

Student Name: _____

Student ID number: _____

Date: _____

MUIH Coursework Requirements and Supervised Experience Documentation to Sit for the CNS Exam

To qualify for the Certified Nutrition Specialist certification, you must meet and document that you have met specific academic and supervised experiential hours. In order to ease your way through the CNS process we have prepared this document. **This document is effective for applications submitted to the BCNS as of September 1, 2016 and replaces any other document you have received from MUIH.** These lists contain ALL possible courses that you may have taken.

- Steps:
1. Compare this list with the actual courses you have taken.
 2. Submit only the courses that are listed as passed on your transcript. (Although the program is the same, it's likely that you may have slightly different coursework than your classmates.)
 3. Match this document with the coursework you have taken to ensure that what you submit is correct. Submit this completed form to Academic Director, Dr. Kathy Warner (kwarner@muih.edu).
 4. Document all of your *supervised practice hours* on the CNS Candidate Report and submit directly to the BCNS as indicated in Part B of their application.
 5. Completion of the form does not guarantee certification. Certification is regulated by the BCNS.

Part A of the Application: COURSEWORK REQUIREMENTS

In the application, it states that the Academic requirement is a minimum of 30 semester credit hours in the following four categories: Nutrition, Biochemistry, Physiology or Anatomy & Physiology, and Clinical or Life Science. Specific course names, numbers and credits have changed depending on when you began your studies. Please note the use of the word "or" and choose the correct courses. Use the column on the left to check off the courses you have taken.

YOUR COURSES	CATEGORY AND COURSE NAME	NUMBER OF CREDITS	Completed (Trimester and Year)
Nutrition Coursework--Minimum 9 credits			
	Nutr 612 Human Nutrition 2: Micronutrients	3	
	Nutr 614 Human Nutrition 1: Macronutrients OR Nutr 611 Human Nutrition 1: Macronutrients	2 3	
	Nutr 641 Life Cycle Nutrition	3	
	Nutr 661 Practice Management	1	
	Nutr 663 Sports Nutrition	1	
	Nutr 664 Food Systems and Policies	2	
	Nutr 665 Dynamics of Food and Healing	1	

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	Nutr 671 Food and Culture	1	
	Nutr 667 Marketing for Health Professionals	1	
	Nutr 681 Cooking with Whole Foods Lab 1	0.5	
	Nutr 682 Cooking with Whole Foods Lab 2	0.5	
	Nutr 683 Cooking with Whole Foods Lab 3	0.5	
	Nutr 684 Cooking with Whole Foods Lab 4	0.5	
	Nutr 685 Cooking with Whole Foods Lab 5	0.5	
	NUTR 699 a, b, c, d Independent Study	0.5, 1, 2, 3	
<u>Biochemistry Coursework- Minimum 6 credit hours</u>			
	ISci 626 Nutritional Biochemistry	3	
	Nutr 622 Advanced Biochemistry, Pathophysiology & Assessment	3	
<u>Physiology or Anatomy/Physiology – Minimum 3 credit hours</u>			
	ISci 646 A Health & Wellness Physiology I	2	
	ISci 646 B Health & Wellness Physiology 2	2	
	OR: ISci 647 A Physiology I: Healthy Function OR: ISci 547 A Physiology I: Healthy Function	3	
<u>Clinical or Life Sciences-Minimum 12 credit hours</u>			
	ISci 521 Fundamentals of Chemistry OR ISci 522 or ISci 622 Foundations of Organic Chemistry	3	
	ISci 632 OR ISci 632A Foundations of Health and Wellness (or ISci631 Introduction to Complementary and Integrative Health) AND ISci 632B Foundations of Health and Wellness II (1.5 credits each)	3 1.5 + 1.5	
	ISci 703 A/B Applied Statistics and Applied Research (1.5 credits each) OR ISci 701 Introduction to Statistics, Research Design & Information Literacy in Integrative Medicine	3	
	Nutr 652 Practitioner Skills II or Nutr 651A Clinical Skills I	2	

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	Sept 2011-Sept 2013 Students: Use 1 credit from Health & Wellness Physiology	1	
	January 2014 and beyond: ISci 647 B Physiology II: Movement Away from Health	3	
	ISci 615 Mind Body Science	3	
	ISci 620 Life Sciences	3	
	ISci 655 Holistic Medicine	3	

Part B of the Application: Supervised Practice Experience

Use the following courses to document your: SUPERVISED PRACTICE EXPERIENCE.

You may not use the same course for both Academic and Supervised Practice Experience categories. Use the column on the left to check off your courses and the column on the right to indicate when you completed the courses. Submit completed form to the Academic Director, Dr. Kathy Warner (kwarner@muih.edu).

	<u>COURSE NAME</u>	<u>TOTAL HOURS</u>	<u>ASSESSMENT</u>	<u>INTERVENTION</u>	<u>MONITORING</u>	<u>Completed (Trimester & year)</u>
<i>Choose one of the following:</i>						
	Nutr 654 C and D Clinic (1.5 credits each) Or Nutr 656 C and D Clinical Strategies in Nutrition Care (1.5 credits each) Or Nutr 655 C and D Nutrition/Herbal Therapeutics Clinic (1.5 credits)	135	45	45	45	
	Nutr 691 A and B OR C and D Practicum (1.5 credits each)	135	10	100	25	

REQUIRED and ELECTIVE COURSEWORK

The total number of hours from this section are **limited to 250 hours maximum** as outlined by the BCNS

	Nutr 634 Diabetes Education	10	4	6	0	
	Nutr 635 Applied Clinical Nutrition I	60	20	40	0	
	Nutr 636 Applied Clinical Nutrition II	60	20	40	0	
	Nutr 637 Digestive Health	10	4	6	0	
	Nutr 643 Public Health Nutrition	25	10	15	0	
	Nutr 651B Clinical Skills II	50	21	29	0	
	NUTR 686 Cooking with Whole Foods Lab VI	34	8	26	0	
	Nutr 722 Advanced Laboratory Assessment	70	50	20	0	