveda considers the role of spirituality, the mind and emotions in health and disease. This course covers Ayurveda’s central philosophical concepts, including Pancha-mahabhoota (five basic elements), the theory of Tridosha (three functional bio-energies), Manas prakriti (constitution based on the doshas of mind), seasonal lifestyle and nutrition, and the three pillars holding life and health. An introduction to Dhatu (body tissue), Malas (body wastes), Gunas (universal qualities of matter), Agni (transformation), tastes and the digestive process are also covered.

Nutrition

GSN548E –Eating Disorders and Intuitive Eating (2 credits)

JARVIS | ONLINE SYNCHRONOUS | WEDS 8 – 9 a

Abnormal eating patterns are discussed, including bulimia, anorexia nervosa and binge eating. The course includes detailed examination of the physiology, psychology, prevention, and treatment of various eating disorders. Intuitive eating philosophy is explored to understand how the human body can signal the need for food and nutrition. *Prerequisite(s):* [*GSN 515*](https://catalog.nunm.edu/search_advanced.php?cur_cat_oid=3&search_database=Search&search_db=Search&cpage=1&ecpage=1&ppage=1&spage=1&tpage=1&location=33&filter%5Bkeyword%5D=GSN548E#tt4471)*or*[*GSNO 515*](https://catalog.nunm.edu/search_advanced.php?cur_cat_oid=3&search_database=Search&search_db=Search&cpage=1&ecpage=1&ppage=1&spage=1&tpage=1&location=33&filter%5Bkeyword%5D=GSN548E#tt9816)*,*[*GSN 517*](https://catalog.nunm.edu/search_advanced.php?cur_cat_oid=3&search_database=Search&search_db=Search&cpage=1&ecpage=1&ppage=1&spage=1&tpage=1&location=33&filter%5Bkeyword%5D=GSN548E#tt3207)*or*[*GSNO 517*](https://catalog.nunm.edu/search_advanced.php?cur_cat_oid=3&search_database=Search&search_db=Search&cpage=1&ecpage=1&ppage=1&spage=1&tpage=1&location=33&filter%5Bkeyword%5D=GSN548E#tt5801)*.*

GSN551E –Therapeutic Diets (2 credits)

ERLANDSEN | ONLINE ASYNCHRONOUS

A comprehensive examination of commonly prescribed therapeutic diets. Nutrition fundamentals, current research, and popular media views are thoroughly explored. Hands-on preparation sessions provide practical experience with each diet. *Prerequisite(s):* [*GSN 507*](https://catalog.nunm.edu/search_advanced.php?cur_cat_oid=3&search_database=Search&search_db=Search&cpage=1&ecpage=1&ppage=1&spage=1&tpage=1&location=33&filter%5Bkeyword%5D=GSN551E#tt4475)*or*[*GSNO 584*](https://catalog.nunm.edu/search_advanced.php?cur_cat_oid=3&search_database=Search&search_db=Search&cpage=1&ecpage=1&ppage=1&spage=1&tpage=1&location=33&filter%5Bkeyword%5D=GSN551E#tt3583)*.*

GSN555E –Clinical Biochemistry and Nutrition (3 credits)   
QUEEN | ONLINE ASYNCHRONOUS

Learn the science-based and personalized approach to medical nutrition therapy that uses conventional and specialty laboratory tests to screen, diagnose and monitor nutrition-related problems and diseases. Apply clinical nutrition knowledge and nutritional biochemistry to interpret qualitative and quantitative biomarkers that reveal nutrient status, disorders of metabolism, oxidative damage, toxic exposure, neuroendocrine activity, and intestinal dysbiosis. Correlate laboratory findings with other biomarkers to formulate nutrition care plans that address the unique biochemical profiles of patients. *Prerequisite(s):* [*GSN 524*](https://catalog.nunm.edu/content.php?filter%5B27%5D=-1&filter%5B29%5D=&filter%5Bcourse_type%5D=-1&filter%5Bkeyword%5D=GSN+555E+&filter%5B32%5D=1&filter%5Bcpage%5D=1&cur_cat_oid=6&expand=&navoid=491&search_database=Filter&filter%5Bexact_match%5D=1#tt2140)*or GSNO 524.*

