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NUNM ELECTIVES: ALL PROGRAMS

***Winter 2022-23***

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

Classical Chinese Medicine

CM25E - Shiatsu II (1.5 credits)

KING | IN PERSON | FRI 1:30p-4:30p

Shiatsu II teaches the second half of the short form. In terms of the kata, it covers the front of the body. The front of the body also takes about 45 minutes to do. This course continues the*Do-In (Dao-Yin)* training with an emphasis on being able to teach it to others. The last part of the course combines the back of the body from Shiatsu I with the front learned in this term to complete the ‘short form.’ The whole shiatsu short form takes about an hour and a half to perform, and constitutes a very thorough and satisfying massage for both the giver and the receiver. *Prerequisite(s):* [*CM 15E*](https://catalog.nunm.edu/search_advanced.php?cur_cat_oid=3&ecpage=1&cpage=1&ppage=1&pcpage=1&spage=1&tpage=1&search_database=Search&filter%5Bkeyword%5D=CM25E&filter%5B3%5D=1&filter%5B31%5D=1&filter%5B1%5D=1&filter%5B28%5D=1&filter%5B30%5D=1#tt5260). *Note:* *Additional fee required.*

Naturopathic Medicine

NDEB6331E - Advanced Topics in Botanical Medicine II (3 credits)

PETERSON | IN PERSON | MON 1:00p-3:00p

These courses build on the required botanical materia medica classes. Studies expand training in plant medicines and the creation of botanical formulas for various disorders. Plant energetics, the most recent research on botanical medicines, and the spiritual and metaphysical aspects of herbs are explored in more depth. *Prerequisite(s):* [*THR 5131*](https://catalog.nunm.edu/content.php?filter%5B27%5D=-1&filter%5B29%5D=&filter%5Bcourse_type%5D=-1&filter%5Bkeyword%5D=NDEB+6331E&filter%5B32%5D=1&filter%5Bcpage%5D=1&cur_cat_oid=6&expand=&navoid=491&search_database=Filter#tt273).

NDEC8430E - Gastroenterology Lab (1 credit)

SANDBERG - LEWIS | IN PERSON | MON 3:00p-4:00p

This lab covers techniques used in a functional gastroenterology practice: integrated abdominal exam, gastric pH testing, visceral release and energetic psychology techniques. It is a mixture of both scientifically based and clinically proven techniques. *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+8430E&filter%5B32%5D=1&filter%5Bcpage%5D=1&cur_cat_oid=6&expand=&navoid=491&search_database=Filter#tt490)*.*

NDEH7320E - Homeopathy II (3 credits)

EDSON | IN PERSON | THURS 2:30p-5:30p

This course series builds on the core homeopathic curriculum and supports the attainment of the homeopathy certificate. The courses are intended to help students advance their understanding and practical application of homeopathy in a clinical setting. Students will further develop their skills in case analysis, symptom and rubric selection, navigation of the computerized repertory, special functions of the computerized repertory, and familiarity with the reportorial language. *Prerequisite(s):* [*THR 5131*](https://catalog.nunm.edu/content.php?filter%5B27%5D=-1&filter%5B29%5D=&filter%5Bcourse_type%5D=-1&filter%5Bkeyword%5D=NDEH+7320E&filter%5B32%5D=1&filter%5Bcpage%5D=1&cur_cat_oid=6&expand=&navoid=491&search_database=Filter#tt9121),[*NDEH 7310E*](https://catalog.nunm.edu/content.php?filter%5B27%5D=-1&filter%5B29%5D=&filter%5Bcourse_type%5D=-1&filter%5Bkeyword%5D=NDEH+7320E&filter%5B32%5D=1&filter%5Bcpage%5D=1&cur_cat_oid=6&expand=&navoid=491&search_database=Filter#tt4033)*.*

NDER7330E - Natural Childbirth II: Pregnancy (3 credits)

