Accredited Distance Learning
• Graduate Degree Programs
• Undergraduate Degree Programs
• Diploma Programs
HUNTINGTON COLLEGE OF HEALTH SCIENCES: YOUR EDUCATION & A REWARDING PROFESSION

Perhaps the most noble and rewarding of all professions are those that help people maintain, regain and enhance health as well as prevent and cope with disease. One such profession is the nutritionist or nutrition specialist. Considering that nutrition plays a major role in determining our state of health and our susceptibility to many diseases, and that the USDA has reported that only 10% of Americans have a “good diet”, the well-educated nutrition professional is perfectly poised to make a major difference in the health and wellbeing of Americans and people all over the world.

What will be your contribution to the profession?
Clearly you have an interest in being such a well-educated nutrition professional, or you wouldn’t be reading this catalog now. We commend you! Perhaps you’re interested in practicing in a clinical setting; or perhaps your contribution will be in a corporate, athletic or retail environment. You may even have the greatest impact as an educator, or by writing books or articles to enlighten the public about the importance of nutrition in their lives.

Huntington College of Health Sciences fits your needs
In any case, for 20 years Huntington College of Health Sciences (HCHS) has provided academic programs to fit student needs; and we can do the same for you. Our accredited, distance learning, diploma and degree programs will provide you with a world-class education in the nutritional sciences, including scientifically sound views on alternative and complementary nutrition practices.

In addition, HCHS’s distance learning venue means no live classes to attend, so busy adults have maximum flexibility with regard to their schedule. Courses and academic programs can be completed from your home, office or other convenient setting.

You’ll also be pleased to know that you don’t have to exchange convenience for quality. Our academic standards are second to none, and our courses are all developed and taught by highly qualified and well credentialed faculty. Furthermore, HCHS is accredited by the Distance Education and Training Council (DETC). DETC is the only accrediting agency recognized by the U.S. Department of Education for accrediting distance learning institutions, their courses and programs.

We invite you to check out HCHS’s curriculum for our programs in the following pages. We think you’ll agree that our programs offer unique and relevant educational opportunities. If you have any questions, please feel free to contact us at (865) 524-8079.

Tennessee Authorization Statement
HCHS is authorized by the Tennessee Higher Education Commission which requires the following statement: “The authorization of each school must be renewed each year and is based on an evaluation by the standards concerning quality of education, ethical business practices, health and safety, and fiscal responsibility.”

Graduation & Job Placement Information
Huntington College of Health Sciences is authorized for operation as a postsecondary educational institution by the Tennessee Higher Education Commission. In order to view detailed job placement and graduation information on the programs offered by Huntington College of Health Sciences, please visit www.state.tn.us/thec and click on the Authorized Institutions Data button.
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Education pays


Unemployment rate in 2009

<table>
<thead>
<tr>
<th>Level</th>
<th>Unemployment Rate</th>
</tr>
</thead>
<tbody>
<tr>
<td>Doctoral degree</td>
<td>2.5</td>
</tr>
<tr>
<td>Professional degree</td>
<td>3.9</td>
</tr>
<tr>
<td>Master's degree</td>
<td>5.2</td>
</tr>
<tr>
<td>Bachelor's degree</td>
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</tr>
<tr>
<td>Associate degree</td>
<td>16.8</td>
</tr>
<tr>
<td>Some college, no degree</td>
<td>23.0</td>
</tr>
<tr>
<td>High school graduate</td>
<td>45.4</td>
</tr>
<tr>
<td>Less than a high school diploma</td>
<td>774.0</td>
</tr>
<tr>
<td>Average, all workers</td>
<td>79.0</td>
</tr>
</tbody>
</table>

Median weekly earnings in 2009

<table>
<thead>
<tr>
<th>Level</th>
<th>Median Earnings</th>
</tr>
</thead>
<tbody>
<tr>
<td>Doctoral degree</td>
<td>$1,532</td>
</tr>
<tr>
<td>Professional degree</td>
<td>$1,257</td>
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<tr>
<td>Master's degree</td>
<td>$1,025</td>
</tr>
<tr>
<td>Bachelor's degree</td>
<td>$761</td>
</tr>
<tr>
<td>Associate degree</td>
<td>$699</td>
</tr>
<tr>
<td>Some college, no degree</td>
<td>$626</td>
</tr>
<tr>
<td>High school graduate</td>
<td>$454</td>
</tr>
<tr>
<td>Less than a high school diploma</td>
<td>$774</td>
</tr>
<tr>
<td>Average, all workers</td>
<td>$74.0</td>
</tr>
</tbody>
</table>
Accreditation

Huntington College of Health Sciences (HCHS) is the first distance learning nutrition college accredited by the Accrediting Commission of the Distance Education and Training Council (DETC), which is listed by the U.S. Department of Education as a nationally recognized accrediting agency.

The Distance Education and Training Council is an educational association and nationally recognized accrediting agency located in Washington, D.C. Founded as the National Home Study Council in 1926, DETC’s mission is to promote sound educational standards and ethical business practices within the correspondence field. The Accrediting Commission of the Distance Education Council is located at 1601 18th Street, N.E. Washington D.C. 20009-2529; Telephone 202 234-5100; www.detc.org.

Recently DETC has emerged as a leader in global distance learning. DETC has accredited members in Canada, Ireland, Japan, South Africa, the United Kingdom, and the United States. With its 75-plus years of history and its highly refined and federally recognized accreditation program, DETC offers distance learning institutions the most current, relevant and practical services for the 21st Century.

Mission Statement

The mission of Huntington College of Health Sciences (HCHS) is to develop accessible, convenient and comprehensive distance education in nutrition and the health sciences, and deliver it to students from all walks of life. Our goal as faculty and staff is to educate our students, from undergraduate to graduate, through a broad array of academic programs of the first rank. The integration of conventional health sciences and scientifically sound alternative approaches to the health sciences is one of HCHS’s special strengths.
A Message from the Dean of Academics

Huntington College of Health Sciences was founded in 1985 as the American Academy of Nutrition, to meet the tremendous demand for an accredited independent study program in nutrition. In 2005 we changed our name to Huntington College of Health Sciences (HCHS) to reflect our expanded academic offerings.

Our students come from all over the world and include nutrition counselors, homemakers, health food store professionals, registered dietitians, chiropractors, registered nurses, dentists, physicians, massage therapists, psychologists, nutritional product marketers, military personnel, business executives, pharmacists and others seeking to enrich their knowledge of nutrition.

We are proud of our courses as they reflect the tremendous strides that have recently been made in the field of nutrition education. The knowledge you gain from successful completion of your courses will bring you to a new level of health awareness that, if properly applied, should have a profound and lasting effect on your health as well as those you motivate to a healthier lifestyle.

We are also very proud of the fact that HCHS is the first nutrition independent study college to attain national accreditation by the Accrediting Commission of the Distance Education and Training Council, the first accrediting agency for home study recognized by the U.S. Department of Education.

You can study and learn at your own pace, at a time and location that is best for you and at a considerable savings versus the tuition of most traditional universities. That's why more than three million Americans are currently advancing their knowledge through accredited independent study.

After you have reviewed our website, please don't hesitate to contact us with questions or for additional information. We look forward to having the opportunity to welcome you to our student body.

Sincerely,

Gene Bruno, MS, MHS
Dean of Academics

Academic Calendar

All dates are inclusive. The college is closed on all federal and state holidays and on Sundays. However, students may continue communications with the college via e-mail and fax when the college is closed. General office hours are 9:00 am to 5:00 pm Eastern Standard Time. Students may enroll and begin their program at Huntington College of Health Sciences at any time.

<table>
<thead>
<tr>
<th>New Years Day</th>
<th>Labor Day</th>
</tr>
</thead>
<tbody>
<tr>
<td>Civil Rights Day</td>
<td>Columbus Day</td>
</tr>
<tr>
<td>Presidents Day</td>
<td>Veterans Day</td>
</tr>
<tr>
<td>Memorial Day</td>
<td>Thanksgiving Day</td>
</tr>
<tr>
<td>Independence Day</td>
<td>Christmas Day</td>
</tr>
</tbody>
</table>
The Huntington College of Health Sciences Difference

An integrative approach to nutrition & health sciences
For over 20 years, Huntington College of Health Sciences has offered more than a conventional undergraduate or graduate education. Our accredited, distance learning degree and diploma programs include the breadth of responsible complementary and alternative medicine viewpoints, providing our students with an integrative approach to nutrition and the health sciences.

HCHS tuition is lower
The cost of attending many private 4-year colleges and universities was over $20,000 per year (the national average in 2006 was $21,235 per academic year). Our undergraduate tuition, on average, is about one-quarter of that amount. The per course undergraduate rate for students formally enrolled in a diploma or degree program is $165 a credit hour. The per course undergraduate rate for non-matriculated students is $183.33 a credit hour. The per course graduate rate for students formally enrolled in a degree program is $285 a credit hour. The per course graduate rate for non-matriculated students is $350 a credit hour.

Accelerated degree programs
At Huntington College of Health Sciences, our accredited, distance-learning courses are self-paced; allowing you to complete your diploma or degree program more quickly than would otherwise be the case. For example you can earn:

- An undergraduate diploma in as little as 6 months
- An A.S. degree in Applied Nutrition in as little as 1.5 years
- A B.H.S degree in Nutrition in as little as 3.25 years
- An M.S. degree in Nutrition in as little as 12 months

Of course you may also take more time to complete your degree program according to your schedule. Below are various timeframes for completing these academic programs:

<table>
<thead>
<tr>
<th>Academic program</th>
<th>To complete your program in about:</th>
<th>You would need to complete one of the following:</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>1 course every</td>
<td>2 courses every</td>
</tr>
<tr>
<td>Diploma</td>
<td>6 months</td>
<td>4 weeks</td>
</tr>
<tr>
<td></td>
<td>7 months</td>
<td>5 weeks</td>
</tr>
<tr>
<td></td>
<td>11 months</td>
<td>8 weeks</td>
</tr>
<tr>
<td>A.S. Degree</td>
<td>1.5 years</td>
<td>4 weeks</td>
</tr>
<tr>
<td></td>
<td>2 years</td>
<td>5 weeks</td>
</tr>
<tr>
<td></td>
<td>3 years</td>
<td>8 weeks</td>
</tr>
<tr>
<td>B.H.S. Degree</td>
<td>3.25 years</td>
<td>4 weeks</td>
</tr>
<tr>
<td></td>
<td>4 years</td>
<td>5 weeks</td>
</tr>
<tr>
<td></td>
<td>6.5 years</td>
<td>8 weeks</td>
</tr>
<tr>
<td>M.S. Degree</td>
<td>12 months</td>
<td>5 weeks</td>
</tr>
<tr>
<td></td>
<td>19 months</td>
<td>8 weeks</td>
</tr>
<tr>
<td></td>
<td>24 months</td>
<td>10 weeks</td>
</tr>
</tbody>
</table>
Undergraduate Programs

Diploma in Comprehensive Nutrition (Dip.C.N.)