GSN558E –Food as Medicine Everyday (FAME) Educator Training (2 credits)

FREED | ONLINE ASYNCHRONOUS

Community cooking and nutrition programs have been identified as a key factor in reducing chronic diseases, such as diabetes and obesity. The Food as Medicine Everyday (FAME) series focuses on this need by providing hands-on cooking and community-based nutrition education. Learn how to become a FAME Educator and utilize the curriculum to build and teach a successful FAME series in your own community.  Training includes FAME Educator competency development and training materials, location development and marketing, navigating cooking workshop management and logistics, and more. This class is for those who intend to teach the FAME series in their community, thereby supporting the Food as Medicine Institute’s mission to make whole-foods nutrition education more accessible. *Prerequisite(s):* [*GSN 502*](https://catalog.nunm.edu/content.php?filter%5B27%5D=-1&filter%5B29%5D=&filter%5Bcourse_type%5D=-1&filter%5Bkeyword%5D=GSN+558E&filter%5B32%5D=1&filter%5Bcpage%5D=1&cur_cat_oid=6&expand=&navoid=491&search_database=Filter&filter%5Bexact_match%5D=1#tt3988) *or* [*GSNO 502*](https://catalog.nunm.edu/content.php?filter%5B27%5D=-1&filter%5B29%5D=&filter%5Bcourse_type%5D=-1&filter%5Bkeyword%5D=GSN+558E&filter%5B32%5D=1&filter%5Bcpage%5D=1&cur_cat_oid=6&expand=&navoid=491&search_database=Filter&filter%5Bexact_match%5D=1#tt7337), [*GSN 524*](https://catalog.nunm.edu/content.php?filter%5B27%5D=-1&filter%5B29%5D=&filter%5Bcourse_type%5D=-1&filter%5Bkeyword%5D=GSN+558E&filter%5B32%5D=1&filter%5Bcpage%5D=1&cur_cat_oid=6&expand=&navoid=491&search_database=Filter&filter%5Bexact_match%5D=1#tt7174)*or GSNO 524; and instructor approval.* *Note:* *Additional fee required.*

# GSN560E –Sports Nutrition II (2 credits)

KAUFMAN | ONLINE ASYNCHRONOUS

Building upon the contents of Sports Nutrition I, this course is a more advanced and in-depth study of the nutritional concerns of today’s recreational and competitive athlete, with an increased focus on the role and proper use of food supplements. State-of-the-art research in the field is identified, explored and applied. *Prerequisite(s):* [*GSN 554E*](https://catalog.nunm.edu/content.php?filter%5B27%5D=-1&filter%5B29%5D=&filter%5Bcourse_type%5D=-1&filter%5Bkeyword%5D=Sports+Nutrition&filter%5B32%5D=1&filter%5Bcpage%5D=1&cur_cat_oid=6&expand=&navoid=491&search_database=Filter&filter%5Bexact_match%5D=1#tt3887)*.*

GSN564E –Nutritional Genetics(2 credits)