GIBBONS + ZIEMAN | IN PERSON | WEDS 1:00p-4:00p

This course initiates specialty training in naturopathic natural childbirth. The emphasis is on the role of prenatal care in assessing and assisting the maintenance of well-being for mother and fetus. Screening skills introduced in Reproductive Systems ([CLS 7310](https://catalog.nunm.edu/content.php?filter%5B27%5D=-1&filter%5B29%5D=&filter%5Bcourse_type%5D=-1&filter%5Bkeyword%5D=NDER+7330E&filter%5B32%5D=1&filter%5Bcpage%5D=1&cur_cat_oid=6&expand=&navoid=491&search_database=Filter#tt2417)) are refined and expanded. Complications of pregnancy are studied along with the continuum of appropriate treatment possibilities, ranging from naturopathic therapeutics to referral for high-risk cases. *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+7330E&filter%5B32%5D=1&filter%5Bcpage%5D=1&cur_cat_oid=6&expand=&navoid=491&search_database=Filter#tt7147).

NDER7331E - Advanced Gynecology: Special Topics (2 credits)

WINDSTAR + ASHNEY | IN PERSON | MON 1:00p-3:00p

Students learn to assess/evaluate, treat and manage female sexual dysfunction and interstitial cystitis; and receive updated information on menopause regarding HT prescribing, non-HT prescribing and management. Half of the class is focused on breast cancer risk factors, diagnosis, conventional treatment options, and naturopathic treatment as an integrative approach, followed by a class devoted to breast cancer cases. The majority of the course is lecture based, with some interactive cases and a final paper due week 10. *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+7331E&filter%5B32%5D=1&filter%5Bcpage%5D=1&cur_cat_oid=6&expand=&navoid=491&search_database=Filter#tt1627)*.*

NDER8430E - Natural Childbirth V - Neonatology (3 credits)

GRABOWSKA | IN PERSON | TUES 1:00p-4:00p

This course educates both the generalist naturopathic student as well as those seeking the midwifery certificate on case management of the mature fetus, and newborn to 12 weeks of age. Lectures include a review of fetal development from 34 weeks gestation, transition anatomy-physiology in the neonate, normal newborn assessment, screening/treatment for newborn anomalies, and neonatal resuscitation. *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+7331E&filter%5B32%5D=1&filter%5Bcpage%5D=1&cur_cat_oid=6&expand=&navoid=491&search_database=Filter#tt572)*,*[*CLS 7330*](https://catalog.nunm.edu/content.php?filter%5B27%5D=-1&filter%5B29%5D=&filter%5Bcourse_type%5D=-1&filter%5Bkeyword%5D=NDER+7331E&filter%5B32%5D=1&filter%5Bcpage%5D=1&cur_cat_oid=6&expand=&navoid=491&search_database=Filter#tt6643)*.* *Note:* *Additional fee required.*

NDET5130E - Bodywork II: Advanced Massage (1 credit)

MATHER | IN PERSON | MON 4:00p-7:00p

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=NDET+5130E&filter%5B32%5D=1&filter%5Bcpage%5D=1&cur_cat_oid=6&expand=&navoid=491&search_database=Filter#tt7773)*.* *Note:* *Additional fee required.*

NDET6251E - Advanced Physical Medicine (1.5 credits)

WALTON | IN PERSON | WEDS 3:00p-6:00p

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/content.php?filter%5B27%5D=-1&filter%5B29%5D=&filter%5Bcourse_type%5D=-1&filter%5Bkeyword%5D=NDET+6251E&filter%5B32%5D=1&filter%5Bcpage%5D=1&cur_cat_oid=6&expand=&navoid=491&search_database=Filter#tt6286).