This diploma program is ideal for those who would like to be a nutrition specialist with a comprehensive education in the importance of nutrition and diet, in promoting health and wellness, as well as in the prevention and treatment of various diseases. This program should be considered for those who would like to understand the relevance of alternative and complementary views of nutrition, including the value of dietary supplements.

Consider this curriculum if you would like to help patients, clients or consumers adopt better nutrition practices for a healthier lifestyle. Completion of this program earns one a globally respected Diploma in Comprehensive Nutrition (Dip.C.N.).

The 6-course Dip.C.N. program is designed to provide a thorough and in-depth nutrition education and includes an excellent foundation in the science of nutrition, as well as exposure to scientifically sound alternate views. You will often be required to analyze and critique the differing views of respected authorities. It is this process of analysis that will prepare you for a career in providing excellent nutrition guidance in clinical, retail or other professional settings.

<table>
<thead>
<tr>
<th>Courses</th>
<th>Credits</th>
</tr>
</thead>
<tbody>
<tr>
<td>NUT101 Understanding Nutrition I</td>
<td>3</td>
</tr>
<tr>
<td>BIO110 Introduction to Anatomy and Physiology</td>
<td>3</td>
</tr>
<tr>
<td>NUT201 Understanding Nutrition II</td>
<td>3</td>
</tr>
<tr>
<td>NUT402 Clinical Nutrition</td>
<td>3</td>
</tr>
<tr>
<td>HEA201 Environmental Challenges and Solutions</td>
<td>3</td>
</tr>
<tr>
<td>NUT401 Nutrition Counseling Skills</td>
<td>3</td>
</tr>
<tr>
<td><strong>Total</strong></td>
<td><strong>18</strong></td>
</tr>
</tbody>
</table>

Tuition - $2,970*

Academic prerequisites: High School diploma or equivalent

*Tuition fees do not include the costs of books and materials for each course which are purchased separately.

Diploma in Dietary Supplement Science (Dip.D.S.S.)

This diploma program is ideal for those whose profession currently involves the use or sales of dietary supplements, or for those planning on entering such a profession. This academic program provides a comprehensive education in dietary supplement science, including the safety, efficacy and research associated with the supplemental use of vitamins, minerals, nutraceuticals and herbs. In addition, foundational courses in nutrition and biology provide a solid background for understanding the context in which dietary supplements can play a positive role in human health. Consider this curriculum if you would like to advise patients, clients or consumers in the appropriate use of dietary supplements. Completion of this program earns one a globally respected Diploma in Dietary Supplement Science (Dip.D.S.S.).
The 6-course Dip.D.S.S. program is designed to provide a thorough and in-depth education in dietary supplement science. You will often be required to analyze and critique the differing views of respected authorities. It is this process of analysis that will prepare you for a career in providing excellent dietary supplement guidance in clinical, retail or other professional settings.

The Diploma in Dietary Supplement Science program consists of the following six courses:

<table>
<thead>
<tr>
<th>Courses</th>
<th>Credits</th>
</tr>
</thead>
<tbody>
<tr>
<td>NUT101 Understanding Nutrition I</td>
<td>3</td>
</tr>
<tr>
<td>NUT201 Understanding Nutrition II</td>
<td>3</td>
</tr>
<tr>
<td>BIO210 Human Biology</td>
<td>3</td>
</tr>
<tr>
<td>NUT301 Vitamins &amp; Minerals</td>
<td>3</td>
</tr>
<tr>
<td>HER101 Introduction to Herbal Sciences</td>
<td>3</td>
</tr>
<tr>
<td>NUT302 Introduction to Nutraceuticals</td>
<td>3</td>
</tr>
<tr>
<td><strong>Total</strong></td>
<td><strong>18</strong></td>
</tr>
</tbody>
</table>

**Tuition - $2,970***

Academic prerequisites: High School diploma or equivalent. In addition, NUT101 is the prerequisite for NUT301 and NUT302.

*Tuition fees do not include the cost of books and materials for each course which are purchased separately.

*Highlight: Diploma in Dietary Supplement Science*

According to Gene Bruno, Dean of Academics and Huntington College of Health Sciences, “I always believed that the world of nutrition education needed an academic program in dietary supplement science, and I was now in a position to spearhead the effort to create one. To this end, I assembled a group of nutritionists, pharmacists, herbalists, biologists and dietary supplement experts to design the curriculum for a Diploma in Dietary Supplement Science (DipDSS). It took a few years to develop and was quite a task, but in January of 2008 HCHS launched the world’s first accredited program in dietary supplement science.

Huntington College of Health Sciences’ Diploma in Dietary Supplement Science is the first and only academic program in dietary supplement science ever offered through an accredited college or university; or anywhere in the world for that matter.

It is ideal for natural product retailers, health care professionals or any profession that currently involves the use or sales of dietary supplements; or for those planning on entering such a profession.

*Diploma in Sports Nutrition (Dip.S.N.)*

This diploma program is ideal for those who would like to specialize in sports nutrition, while obtaining a comprehensive education in the importance of nutrition and diet in promoting health and wellness. This program should be considered for those who would like to understand the relevance of alternative and complementary views of nutrition, including current research on the value of dietary supplements in sports. Consider this curriculum if you would like to help patients, clients or consumers adopt better nutrition practices with a focus on sports nutrition. Completion of this program earns one a globally respected Diploma in Sports Nutrition (Dip.S.N.).

The 6-course Dip.S.N. program is designed to provide a thorough and in-depth nutrition education with a focus
on sports nutrition, as well as provide exposure to scientifically sound alternate views. You will often be required to analyze and critique the differing views of respected authorities. It is this process of analysis that will prepare you for a career in providing excellent sports nutrition guidance in clinical, retail or other professional settings.

The International Society of Sports Nutrition recommends completing the Sports Nutrition and Exercise Physiology course that are part of this Dip.S.N. program to prepare for taking the National Board Exam for Certified Sports Nutritionist from the International Society of Sports Nutrition (CISSN) and Body Composition Certification (BCC-ISSN), respectively.

The Diploma in Sports Nutrition program consists of the following six courses:

<table>
<thead>
<tr>
<th>Courses</th>
<th>Credits</th>
</tr>
</thead>
<tbody>
<tr>
<td>NUT101 Understanding Nutrition I</td>
<td>3</td>
</tr>
<tr>
<td>NUT201 Understanding Nutrition II</td>
<td>3</td>
</tr>
<tr>
<td>BIOL210 Human Biology</td>
<td>3</td>
</tr>
<tr>
<td>BIO110 Introduction to Anatomy and Physiology</td>
<td>3</td>
</tr>
<tr>
<td>NUT220 Sports Nutrition</td>
<td>3</td>
</tr>
<tr>
<td>EXE320 Exercise Physiology</td>
<td>3</td>
</tr>
</tbody>
</table>

Total 18

Tuition - $2,970*

Academic prerequisites: High School diploma or equivalent

*Tuition fees do not include the costs of books and materials for each course which are purchased separately.

Diploma in Women’s Nutrition (Dip.W.N.)

This diploma program is ideal for those who have a passion for women’s health issues. It is constructed for those who would like to understand how proper nutrition and dietary practices can help address women’s special health concerns. It is also for those who would like to understand the relevance of alternative and complementary views of nutrition including the potential value of dietary supplements. This curriculum earns one a diploma in Women’s Nutrition (Dip.W.N.), and arms one with the ability to help female patients, clients or consumers adopt better nutrition practices for a healthier lifestyle.

The 6-course Dip.W.N. program is designed to provide a thorough foundation in the nutrition sciences, while providing a specific focus in women’s nutrition and health issues. As with the Dip.C.N. program, the Dip.W.N. program includes exposure to scientifically sound alternate views. You will often be required to analyze and critique the differing views of respected authorities. It is this process of analysis that will prepare you for a career in providing women with excellent nutrition guidance in clinical, retail or other professional settings.

The Diploma in Women’s Nutrition program consists of the following six courses:

<table>
<thead>
<tr>
<th>Courses</th>
<th>Credits</th>
</tr>
</thead>
<tbody>
<tr>
<td>NUT101 Understanding Nutrition I</td>
<td>3</td>
</tr>
<tr>
<td>NUT201 Understanding Nutrition II</td>
<td>3</td>
</tr>
<tr>
<td>BIOL110 Introduction to Anatomy and Physiology</td>
<td>3</td>
</tr>
<tr>
<td>NUT223 Women’s Special Health Concerns</td>
<td>3</td>
</tr>
<tr>
<td>NUT221 Pregnancy, Pediatric and Adolescent Nutrition</td>
<td>3</td>
</tr>
<tr>
<td>NUT224 Eating Disorders and Weight Management</td>
<td>3</td>
</tr>
</tbody>
</table>

Total 18

Tuition - $2,970*
Academic prerequisites: High School diploma or equivalent

*Tuition fees do not include the costs of books and materials for each course which are purchased separately.

**Diploma in Small Business Management (Dip.S.B.M.)**

This program is for those who own, manage, or hope to one day own or manage a small business. It is common knowledge that despite motivation, tenacity and thousands of dollars invested, most small businesses fail within the first five years. Although there are a variety of reasons for this, a lack of understanding fundamental principles of small business management can certainly play a significant role. For those who wish to better avoid becoming a business failure statistic, earning a Diploma in Small Business Management (Dip.S.B.M.) can help to shift the odds in your favor with the program.

The 6-course Dip.S.B.M. program is designed to help entrepreneurs and/or small business managers gain the necessary knowledge and skills to effectively operate a small business. This includes the mastery of business management/operations, marketing, advertising, psychology, business mathematics and other business principles.

The Diploma in Small Business Management program consists of the following six courses:

<table>
<thead>
<tr>
<th>Courses</th>
<th>Credits</th>
</tr>
</thead>
<tbody>
<tr>
<td>BUS142 Managing A Small Business</td>
<td>3</td>
</tr>
<tr>
<td>BUS140 Contemporary Marketing Skills</td>
<td>3</td>
</tr>
<tr>
<td>COM101 Public Speaking</td>
<td>3</td>
</tr>
<tr>
<td>MAT430 Business Mathematics</td>
<td>3</td>
</tr>
<tr>
<td>PSY141 Psychology</td>
<td>3</td>
</tr>
<tr>
<td>ENG130 English: Reading Enhancement</td>
<td>3</td>
</tr>
<tr>
<td><strong>Total</strong></td>
<td><strong>18</strong></td>
</tr>
</tbody>
</table>

Tuition - $2,970*

Academic prerequisites: High School diploma or equivalent

*Tuition fees do not include the costs of books and materials for each course which are purchased separately.