BEAR| ONLINE ASYNCHRONOUS

Have you ever wondered if your diet affects your genes? Or whether your genes affect what you can eat? Students in this course examine the relationship between genetics, metabolism, and diet. Topics include how diet can affect epigenetic patterns and gene expression, how our metabolic response to food has been shaped by genetic variation, and how our health is impacted by the interplay of genetics and diet. Students will also consider the utility of using genetic information to make dietary choices. *Prerequisite(s):* [*GSN 507*](https://catalog.nunm.edu/search_advanced.php?cur_cat_oid=3&search_database=Search&search_db=Search&cpage=1&ecpage=1&ppage=1&spage=1&tpage=1&location=33&filter%5Bkeyword%5D=GSN551E#tt4475) *or* [*GSNO 584*](https://catalog.nunm.edu/content.php?filter%5B27%5D=-1&filter%5B29%5D=&filter%5Bcourse_type%5D=-1&filter%5Bkeyword%5D=GSNO+584&filter%5B32%5D=1&filter%5Bcpage%5D=1&cur_cat_oid=5&expand=&navoid=361&search_database=Filter&filter%5Bexact_match%5D=1#acalog_template_course_filter)*,* [*GSN 516*](https://catalog.nunm.edu/content.php?filter%5B27%5D=-1&filter%5B29%5D=&filter%5Bcourse_type%5D=-1&filter%5Bkeyword%5D=GSN+516&filter%5B32%5D=1&filter%5Bcpage%5D=1&cur_cat_oid=5&expand=&navoid=361&search_database=Filter&filter%5Bexact_match%5D=1#acalog_template_course_filter)*, or* [*GSNO 516*](https://catalog.nunm.edu/content.php?filter%5B27%5D=-1&filter%5B29%5D=&filter%5Bcourse_type%5D=-1&filter%5Bkeyword%5D=Pathophysiology&filter%5B32%5D=1&filter%5Bcpage%5D=1&cur_cat_oid=5&expand=&navoid=361&search_database=Filter&filter%5Bexact_match%5D=1#acalog_template_course_filter)*.*

# GSN567E–Healing Foods II (2 credits)

FALK | IN PERSON | THURS 10 – 12 p | HRI CLASSROOM

The course examines how bioactive compounds in foods can influence human metabolism and biochemistry. Foods with anti-inflammatory, healing and nourishing properties are covered. Following the course, students will be able to identify specific foods that can be utilized to support health and prevent disease. *Corequisite(s):* [*GSN 568E*](https://catalog.nunm.edu/content.php?filter%5B27%5D=-1&filter%5B29%5D=&filter%5Bcourse_type%5D=-1&filter%5Bkeyword%5D=Healing+Foods+II&filter%5B32%5D=1&filter%5Bcpage%5D=1&cur_cat_oid=5&expand=&navoid=361&search_database=Filter&filter%5Bexact_match%5D=1#tt888)

# GSN567E–Healing Foods II (2 credits)

FALK | ONLINE SYNCHRONOUS | THURS 10 – 12 p

The course examines how bioactive compounds in foods can influence human metabolism and biochemistry. Foods with anti-inflammatory, healing and nourishing properties are covered. Following the course, students will be able to identify specific foods that can be utilized to support health and prevent disease. *Corequisite(s):* [*GSN 568E*](https://catalog.nunm.edu/content.php?filter%5B27%5D=-1&filter%5B29%5D=&filter%5Bcourse_type%5D=-1&filter%5Bkeyword%5D=Healing+Foods+II&filter%5B32%5D=1&filter%5Bcpage%5D=1&cur_cat_oid=5&expand=&navoid=361&search_database=Filter&filter%5Bexact_match%5D=1#tt888)

# GSN568E–Healing Foods II Practicum (2 credits)

FALK | IN PERSON | THURS 1 – 3 p | HELFGOTT KITCHEN

Students discover how to make food as medicine in a kitchen setting. This course is a continuation of Healing Foods I ([GSN 505](https://catalog.nunm.edu/content.php?filter%5B27%5D=-1&filter%5B29%5D=&filter%5Bcourse_type%5D=-1&filter%5Bkeyword%5D=Healing+Foods+II&filter%5B32%5D=1&filter%5Bcpage%5D=1&cur_cat_oid=5&expand=&navoid=361&search_database=Filter&filter%5Bexact_match%5D=1#tt9380)). The course examines how bioactive compounds in foods can influence human metabolism and biochemistry. Foods with specific properties, including anti-inflammatory and detoxifying effects, are covered, and students practice food preparation in an active learning kitchen setting. *Corequisite(s):* [*GSN 567E*](https://catalog.nunm.edu/content.php?filter%5B27%5D=-1&filter%5B29%5D=&filter%5Bcourse_type%5D=-1&filter%5Bkeyword%5D=Healing+Foods+II&filter%5B32%5D=1&filter%5Bcpage%5D=1&cur_cat_oid=5&expand=&navoid=361&search_database=Filter&filter%5Bexact_match%5D=1#tt1657)*.* *Note:* *Additional fee required.*

