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NUNM ELECTIVES: ALL PROGRAMS

***Spring 2023-24***

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

Classical Chinese Medicine

CM5100E - Qigong I Retreat for non-CCM Students (1 credit)

LAMBERT | TROUT LAKE ABBEY | FRI, 4/26 – SUN, 4/28

With this series of weekend qigong retreats, the College of Classical Chinese Medicine makes available a synthesis of the Eastern art of cultivation for students in non-CCM programs. In the serene surroundings of a retreat center in the Pacific Northwest, students experience energy-based phenomena, such as qi, and are introduced to a variety of ancient practices that cultivate body, mind and spirit. Specific exercises include Free Style Dragon Qigong (Longzi Linggan Gong) from the Emei School of Qigong; Yin Yang Raise and Descend Open and Close Qigong (Yin Yang Sheng Jiang Kai He Gong) from the Jinjing School of Qigong; Daoist quiet meditation; and sacred chants from a variety of healing traditions. *Note:* *Additional fee required.*

CM55E – Shiatsu V (1.5 credits)

KING | ROOM 205 | WEDS 1-4pm

Shiatsu V covers the long-form kata for the front half of the body. This course completes the very thorough whole-body treatment, which takes two to three hours to perform. Again, stretches and specific point work are integrated into the kata. Useful for both assessment and treatment, the long form is a comprehensive and satisfying massage. *Prerequisite(s):* [*CM 45E*](https://catalog.nunm.edu/content.php?filter%5B27%5D=-1&filter%5B29%5D=&filter%5Bkeyword%5D=CM+55E&filter%5B32%5D=1&filter%5Bcpage%5D=1&cur_cat_oid=7&expand=&navoid=622&search_database=Filter&filter%5Bexact_match%5D=1#tt8244)*.* *Note:* *Additional fee required.*

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

MCINTYRE | ROOM 204 | TUES 6:00-7:50pm

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 | ROOM 207 | TUES 3:30-5:20pm

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.*

NDEB5231E –CASEE Center Herb Walk (0.5 credits)

STANSBURY | Center for Agricultural Science & Environmental Education | SUN, 6/2, 10am-4pm

This field study course is intended to be part botanical and medical, part ecological, and part energetic and awareness building. Held at the CASEE Center in Brush Prairie, Washington, the course focuses on Pacific Northwest ecosystems, plant identification and basic taxonomy. The medicinal properties of both introduced and native plants will be presented. The class includes time to discuss and experience the different feel and energy of the various gardens, deep forest, and grassland regions of the center. The interconnectedness of the plants of these various ecosystems is examined, and from there the interconnectedness of the various insects and animals with the plants is examined.

NDEC7330E –Transgender Health & Gender Transition (1 credit)

ERMAC | ROOM 107| SAT, 5/11 & SAT 5/18, 9am-2pm

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 | ROOM 201 | SAT 5/11, 10:30am-5:30pm & SUN 5/12, 8:30am-3:30pm

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)*.*

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

LOK | ROOM 204| MON 4-6:50pm

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 | ROOM 202 | WEDS 1-3:50pm

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 12-12:50pm

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(2 credits)

GRABOWSKA & ZIEMAN | ROOM 202 | TUES 8-9:50am

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 | ROOM 202 | MEETS WEEKS 1-6 | THURS 10-11:50am

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)

PETERSON | ROOM 220 | MON 3-5pm

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)

PETERSON | ROOM 220 | MON 1-3pm

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| 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 5120E*](https://catalog.nunm.edu/content.php?filter%5B27%5D=-1&filter%5B29%5D=&filter%5Bkeyword%5D=NDET+5140E&filter%5B32%5D=1&filter%5Bcpage%5D=1&cur_cat_oid=7&expand=&navoid=622&search_database=Filter#tt308)*.* *Note:* *Additional fee required.*  |

NDET6230E –Mindful Self-Compassion (2 credits)

WINDSTAR | SECT 01 | ROOM 305 | TUES 4:30-6:50pm & SAT 5/18, 10am-2pm

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 2-4:20pm & SUN 5/19, 10am-2pm

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.

