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***Spring 2024-25***

NUNM ELECTIVES: ALL PROGRAMS

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

Chinese Medicine

CM5101E - Qigong I Retreat for non-CCM Students II (1 credit)

LAMBERT | TROUT LAKE ABBEY | FRI, 4/25 – SUN, 4/27

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.*

CM35E - Shiatsu III (1 credit)

BARRETT | ROOM 220 | THURS 12:30-3:20pm

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%5Bkeyword%5D=Shiatsu+III+&filter%5B32%5D=1&filter%5Bcpage%5D=1&cur_cat_oid=8&expand=&navoid=702&search_database=Filter#tt6802)*. Note: Additional fee required.*

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

MCINTYRE | ROOM 220 | MON 5:00-6:50pm

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).

OAC525 – Tuina III (1.5 credits)

LU | ROOM 204 | TUES 12:00 – 2:50pm

Tuina III teaches students how to assess and treat diseases of the head, neck, and shoulders using subjective information, orthopedic exams, and tuina. Both courses train students in the development of clinical reasoning skills and the ability to differentiate between diseases. Prerequisite(s): OAC 524

OCM538E – Jin Gui Yao Lue (1 credit)

SHIRAI | ROOM 324 | WED 3:00 – 4:50pm |Weeks 1-6

The Jin Gui Yao Lue (Essentials of the Golden Cabinet) is a Han dynasty text by Zhang Zhongjing. Originally part of the Shang Han Za Bing Lun, it was separated out into a text of its own during the Song Dynasty. The focus of this course is an exploration of the Jin Gui and its discussions surrounding both the pathomechanism and treatment of chronic, challenging and difficult illnesses. This will include an investigation into understanding the formulas and diseases discussed as well as their clinical application to diseases that are as prevalent in the modern clinical setting as they were in Zhang Ji’s time. Diseases and topics covered will include cardiovascular, gynecological, respiratory, metabolic disease and mental emotional disorders. This is a six week course. *Prerequisite(s):* OCM534, OCM622.

Naturopathic Medicine

NDEB5130E –NW Herbs II (2 credits)

PETERSON | ROOM 207 | THURS 4:00-5:50pm

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 | CASEE Center | SAT, 5/31, 8:00am-2:00pm

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.

NDEC7341E –Sleep Health and Disorders (2 credits)

DARLEY | TIME & LOCATION TBD

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 (2.5 credits)

LOK | ROOM 205 | MON 4:30pm-6:20pm

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)

SUTTON & ZIEMAN | ROOM 202 | THURS 1:00-3:50pm

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)*.*

NDER8440E – Natural Childbirth VI: Special Topics(2 credits)

GRABOWSKA & ZIEMAN | ROOM 201 | TUES 12:00-1:50pm

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 & SUTTON | ROOM 202 | MEETS WEEKS 1-6 | TUES 10:00-11:50am

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.

NDET5140E –Bodywork III:Energy Work (1 credit)

PETERSON | ROOM 220 | WEDS 4:00-6:50pm

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=8&expand=&navoid=702&search_database=Filter&filter%5Bexact_match%5D=1#tt5757)*.* *Note:* *Additional fee required.*

NDET6251E – Advanced Physical Medicine (1.5 credits)

WALTON | ROOM 206 | WEDS 1:00-3:50pm

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 approaches and techniques for mind, body, organs and soul (Ayurvedic atman- The term is often translated as soul but is better translated as “self”). This course culminates with the collective and connective knowledge on the Ayurvedic gross and individualistic approaches and user-friendly strategies for identification of body type, mind type, dhatu type, and their interlock and connecting each of them with the application of foods, lifestyle, herbs, ayurvedic yoga, detoxification, and rejuvenation focused on the conservation of health and wellness.

Clinical Research

RES538E –Teaching Strategies & Course Development (2 credits)

ZWICKEY & FOWLER| ONLINE SYNCHRONOUS | WEDS 3:00-3:50pm

Many physicians and researchers become faculty at colleges and universities. This course prepares students with practical skills and teaching strategies. Students learn how to develop course outcomes, competencies, syllabi and notes. Educational theory, teaching, and assessment strategies and techniques are discussed and practiced.

# RES635E –Introduction to Psychedelic Medicine (2 credits)

HICKS | SECT 01: ONLINE SYNCHRONOUS, THUR 9:30-11:20am | SECT 02: ROOM 201, FRI 9:30-11:20am

This elective course is intended to provide students with a robust introduction to the history, science, ethics, and practice of the diverse field of psychedelic medicine. Students will be introduced to the rich global history of diverse cultures that have maintained psychedelic and entheogenic traditions for centuries. They will learn the pharmacology and neuroscience that potentiate these powerful experiences and inform theories of consciousness. Ethical issues surrounding these substances including equity, access, and regulation, will also be explored.