# GSN575E–Obesity, Metabolic Syndrome, and Diabetes (2 credits)

CHILDS | IN PERSON | TUES 1 – 3 p | ROOM 302

This is a practical course for those working with an obese population covering etiology; clinical characteristics; nutrition therapy; and prevention strategies for obesity, metabolic syndrome, and diabetes. The course investigates the many influences on body weight, adiposity, and energy expenditure, and evaluates current research in this area. Practical applications include an exploration of common eating habits and behaviors, barriers to weight loss, and treatment strategies. In addition, the course covers compassionate counseling and ways to help patients build better relationships with food and their bodies. *Prerequisite(s):* [*GSN 515*](https://catalog.nunm.edu/content.php?filter%5B27%5D=-1&filter%5B29%5D=&filter%5Bcourse_type%5D=-1&filter%5Bkeyword%5D=GSN+515&filter%5B32%5D=1&filter%5Bcpage%5D=1&cur_cat_oid=5&expand=&navoid=361&search_database=Filter&filter%5Bexact_match%5D=1#acalog_template_course_filter) *or* [*GSNO 515*](https://catalog.nunm.edu/search_advanced.php?cur_cat_oid=3&search_database=Search&search_db=Search&cpage=1&ecpage=1&ppage=1&spage=1&tpage=1&location=33&filter%5Bkeyword%5D=GSN548E#tt9816)*,* [*GSN 516*](https://catalog.nunm.edu/content.php?filter%5B27%5D=-1&filter%5B29%5D=&filter%5Bcourse_type%5D=-1&filter%5Bkeyword%5D=GSN+516&filter%5B32%5D=1&filter%5Bcpage%5D=1&cur_cat_oid=5&expand=&navoid=361&search_database=Filter&filter%5Bexact_match%5D=1#acalog_template_course_filter)*, or* [*GSNO 516*](https://catalog.nunm.edu/content.php?filter%5B27%5D=-1&filter%5B29%5D=&filter%5Bcourse_type%5D=-1&filter%5Bkeyword%5D=Pathophysiology&filter%5B32%5D=1&filter%5Bcpage%5D=1&cur_cat_oid=5&expand=&navoid=361&search_database=Filter&filter%5Bexact_match%5D=1#acalog_template_course_filter)*.*

# GSN580E –Nutrition Clinical Rotation (2 credits)

CHILDS | IN PERSON | SECT 01 WEDS 8 a - 12 p | NUNM CLINIC

In this clinical immersion experience, students work with patients individually and in a group setting to address nutrition-related concerns. Students will conduct nutrition counseling, nutrition assessment, dietary and menu planning, and case evaluation. *Prerequisite(s):* [*GSN 579E*](https://catalog.nunm.edu/content.php?filter%5B27%5D=-1&filter%5B29%5D=&filter%5Bcourse_type%5D=-1&filter%5Bkeyword%5D=GSN+580E+&filter%5B32%5D=1&filter%5Bcpage%5D=1&cur_cat_oid=6&expand=&navoid=491&search_database=Filter&filter%5Bexact_match%5D=1#tt884).

# GSN580E –Nutrition Clinical Rotation (2 credits)

CHILDS | IN PERSON | SECT 02 FRI 1 – 5p | NUNM CLINIC

In this clinical immersion experience, students work with patients individually and in a group setting to address nutrition-related concerns. Students will conduct nutrition counseling, nutrition assessment, dietary and menu planning, and case evaluation. *Prerequisite(s):* [*GSN 579E*](https://catalog.nunm.edu/content.php?filter%5B27%5D=-1&filter%5B29%5D=&filter%5Bcourse_type%5D=-1&filter%5Bkeyword%5D=GSN+580E+&filter%5B32%5D=1&filter%5Bcpage%5D=1&cur_cat_oid=6&expand=&navoid=491&search_database=Filter&filter%5Bexact_match%5D=1#tt884).