**Diploma in Natural Sciences (Dip.N.Sc.)**

This program is perfect for those who have a fascination for the sciences, but lack the formal education to fully understand and appreciate their intricacies. Those who are well read in their current field of interest, but find themselves getting lost when a book or article starts getting into a chemical, biological or anatomical discussion, will widen their horizons. Earning a Diploma in Natural Sciences (Dip.N.Sc) will also provide important prerequisites for a more in-depth specialization in key areas of the natural sciences.

The 6-course Dip.N.Sc. program is designed to provide a thorough and in-depth science education and includes an excellent foundation in anatomy, physiology, biology, chemistry, organic and biochemistry, as well as nutrition and environmental issues. Successful completion of this program will prepare you well to understand the natural sciences. The Diploma in Natural Sciences program consists of the following six courses:

<table>
<thead>
<tr>
<th>Courses</th>
<th>Credits</th>
</tr>
</thead>
<tbody>
<tr>
<td>BIO210 Human Biology</td>
<td>3</td>
</tr>
<tr>
<td>BIO110 Introduction to Anatomy and Physiology</td>
<td>3</td>
</tr>
</tbody>
</table>
Huntington College of Health Sciences

- CHE310 General Chemistry 3
- CHE410 Organic and Biochemistry 3
- NUT101 Understanding Nutrition I 3
- HEA201 Environmental Challenges and Solutions 3

Total 18

Tuition - $2,970*

Academic prerequisites: High School diploma or equivalent

*Tuition fees do not include the costs of books and materials for each course which are purchased separately.

Associate of Science (A.S.) in Applied Nutrition

Nutrition is a fascinating and dynamic science, with a powerful role to play in promoting health and wellness. If your career and personal goals are leading you toward pursuing an undergraduate degree in nutrition, the A.S. in Applied Nutrition from Huntington College of Health Sciences (HCHS) may be just what the nutritionist ordered.

The A.S. degree incorporates all of the courses from the Diploma in Comprehensive Nutrition program, the Diploma in Women’s Nutrition program, and the Diploma in Natural Sciences program, as well as other selected courses. Upon completion of the A.S. degree, you will have truly achieved an extensive and thorough education in the science of nutrition; including scientifically sound alternate practices in nutrition.

To obtain the Associate of Science Degree in Applied Nutrition a student must complete 20 courses (60 credit hours of study). The sequence of study is set forth in four segments. Each segment contains 5 courses or 15 credit hours equivalent to a college semester. The courses within each segment may be taken in any order. HCHS allows 48 months to complete this program, although it can certainly be completed in less time.

Students may transfer science and general elective credits earned through other colleges or universities duly accredited by an accrediting agency recognized by the Secretary of the U.S. Department of Education or the Council for Higher Education Accreditation (CHEA); or international equivalent; subject to administrative approval. A maximum of 24 credits may be transferred into the Associate of Science degree program. HCHS students who have completed one or more of the courses listed in a segment may substitute a new course(s) from the next segment, subject to administrative approval.

Upon completion of the A.S. in Applied Nutrition program, the graduate will have met the educational requirements for eligibility to take the Holistic Nutrition Credentialing Board’s (HNCB) Board Examination. The HNCB is a division of the National Association of Nutrition Professionals (NANP). NANP Professional Members who meet the board examination qualification criteria and successfully pass the Board Exam will earn the designation, “Board Certified in Holistic Nutrition.”

The Associate of Science Degree in Applied Nutrition program consists of the following 20 courses:

**Oral & Written Communications (6 credits)**
- ENG130 English: Reading Enhancement 3
- COM101 Public Speaking 3

**Mathematics (3 credits)**
- MAT210 College Algebra I 3
Natural Sciences (12 credits)  
- BIO330 Anatomy and Physiology I  3  
- BIO331 Anatomy and Physiology II  3  
- BIO210 Human Biology  3  
- CHE310 General Chemistry  3  
- CHE410 Organic and Biochemistry  4  

Behavioral Sciences (3 credits)  
- PSY141 Psychology  3  

Major courses  
- NUT101 Understanding Nutrition I  3  
- NUT102 Vegetarian Nutrition  3  
- NUT201 Understanding Nutrition II  3  
- HEA201 Environmental Challenges  3  
- NUT401 Nutritional Counseling Skills  3  
- NUT402 Clinical Nutrition  3  
- NUT224 Eating Disorders & Weight Management  3  
- Nutrition Electives (See Below)  12  
Total credits  60  

Nutrition Electives  
- EXE320 Exercise Physiology  3  
- NUT220 Sports Nutrition  3  
- NUT221 Pregnancy, Pediatric & Adolescent Nutrition  3  
- NUT222 Community Nutrition  3  
- NUT223 Women's Special Health Con.  3  
- HERB101 Intro. to Herbal Sciences  3  
- HERB102 Herbs & Body Systems  3  
- HERB103 Introduction to Traditional Chinese Herbalism  3  
- NUT225 Current Weight Management Theory  3  
- NUT226 Physiological Influences on Weight Management  3  
- NUT227 Weight Management in a Clinical Setting  3  

Academic prerequisites: High School diploma or equivalent  

*Tuition fees do not include the costs of books and materials for each course which are purchased separately.  

Academic prerequisites: High School diploma or equivalent, High School Algebra (for College Algebra I courses)  

Bachelor of Health Science (B.H.S.) in Nutrition  
The Bachelor of Health Science degree program in Nutrition is designed to educate a new generation of nutrition practitioner; one capable of providing their clients with an integrative approach to nutrition. As a graduate of HCHS’s B.H.S. program, you will be well prepared for a 21st century career in clinical practice, or a career in the nutrition and natural products industry. This degree program provides a strong foundation in nutrition and the basic sciences, as well as coursework in current, relevant topics such as Complementary & Alternative Medicine,
Nutraceuticals, and Vitamins & Minerals; as well as elective coursework in such diverse areas as Herbal Sciences and Sports Nutrition.

The B.H.S. degree incorporates all of the courses from the Associate of Science Degree program as well as a significant number of other courses. Upon completion of the B.H.S. degree, you will have truly achieved an extensive and thorough education in the science of nutrition; including scientifically sound alternate practices in nutrition.

To obtain the Bachelor of Health Science Degree in Nutrition a student must complete 43 courses (127 credit hours of study). The sequence of study is set forth in eleven segments. Each segment contains 4 courses, equivalent to a college semester. The courses within each segment may be taken in any order. The B.H.S. degree may be completed in as little as 3.25 years, although HCHS allows up to 6 years to complete this program.

Students may transfer credits earned through other colleges or universities duly accredited by an accrediting agency recognized by the Secretary of the U.S. Department of Education or the Council for Higher Education Accreditation (CHEA); or international equivalent; subject to administrative approval. A maximum of 95 credits may be transferred into the Bachelor of Science degree program. HCHS students who have completed one or more of the courses listed in a segment may substitute a new course(s) from the next segment, subject to administrative approval.

The Bachelor of Health Science Degree in Nutrition program consists of the following 43 courses:

<table>
<thead>
<tr>
<th>Category</th>
<th>Course Code</th>
<th>Course Title</th>
<th>Credits</th>
</tr>
</thead>
<tbody>
<tr>
<td>Oral &amp; Written Communications</td>
<td>ENG101</td>
<td>English Composition</td>
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</tr>
<tr>
<td></td>
<td>COM101</td>
<td>Public Speaking</td>
<td>3</td>
</tr>
<tr>
<td></td>
<td>ENG130</td>
<td>English: Reading Enhancement</td>
<td>3</td>
</tr>
<tr>
<td>Humanities</td>
<td>ENG201</td>
<td>Survey of English Literature</td>
<td>3</td>
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<tr>
<td>Mathematics</td>
<td>MAT210</td>
<td>College Algebra I</td>
<td>3</td>
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<tr>
<td></td>
<td>MAT211</td>
<td>College Algebra II</td>
<td>4</td>
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<tr>
<td></td>
<td>MAT200</td>
<td>Statistics</td>
<td>3</td>
</tr>
<tr>
<td>Natural Sciences</td>
<td>BIOL330</td>
<td>Anatomy &amp; Physiology I</td>
<td>3</td>
</tr>
<tr>
<td></td>
<td>BIOL331</td>
<td>Anatomy &amp; Physiology II</td>
<td>3</td>
</tr>
<tr>
<td></td>
<td>BIOL210</td>
<td>Human Biology</td>
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<tr>
<td></td>
<td>CHE310</td>
<td>General Chemistry</td>
<td>3</td>
</tr>
<tr>
<td></td>
<td>CHE410</td>
<td>Organic and Biochemistry</td>
<td>4</td>
</tr>
<tr>
<td></td>
<td>BIO325</td>
<td>Introduction to Microbiology</td>
<td>3</td>
</tr>
</tbody>
</table>

Upon completion of the B.H.S. in Nutrition program, the graduate will have met the educational requirements for eligibility to take The Holistic Nutrition Credentialing Board’s (HNCB) Board Examination. The HNCB is a division of the National Association of Nutrition Professionals (NANP). NANP Professional Members who meet the board examination qualification criteria and successfully pass the Board Exam will earn the designation, “Board Certified in Holistic Nutrition.”
### Social Sciences (3 credits)
SSC200 American Character 3

### Behavioral Sciences (3 credits)
PSY101 Psychology 3

### Other General Education Elective Courses (9 credits)
BUS140 Contemporary Marketing 3
BUS142 Managing a Small Business 3
CDV101 Child Development 3
MAT101 Business Mathematics 3

### Core Requirements (26 credit hours)
NUT101 Understanding Nutrition I 3
HEA201 Environmental Challenges & Solutions 3
HEA302 Intro to Complementary & Alternative Medicine 3
HEA301 Health & Wellness 3
HEA401 Pathophysiology I 3
HEA402 Pathophysiology II 3
HEA101 Medical Terminology 2
HEA410 Functional & Clinical Assessment I 3
HEA411 Functional & Clinical Assessment II 3

### Nutrition Major courses (47 credits)
NUT102 Vegetarian Nutrition 3
NUT201 Understanding Nutrition II 3
NUT401 Nutrition Counseling Skills 3
NUT224 Eating Disorders and Weight Management 3
NUT410 Nutrition Therapy I 4
NUT411 Nutrition Therapy II 4
NUT301 Vitamins & Minerals 3
NUT302 Introduction to Nutraceuticals 3
NUT403 Geriatric Nutrition 3
Nutrition Major electives (see below) 15
CAP500 Capstone project 3

