

## **Program Learning Outcomes**

### **Maryland University of Integrative Health**

#### **Acupuncture and Herbal Medicine**

##### **Doctor of Acupuncture with a Chinese Herbal Medicine Specialization**

1. Demonstrate a comprehensive knowledge of the history and foundational theories of acupuncture and its different traditions.
2. Demonstrate a comprehensive knowledge of the tradition of Constitutional Five Element Acupuncture, Eight Principles treatment strategies and its different traditions.
3. Demonstrate a comprehensive knowledge of Chinese Herbs from a unique integration of Constitutional Five Element perspectives, classical Chinese medicine, Eight Principle diagnosis, and Zang-Fu differentiation.
4. Express an understanding of the biomedical theories of health and disease relevant to the practice of Acupuncture and Herbal medicine.
5. Demonstrate effective communication with a wide variety of professional colleagues.
6. Develop a healing presence both personally and professionally that will facilitate growth as a practitioner.
7. Develop specialization in the treatment of certain health conditions and populations.
8. Demonstrate support of clients at all levels of being – body, mind, and spirit.
9. Apply business and practice management skills that will ensure success in the workforce.
10. Develop a collaborative approach to health care.
11. Be an effective clinician/educator in an integrative care setting.
12. Be able to communicate effectively with other health care providers regarding the results of diagnostic studies.
13. Understand research and scholarship in the field of health and wellness.

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### **Master of Acupuncture with a Chinese Herbal Medicine Specialization**

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### **Post Baccalaureate Certificate in Chinese Herbal Medicine**

1. Demonstrate a comprehensive knowledge of the foundational theories in Chinese herbal medicine formulas.
2. Apply a theoretical framework to analyze medicinal substances (herbal, mineral and animal).
3. Analyze medical conditions and provide a differential diagnosis using theoretical frameworks presented in the program.
4. Demonstrate a knowledge of various specialties of Chinese medicine and their theories

and contributions.

5. Demonstrate broad-based knowledge of the history of Chinese medicine.
6. Acquire a working understanding of Chinese dietary therapy.
7. Obtain the clinical skills and training (diagnosis, formula planning, treatment delivery and patient management) necessary to become a practicing Chinese herbalist.

## **Ayurveda**

### **Post Baccalaureate Certificate in Ayurveda Wellness Practices**

1. Create Ayurvedic approaches to promote, build, and maintain functional levels of health and vitality in daily life.
2. Present basic Ayurvedic lifestyle and wellness education to the public.
3. Apply the principles of Ayurveda to enhance current professional practice with a unique set of assessment and health promotion skills.

## **Health and Wellness Coaching**

### **Master of Arts in Health and Wellness Coaching**

1. Master the professional qualities, relational skills, and behaviors that promote healing presence and a client-centered coaching practice.
2. Appraise and apply from a wide range of practice- and evidence-informed coaching skills to facilitate sustainable behavior change among diverse individuals, groups, populations, and settings.
3. Develop tailored approaches from a wide variety of coaching theories, principles, and practices for use with diverse individuals, groups, populations, and settings.
4. Integrate conventional, complementary, and integrative health perspectives into a comprehensive evidence-informed health and wellness coaching approach.
5. Develop skills to accurately review and evaluate research literature from the field of health and wellness coaching for application to an evidence-informed coaching practice.
6. Demonstrate proficiency in the coaching competencies and Code of Ethics as established by the International Coaching Federation (ICF) and the National Board for Health & Wellness Coaching (NBHWC), as well as in the Scope of Practice as established by the NBHWC.
7. Create a personalized business plan, professional development plan, and prospectus based upon concepts and principles of an integrative health and wellness coaching practice.

### **Post Baccalaureate Certificate in Health and Wellness Coaching**

1. Demonstrate the professional qualities, relationship skills, and behaviors that comprise healing presence.
2. Demonstrate the range of both practice and evidence-informed coaching skills needed to facilitate sustainable behavior change in clients.
3. Apply a wide variety of theories, principles, and coaching practices that promote behavior

change.

4. Integrate an understanding of conventional and complementary health perspectives to develop a comprehensive understanding of health and wellness in a variety of settings.
5. Demonstrate proficiency in the coaching competencies and Code of Ethics as established by the International Coaching Federation (ICF) and the National Board for Health & Wellness Coaching (NBHWC), as well as in the Scope of Practice as established by the NBHWC.