School of Undergraduate/Graduate Studies

Ayurveda

GSA530E/NU430E - Panchakarma (2 credits)

RAJURKAR | ONLINE ASYNCHRONOUS

Panchakarma is the Ayurvedic approach to detoxification, cleansing of the body and mind for rejuvenation and treatment of disease. This course provides an overview of the philosophy and types of Panchakarma. Indications, contraindications, and the preparatory process for Panchakarma therapy will be covered. The modalities explored in this course include: personalized application of whole-body massage (oleation therapy), Udvartana (massage with dry herbal powder), Kati Basti, Griva Basti, Janu Basti, Pinda Swedana (hot pack-sudation therapy) technique, Virechana (purging), and Nasya (nasal drops). *Note:* *Additional fee required.*

GSA543E/NU443E - 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.*

Nutrition

GSN546E - Food Allergies and Intolerances (2 credits)   
HODSDON | ONLINE ASYNCHRONOUS

Adverse food reactions have been 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):* [*GSN 507*](https://catalog.nunm.edu/content.php?filter%5B27%5D=-1&filter%5B29%5D=&filter%5Bcourse_type%5D=-1&filter%5Bkeyword%5D=GSN+546E&filter%5B32%5D=1&filter%5Bcpage%5D=1&cur_cat_oid=6&expand=&navoid=491&search_database=Filter#tt5223)*or*[*GSNO 584*](https://catalog.nunm.edu/content.php?filter%5B27%5D=-1&filter%5B29%5D=&filter%5Bcourse_type%5D=-1&filter%5Bkeyword%5D=GSN+546E&filter%5B32%5D=1&filter%5Bcpage%5D=1&cur_cat_oid=6&expand=&navoid=491&search_database=Filter#tt9413)*,*[*GSN 516*](https://catalog.nunm.edu/content.php?filter%5B27%5D=-1&filter%5B29%5D=&filter%5Bcourse_type%5D=-1&filter%5Bkeyword%5D=GSN+546E&filter%5B32%5D=1&filter%5Bcpage%5D=1&cur_cat_oid=6&expand=&navoid=491&search_database=Filter#tt8327)*or*[*GSNO 516*](https://catalog.nunm.edu/content.php?filter%5B27%5D=-1&filter%5B29%5D=&filter%5Bcourse_type%5D=-1&filter%5Bkeyword%5D=GSN+546E&filter%5B32%5D=1&filter%5Bcpage%5D=1&cur_cat_oid=6&expand=&navoid=491&search_database=Filter#tt6325)*.*

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%5Bcourse_type%5D=-1&filter%5Bkeyword%5D=GSN+549E+&filter%5B32%5D=1&filter%5Bcpage%5D=1&cur_cat_oid=6&expand=&navoid=491&search_database=Filter&filter%5Bexact_match%5D=1#tt6219)*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+549E+&filter%5B32%5D=1&filter%5Bcpage%5D=1&cur_cat_oid=6&expand=&navoid=491&search_database=Filter&filter%5Bexact_match%5D=1#tt7219).  *Note:* *Additional fee required.*

GSN551E - Therapeutic Diets (2 credits)

ERLANDSEN | HELFGOTT KITCHEN | WEDS 10:00a-12:00p

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/content.php?filter%5B27%5D=-1&filter%5B29%5D=&filter%5Bcourse_type%5D=-1&filter%5Bkeyword%5D=GSN+546E&filter%5B32%5D=1&filter%5Bcpage%5D=1&cur_cat_oid=6&expand=&navoid=491&search_database=Filter#tt9190)*or*[*GSNO 584*](https://catalog.nunm.edu/content.php?filter%5B27%5D=-1&filter%5B29%5D=&filter%5Bcourse_type%5D=-1&filter%5Bkeyword%5D=GSN+546E&filter%5B32%5D=1&filter%5Bcpage%5D=1&cur_cat_oid=6&expand=&navoid=491&search_database=Filter#tt5689)*.*  *Note:* *Additional fee required.*

GSN552 – Nutritional Supplements (2 credits)