# GSNO581E –Virtual Nutrition Clinical Rotation (2 credits)

QUEEN | ONLINE ASYNCHRONOUS

In this virtual clinic experience, students participate in simulated case scenarios, individually and in groups, to address nutrition-related concerns. Students will perform all aspects of the Nutrition Care Process, including nutrition assessment, nutrition diagnosis, nutrition intervention and nutrition evaluation and monitoring. All regulatory trainings will be completed prior to engaging in patient/client care, including HIPAA. *Prerequisite(s): GSNO514, GSNO515, GSNO516, GSNO524, GSNO526, GSNO534 & GSNO584.*

# GSN592E –Autoimmunity (3 credits)

ZWICKEY | ONLINE ASYNCHRONOUS

Autoimmune disease prevalence is increasing worldwide. This increase is contributed to both genetic and environmental factors. In this course, students learn autoimmune disease mechanism, staging, diagnosis and treatment. Nutritional, environmental and physiological (e.g., hormones, neurotransmitters, etc.) effects on autoimmunity are explored using real-life clinical cases. This course includes interviews with naturopathic doctors and nutritionists who work with autoimmune patients. *Prerequisite(s):* *One of the following:*[*CLS 7311*](https://catalog.nunm.edu/content.php?filter%5B27%5D=-1&filter%5B29%5D=&filter%5Bcourse_type%5D=-1&filter%5Bkeyword%5D=GSN+592E+&filter%5B32%5D=1&filter%5Bcpage%5D=1&cur_cat_oid=6&expand=&navoid=491&search_database=Filter&filter%5Bexact_match%5D=1#tt6511)*,*[*CM 699*](https://catalog.nunm.edu/content.php?filter%5B27%5D=-1&filter%5B29%5D=&filter%5Bcourse_type%5D=-1&filter%5Bkeyword%5D=GSN+592E+&filter%5B32%5D=1&filter%5Bcpage%5D=1&cur_cat_oid=6&expand=&navoid=491&search_database=Filter&filter%5Bexact_match%5D=1#tt8362)*,*[*RES 702*](https://catalog.nunm.edu/content.php?filter%5B27%5D=-1&filter%5B29%5D=&filter%5Bcourse_type%5D=-1&filter%5Bkeyword%5D=GSN+592E+&filter%5B32%5D=1&filter%5Bcpage%5D=1&cur_cat_oid=6&expand=&navoid=491&search_database=Filter&filter%5Bexact_match%5D=1#tt4607)*,*[*GSN 546E*](https://catalog.nunm.edu/content.php?filter%5B27%5D=-1&filter%5B29%5D=&filter%5Bcourse_type%5D=-1&filter%5Bkeyword%5D=GSN+592E+&filter%5B32%5D=1&filter%5Bcpage%5D=1&cur_cat_oid=6&expand=&navoid=491&search_database=Filter&filter%5Bexact_match%5D=1#tt9673)*or*[*NS 322*](https://catalog.nunm.edu/content.php?filter%5B27%5D=-1&filter%5B29%5D=&filter%5Bcourse_type%5D=-1&filter%5Bkeyword%5D=GSN+592E+&filter%5B32%5D=1&filter%5Bcpage%5D=1&cur_cat_oid=6&expand=&navoid=491&search_database=Filter&filter%5Bexact_match%5D=1#tt2759)*.*

# GSN593E – Introduction to Permaculture(3 credits)

DONALD | IN PERSON | MON 3 – 6 p | HRI CLASSROOM

Good health and nutrition depend on healthy plants and soils.  Soil degradation, factory farming, and climate change have negative impacts on our personal health and our collective well-being.  This class examines the fundamental interdependent relationship between people and the environment and offers practical approaches to build personal and communal health for the long term.  We’ll create designs for resilient gardens that can provide food and medicine to our communities and reflect on the implications this has for the welfare of humans. *Note: This course does not culminate in a Permaculture Design Certificate (PDC).*

