Maryland University of Integrative Health’s Master of Science in Nutrition and Integrative Health offers a unique approach to the study of nutrition—one that emphasizes the vital and interrelated physiological, medicinal, psychosocial, cultural, and spiritual roles of food in our lives.

Anchored in a wellness-based philosophy, this distinctive curriculum provides a solid biochemical and physiological understanding of the complex role of food and nutrition in human health, combined with a rich personal learning process that enables students to cultivate sustainable change in themselves and others. Students will gain practical skills and apply theory through participation in whole foods cooking labs, practice coaching sessions, and a clinical, research, or community-based practicum.

The 50-credit program is offered in two formats: face-to-face and online. A range of elective courses are also offered to meet students’ specific interests. The comprehensive and multifaceted program ensures that graduates are prepared for a variety of careers in the diverse field of nutrition, as practicing nutritionists, consultants, coaches, educators, researchers, and writers.

Program Highlights
- Taught from a holistic and integrative perspective
- Prepares graduates for a variety of nutrition and wellness careers
- Prepares graduates to sit for the Certified Nutrition Specialist (CNS) exam, various state licensing requirements, and other national board exams
- Faculty and lecturers include national experts in integrative nutrition
- Program can be completed in two years
- Features custom-designed science courses and core competencies in nutrition assessment and treatment strategy design and implementation
- Includes whole foods cooking as part of academic curriculum
- Addresses sustainability and the relationships between our food choices, our agricultural and food processing practices, and the environment
- Eligible for federal financial aid
Professional Opportunities
At a time when our food choices can influence the health and future of our society and earth ecosystems, the holistically trained nutritionist will be an essential voice to inspire and activate personal, cultural, and global change. Graduates of the Master of Science in Nutrition and Integrative Health program will be uniquely prepared to help lead this revolution and fill the growing demand for practitioners and educators with advanced skills and expertise in nutrition and wellness.

Career opportunities for Nutrition and Integrative Health graduates include:
- Nutrition, private practice
- Clinical practice in a variety of settings, including fitness centers, medical centers, and other health-related organizations
- Consultant to nutraceutical companies, apothecaries, supermarkets, and other nutrition-related companies
- Community health and nutrition educator in the private or public sector (i.e., extension educator)
- Corporate wellness programs
- Faculty at community colleges, state colleges, and universities
- Writer or publisher
- Lecturer, speaker, or teacher
- Public relations and consumer affairs for a variety of food companies

Program graduates are prepared to sit for the Certified Nutrition Specialist (CNS) exam through the Certification Board for Nutrition Specialists, the Certified Clinical Nutrition (CCN) exam through the Clinical Nutrition Certification Board, and to become board certified in holistic nutrition through the Holistic Nutrition Credentialing Board, and meet various state licensing requirements.

Academic Director
Liz Lipski, Ph.D., CCN, CNS, CHN

Program Format
The Master of Science in Nutrition and Integrative Health is a 50-credit degree designed to be completed in two years of concentrated study. The program is offered in two formats: face-to-face and online. The face-to-face program schedule includes 12 to 15 weekend intensives per year and one to two weeklong intensives per year. Courses will begin online in September 2013, offering tremendous flexibility for students. The program can be modified to a less intensive schedule and can be completed in up to five years.

Admission Requirements
To be considered for admission to all graduate academic programs, including master’s degree and graduate certificate programs, applicants must have a bachelor’s degree from a regionally accredited institution. In addition, applicants must submit an official transcript for the bachelor’s degree and all degrees earned beyond a bachelor’s degree.

Additionally, applicants for the Master of Science in Nutrition and Integrative Health must have earned a minimum 2.5 GPA in their bachelor’s degree from an accredited educational institution.

For More Information
Detailed course descriptions, faculty bios, admissions process, tuition, and more program information are available online at www.muih.edu. You can also find the complete Academic Catalog at www.muih.edu.

For admission questions and to visit the campus, please contact the Office of Graduate Admissions at 410-888-9048 ext. 6647 or admissions@muih.edu.

For financial aid and scholarship details, contact the Office of Financial Aid at 410-888-9048 ext. 6628, financialaid@muih.edu, or visit www.muih.edu.