### Total credits 129
Tuition - $21,285*

### Nutrition Major electives
NUT221 Pregnancy, Pediatric and Adolescent Nutrition 3
NUT222 Community Nutrition (was NE222) 3
EXE320 Exercise Physiology (was SC320) 3
NUT220 Sports Nutrition (was NE220) 3
NUT223 Women's Special Health Concerns 3
HER101 Introduction to Herbal Sciences 3
HER102 Herbs & Body Systems 3
HER103 Introduction to Traditional Chinese Herbalism 3
NUT225 Current Weight Management Theory & Application 3
NUT226 Physiological Influences on Weight Management 3
NUT227 Weight Management in a Clinical Setting 3
Graduate Programs

Master of Science (M.S.) in Nutrition

HCHS’s Master of Science in Nutrition program offers a world-class graduate education, designed to help present and future health professionals understand and apply the science of nutrition. Core courses build upon students’ current knowledge of the human body and basic nutrition science and promote a greater understanding of the links between diet, lifestyle and health. The curriculum provides a solid foundation in advanced nutrition sciences with courses in clinical nutrition, medical nutrition therapy, nutrition research and current trends in the field of nutrition. Elective courses explore nutrition in the community and among other cultures, alternative and complementary medicine, and other health science related issues (previously completed graduates course from other accredited institutions may also be considered for transfer to satisfy one or more elective courses). Student progress is evaluated through written and oral assignments, practical exercises, research projects, and written, proctored exams. The M.S. program culminates in a capstone project in which demonstrates learning achieved throughout the program. The capstone project may take different forms, including writing a thesis, designing and executing a practicum, or planning and executing a project. HCHS allows 36 months to complete this program, although it can certainly be completed in 24 months or less.

The M.S. in Nutrition program was designed with health care and allied health care professionals in mind. This program is ideal for registered dieticians who desire to expand their skills and knowledge, and increase their marketability in today’s competitive job market. It’s also appropriate for physicians, nurses, pharmacists, physical therapists, chiropractors, acupuncturists, and personal trainers who often receive little or no nutrition training; and who would like to strengthen their relationship with the patients/clients, or the medical community, through knowledge of nutrition science and counseling techniques. Finally, entrepreneurs, managers, or sales counselors in the food or supplement industry who wish to expand and enhance their businesses with the ability to offer nutrition services to their clientele may also benefit by this graduate program.

Upon completion of the M.S. in Nutrition program, the graduate will have met the educational requirements for eligibility to take:

1. American College of Nutrition’s national board examination for Certified Nutrition Specialist (CNS). All CNS applicants are also required to complete supervised professional experience in nutrition related activities by the time of the examination.

2. The Holistic Nutrition Credentialing Board’s (HNCB) Board Examination. The HNCB is a division of the National Association of Nutrition Professionals (NANP). NANP Professional Members who meet the board examination qualification criteria and successfully pass the Board Exam will earn the designation, “Board Certified in Holistic Nutrition.”

The Master of Science in Nutrition program consists of the following graduate level courses:

Core Courses

<table>
<thead>
<tr>
<th>Course</th>
<th>Credits</th>
</tr>
</thead>
<tbody>
<tr>
<td>BIO510</td>
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<tr>
<td>NUT520</td>
<td>4</td>
</tr>
<tr>
<td>NUT530</td>
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<td>NUT560</td>
<td>3</td>
</tr>
<tr>
<td>NUT630</td>
<td>3</td>
</tr>
</tbody>
</table>

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Electives (choose four)  
- NUT572 Life Span Nutrition  
- NUT574 Community Nutrition  
- NUT576 Food & Culture  
- NUT578 Herbal Therapies & Alternative Healing  
- HEA602 Clinical Microbiology and Pharmacology  
- HEA701 Human Pathology  
- NUT702 Advanced Nutrition with Clinical Applications  
- NUT703 Antioxidants  
- HEA805 Clinical Application of Laboratory Data  
- Other pre-approved graduate courses  

Total credits – Core courses & Electives  

37

Tuition - $10,440*

Academic prerequisites: 1) Bachelor’s degree from a college or university duly accredited by an accrediting agency recognized by the Secretary of the U.S. Department of Education or the Council for Higher Education Accreditation (CHEA); or international equivalent. 2) Completed coursework from a similarly accredited institution in Nutrition I, Human Biology, Biochemistry, Anatomy and Physiology, and Statistics. (Note: HCHS offers these course prerequisites.)

*Tuition fees do not include the costs of books and materials for each course which are purchased separately.

Course Descriptions

Undergraduate courses
The undergraduate courses offered by HCHS are described below and can be taken individually on a non-matriculate basis. Each course offered by HCHS provides a thorough treatment of the subject presented and often exposes the student to scientifically sound alternative views. In addition, each nutrition course requires a critique and analysis of current nutrition trends which will prepare the student for the important nutrition decisions they will be making in the future. The following course descriptions are only intended to provide a general overview of course content. Each course treats the subject matter in a complete and thorough manner and contains considerably more information than is covered in the course description. The tuition for each course includes the course study guide. The books and videos are purchased separately (ISBN numbers can be obtained from the undergraduate or graduate book list). The student is allowed four months to complete each course.

BIOLOGICAL SCIENCES

BIO110 Introduction to Anatomy and Physiology  
3 semester hour credits
The relation between structure and function in the body; identifying all of the body's systems; the role of the immune system; chemical and mechanical steps in the breakdown of food and nutrients; the relation of saturated fats in the diet to cancer, stroke and heart disease; understanding the nervous system; consequences of vitamin and mineral deficiency; regulation of fluid input; potential of environmental damage to an embryo; oxygen, nutrients and energy; case studies.
TUITION: $550non-matriculated / $495 matriculated
BOOK REQUIRED:  
Hole's Essentials of Understanding Human Anatomy and Physiology

BIO210 Human Biology  
3 semester hour credits
An introduction to human biology; the principles of chemistry; chromosomes, cells and genes; nutrition and digestion; function of the circulatory, nervous, endocrine, urinary and immune systems; reproduction, development and aging; principles of heredity; environmental issues; case studies.
TUITION: $550 non-matriculated / $495 matriculated

BOOK REQUIRED:

**Human Biology**

**BIO330 Anatomy and Physiology I** 3 semester hour credits
Comprehensive study of the human anatomy and physiological principles, including the chemical basis of life, different parts of cells, the skin and the integumentary system, the skeletal system, the joints of the skeletal system, and the muscular system, and the nervous system. Includes interactive physiology lab simulations.
TUITION: $550 non-matriculated / $495 matriculated
BOOKS REQUIRED:
Hole’s *Human Anatomy and Physiology*, 11th Ed.
*(Ph.I.L.S.) Physiology Interactive Lab Simulations 2.0 CD-ROM, 2nd Ed.*

**BIO331 Anatomy and Physiology II** 3 semester hour credits
(Prerequisite: Anatomy and Physiology I)
Continuation of human anatomy and physiological principles from BIO330, including the endocrine system, blood, cardiovascular system, lymphatic system, the importance of immunity, digestive system and nutrition, respiratory system, urinary system, water, electrolyte, and acid-base balance, reproductive systems, pregnancy, growth, development, genetics, and genomics. Includes interactive physiology lab simulations.
TUITION: $550 non-matriculated / $495 matriculated
BOOKS REQUIRED:
Hole’s *Human Anatomy and Physiology*, 11th Ed.
*(Ph.I.L.S.) Physiology Interactive Lab Simulations 2.0 CD-ROM, 2nd Ed.*

**BIO325 Introduction to Microbiology** 3 semester hour credits
(Prerequisite: Human Biology)
Morphology, physiology and classification of bacteria, fungi and viruses. Examines the clinical manifestations, epidemiology, and host/parasite relationships to immunology and resistance to disease, viruses, pathogenic fungi, protozoa, and worms. Includes online virtual microbiology lab, and streaming video series, *Unseen Life on Earth: An Introduction to Microbiology*, by Annenberg Media.
TUITION: $550 non-matriculated / $495 matriculated
BOOKS REQUIRED:
*Introduction to Microbiology - A Case-History Study Approach* (with CD-ROM and InfoTrac), 3rd Ed.

**BUS140 Contemporary Marketing Skills** 3 semester hour credits
Practical applications-oriented treatment of the activities performed by those involved in marketing. Course focuses on analyzing marketing opportunities, product pricing, distribution and promotion decisions, and careers in marketing. Course is designed to allow students to develop skills which can be utilized in any chosen career.
TUITION: $550 non-matriculated / $495 matriculated
BOOK REQUIRED:
*Essentials of Marketing*

**BUS142 Managing A Small Business** 3 semester hour credits
Theory and practice relating to starting and managing small firms. Topics include developing plans for the business, small business marketing, managing small business operations and financial management in the firm. Course is designed for those considering starting their own business.
TUITION: $550 non-matriculated / $495 matriculated
BOOK REQUIRED:
*Small Business Management*

**CHE310 General Chemistry** 3 semester hour credits
Application of chemistry to nutrition; matter, measurements, and calculations; atoms and molecules; electronic and nuclear characteristics; forces between particles; nutrition related chemical reactions; the states of matter; acids, bases, and salts.
TUITION: $550 non-matriculated / $495 matriculated
BOOK REQUIRED:
*Chemistry for Today*
CHE410 Organic and Biochemistry  4 semester hour credits
Nutrition/Food applications of organic and biochemistry; molecular formulas of organic compounds; physical properties of compounds; characteristics of enzymes; function of cofactors; description of biochemical pathways.
Tuition: $550 non-matriculated / $495 matriculated
Book Required:
Chemistry for Today

CHILD DEVELOPMENT

CDV101 Child Development  3 semester hour credits
Foundations of child development; conception, prenatal, and birth; heredity; infant social and emotional development; growth and maturation; the developing child - learning, language, social processes; sexuality, morality and self-control; the "special needs" child.
Tuition: $550 non-matriculated / $495 matriculated
Book Required:
Introduction to Child Development

COMMUNICATIONS

COM101 Public Speaking  3 semester hour credits
The process of public speaking; selecting a topic and purpose; supporting ideas; organizing and delivering a speech; informative and persuasive speaking; special speaking occasions; speaking in small groups and conferences; listening effectively; responding to questions and comments; preparing and evaluating speeches.
Tuition: $550 non-matriculated / $495 matriculated
Book Required:
Essentials of Public Speaking

ENGLISH

ENG101 English Composition  3 semester hour credits
This course will emphasize principles of good writing with attention to grammar, sentence construction, punctuation, diction, mechanics, and the major forms of discourse. Compositions, parallel readings, and a short, documented essay are required. Includes streaming video series, English Composition: Writing for an Audience, by Annenberg Media.
Tuition: $550 non-matriculated / $495 matriculated
Books Required:
A Writers Workshop, 2nd ed.