Global Health

GSGH714E/CPR101 – Wilderness First Aid (2 credits)

TUSON-TURNER | IN PERSON | 4/29 (SAT) 8 a – 4 p & 4/30 (SUN) 8 a – 4 p | ROOM 107

This course is an advanced wilderness first aid training. Topics include basic emergency medicine-related anatomy and physiology; response and assessment; musculoskeletal and soft tissue injury assessment; environmental emergencies and survival skills; medical emergencies and critical care; emergency pharmacology; and travel and tropical medicine, along with practical skills training. An optional CPR component ([CPR 101](https://catalog.nunm.edu/content.php?filter%5B27%5D=-1&filter%5B29%5D=&filter%5Bcourse_type%5D=-1&filter%5Bkeyword%5D=GSGH+714E+&filter%5B32%5D=1&filter%5Bcpage%5D=1&cur_cat_oid=6&expand=&navoid=491&search_database=Filter&filter%5Bexact_match%5D=1#tt8399)) is available. *Note:* *Additional fee required.*

GSGH717E – Psychology of Connection (2 credits)

SCHER | IN PERSON | WEDS 4 – 6 p | ROOM 301

This course examines concepts, theories and research in the subject of human connection as related to global health and healing arts professions. Special attention is given to practices aimed at increasing student capacity for connection in the context of their intended work, and to cross-cultural dialogue and experience.

GSGH901E - Predeparture International Travel (0 credits)

This prerequisite is required for all international travel courses.  Students will learn how to obtain all necessary documentation such as a passport, visa, medical records, and insurance and submit it before traveling abroad.  Cultural and ethical considerations will be discussed.  A fee $500 is applied as a deposit towards to total trip cost.

Undergraduate

NS343E – Introduction to Permaculture (3 credits)

DONALD | IN PERSON | MON 3 – 6 p | HRI CLASSROOM

Good health and nutrition depend on healthy plants and soils.  Soil degradation, factory farming, and climate change have negative impacts on our personal health and our collective well-being.  This class examines the fundamental interdependent relationship between people and the environment and offers practical approaches to build personal and communal health for the long term.  We’ll create designs for resilient gardens that can provide food and medicine to our communities and reflect on the implications this has for the welfare of humans. *Note: This course does not culminate in a Permaculture Design Certificate (PDC).*

NU451E –Philosophy ofAyurveda (2 credits)

RAJURKAR | ONLINE ASYNCHRONOUS

This course provides an overview of the Ayurvedic medical system, including views on health and disease, Ayurvedic treatments, and the mission of Ayurvedic practice and practitioners. The holistic approach of Ayurveda considers the role of spirituality, the mind and emotions in health and disease. This course covers Ayurveda’s central philosophical concepts, including Pancha-mahabhoota (five basic elements), the theory of Tridosha (three functional bio-energies), Manas prakriti (constitution based on the doshas of mind), seasonal lifestyle and nutrition, and the three pillars holding life and health. An introduction to Dhatu (body tissue), Malas (body wastes), Gunas (universal qualities of matter), Agni (transformation), tastes and the digestive process are also covered.

NU444E –Ayurvedic Yoga (2 credits)

RAJURKAR | ONLINE ASYNCHRONOUS

This course examines yoga and its eight limbs with Ayurvedic perspective. Through instruction and practice, the application of various aspects of yoga as modalities in the Ayurvedic practice (with their indications and contraindications for Tridosha-wise body types, conditions of balance and imbalance), for the objective of conservation of health, and prevention and pacification of disorders, will be explored. Selected practices of asana, mantra, mudra, bandha, breathing technique, and meditation will be covered.