FALK | ONLINE ASYNCHRONOUS

Explore the use of nutritional supplements (including nutritive herbs) for health. Understand when to use certain nutrients, which forms are found in supplements, and how to select them. Students learn about food, drug and nutrient interactions, and how supplements influence human biochemistry. Regulation of the nutritional supplement industry is also covered, including laws, purity and quality control. *Prerequisite(s):* [*GSN 507*](https://catalog.nunm.edu/content.php?filter%5B27%5D=-1&filter%5B29%5D=&filter%5Bcourse_type%5D=-1&filter%5Bkeyword%5D=GSN+552+&filter%5B32%5D=1&filter%5Bcpage%5D=1&cur_cat_oid=6&expand=&navoid=491&search_database=Filter#tt6120)*or*[*GSNO 584*](https://catalog.nunm.edu/content.php?filter%5B27%5D=-1&filter%5B29%5D=&filter%5Bcourse_type%5D=-1&filter%5Bkeyword%5D=GSN+552+&filter%5B32%5D=1&filter%5Bcpage%5D=1&cur_cat_oid=6&expand=&navoid=491&search_database=Filter#tt6175)*.*

GSN554E – Sports Nutrition (2 credits)

KAUFMAN | ONLINE ASYNCHRONOUS

This course investigates the human demands for increased nutritional support from athletic performance, the timing of meals, and what types of balanced menus are appropriate to support individual exercise regimens. Research on sports nutrition supplements to support athletic training is also discussed. *Prerequisite(s):* [*GSN 507*](https://catalog.nunm.edu/content.php?filter%5B27%5D=-1&filter%5B29%5D=&filter%5Bcourse_type%5D=-1&filter%5Bkeyword%5D=GSN+554E+&filter%5B32%5D=1&filter%5Bcpage%5D=1&cur_cat_oid=6&expand=&navoid=491&search_database=Filter#tt4817)*or*[*GSNO 584*](https://catalog.nunm.edu/content.php?filter%5B27%5D=-1&filter%5B29%5D=&filter%5Bcourse_type%5D=-1&filter%5Bkeyword%5D=GSN+554E+&filter%5B32%5D=1&filter%5Bcpage%5D=1&cur_cat_oid=6&expand=&navoid=491&search_database=Filter#tt1558)*,*[*GSN 515*](https://catalog.nunm.edu/content.php?filter%5B27%5D=-1&filter%5B29%5D=&filter%5Bcourse_type%5D=-1&filter%5Bkeyword%5D=GSN+554E+&filter%5B32%5D=1&filter%5Bcpage%5D=1&cur_cat_oid=6&expand=&navoid=491&search_database=Filter#tt3351)*or*[*GSNO 515*](https://catalog.nunm.edu/content.php?filter%5B27%5D=-1&filter%5B29%5D=&filter%5Bcourse_type%5D=-1&filter%5Bkeyword%5D=GSN+554E+&filter%5B32%5D=1&filter%5Bcpage%5D=1&cur_cat_oid=6&expand=&navoid=491&search_database=Filter#tt3583)*.*

GSN574E - Food Relationship Coaching (2 credits)

RUBIN | IN PERSON| WEDS 1:00p-3:00p

This course teaches an advanced approach to nutrition coaching by addressing the client’s underlying relationship with food, rather than the micro or macro components of their diet. Students learn to focus on the psycho/spiritual/emotional roots of clients’ day-to- day interactions with food and the influence of the larger social environment on those thoughts, feelings, beliefs and actions. Students learn the skills necessary to empower clients to make sustainable changes to their diet by helping them “rewrite” the story, or script, of their relationship with food. *Prerequisite(s):* [*GSN 528*](https://catalog.nunm.edu/content.php?filter%5B27%5D=-1&filter%5B29%5D=&filter%5Bcourse_type%5D=-1&filter%5Bkeyword%5D=GSN+552+&filter%5B32%5D=1&filter%5Bcpage%5D=1&cur_cat_oid=6&expand=&navoid=491&search_database=Filter#tt854)*or*[*GSNO 528*](https://catalog.nunm.edu/content.php?filter%5B27%5D=-1&filter%5B29%5D=&filter%5Bcourse_type%5D=-1&filter%5Bkeyword%5D=GSN+552+&filter%5B32%5D=1&filter%5Bcpage%5D=1&cur_cat_oid=6&expand=&navoid=491&search_database=Filter#tt733)*.*