ENG130 English: Reading Enhancement  3 semester hour credits
Develop reading skills to improve comprehension, motivation, concentration, organization, and vocabulary; techniques for more effective studying, reviewing, memory development and exam taking; parts of speech and sentence structure; discerning the author's perspective and bias; how to read literature, math, graphs and maps.
Tuition: $550 non-matriculated / $495 matriculated
Book Required: Reading Enhancement and Development

ENG201 Survey of English Literature  3 semester hour credits
(Prerequisite: English Composition)
An undergraduate survey of English literature including the middle ages, the sixteenth century and the early seventeenth century, and the restoration and eighteenth century. Includes streaming video series, American Passages: A Literary Survey, by Annenberg Media.
Tuition: $550 non-matriculated / $495 matriculated
Books Required:
The Norton Anthology of English Literature, Volume 1, 8th ed.

EXERCISE SCIENCES

EXE320 Exercise Physiology  3 semester hour credits
(Prerequisite: Anatomy and Physiology)
This is an introductory course in exercise physiology, with a focus on the muscular, neuromuscular, cardiovascular, and metabolic responses and the physiological adaptations that occur during exercise. Concepts related to physical fitness, body composition/weight control, and training principles and dietary supplementation will be discussed. It is recommended that students complete Understanding Nutrition I prior to enrolling in this course.
Tuition: $550 non-matriculated / $495 matriculated
BOOKS REQUIRED:
Essentials of Exercise Physiology with Student Study Guide and Workbook, 2nd ed.

HEALTH SCIENCES

HEA101 Medical Terminology 2 semester hour credit
How to decipher the meanings of medical terms by breaking them down into smaller word parts. Introduces words in the context of human anatomy, physiology and pathology so concepts are easier to grasp, while instilling the basics of suffixes, prefixes, and root words essential to developing a working medical vocabulary.
TUITION: $550 non-matriculated / $495 matriculated
BOOKS REQUIRED:
Medical Terminology, 4th ed. including accompanying CD ROM software.

HEA201 Environmental Challenges and Solutions 3 semester hour credits
Scope and severity of environmentally triggered illnesses; a comprehensive view of the little-known effects that common pesticides and toxic chemicals have on our health; an in-depth picture of chemical sensitivities and how to recognize them; proper chemical questionnaires; understanding environmental illness how to stay well in a polluted environment; the use and effects of pesticides in our food supply and what to do about it; designing a lifestyle that will protect children from common household toxic chemicals; alternative to unsafe cleaning supplies; case studies.
TUITION: $550 non-matriculated / $495 matriculated
BOOKS AND VIDEO REQUIRED:
Allergy Relief and Prevention

HEA301 Health & Wellness 3 semester hour credits
Comprehensive review of general health concepts applied to a holistic approach to health and wellness. Student will explore various ways the body, mind and emotions interact with one another and with the environment to affect health, and how individuals can manipulate these elements to increase their level of well-being. Online streaming videos help highlight key concepts.
TUITION: $550 non-matriculated / $495 matriculated
BOOKS REQUIRED:
Health and Wellness, 8th ed
“2005 Guidelines for Americans and MyPyramid” (bundled with new Health and Wellness, 8th ed)

HEA302 Introduction to Complementary & Alternative Medicine 3 semester hour credits
A research-based exploration of clinically relevant CAM practices, detailing the history, philosophy and mechanisms while balancing theory with practical application and methods of treatment for each therapy. Includes examination of biologically based practices, energy based medicine, manipulative and body-based practices, mind-body practices, whole medical systems, CAM & aging, and aromatherapy. A online series of streaming videos from The National Center for Complementary and Alternative Medicine, as well as a series from The University of Texas M. D. Anderson Cancer Center are utilized as part of the curriculum.
TUITION: $550 non-matriculated / $495 matriculated
BOOKS REQUIRED: Complementary & Alternative Medicine: A Research-Based Approach, 2nd ed.

HEA401 Pathophysiology I 3 semester hour credits
(Prerequisite: Anatomy & Physiology II)
Student will review the basic mechanisms underlying pathophysiology states and will apply those concepts to the pathophysiology of specific disorders using a systemic approach. The focus of the course will be on introductory concepts of pathophysiology, pathophysiology of the neurologic, endocrine and hematologic systems.
TUITION: $550 non-matriculated / $495 matriculated
BOOKS REQUIRED:
Understanding Pathophysiology, 3rd ed, with companion CD

HEA402 Pathophysiology II 3 semester hour credits
(Prerequisite: Pathophysiology I)
Continuation of HEA401. The focus of the course will be on the pathophysiology of the cardiovascular, lymphatic, pulmonary, renal, urologic, reproductive, digestive, musculoskeletal and integumentary systems.
TUITION: $550 non-matriculated / $495 matriculated
BOOKS REQUIRED:
Understanding Pathophysiology, 3rd ed, with companion CD
HEA410 Functional & Clinical Assessment I  3 semester hour credits
(Prerequisite: Nutrition Therapy II)
Study of various subjective and objective assessments to be used in nutrition consultations for the purpose of gathering functional and clinical data on the patient. An understanding of the assessment methods and outcomes of signs and symptoms analysis; urine analysis, blood pressure testing; height & weight assessment & body composition analysis. Determine optimal treatment programs & recommendations that is based on assessment findings.
TUITION: $550 non-matriculated / $495 matriculated
BOOKS REQUIRED:
- Signs and Symptoms Analysis from a Functional Perspective, 2nd Ed.
- Functional Blood Chemistry & Urine Analysis, 1st Edition
- How to perform in-office: signs & symptoms interview, urine analysis, blood pressure, height, weight & body composition analysis (DVD)

HEA411 Functional & Clinical Assessment II  3 semester hour credits
(Prerequisite: Functional & Clinical Assessment I)
Study of blood chemistry tests and their clinical & functional relevance. Study of the various organs and glands that relate to blood chemistry. Study of Clinical Physiology and Clinical Chemistry that relates to functional blood chemistry analysis. Determine optimal treatment programs & recommendations that are based on assessment findings.
TUITION: $550 non-matriculated / $495 matriculated
BOOKS REQUIRED:
- Functional Blood Chemistry & Urine Analysis, 1st Ed.
- Functional Blood Chemistry Analysis (audio CD).
- How to perform functional blood chemistry analysis in the office (DVD).

HERBAL SCIENCES

HER101 Introduction to Herbal Sciences  3 semester hour credits
A basic foundation and understanding of the principles of herbal medicine within the context of historical and modern health care; with an emphasis on those botanicals whose uses have been well documented through modern scientific study. It is intended to prepare the student for employment in a number of herbal related occupations within the health food retail and manufacturing industry. While not designed to prepare the student to be an alternative health care practitioner, when completed, the student will be well-informed about the regulation of herbal products, the primary functions of key botanicals in popular use, herbal product quality control, and the basics of herbal safety.
TUITION: $550 non-matriculated / $495 matriculated
BOOKS REQUIRED:
- Handbook of Clinically Tested Herbs, Volume 1 & 2
- Medical Herbalism: The Science and Practice of Herbal Medicine
Audiotapes from Tree Farm Communications:
- Keys to Interpreting Herb-Drug Interactions, 2-tape set
- Critical Thinking in Herbal Medicine Research

HER102 Herbs & Body Systems  3 semester hour credits
Explores primary medicinal botanicals used to affect body systems, including some basic herbal combinations to use for each body system, and some of the primary pathologies associated with each body system. Herbal safety and appropriate use is emphasized.
TUITION: $550 non-matriculated / $495 matriculated
BOOKS REQUIRED:
- Medical Herbalism: The Science and Practice of Herbal Medicine
- Principles and Practice of Phytotherapy
Audiotapes from Herbal Education Services:
- Botanical and Nutritional Protocols for the Treatment of Cardiovascular Disease
- Digestion: The Foundation of Health
- Specific Medication: The Genito-Urinary Tract
- Building Optimal Immunity with Botanicals
- The Influence of Herbs on Detoxification by the Liver
Audiotapes from Tree Farm Communications:
- The Lymphatic System, 2 tape-set

HER103 Introduction to Traditional Chinese Herbalism  3 semester hour credits
Presents the philosophical basis for the use of Chinese herbs, and the characterization of Chinese herbs. This includes tonic herbs, herbs that promote homeostasis, herbs that invigorate circulation of energy and blood, herbal tranquilizers, herbal diaphoretics, herbal
expectorants, and herbal pain killers, herbs that regulate digestion, dampness-eliminating herbs, herbal antipyretics, herbal antimicrobials and detoxicants, and natural anti-tumor herbs.

TUITION: $550 non-matriculated / $495 matriculated

BOOKS REQUIRED:
*The Healing Power of Chinese Herbs and Medicinal Recipes*
*Audiotapes from Tree Farm Communications:*
  * Principles of Traditional Chinese Medical Diagnosis ~ Chinese Materia Medica & Formulation Principles (Part I & II), 5-CD set
  * Constitutional Archetypes in TCM
  * Chinese Herb Processing

**MATHEMATICS**

**MAT101 Business Mathematics** 3 semester hour credits
Review of basic mathematics for business; bank records; merchandising; payroll; finance; real estate; accounting; annuities and investments; case studies.
TUITION: $550 non-matriculated / $495 matriculated
BOOK REQUIRED:
*Contemporary Business Mathematics*

**MAT200 Statistics** 3 semester hour credits
(Prerequisite: 2 years high school algebra)
Mathematical foundations of elementary statistical methods, application and theory, probability in discrete and continuous distribution, correlation and regression, sampling distribution, significance tests.
TUITION: $550 non-matriculated / $495 matriculated
BOOKS REQUIRED:
*Elementary Statistics: A Brief Version with MathZone*, 3rd Ed.
*Video Lecture on DVD for Elementary Statistics, 3rd Edition*

**MAT210 College Algebra I** 3 semester hour credits
(Prerequisite: One year of high school algebra or equivalent.)
Develops skills in problem solving, graphing, working with functions, and critical thinking. Topics include solving and graphing linear inequalities, graphing linear functions, solving linear systems of equations in two variables, exponents, and factoring polynomials.
TUITION: $550 non-matriculated / $495 matriculated
BOOKS REQUIRED:
*Elementary & Intermediate Algebra*