SS403E –Intro to Evolutionary Medicine (3 credits)

MARSHALL | IN PERSON | WEDS 9 a – 12 p

Evolutionary Medicine (or Darwinian Medicine) is a growing field that seeks to transform our understanding of disease and improve human health. This course provides an introductory overview of evolutionary principles, an exploration of how evolution impacts human health in the modern social, economic and political environment, and how evolutionary thinking can better inform healthcare and health policy.

IPSL: Global Institute

Please note that instructor approval is required for the following IPSL courses. For more information on IPSL courses, please contact Thomas Morgan, tmorgan@nunm.edu, or Arianne Newton, anewton@nunm.edu.

GRE504 – The Rise of Social Solidarity in Greece Since the Crisis (4.5 credits)

MORGAN | INSTRUCTOR APPROVAL REQUIRED

This course explores the concept of solidarity, or social unity, in the context of austerity and refugee burdened Greece. Austerity measures motivated community efforts including soup kitchens and free pharmacy distribution clinics. At the height of the European refugee crisis, civilian volunteers offered clothing, food, transportation and shelter to immigrants and refugees entering Greece. This course explores how these two crises moments have challenged established forms of sociality and motivated a movement toward national and global solidarity. Prerequisite(s): Instructor approval required. Note: Additional fee required.

GRE505 - Creative Thinking and Entrepreneurship (4.5 credits)

MORGAN | INSTRUCTOR APPROVAL REQUIRED

This course is about productive thinking, and is designed to assist students in developing critical and creative-thinking skills that are essential ingredients to enhance their innovation and decision-making skills. These skills include the ability to make well-reasoned decisions, solve problems skillfully, and make carefully thought-out judgments about the worth, accuracy and value of information, ideas, claims and proposals. Students will apply various modes of thinking to address critical business issues and workplace applications. *Prerequisite(s): Instructor approval required. Note: Additional fee required.*

VIE502 - Global Health and the Environment (4.5 credits)

MORGAN | INSTRUCTOR APPROVAL REQUIRED

Global health has been defined as an area for study, research, and practice that places priority on improving health and achieving equity in health for all people worldwide. This course examines major global health challenges, programs and policies, with practical examples in Vietnam. Students will be introduced to Southeast Asia’s diversity of determinants of health and diseases. Students will explore and analyze current and emerging health priorities, including infectious zoonotic diseases, poverty, environmental pollution, dioxin/Agent Orange and the “American” (Vietnam) War’s legacy. Health inequity, health systems reforms, health policy advocacy, and major initiatives for disease prevention and health promotion in Vietnam will be examined with an eye toward comparative study with health in a “developed” nation. *Prerequisite(s): Instructor approval required. Note: Additional fee required.*

VIE501 - Environmental Science and Sustainable Development (4.5 credits)

MORGAN | INSTRUCTOR APPROVAL REQUIRED

This course will provide current basic knowledge of the fundamental features and functions of the natural environment, including natural resources; geo/natural disaster-hazards; the human impact on the environment; and the role in solving problems related to human activities in hazard adaptation and mitigation, in decision-making policies on sustainable development, resource use and environmental protection. The goals of the course are to improve awareness of (and provide techniques for) the sustainable use of natural resources, environmental protection, and sustainable development. Content will emphasize interdisciplinary and integrated approaches. Academic excursions take place to provide better understanding of case studies related to environment, pollution, and sustainable development in Vietnam. *Prerequisite(s): Instructor approval required. Note: Additional fee required.*

PER502 - Environmental Justice as a Social Movement (4.5 credits)

MORGAN | INSTRUCTOR APPROVAL REQUIRED

Biological diversity is one of the most valuable assets our society has in order to achieve sustainable development. This course provides knowledge of the theory and practice of this concept. Topics aim to stimulate a critical examination of the potential of biological resources and interactions in meeting sustainability goals, while also understanding the need for constant economic growth and social equity. This course is specifically created to address the complex issues of environmental sustainability as they relate to biodiversity conservation, with its main focus in Perú. *Prerequisite(s): Instructor approval required. Note: Additional fee required.*