Nutrition

GSN546E –Food Allergies and Intolerances (2 credits)

HODSDON | ONLINE ASYNCHRONOUS

Adverse food reactions have increased significantly in the past decade. This course addresses the different types of adverse food reactions including food allergies, food sensitivities and food intolerances; and why these reactions have increased in recent times and how to effectively work with clients. Basic immunology is used as a guide to understand the body’s responses and the best ways to approach testing and treatment of adverse food reactions. *Prerequisite(s):* [*TH 507*](https://catalog.nunm.edu/content.php?filter%5B27%5D=-1&filter%5B29%5D=&filter%5Bkeyword%5D=Food+Media+&filter%5B32%5D=1&filter%5Bcpage%5D=1&cur_cat_oid=8&expand=&navoid=702&search_database=Filter#tt161)*or*[*GSN 584*](https://catalog.nunm.edu/content.php?filter%5B27%5D=-1&filter%5B29%5D=&filter%5Bkeyword%5D=Food+Media+&filter%5B32%5D=1&filter%5Bcpage%5D=1&cur_cat_oid=8&expand=&navoid=702&search_database=Filter#tt6099)*,*[*GSN 516*](https://catalog.nunm.edu/content.php?filter%5B27%5D=-1&filter%5B29%5D=&filter%5Bkeyword%5D=Food+Media+&filter%5B32%5D=1&filter%5Bcpage%5D=1&cur_cat_oid=8&expand=&navoid=702&search_database=Filter#tt7279)*or GSNO 516.*

GSN548E –Eating Disorders and Intuitive Eating (2 credits)

JARVIS | ONLINE ASYNCHRONOUS

Abnormal eating patterns are discussed, including bulimia, anorexia nervosa and binge eating. The course includes detailed examination of 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)*.*

GSN549E –Detoxification and Cleanses (2 credits)

FALK | ONLINE ASYNCHRONOUS

This course uses an evidence-based approach to examine the body’s natural detoxification processes and how to optimize detoxification through the use of whole-food nutrition. It focuses on the physiological processes responsible for detoxification. Sources of toxicity are also discussed. Students research and develop whole-food-based interventions to support the detoxification process. *Prerequisite(s):* [*GSN 502*](https://catalog.nunm.edu/content.php?filter%5B27%5D=-1&filter%5B29%5D=&filter%5Bkeyword%5D=Food+Media+&filter%5B32%5D=1&filter%5Bcpage%5D=1&cur_cat_oid=8&expand=&navoid=702&search_database=Filter#tt2067)*or GSNO 502*.  *Note:* *Additional fee required.*

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)*.*  *Note:* *Additional fee required.*

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)*.*

# GSN567E–Healing Foods II (2 credits)

FALK | ONLINE ASYNCHRONOUS

This course examines how bioactive compounds in foods can influence human health and wellness. This course blends didactic and experiential learning in an alternating lecture and cooking format. A variety of foods like herbs, spices, seaweeds, mushrooms, and medicinal plants with healing and nourishing properties are covered. Students will practice more advanced cooking techniques like fermentation, dehydration, sprouting, and other techniques in the teaching kitchen. This is a standalone elective with no prerequisite. *Note: Additional course fee.*

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 | ONLINE ASYNCHRONOUS

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 | 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.*

# GSN581E –Capstone**:** 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).*

Global Health

GSGH706E – Conference in Global Health (1 credit)

TUSON-TURNER | 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 | ONLINE | SAT 5/17 & SUN 5/18, 8:00am-5:00pm

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.*

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-advice, 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*

# NS435E –Introduction to Psychedelic Medicine (2 credits)

HICKS | SECT 01: ONLINE SYNCHRONOUS, THUR 9:30-11:20am | SECT 02: ROOM 201, FRI 9:30-11:20am

This elective course is intended to provide students with a robust introduction to the history, science, ethics, and practice of the diverse field of psychedelic medicine. Students will be introduced to the rich global history of diverse cultures that have maintained psychedelic and entheogenic traditions for centuries. They will learn the pharmacology and neuroscience that potentiate these powerful experiences and inform theories of consciousness. Ethical issues surrounding these substances including equity, access, and regulation, will also be explored.

NU452E –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)*.*  *Note:* *Additional fee required.*