**MAT211 College Algebra II** 3 semester hour credits
(Prerequisite: College Algebra I)
Continues the emphasis on functions and graphing introduced in College Algebra I. Topics include solving and graphing quadratic equations, rational expressions, compound inequalities, absolute value equations, rational functions, radical functions, rational exponents, and complex numbers.
TUITION: $550 non-matriculated / $495 matriculated
BOOKS REQUIRED:
*Elementary & Intermediate Algebra*

**NUTRITIONAL SCIENCES**

**NUT101 Understanding Nutrition I** 3 semester hour credits
A foundation in the principles of nutrition: comprehensive study of the nutrient elements; in-depth examination of carbohydrates, fats and proteins; the role of vitamins, minerals and body fluids; digestion, metabolism and weight management; alternative nutrition practices; recognizing and evaluating differing points of view; examination and critique of current nutrition trends; case studies.
TUITION: $550 non-matriculated / $495 matriculated
BOOKS REQUIRED:
*Understanding Normal and Clinical Nutrition, 7th ed
Clinical Nutrition: A Functional Approach, 2nd ed*

**NUT102 Vegetarian Nutrition** 3 semester hour credits
A comprehensive overview of the scientific literature addressing the health status (cancer, heart disease, diabetes, etc.) and health needs of vegetarians; the basics on beginning a vegetarian lifestyle; review of various vegetarian diets including lacto-ovo, vegan and
macrobiotic; risks of a non-vegetarian diet; how vegetarian diets affect nutritional requirements; supplementation for vegetarians; plant food sources of all essential nutrients; meal-planning guidelines for vegetarians throughout the lifecycle and for diabetics, athletes, and those with weight problems; vegetarian guidelines for food preparation and use of grains, legumes, and soy products; practical applications for counseling vegetarians.

TUITION: $550 non-matriculated / $495 matriculated

BOOKS AND VIDEO REQUIRED:
- The Dietitian's Guide to Vegetarian Diets: Issues and Applications
- Becoming Vegetarian: The Complete Guide to Adopting a Healthy Vegetarian Diet
- Diet for a New America (video)

NUT201 Understanding Nutrition II 3 semester hour credits
(Prerequisite - Understanding Nutrition I)
Nutrients and physical activity; life cycle nutrition; nutrition for the elderly; risk factors for chronic diseases; consumer concerns about food safety; environmental consciousness; alternative nutrition practices; how to recognize and evaluate opposing nutritional viewpoints; examination and critique of current nutrition trends; case studies.

TUITION: $550 non-matriculated / $495 matriculated

BOOKS AND VIDEO REQUIRED:
- Understanding Normal and Clinical Nutrition, 7th ed
- Chemical Sensitivity
- The Standard Deviants: Learn Nutrition (DVD)

NUT221 Pregnancy, Pediatric and Adolescent Nutrition 3 semester hour credits
Preconception nutrition; planning a proper diet for pregnancy and lactation; nutrition for infancy through adolescence; vitamin and mineral supplementation; the nutrition connection to learning and behavior; attention deficit disorder; examination and critique of current nutrition trends; diet plans for children with special needs; case studies.

TUITION: $550 non-matriculated / $495 matriculated

BOOKS REQUIRED:
- Life Span Nutrition
- Smart Medicine for a Healthier Child

NUT223 Women's Special Health Concerns 3 semester hour credits
Dieting and fat during childbearing years; the importance of carbohydrates and minerals; foods to eat in the home and when dining out; managing menopause without estrogen; exercise, nutrition and menopause; combining therapies to manage menopause; case studies; examination and critique of current nutrition trends.

TUITION: $550 non-matriculated / $495 matriculated

BOOKS REQUIRED:
- The Working Woman's Guide to Managing Stress
- Women's Encyclopedia of Natural Medicine
- Case Studies in Nutrition Counseling

NUT224 Eating Disorders and Weight Management 3 semester hour credits
Causes and physical effects of anorexia and bulimia; nutritional complications of eating disorders; profile of individuals with an eating disorder; approaches to treating eating disorders; recovering from an eating disorder; emotional and physical factors related to obesity; medical conditions related to obesity; practice counseling session and case studies.
TUITION: $550 non-matriculated / $495 matriculated

BOOKS REQUIRED:
Eating Disorders: A Reference Sourcebook
Overweight and Weight Management

**NUT225 Current Weight Management Theory & Application** 3 semester hour credits
An overview of current diet and weight loss theory; the expected sequelae of restrictive eating plans; review of pharmacological and nutritional weight loss products; construct of a healthy eating plan to maximize weight management; weight management in a clinical setting.
TUITION: $550 non-matriculated / $495 matriculated
BOOKS REQUIRED:
Nutrition, Exercise, and Behavior: An Integrated Approach to Weight Management
Anti-Fat Nutrients

**NUT226 Physiological Influences on Weight Management** 3 semester hour credits
(Prerequisite: Current Weight Management Theory & Application)
Explore the influence of each organ system on weight management. Review biological implications of hormone imbalance (thyroid, gonadal, adrenal, and other hormone systems). Review influence of neurotransmitter action on appetite and fat deposition. Review digestive influences, and how to correct digestive inadequacies. The role of the family in calorie intake and food selection. Discuss environmental concerns, and how toxic compounds dysregulate hormone and neurotransmitter actions. Other biological influences are also explored in depth.
TUITION: $550 non-matriculated / $495 matriculated
BOOKS REQUIRED:
Obesity: Pathophysiology Psychology and Treatment
ISBN: 041298461X

**NUT227 Weight Management in a Clinical Setting** 3 semester hour credits
(Prerequisite: Physiological Influences on Weight Management, Exercise Physiology)
Construct a healthy eating program for weight and health management. Learn how to adapt the eating program to different lifestyles and life circumstances. Explore the digestive system and how to maximize digestion. Discuss the role of body cleansing within a weight and health management program. Learn how to restore hormonal and neurotransmitter homeostasis using nutritional and natural protocols (within a nutrition practice). Learn how to construct a holistic approach to weight management, that accounts for the complex issues of weight and health management.
TUITION: $550 non-matriculated / $495 matriculated
BOOKS REQUIRED:
Weight Success for a Lifetime

**NUT301 Vitamins & Minerals** 3 semester hour credits
(Prerequisite: Understanding Nutrition I)
A comprehensive review about each vitamin and mineral with regard to function, deficiency, disease prevention, disease treatment, sources and safety. Information presented will help student gain an understanding of the value of dietary supplements in helping to meet nutritional needs of Americans, and the specific supplements that may help to do so.
TUITION: $550 non-matriculated / $495 matriculated
BOOKS REQUIRED:
An Evidence-Based Approach to Vitamins and Minerals
The Real Vitamin & Mineral Book, 3rd ed.
The Benefits of Nutritional Supplements
Disease, Wellness & Nutrition: Making a Case for Dietary Supplements (audio CD)

**NUT302 Introduction to Nutraceuticals** 3 semester hour credits
(Prerequisite: Understanding Nutrition I)
A research-based examination of dietary supplements classified as nutraceuticals; including health/disease applications and safety considerations. In addition to the assigned texts, students will read a variety of peer-reviewed monographs and reviews on individual nutraceutical supplements.
TUITION: $550 non-matriculated / $495 matriculated
BOOKS REQUIRED:
A Guide to Understanding Dietary Supplements
Alternative Medicine Review Monographs – Volume One
NUT401 Nutrition Counseling Skills  
3 semester hour credits
The psychology of nutrition counseling; evaluating and understanding the client's attitude; how to illustrate the importance of good nutrition principles; interpreting the counseling session; how to identify and express your feelings toward the client; identifying inappropriate eating behaviors; recognizing dietary misconceptions; interpreting the results of nutrition research; making diet recommendations; applying appropriate strategies to specific problems; evaluating progress and spotting potential failure; utilizing proper counseling techniques; how to use client data forms in counseling; case studies.
TUITION: $550 non-matriculated / $495 matriculated
BOOKS REQUIRED:
Nutrition Counseling Skills
Case Studies in Nutrition Counseling

NUT402 Clinical Nutrition  
3 semester hour credits
Study of nutrients and how the body handles them based on principles of chemistry and molecular biology; the effect of nutrition choices on diabetes, hypoglycemia and disorders of the major organ systems; food choices and diet planning principles; nutrition prescription for illness; the development and evaluation of nutrition plans; nutrition assessment; the relationship between nutrition and illness; strategies for providing nutritional support for people with serious illness; practical examples in clinical nutrition case studies.
TUITION: $550 non-matriculated / $495 matriculated
BOOKS REQUIRED:
Understanding Normal and Clinical Nutrition, 7th ed.
The Natural Pharmacy, 3rd ed.

NUT403 Geriatric Nutrition  
3 semester hour credits
(Prerequisite: Understanding Nutrition II)
Explores the role of nutrition in the maintenance of health, the management of chronic conditions, and the treatment of serious illness in the elderly. Differing points of view in complementary and alternative nutrition practices will also be reviewed and evaluated.
TUITION: $550 non-matriculated / $495 matriculated
BOOKS REQUIRED:
Geriatric Nutrition: The Health Professional’s Handbook
The New Anti-Aging Revolution

NUT410 Nutrition Therapy I  
4 semester hour credits
(Prerequisites: Understanding Nutrition II, Anatomy and Physiology II, Pathophysiology II)
This is the first of two courses covering medical nutrition therapy for specific disorders and diseases. In this first course, the cause, prevention, and treatment of certain medical conditions will be examined. This includes upper and lower gastrointestinal disorders; liver and biliary system disorders; food allergy and intolerance; diabetes and hypoglycemia; and anemia. Case studies are included to develop clinical practice skills. In addition, differing points of view in complementary and alternative nutrition practices will be reviewed and evaluated. This course will also provide an overview of nutritional genomics, food-drug interactions, enteral and parenteral nutrition, and nutrition for health and fitness.
TUITION: $732 non-matriculated / $660 matriculated
BOOKS REQUIRED:
Krause’s Food, Nutrition, & Diet Therapy, 11th ed.
Textbook of Natural Medicine, 3rd ed.

NUT411 Nutrition Therapy II  
4 semester hour credits
(Prerequisite: Nutrition Therapy I)
This course is the second of two courses covering medical nutrition therapy for specific disorders and diseases. In this second course, the cause, prevention, and treatment of certain medical conditions will be examined. This includes cardiovascular disease; hypertension; heart failure and transplant; pulmonary disease; renal disorders; cancer; human immunodeficiency virus (HIV) disease; metabolic stress (sepsis, trauma, burns, and surgery); neurologic disorders; rheumatic disorders; and metabolic disorders. Case studies are included to develop clinical practice skills. In addition, differing points of view in complementary and alternative nutrition practices will be reviewed and evaluated.
TUITION: $732 non-matriculated / $660 matriculated
BOOKS REQUIRED:
Krause’s Food, Nutrition, & Diet Therapy, 11th ed.
Textbook of Natural Medicine, 3rd ed.