GSN580E - Nutrition Clinical Rotation (2 credits)

CHILDS | ONLINE SYNCHRONOUS | WEDS 8:00a-12:00p

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+546E&filter%5B32%5D=1&filter%5Bcpage%5D=1&cur_cat_oid=6&expand=&navoid=491&search_database=Filter#tt5041).

GSN580E - Nutrition Clinical Rotation (2 credits)

CHILDS | SECT 01| NUNM CLINIC | FRI 1:00-5:00p

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+546E&filter%5B32%5D=1&filter%5Bcpage%5D=1&cur_cat_oid=6&expand=&navoid=491&search_database=Filter#tt5041).

GSNO581E – Virtual Nutrition Clinical Experience (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):* [*GSNO 514*](https://catalog.nunm.edu/content.php?filter%5B27%5D=GSNO&filter%5B29%5D=514&filter%5Bcourse_type%5D=-1&filter%5Bkeyword%5D=GSNO+514&filter%5B32%5D=1&filter%5Bcpage%5D=1&cur_cat_oid=6&expand=&navoid=491&search_database=Filter&filter%5Bexact_match%5D=1#acalog_template_course_filter)*,* [*GSNO 515*](https://catalog.nunm.edu/content.php?filter%5B27%5D=GSNO&filter%5B29%5D=515&filter%5Bcourse_type%5D=-1&filter%5Bkeyword%5D=GSNO+515&filter%5B32%5D=1&filter%5Bcpage%5D=1&cur_cat_oid=6&expand=&navoid=491&search_database=Filter&filter%5Bexact_match%5D=1#acalog_template_course_filter)*,* [*GSNO 516,*](https://catalog.nunm.edu/content.php?filter%5B27%5D=GSNO&filter%5B29%5D=516&filter%5Bcourse_type%5D=-1&filter%5Bkeyword%5D=GSNO+516&filter%5B32%5D=1&filter%5Bcpage%5D=1&cur_cat_oid=6&expand=&navoid=491&search_database=Filter&filter%5Bexact_match%5D=1#acalog_template_course_filter) *GSNO 524,* [*GSNO 526*](https://catalog.nunm.edu/content.php?filter%5B27%5D=GSNO&filter%5B29%5D=526&filter%5Bcourse_type%5D=-1&filter%5Bkeyword%5D=GSNO+526&filter%5B32%5D=1&filter%5Bcpage%5D=1&cur_cat_oid=6&expand=&navoid=491&search_database=Filter&filter%5Bexact_match%5D=1#acalog_template_course_filter)*,* [*GSNO 534*](https://catalog.nunm.edu/content.php?filter%5B27%5D=GSNO&filter%5B29%5D=534&filter%5Bcourse_type%5D=-1&filter%5Bkeyword%5D=GSNO+534&filter%5B32%5D=1&filter%5Bcpage%5D=1&cur_cat_oid=6&expand=&navoid=491&search_database=Filter&filter%5Bexact_match%5D=1#acalog_template_course_filter) *& GSNO 584.*

GSN614E - Advanced Nutritional Biochemistry (3 credits)