## **Health Promotion**

### **Master of Science in Health Promotion**

1. Administer, manage, and provide leadership for community health and workplace wellness health promotion programs.
2. Serve as an integrative health promotion resource person by applying a variety of modalities to community and workplace interventions, such as physical activity/movement, mindfulness, meditation, healing presence, herbalism and holistic nutrition.
3. Educate communities and workplaces to initiate and maintain behavioral changes that support health and wellness.
4. Design, implement and evaluate community health and workplace wellness health promotion programs based on population needs assessment.
5. Create and execute health promotion communication plans targeted to specific populations in communities and workplaces.
6. Advocate for health and health promotion and influence policy change.

### **Post Baccalaureate Certificate in Workplace Wellness**

1. Articulate best practices in integrative workplace wellness program creation from a business and leadership perspective.
2. Assess diverse population needs relevant to workplace wellness program design.
3. Design and plan integrative workplace wellness programs with tools and resources that build comprehensive skill sets.
4. Implement effective and sustainable workplace wellness programs from an evidence base of best practices by creating health-maintenance activities and managing their progress and accountability.
5. Evaluate workplace wellness programs and address a culture of wellness with various levels of employees and organizational leadership.
6. Have an evidence-informed understanding of employee health and wellness that integrates traditional, complementary and conventional medicine, as well as self-care practices.
7. Effectively educate employees to initiate and maintain behavioral changes that support health and wellness.

## **Herbal Medicine**

### **Master of Science in Clinical Herbal Medicine**

1. Summarize and synthesize traditional knowledge, pharmacological, and clinical data to make an informed decision about the application of herbal formulas.
2. Evaluate and analyze traditional knowledge to bridge the information gap of evidence-based data to make rational decisions in developing safe and effective herbal products and formulas.
3. Determine safety concerns of herb-herb and herb-drug interactions for herbal product users.
4. Design a comprehensive wellness plan incorporating herbal, dietary, and lifestyle recommendations integrating self-awareness and lessons of nature.
5. Assess clients and develop the tools to evaluate and adjust individualized plans and goals in response to the changing needs of the client.
6. Determine the legal parameters of herbal practice within their field and the strategies to navigate them.

### **Master of Science in Herbal Product Design and Manufacture**

1. Summarize and synthesize traditional pharmacological, and clinical data to make an informed decision about the application of herbal formulas.
2. Analyze evidence-based literature and traditional knowledge to support the safe and efficacious development of herbal supplements.
3. Investigate rationale extraction design and applied analytical techniques to produce herbal products.
4. Establish and administer Quality Assessment and Quality Control (QA, QC) procedures in a federally regulated Good Manufacturing Practice (GMP) environment.
5. Create a business plan, a launch strategy and a branding concept for an herbal product business using effective business strategies.

### **Post-Baccalaureate Certificate in Cannabis Science**

1. Explain the endocannabinoid system and its role in the body's response to cannabis and other medicinal plants.
2. Apply knowledge of herbal pharmacology, clinical research, and traditional use to design cannabis-containing herbal supplements that support health and well-being.
3. Apply an ethical framework, along with regulatory and industry standards, to provide cannabis education and access to high-quality cannabis products in dispensaries and other retail environments.
4. Apply best practices in quality assurance to develop quality control practices and assess cannabis-based products.
5. Summarize and synthesize peer reviewed research into an effective written narrative that provides the rationale for decision-making in cannabis product design processes.

### **Post Baccalaureate Certificate in Herbal Studies**

1. Use traditional, pharmacological, and clinical data to identify potential uses of individual

- herbs.
2. Apply best practices in processing and extraction to create high-quality, small-scale herbal products.
  3. Identify safety concerns of herb-herb and herb-drug interactions through the examination of traditional and contemporary data.

## **Integrative Health Studies**

### **Master of Arts in Integrative Health Studies**

1. Explain the foundational principles, philosophies, practice, and models of integrative health care.
2. Evaluate the principles, practice, and application of particular areas of the integrative health care field.
3. Apply research literacy skills to critically analyze integrative health research literature.
4. Select evidence-based integrative health interventions aligned with prevalent health conditions.
5. Analyze the factors associated with incorporating integrative health practices in their profession and health care organization.