NDET6251E – Advanced Physical Medicine (1.5 credits)

WALTON | ROOM 206 | WEDS 1-3:50pm

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

GSA546E –Ayurvedic Wellness Practice (2 credits)

RAJURKAR | ONLINE ASYNCHRONOUS

Ayurvedic approach to Wellness Practice incorporates the strengthening techniques for mind, and body for healthy living. This course enumerates the user-friendly lifestyle-advices, and concepts including Dosha assessment for the skin, hair and nails for optimizing dermatological health, dosha-specific personal care - Dincharya (Ayurvedic diurnal and nocturnal regimens), seasonal regimen and the role of body – mind – spirit. Selected procedures of homemade Ayurvedic herbal beauty-care products, and daily supplementary herbs, also will be observed in this course. *Note: Additional fee required.*

Nutrition

GSN538E –Cooking Pedagogy (2 credits)

PRESSMAN | ONLINE SYNCHRONOUS | MEETING DETAILS TBD

This course teaches students how to teach others in a kitchen setting. In addition, students learn proper food preparation techniques, recipes and menu development, and food pairings. *Prerequisite(s):* [*GSN 502*](https://catalog.nunm.edu/content.php?filter%5B27%5D=-1&filter%5B29%5D=&filter%5Bkeyword%5D=GSN+538E&filter%5B32%5D=1&filter%5Bcpage%5D=1&cur_cat_oid=7&expand=&navoid=622&search_database=Filter&filter%5Bexact_match%5D=1#tt2306)*or*[*GSNO 502*](https://catalog.nunm.edu/content.php?filter%5B27%5D=-1&filter%5B29%5D=&filter%5Bkeyword%5D=GSN+538E&filter%5B32%5D=1&filter%5Bcpage%5D=1&cur_cat_oid=7&expand=&navoid=622&search_database=Filter&filter%5Bexact_match%5D=1#tt466)*.* *Note:* *Additional fee required.*

GSN548E –Eating Disorders and Intuitive Eating (2 credits)

JARVIS | ONLINE SYNCHRONOUS | WEDS 8-9:50am

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.*

GSN557E –Cooking with Medicinal Herbs (2 credits)
DEL-OLMO | HRI KITCHEN | THURS 1-2:50pm

Medicinal herbs do not always have to be taken in pill, powder or concentrated form. Learn how to incorporate herbs into everyday meals to support health, gain an understanding of the basics of botanical medicine, and discover which herbs are best suited to culinary use. This course focuses on the use of Western medicinal herbs. *Prerequisite(s):* [*GSN 502*](https://catalog.nunm.edu/content.php?filter%5B27%5D=-1&filter%5B29%5D=&filter%5Bkeyword%5D=GSN+557E&filter%5B32%5D=1&filter%5Bcpage%5D=1&cur_cat_oid=7&expand=&navoid=622&search_database=Filter&filter%5Bexact_match%5D=1#tt1818)*or*[*GSNO 502*](https://catalog.nunm.edu/content.php?filter%5B27%5D=-1&filter%5B29%5D=&filter%5Bkeyword%5D=GSN+557E&filter%5B32%5D=1&filter%5Bcpage%5D=1&cur_cat_oid=7&expand=&navoid=622&search_database=Filter&filter%5Bexact_match%5D=1#tt2426)*.*  *Note:* *Additional fee required.*

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 | HRI KITCHEN | MON 10-11:50am

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)

GSN572E –Indian Cooking (2 credits)

RAJURKAR | ONLINE ASYNCHRONOUS

Traditional Indian cooking is based on the foundations of Indian philosophy. This course explores the concepts of Indian cooking, the properties of food, and the seasonal selection of dishes to achieve optimum health for body, mind and spirit. This course covers classic and regional dishes, including vegetarian, non-vegetarian, vegan, gluten-free, low-calorie, low-sodium and Ayurvedic dishes. The Indian concepts of Tridosha (Vata, Pitta, Kapha), individual dietary requirements, and disease-specific diets are also covered. *Note:* *Additional fee required.*

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

CHILDS | HRI CLASSROOM | MON 8-9:50am

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)*.*

GSN577E –Nutrition Career Strategies (2 credits)

ERLANDSEN & ZWICKEY | 5/4 & 5/5 | IN-PERSON RETREAT | LOCATION TBD

Planning your career in nutrition involves a variety of steps, including identifying your skills and values, researching your options, setting goals, and developing a plan to achieve those goals. The nutrition retreat is a concentrated time for education and career planning. Students engage in self-reflection and investigate different career options. At the end of the retreat, students will have a map of their education at NUNM and goals for their future employment. This weekend course is set off-campus and has a fee to cover the expenses of the retreat site. As with any nutrition retreat, discussion will take place over delicious and healthy food. *Note:* *Additional fee required.*