QUEEN | ONLINE ASYNCHRONOUS

Learn cutting-edge nutritional biochemistry and systems medicine concepts integrated with clinical nutrition knowledge, and explore the unifying metabolic processes that promote health or cause inflammation, illness and death. Study the interrelationships among the leading chronic diseases and diet composition to advance understanding of disease as the dysregulation of glucose, fatty acid, protein and micronutrient metabolism. Relate the biochemical basis of disease to proactive and preventive nutritional interventions. *Prerequisite(s):* [*GSN 514*](https://catalog.nunm.edu/content.php?filter%5B27%5D=-1&filter%5B29%5D=&filter%5Bcourse_type%5D=-1&filter%5Bkeyword%5D=GSN+546E&filter%5B32%5D=1&filter%5Bcpage%5D=1&cur_cat_oid=6&expand=&navoid=491&search_database=Filter#tt4759)*or*[*GSNO 514*](https://catalog.nunm.edu/content.php?filter%5B27%5D=-1&filter%5B29%5D=&filter%5Bcourse_type%5D=-1&filter%5Bkeyword%5D=GSN+546E&filter%5B32%5D=1&filter%5Bcpage%5D=1&cur_cat_oid=6&expand=&navoid=491&search_database=Filter#tt9675)*, or equivalent.* *Note:* *This course may be taken by students (in advanced standing) in place of*[*GSN 514*](https://catalog.nunm.edu/content.php?filter%5B27%5D=-1&filter%5B29%5D=&filter%5Bcourse_type%5D=-1&filter%5Bkeyword%5D=GSN+546E&filter%5B32%5D=1&filter%5Bcpage%5D=1&cur_cat_oid=6&expand=&navoid=491&search_database=Filter#tt3979)*with approval of instructor.*

Global Health

GSGH703E - Maternal and Child Health (2 credits)

TUSON-TURNER | ONLINE ASYNCHRONOUS

This class focuses on improving the health of mothers, children, youth and families, including socially vulnerable populations, and the environments and policies that affect their well-being. Students learn about nonprofit organizations, research organizations, public health agencies, and healthcare organizations that focus on maternal and child health.

GSGH706E - Conference in Global Health (1 credit)

ZWICKEY | INSTRUCTOR APPROVAL REQUIRED

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.*

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**](mailto:tmorgan@nunm.edu)**, or Arianne Newton,** [**anewton@nunm.edu**](mailto:anewton@nunm.edu)**.**

COL500 - Community Organizing and Social Activism in Colombia (4.5 credits)

THOMAS | TIME + LOCATION TBD

Community Organizing and Social Activism (COSA) is a required course in most IPSL Institute programs. COSA in Colombia starts with an overview of social change institutions explores the history and ethics of international service and then examines the past and current political and social movements and advocacy efforts in Colombia. Students will learn the theories and practical realities of intercultural service-learning in a Colombian context. This course complements IPSL community service placements and helps students make meaning of their international experiences in order to deepen their understanding of development on both macro and micro levels, and to develop intercultural competence. Topics are examined through the prism of hands-on community service in Colombian NGOs and other nonprofits and include intercultural communication, the legal structures of Colombian nonprofits/NGOs, civic engagement and citizenship in Colombia, local civic engagement/advocacy efforts and the exploration of civil society. *Prerequisite(s): Instructor approval required. Note: Additional fee required.*

COL501 - Afro-Caribbean Culture and History (4.5 credits)

THOMAS | TIME + LOCATION TBD

This course is an interdisciplinary examination of the history, politics, race, class, gender and cultural expression of the African descendants in the Caribbean region with special focus on Afro Colombians. Special attention will be given to issues in the creation of a multicultural society, such as the dynamics of cultural identity, social and political issues. We will approach this course from a holistic perspective within a framework of African Caribbean Studies. We situate multidisciplinary interpretations of history and culture within their socio-historic contexts, and assess these interpretations, especially from less privileged and less represented perspectives. In the case of the Caribbean, this means reading between the lines of European and American history and finding the voices and cultural expressions of the people of Indigenous, African, and Afro-Mestizo ancestry.*Prerequisite(s): Instructor approval required. Note: Additional fee required.*

COL502 - Conflict, Peace, and Reconciliation: A Comparative Approach to Colombia, Northern Ireland, South Africa and Rwanda (4.5 credits)

