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**NUNM ELECTIVES: ALL PROGRAMS**

**SUMMER 2025**

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

Classical Chinese Medicine

CM06E – Chinese Dietetics (1.5 credits)

GOLDSMITH | HELFGOTT KITCHEN | MON 1:00pm-2:50pm + Sat 8/2

Through didactic and hands-on cooking instruction, students learn to use the power of food as medicine through the lens of Chinese medicinal principles. It is a course for people who love food and its power to heal and transform. Topics include the nature and flavor of food, a seasonal overview of eating, cooking with medicinal and common herbs/spices, and creating individualized nutrition plans. The weekend format affords the time to go in-depth and create a restorative experience while developing skills to integrate food recommendations into clinical practice. *Note: Additional fee required.*

OIM510E – Survey of Microbiology (0.5 credits)

SIGRIST | ROOM 107 | TUES 3:00pm-4:50pm | MEETS 7/22, 7/29, & 8/5 ONLY

This course offers students an overview of histology and of the range of microorganisms implicated in acute and chronic illness, including protozoa, algae, molds, yeast, bacteria, and viruses. Recommended for students who plan to practice in the state of Washington. *Prerequisite(s):* *OIM521, OIM522, OIM523.*

OIM511E – Survey of Biochemistry (0.5 credit)

THOMPSON | ROOM 107 | THUR 12:00pm-1:50pm | MEETS 8/14, 8/21, & 8/28 ONLY

Students will examine the energy requirements of organisms, proteins, enzymes, carbohydrates, fats/oils, and nucleic acids. Recommended for students who plan to practice in the state of Washington. *Prerequisite(s): OIM521, OIM522,*

*OIM523*

Naturopathic Medicine

NDEB5201E – Cascade Mountain Herbal Intensive (2 credits)

NAGEL | FRI July 11 @ 10am – SUN July 13 @ 4pm| Hood River OR

This course delivers a direct experience of medicinal plants in their natural habitat under the guidance of an experienced herbalist and wild crafter, grower and botanist. The first day is spent in the lush plant life of the Columbia River Gorge. The second and third days are spent at a private sanctuary in rural Hood River, Oregon. At each stage the local plants and their botany, properties, ecology and lore are discussed. Students have the opportunity to gather wild herbs and prepare medicines from them. *Note: Additional fee required.*

NDEB5231E – CASEE Center Herb Walk (0.5 credits)

STANSBURY | SAT (8/9) 8:00am-2:00pm | Center for Agricultural Science & Environmental Ed. | Brush Prairie, WA

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.

School of Undergraduate and Graduate Studies

Ayurveda

GSA542E - Ayurvedic Nutrition (2 credits)

RAJURKAR | ONLINE ASYNCHRONOUS

This course explains the fundamental principles of Ayurvedic nutrition such as the Ayurvedic perspective of the digestive system, the relationship of Tridosha with digestion and food, and the importance, art and power of mindful eating. The Ayurvedic classification of foods, preventive nutrition, therapeutic diets, methods of cooking, and the effect of food on the mind, body and spirit will also be explored. The course provides hands-on experience with Ayurvedic cooking and nutrition counseling. *Note:* *Additional fee required.*

GSA543E - Ayurvedic Herbs (2 credits)

RAJURKAR | ONLINE ASYNCHRONOUS

The course surveys the basic principles of Ayurvedic botanicals. It introduces students to taste, properties, energies, selected Ayurvedic classification and actions, and effect on doshas with study of selected individual herbs. Dosage and the essential carrier medium consumed along with the herb are covered. The course will also provide a brief introduction of making selected forms of herbal preparations including dry powder, juice, pulp, and decoctions from selected herbs. *Note:* *Additional fee required.*

Global Health

GSGH901E – Predeparture International Travel – Croatia (0 credits)

GLAVAS | ONLINE SYNCHRONOUS – TIMES 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.

Nutrition

GSN542E – Cooking and Considering Meat & Seafood (2 credits)

PRESSMAN | ONLINE ASYNCHRONOUS

This course familiarizes students with various means of sourcing, handling and preparing meat and seafood. Students learn about the ecological considerations of meat consumption, as well as specific culinary techniques and recipe patterns for preparing and serving a variety of proteins. *Prerequisite(s):* [*GSN 502*](https://catalog.nunm.edu/content.php?filter%5B27%5D=-1&filter%5B29%5D=&filter%5Bkeyword%5D=GSN+542E&filter%5B32%5D=1&filter%5Bcpage%5D=1&cur_cat_oid=8&expand=&navoid=702&search_database=Filter&filter%5Bexact_match%5D=1#tt7171)*or GSNO 502*.