# GSN580E –Nutrition Clinical Rotation (2 credits)

CHILDS | NUNM CLINIC | FRI 1-4:50pm

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 or equivalent clinic entrance training.*

# 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.*

# GSN593E – Introduction to Permaculture(3 credits)

DONALD | ONLINE ASYNCHRONOUS

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).*

GSN639E – Nutrition for Mental Health (3 credits)

MENZEL | ONLINE SYNCHRONOUS | THURSDAY 3:30-4:20p; remainder is asynchronous

Personalized nutrition interventions are essential for supporting mental health. This course explores the bidirectional communication between the microbiome and the brain, the benefits and limitations of evidence-based therapeutic diets to support specific mental health diagnoses, and the nutrient cofactors required to support the biochemistry of neurotransmitter production.

Global Health

GSGH706E – Conference in Global Health (1 credit)

INSTRUCTOR TBD | ONLINE ASYNCHRONOUS

To obtain credit for this course, students must attend an academic or professional conference or three local presentations/workshops that focus on global health issues. Several assignments relating to conference or local presentation/workshop content and networking opportunities are required. This course may be repeated once. *Note:* *Additional fee required*

GSGH714E– Wilderness First Aid (2 credits)

TUSON-TURNER | ROOM 201 | SAT 5/18 & SUN 5/19, 8am-5pm

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 | ONLINE SYNCHRONOUS | WEDS 3:30-5:20pm

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)

TUSON-TURNER | ONLINE SYNCHRONOUS | MEETING DETAILS TBD

This course is required for all students participating in an international travel course or experience abroad, including clinical preceptorships.  Students will obtain all necessary documentation to travel, such as a visa, passport, proof of immunizations, and acknowledgement of NUNM’s travel policy.  Country-specific travel information and cultural considerations are discussed.  There is a $500 deposit that will be applied to the associated travel course fee.  This course is required for those participating in the Ghana travel course during the summer 2024 term.

Undergraduate

NS343E – Introduction to Permaculture (3 credits)

DONALD | ONLINE ASYNCHRONOUS

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).*

NU325E –Ayurvedic Wellness Practice (2 credits)

RAJURKAR | ONLINE ASYNCHRONOUS

Ayurvedic approach to Wellness Practice incorporates the strengthening techniques for mind, and body for healthy living. This course enumerates the user-friendly lifestyle-advices, and concepts including Dosha assessment for the skin, hair and nails for optimizing dermatological health, dosha-specific personal care - Dincharya (Ayurvedic diurnal and nocturnal regimens), seasonal regimen and the role of body – mind – spirit. Selected procedures of homemade Ayurvedic herbal beauty-care products, and daily supplementary herbs, also will be observed in this course. *Note: Additional fee required.*

NU413E –Indian Cooking (2 credits)

RAJURKAR | ONLINE ASYNCHRONOUS

Traditional Indian cooking is based on the foundations of Indian philosophy. This course explores the concepts of Indian cooking, the properties of food, and the seasonal selection of dishes to achieve optimum health for body, mind and spirit. This course covers classic and regional dishes, including vegetarian, non-vegetarian, vegan, gluten-free, low-calorie, low-sodium and Ayurvedic dishes. The Indian concepts of Tridosha (Vata, Pitta, Kapha), individual dietary requirements, and disease-specific diets are also covered. *Note:* *Additional fee required.*

NU450E –Nutrition Career Strategies (2 credits)

ERLANDSEN & ZWICKEY | 5/4 & 5/5 | IN-PERSON RETREAT | LOCATION TBD

Planning your career in nutrition involves a variety of steps, including identifying your skills and values, researching your options, setting goals, and developing a plan to achieve those goals. The nutrition retreat is a concentrated time for education and career planning. Students engage in self-reflection and investigate different career options. At the end of the retreat, students will have a map of their education at NUNM and goals for their future employment. This weekend course is set off-campus and has a fee to cover the expenses of the retreat site. As with any nutrition retreat, discussion will take place over delicious and healthy food. *Note:* *Additional fee required.*