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## **Nutrition**

### **Doctor of Clinical Nutrition**

1. Apply principles of integrative and functional nutrition to provide advanced nutrition care in the areas of gastrointestinal, immune, cardio-metabolic, neurological, nutritional genomics, energy metabolism, and endocrine health.
2. Evaluate data from the client history, diet history, nutrition-focused physical examination, lifestyle, anthropometrics, genomics, environmental impacts, and laboratory findings to provide a comprehensive client assessment.
3. Synthesize didactic and clinical knowledge and skills and translate this into personalized nutrition care plans.
4. Apply principles of research methodology, bioethics, academic journal writing, and case

studies in practice and research settings.

5. Promote nutrition and lifestyle interventions for disease prevention and health optimization as part of a collaborative healthcare team.

### **Master of Science in Nutrition and Integrative Health**

1. Apply biochemical, clinical (laboratory testing, anthropometric measurements, and physical exams), and nutritional knowledge to guide nutrition interventions and monitoring.
2. Analyze the macro- and micronutrient content, nutrient density, and additional food components of a client's diet.
3. Design culturally sensitive food plans that support changing nutritional needs during the various lifecycle stages and promote disease prevention and management.
4. Formulate comprehensive clinical intervention plans that incorporate whole foods, supplements, lifestyle changes, and other integrative health approaches.
5. Apply the nutrition care process to assess status, develop nutrition diagnoses and interventions, evaluate, and monitor the client's progress using a functional nutrition approach.
6. Develop personal mindful eating practices and guide groups or clients in mindfulness practices.

### Human Clinical Area of Concentration

1. Serve in leadership roles as nutrition professionals in the field of clinical nutrition.
2. Offer services to clients, clinicians, and other practitioners in order to earn a livelihood as a nutrition professional.

### Herbal Medicine Area of Concentration

1. Serve in leadership roles as nutrition professionals with knowledge of the role of both foods and herbs in promoting human health.
2. Work as nutritionists with an herbal background through comprehensive study of herbal pharmacology, herbal pharmacy (herbal preparation), and principles of herbal therapeutics.

### **Post Master's Certificate in Nutrition and Integrative Health**

1. Integrate core nutrition competencies into current clinical practice and/or professional work.
2. Incorporate knowledge of human nutrition and treatment strategies into clinical practice and tailor research projects to develop the evidence base for integrative nutrition.
3. Demonstrate an integrated knowledge of nutrition that incorporates biochemical, physiological, environmental, and traditional perspectives.
4. Assess the relationship between nutrients and biochemical/physiological processes and the various synergistic, antagonistic effects of nutrients.

### **Post Baccalaureate Certificate in Culinary Health and Healing**

1. Demonstrate how to select and prepare nutrient-dense whole foods.

2. Devise meal plans to support optimal health.
3. Adapt healthy whole foods menus to meet the needs of individuals of diverse demographic, cultural, and clinical groups.
4. Collaborate with nutrition professionals and other healthcare practitioners to support dietary health and healing for individuals and populations.

### **Post Baccalaureate Certificate in Sports Performance and Integrative Nutrition**

1. Demonstrate knowledge of the effect of various nutrients, supplements, antioxidants, hydration and caffeine on athletic performance.
2. Debunk myths and apply evidence-based knowledge into professional life within scope of practice.
3. Develop meals that enhance athletic performance through a whole foods diet.

## **Yoga Therapy**

### **Master of Science in Yoga Therapy**

1. Describe the classical and theoretical foundations of the field of yoga therapy.
2. Explain biomedical systems from an integrative and holistic perspective, as needed for the practice of yoga therapy.
3. Apply knowledge learned in this curriculum and in previous yoga teacher trainings to assess the needs of clients, to design and implement effective programs, and to assess the effectiveness of these programs.
4. Effectively use yoga as a therapeutic modality through the integration of diverse approaches to this field.
5. Use professional conduct during the practice of yoga therapy.
6. Use relationship-based approaches to catalyze positive change or transformation with clients.
7. Use critical thinking skills and science-based literacy to advance the evolution of yoga therapy as an integrative health practice.

### **Post Master's Certificate in Therapeutic Yoga Practices**

1. Describe the yoga therapy framework and its application to integrative healthcare practice.
2. Apply yoga therapy principles and evidence-informed practices within the licensed health care provider's scope of practice.
3. Identify opportunities for appropriate referral and collaboration with yoga therapists.