THOMAS | TIME + LOCATION TBD

The course provides a framework for exploring the comparative peace and reconciliation processes in four different regions: Northern Ireland, South Africa, Rwanda, and Colombia. This course explores the meaning of political reconciliation, the role of forgiveness in politics and the debates surrounding the creation of War Crime Tribunals, Truth Commissions and Administrative Purges. Since we are in a post-conflict society (Colombia), this course will transcend theory. Through a series of meetings with researchers, policy makers, and diplomats, we will see how different countries have confronted legacies of violence and abuse of their citizenry. Examples include paths to peace in South Africa’s struggle after Apartheid, Northern Ireland’s attempt to end decades of sectarian violence between Catholics and Protestants, Rwanda’s ethnic-centered violence, and Colombia’s return to peace after years of violence and intimidation as a result of the international narcotics trade. *Prerequisite(s): Instructor approval required. Note: Additional fee required.*

GRE500 - Community Organizing and Social Activism in Greece (4.5 credits)

THOMAS | TIME + LOCATION TBD

Community Organizing and Social Activism (COSA) is a required course in most IPSL Institute programs. COSA in Greece starts with an overview of social change institutions explores the history and ethics of international service and then examines the past and current political and social movements and advocacy efforts in Colombia. Students will learn the theories and practical realities of intercultural service-learning in a Greek context. This course complements IPSL community service placements and helps students make meaning of their international experiences in order to deepen their understanding of development on both macro and micro levels, and to develop intercultural competence. Topics are examined through the prism of hands-on community service in Greek NGOs and other nonprofits and include intercultural communication, the legal structures of Greek nonprofits/NGOs, civic engagement and citizenship in Greece, local civic engagement/advocacy efforts and the exploration of civil society. *Prerequisite(s): Instructor approval required. Note: Additional fee required.*

SAF500 - Community Organizing and Social Activism in South Africa: Apartheid’s Footprint (4.5 credits)

THOMAS | TIME + LOCATION TBD

Community Organizing and Social Activism (COSA) is a required course in most IPSL Institute programs. COSA explores community organizing and social activism with the goal of learning how to effectively translate these ideas and techniques into a concrete knowledge of social activism (including a practical tool set and the development of a personal ethic of advocacy) that can be applied across cultures, countries, and efforts. COSA South Africa is an overview of social change institutions, explores the history and ethics of international service and moves to the examination of past and current political and social movements and advocacy efforts in South Africa. Students will learn the theories and practical realities of intercultural service-learning in a South African context. This course complements IPSL community service placements and helps students make meaning of their international experiences in order to deepen their understanding of development on both macro and micro levels, and to develop intercultural competence. Topics are examined through the prism of hands-on community service in Peruvian NGOs and other nonprofits and include intercultural communication, the legal structure of Peruvian nonprofits/NGOs, citizenship in South Africa, local civic engagement/advocacy efforts, and the exploration of civil society. *Prerequisite(s): Instructor approval required. Note: Additional fee required.*

Undergraduate

IMT3130E - Bodywork II: Advanced Massage (1 credit)

MATHER | IN PERSON | MON 4:00p-7:00p

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=Bodywork+II&filter%5B32%5D=1&filter%5Bcpage%5D=1&cur_cat_oid=6&expand=&navoid=491&search_database=Filter#tt8891). *Note:* *Additional fee required.*

NU430E – Panchakarma (2 credits)

RAJURKAR | ONLINE ASYNCHRONOUS

Panchakarma is the Ayurvedic approach to detoxification, cleansing of the body and mind for rejuvenation and treatment of disease. This course provides an overview of the philosophy and types of Panchakarma. Indications, contraindications, and the preparatory process for Panchakarma therapy will be covered. The modalities explored in this course include: personalized application of whole-body massage (oleation therapy), Udvartana (massage with dry herbal powder), Kati Basti, Griva Basti, Janu Basti, Pinda Swedana (hot pack-sudation therapy) technique, Virechana (purging), and Nasya (nasal drops). *Note:* *Additional fee required.*

NU443E - 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.*