NUT500 Capstone Project  
3 semester hour credits
(Prerequisite: All other courses in the B.H.S. in Nutrition program)
The capstone project is the culminating experience of the B.S. in Nutrition degree program. It allows students to apply the knowledge and skills acquired in their courses to the work environment. This project is completely individualized; students are encouraged to select work-related projects that are of particular interest to them and that will result in professional growth. The student designs and
submits a proposal for his or her capstone project. A student may choose to write a thesis, design a practicum, or plan a project. A thesis is a written account of a sustained inquiry into an idea, theme, or issue of interest to the student. A practicum entails a supervised practical application of the knowledge acquired in the program of study. A project requires applying skills acquired as a result of the student’s studies and might include writing a book, creating educational materials in on the topic of nutrition, or writing a substantial essay based on fieldwork relating to the student’s program of study. Upon completion of the thesis, practicum or project the student will make a presentation with oral and written components to members of his or her Instructional Team.

TUITION: $550 non-matriculated / $495 matriculated
BOOKS REQUIRED:
None

PSYCHOLOGY

PSY101 Psychology 3 semester hour credits
The brain, biology and behavior; sensation and reality; memory, intelligence and creativity; conditions and learning; motivation and emotion; health, stress and coping; abnormal psychology; gender, sexuality, social behavior and human relations.
TUITION: $550non-matriculated / $495 matriculated
BOOK REQUIRED:
Essentials of Psychology

SOCIAL SCIENCES

SSC200 American Character 3 semester hour credits
(Prerequisite: English Composition)
This course examines what it has meant, and what it means today, to be an American. Elements of cultural diversity as well as things that unite us as Americans will be explored. Three themes vitally important to understanding our American culture will be the focus of this course: consumption, gender and race.
TUITION: $550 non-matriculated / $495 matriculated
BOOKS REQUIRED:
Land of Desire: Merchants, Power and the Rise of a New American Culture
American Manhood: Transformations in Masculinity from the Revolution to the Modern Era
Women's America: Refocusing the Past, 6th ed.
The Accidental Asian: Notes of a Native Speaker

Graduate courses

CHEMISTRY

CHE510 Advanced Biochemistry 4 semester hour credits
(Prerequisites: Organic & Biochemistry)
The principles of biochemistry and molecular biology are inherent to the study of nutrition. This course provides further exploration into the biochemical processes essential in disease prevention and treatment with an emphasis on nutrition.
TUITION: $1400 non-matriculated / $1140 matriculated
BOOK REQUIRED:
Harper's Biochemistry

HEALTH SCIENCES

HEA602 Clinical Microbiology and Pharmacology 3 semester hour credits
The first half of the course covers the taxonomy of bacteria, fungi, viruses and parasites and their clinical impact on human health, as well as medications and medical treatments available to combat these organisms. This course also covers current topics such as antibiotic resistance and HIV infection. The second half of the course surveys principles of pharmacology, conveys the clinical components of pharmacology and differentiates between the mechanisms and sites of common drug action and interaction in response to various disease states. This course will also address techniques of drug administration and common side effects. A wide variety of current topics will be addressed, from interventions for acute and critically ill persons to maintenance for relatively stable patients. The student is required to complete one in-depth research paper that will reinforce important concepts and enhance writing and research skills.
TUITION: $1050 non-matriculated / $855 matriculated
BOOK REQUIRED:
Lippincott’s Illustrated Reviews: Pharmacology, 2nd ed.
Clinical Microbiology: Intro for Healthcare Professionals
HEA701 Human Pathology  
3 semester hour credits  
This course identifies and contrasts the description, etiology, signs and symptoms, diagnostic procedures, treatment, prognosis and prevention of various human diseases. The functional approach to disease will be covered. The student is required to complete two research projects that will reinforce important concepts and enhance writing and research skills.  
TUITION: $1050 non-matriculated / $855 matriculated  
BOOK REQUIRED:  

HEA805 Clinical Application of Laboratory Data  
3 semester hour credits  
This course examines the effect of nutritional status on the physiology and subclinical and/or pathological conditions of the body systems. Specific pathological conditions will be discussed, along with potential treatment regimes using dietary changes and supplements. Also includes an overview of common laboratory tests and their relevance for clinical nutrition practice. The student is required to complete two research projects that will reinforce important concepts and enhance writing and research skills.  
TUITION: $1050 non-matriculated / $855 matriculated  
BOOK REQUIRED:  
*Clinical Laboratory Medicine: Clinical Application of Laboratory Data*, 6th ed.

NUTRITIONAL SCIENCES

NUT520 Advanced Nutrition  
4 semester hour credits  
(Prerequisites: Understanding Nutrition I, Anatomy & Physiology, Organic and Biochemistry)  
In-depth study of macro- and micronutrition digestion, including absorption, metabolism, excretion, inter-relationships, and requirements in normal individuals. Effects of processing and technological alterations on nutritional quality of food and the bioavailability of nutrients.  
TUITION: $1400 non-matriculated / $1140 matriculated  
BOOK REQUIRED:  
*Advanced Nutrition and Human Metabolism*  
*Advanced Human Nutrition*

NUT550 Nutrition Research  
4 semester hour credits  
(Prerequisite: Statistics)  
Examination of experimental/research designs and methodologies used in the study of nutrition. Critical analyses and evaluation of nutrition research literature.  
TUITION: $1400 non-matriculated / $1140 matriculated  
BOOK REQUIRED:  
*Introduction to Nutrition and Health Research*

NUT530 Nutrition Assessment  
4 semester hour credits  
(Prerequisite: Advanced Nutrition)  
Assessment of nutritional status of individuals in various stages of the life cycle using dietary, anthropometric, biochemical and clinical assessment. Identification of psychosocial, behavioral and cultural factors influencing food choices.  
TUITION: $1400 non-matriculated / $1140 matriculated  
BOOK REQUIRED:  
*Nutritional Assessment*

NUT572 Life-Span Nutrition  
3 semester hour credits  
(Prerequisite: Understanding Nutrition I)  
Study of factors influencing nutrient requirements and metabolism in individuals from birth through old age.  
TUITION: $1050 non-matriculated / $855 matriculated  
BOOK REQUIRED:  
*Life Span Nutrition: Conception through Life*  
*Nutrition and Aging*

NUT560 Current Trends in Nutrition  
3 semester hour credits  
(Prerequisite: Advanced Nutrition)  
Identification, examination and discussion of current nutrition issues. Critical, objective analyses of selected peer-reviewed nutrition research that provides scientific evidence to take position on the issues.  
TUITION: $1050 non-matriculated / $855 matriculated  
BOOK REQUIRED:  
None (student will utilize current articles from peer-reviewed journals)
NUT540 Clinical Nutrition  
(Prerequisite: Advanced Nutrition)  
Explores the role of medical nutrition therapy in maintenance of health and treatment of symptoms associated with diet-related diseases. Includes application and integration of basic nutrition principles and assessment.  
TUITION: $1050 non-matriculated / $855 matriculated  
BOOK REQUIRED:  
*Clinical Nutrition: Case Studies*  
*Handbook of Clinical Nutrition*  
*Understanding Clinical Nutrition*

NUT574 Community Nutrition  
(Prerequisite: None)  
Conduct needs assessment in communities; plan and implement nutrition intervention programs and evaluate their effectiveness. Disseminate nutrition information using effective and appropriate education strategies to promote positive health behaviors of ethnically diverse communities.  
TUITION: $1050 non-matriculated / $855 matriculated  
BOOK REQUIRED:  
*Community Nutrition in Action: An Entrepreneurial Approach*

NUT576 Food and Culture  
(Prerequisite: None)  
In-depth study of the dietary habits and behaviors of different cultures with specific focus on vegetarian nutrition. Explores factors that influence food selection, the effects of food habits, and the nutritional status and problems unique to specific ethnic groups.  
TUITION: $1050 non-matriculated / $855 matriculated  
BOOK REQUIRED:  
*Cultural Foods: Traditions and Trends*  
*The Dietitian’s Guide to Vegetarian Diets*

NUT578 Herbal Therapies and Alternative Healing  
(Prerequisite: None)  
Identification and critical analyses of medicinal herbs, including their active components, bioavailability, mode of action, effective doses, and safety. Evaluation of health claims associated with herbal supplements. Exploration of the various alternative approaches used to maintain health and prevent chronic disease.  
TUITION: $1050 non-matriculated / $855 matriculated  
BOOK REQUIRED:  
*Principles and Practice of Phytotherapy*  
*The ABC Clinical Guide to Herbs*  
*The American Holistic Health Association Complete Guide to Alternative Medicine*

NUT630 Capstone Project  
The capstone project allows students to apply the knowledge and skills acquired in their courses to the work environment. This project is completely individualized; students are encouraged to select work-related projects that are of particular interest to them and that will result in professional growth and benefit the organization. (This course is only available to matriculated Master’s degree students)  
TUITION: $1050 non-matriculated / $855 matriculated  
BOOK REQUIRED: None

NUT702 Advanced Nutrition with Clinical Applications  
This course will present an overview of the use of food and supplements to support health and well-being. The course will focus on how traditional diets from many cultures promote well-being and how adoption of modern eating patterns often leads to the development of chronic disease. Topics to be covered include: nutritional medicine, chronic candidiasis, chronic fatigue syndrome, detoxification, intestinal dysbiosis, immune support and others. The student is required to complete in-depth research assignments that will reinforce important concepts and enhance writing and research skills.  
TUITION: $1050 non-matriculated / $855 matriculated  
BOOK REQUIRED:  
*Textbook of Natural Medicine, 3rd edition*

NUT703 Antioxidants  
Offers a summary of the latest scientific research regarding antioxidant status, free radicals, diet, nutrition and health. Basic free radical and antioxidant chemistry will be integrated with information about specific dietary patterns, such as the Mediterranean diet, as well as the effect of antioxidants on specific disease processes, such as coronary heart disease, skin carcinomas and colon cancer. The
student is required to complete two research projects that will reinforce important concepts and enhance writing and research skills.