GSN565E – Food Anthropology (2 credits)

RUBIN | ONLINE ASYNCHRONOUS

Explore the interconnections of cultural forces that influence what, when, where and how we eat. This course is organized around critical analysis and discussion of why and how these cultural forces are successful in developing and reinforcing personal food choices; and is based on historical, anthropological and literary sources, as well as contemporary writing and films on the politics and socioeconomics of food.

GSN573E – Childhood Nutrition (2 credits)

CHILDS | ONLINE ASYNCHRONOUS

This course is an exploration of childhood nutrition, addressing nutrient needs vs. children’s food preferences; developmental stages; and intrapersonal, interpersonal and environmental barriers to healthy eating for children. Students will investigate physiological, genetic, environmental, and behavioral factors that increase risk for diet-related diseases. The course emphasizes ways to help children build healthy relationships with foods, engage children with their food choices, and provide nutrient-dense foods for families. Hands-on cooking experience will include how to plan and prepare foods with children as the audience and kitchen participant. *Prerequisite(s):* [*GSN 526*](https://catalog.nunm.edu/content.php?filter%5B27%5D=-1&filter%5B29%5D=&filter%5Bcourse_type%5D=-1&filter%5Bkeyword%5D=GSN+572E+&filter%5B32%5D=1&filter%5Bcpage%5D=1&cur_cat_oid=5&expand=&navoid=361&search_database=Filter#tt9746)*or*[*GSNO 526*](https://catalog.nunm.edu/content.php?filter%5B27%5D=-1&filter%5B29%5D=&filter%5Bcourse_type%5D=-1&filter%5Bkeyword%5D=GSN+572E+&filter%5B32%5D=1&filter%5Bcpage%5D=1&cur_cat_oid=5&expand=&navoid=361&search_database=Filter#tt4154)*.*

GSN601E – Imagination and Wellbeing (2 credits)

PRESSMAN | ONLINE ASYNCHRONOUS

Students will explore the intersection of creativity, neuroscience, and personal transformation. Through a blend of contemporary research, reflective exercises, and hands-on experiences, students will deepen their understanding of imagination as a dynamic process central to vitality and resilience. Emphasizing both knowledge and practice, the course will examine how imagination shapes perception, fosters adaptability, and supports well-being. Students will gain tools to disrupt automaticity, cultivate creative agency, and harness imagination as a force for personal and professional growth. Designed to be both informational and transformational, this course is an opportunity to reawaken the innate power of creativity and apply it meaningfully in life and practice.

GSN839E – Croatia Culinary and Cultural Immersion Trip (4 credits)

GLAVAS | IN-PERSON - CROATIA

Croatia is one of only seven countries recognized by UNESCO in representing the cultural heritage of the

Mediterranean Diet today. This makes Croatia an exceptional location for exploring the practice, research,

and theory of the Mediterranean dietary pattern. During this 10-day trip, students explore the diet as it

once was and is today and examine how to translate learnings into the US. They fully immerse themselves

in the emblematic communities of the Croatian Mediterranean dietary pattern where they participate in

discussions with numerous public and private representatives, engage in cooking workshops, visit organic

food, olive oil, and wine producers, local markets, and several cultural and historic sites.  *Note:* *Itinerary-specific trip fee applies. Approval from Dean required. Applications due May 15, 2025.*

Undergraduate

IM301E– Imagination and Wellbeing (2 credits)

PRESSMAN | ONLINE ASYNCHRONOUS

Students will explore the intersection of creativity, neuroscience, and personal transformation. Through a blend of contemporary research, reflective exercises, and hands-on experiences, students will deepen their understanding of imagination as a dynamic process central to vitality and resilience. Emphasizing both knowledge and practice, the course will examine how imagination shapes perception, fosters adaptability, and supports well-being. Students will gain tools to disrupt automaticity, cultivate creative agency, and harness imagination as a force for personal and professional growth. Designed to be both informational and transformational, this course is an opportunity to reawaken the innate power of creativity and apply it meaningfully in life and practice.

NU442E - Ayurvedic Nutrition (2 credits)

RAJURKAR | ONLINE ASYNCHRONOUS

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NU443E - Ayurvedic Herbs (2 credits)

RAJURKAR | ONLINE ASYNCHRONOUS

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