TUITION: $1050 non-matriculated / $855 matriculated

BOOK REQUIRED:
Antioxidant Status, Diet, Nutrition and Health

General Information

Off-Campus Study (Distance Learning)
HCHS requires neither on-campus residence nor classroom attendance. All course requirements may be completed through focused, directed study programs under college supervision and review. Students at Huntington College of Health Sciences are expected to demonstrate talent, motivation, and dedication.

Time Commitment for Completing a Course, Diploma or Degree
Students may enroll and begin their program at HCHS at any time. Students may proceed through their program as quickly as desire, time, and ability permit. Personal time constraints and motivation will determine the individual completion schedule. The maximum time to complete each course is 4 months. The maximum time for completing a diploma program is 15 months; although it could be completed in as little as 6 months. The maximum time for completing an associate’s degree program is 48 months; although it could be completed in as little as 18 months. The maximum time for completing the bachelor’s degree program is 72 months; although it could be completed in as little as 39 months. The maximum time for completing a master’s degree program is 36 months; although it could be completed in as little as 12 months.

If a student enrolled in a diploma or degree program finds it necessary, a three-month extension of time may be obtained upon payment of a $50 administrative fee. A student enrolled in an individual course may obtain an extension of 2 months upon payment of a $20 administrative fee. Only one extension of time will be granted.

Change of Address
It is the responsibility of the student to notify the college with regard to any change of address. All correspondence will be sent to the last address the college receives from the student.

Privacy Rights
HCHS honors the United States Family Education and Privacy Act of 1974, as amended, and other U.S. federal and state laws which protect the confidentiality of educational records and the rights of students to inspect and review these records. Specific student transcript information is not available for general statistical purposes. It may be released only upon written request by the student.

Statement of Non-Discrimination
HCHS does not discriminate on the basis of race, age, color, sex, religion, sexual orientation, national or ethnic origin, veteran status, or condition of disability in the admission of students or the administration of its educational policies or programs.

English Language
Course materials are supplied only in English. Students are expected to be proficient in the oral and written use of the English language.

International Students
International students are subject to the same admission requirements, fees, and responsibilities as domestic students; however, there is a higher cost to the student in association with shipping educational materials internationally. International students are reminded that HCHS provides course materials and instruction only in English. Oral and written proficiency of the English language is presumed.
Admission Requirements

Prerequisites
An applicant for a diploma, associates or bachelors program must have a high school diploma or its equivalent. American College Test (ACT) and Scholastic Assessment Test (SAT) scores are not required for diploma or associate’s program. Master degree program applicants must have a bachelor’s degree.

International Students: Applicants with non-U.S. educational credentials may be required to first obtain a foreign credentials evaluation from Educational Credential Evaluators, Inc. (ECE), Post Office Box 92970, Milwaukee, WI 53202-0970, USA, telephone (414) 289-3400, fax (414) 289-3411, or another independent U.S. evaluation service approved by the college. Request forms and cost information are available at the ECE website (http://www.ece.org). International applicants seeking admission to undergraduate programs must obtain a general evaluation, while subject evaluations will be required for undergraduate transfer courses.

Admission
All applicants must submit the following to the Admissions Office:
(1) a completed admissions application, including their signature;
(2) a registration fee (Degree program - $200 USD; Diploma program - $100 USD; Individual course - $50 USD) which is non-refundable after five calendar days, and
(3) official transcript from each duly accredited* college or university attended regardless of whether a diploma was issued, or a high school diploma or equivalent if there is no prior completion of college/university courses.
   (a) To be considered official, transcripts must come directly from the registrar’s office of the institution the applicant attends or has attended or from other appropriate official agencies.
   (b) Student copies will be accepted for enrollment purposes; however, all credentials must be verified by official transcript to the college before a student begins the second course in the undergraduate diploma or degree program.

An undergraduate applicant who is beyond the age of compulsory education and who has not previously attended an institution of higher learning may be conditionally admitted until proof of high school diploma or General Equivalency Diploma is received. In recognition of the importance of ethical practices in the admissions process, HCHS subscribes to the Statement of Principles of Good Practice in College Admission and Recruitment which has been approved by the American Council on Education (ACE) and the American Association of College Registrars and Admissions Counselors (AACRAO).

Enrollment
In order to enroll at HCHS, an applicant must be accepted for admission and submit the appropriate tuition fees.

Denial of Admission
An applicant may be denied admission if HCHS determines that the college is unable to meet the educational needs and objectives of the applicant. If an applicant is denied admission the tuition fee will be refunded. The registration fee will not be refunded.

*Acreditted by an accrediting agency recognized by the Secretary of the U.S. Department of Education or the Council for Higher Education Accreditation (CHEA); or international equivalent.

Auditing Classes
All students admitted to a program of study are presumed to be working towards a degree or a diploma. Therefore, no provisions are made for auditing classes.
Financial Information – Undergraduate

Registration Fee
Every admissions application for a HCHS diploma program, undergraduate degree program or graduate
program must be accompanied by a registration fee. Likewise, every admissions application for an individual
course (non-matriculated student) must be accompanied by a registration fee. The registration fees are as
follow: Degree program - $200 USD; Diploma program - $100 USD; Individual course - $50 USD.

Undergraduate Tuition Schedule
Tuition payment is due upon submission of the enrollment agreement into an individual course, a diploma
program or a degree program. Tuition must be paid in U.S. currency, by check, money order, or credit card.

Tuition must be paid on an individual basis for each course you are currently taking (e.g., pay the tuition for one
course if you are taking only one course at a time, or for two courses if you are taking two courses at a time). If
you prefer, you may instead choose an interest-free monthly payment plan for your entire academic program.
The payment plans are outlined below.

Diploma Program
Comprehensive Nutrition; Dietary Supplement Science; Sports Nutrition; Women’s Nutrition; Small Business
Management; Natural Sciences. 18 credit hours are required for completion of a diploma program. If approved,
a student may transfer a maximum of 6 credit hours toward satisfying requirements of a diploma program.

Associate of Science in Applied Nutrition Degree Program
60 credit hours are required for completion of an associate’s degree. Depending upon the amount of transfer
credit approved, a student may be required to take 30 to 60 semester hours in order to graduate.

Bachelor of Health Science in Nutrition Degree Program
127 credit hours are required for completion of this bachelor’s degree. Depending upon the amount of transfer
credit approved, a student may be required to take 32 to 127 semester hours in order to graduate.

Matriculated and Non-Matriculated Tuition Schedule
The per course undergraduate rate for students formally enrolled in a diploma or degree program is $165 a
credit hour. The per course undergraduate rate for non-matriculated students is $183.33 a credit hour.

- Matriculated Undergraduate Course (3 credit hours) $495
- Non-matriculated Undergraduate Course (3 credit hours) $550

Undergraduate Tuition Payment Plan
An applicant may choose HCHS’s interest-free monthly tuition payment plan. The acceptance of transfer
credits will reduce the number of monthly payments.

Tuition Payment Plan for a Diploma Program

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<th>and Monthly Payments of:</th>
<th>for:</th>
<th>Totaling:</th>
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<tr>
<td>Diploma Program</td>
<td>$297</td>
<td>$297</td>
<td>9 months</td>
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<td>(+books/shipping)</td>
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Payments shall be accelerated if a student intends to graduate prior to completion of the payment schedule.
Tuition Payment Plan for an Associate of Science in Applied Nutrition Degree Program

Upon Acceptance a  and Monthly Payments of:  for:  Totaling:

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<td>Associate’s Degree</td>
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Payments shall be accelerated if a student intends to graduate prior to completion of the payment schedule.

Tuition Payment Plan for a Bachelor of Health Science in Nutrition Degree Program

Upon Acceptance a  and Monthly Payments of:  for:  Totaling:

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<td>Bachelor’s Degree</td>
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<td>$299</td>
<td>71 months</td>
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Payments shall be accelerated if a student intends to graduate prior to completion of the payment schedule.

Other General Service Fees

- Late Fee (On Monthly Payments) $10
- Reactivation Fee $50
- Returned Check Fee $25
- Extension of time Fee (3 month) $50
- Transcript Fee (no cost for first transcript request) $15

Fees must be paid in U.S. currency, by check, money order, or credit card.

Textbook Cost

The costs of textbooks are not included in the quoted tuition. Students may purchase textbooks from the College of HCHS or may purchase them from a vendor of their choice. For a complete list of textbooks contact HCHS at 865-524-8079.

Estimated cost of textbooks, materials, shipping and handling:

- Diploma in Comprehensive Nutrition Program $550
- Diploma in Women’s Nutrition Program $500
- Diploma in Small Business Management Program $375
- Diploma in Natural Sciences Program $425
- Associate of Science Degree Program in Applied Nutrition $1,350
- Bachelor of Health Science Degree Program in Nutrition $4,945

Shipping and Handling Fees

Shipping costs are the responsibility of the student and will vary according to the course materials being sent, and the student’s geographical location.

Financial Information - Graduate

Application Fee

Every admissions application for a HCHS diploma program, undergraduate degree program or graduate program must be accompanied by a registration fee. Likewise, every admissions application for an individual course (non-matriculated student) must be accompanied by a registration fee. The registration fees are as follow: Degree program - $200 USD; Individual course - $50 USD.
Graduate Tuition Schedule
Payment is due upon submission of the enrollment application into an individual course, a diploma program or a degree program. Tuition must be paid in U.S. currency, by check, money order, or credit card. If necessary, an applicant may choose a monthly tuition plan.

Master of Science in Nutrition Degree Program $10,440
37 credit hours are required for completion of a master’s degree with a non-thesis option. Depending upon the amount of transfer and/or experiential learning credit approved, a student may be required to take 19 to 37 semester hours in order to graduate.

Matriculated and Non-Matriculated Tuition Schedule
The per course graduate rate for students formally enrolled in a degree program is $285 a credit hour. The per course graduate rate for non-matriculated students is $350 a credit hour.

- Matriculated Graduate Course (3 credit hours) $855
- Matriculated Graduate Course (4 credit hours) $1140
- Non-matriculated Graduate Course (3 credit hours) $1050
- Non-matriculated Graduate Course (4 credit hours) $1400

Graduate Tuition Payment Plan
An applicant may choose HCHS’s interest-free monthly tuition payment plan. The acceptance of transfer credits will reduce the number of monthly payments.

Tuition Payment Plan for an Master of Science in Nutrition Degree Program

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<th>and Monthly</th>
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<td>Master’s Degree</td>
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</tr>
</tbody>
</table>

Payments shall be accelerated if a student intends to graduate prior to completion of the payment schedule.

Other General Service Fees
Late Fee (On Monthly Payments) $10
Reactivation Fee $50
Returned Check Fee $25
Extension of time Fee (3 months) $50
Transcript Fee (no cost for first transcript request) $15
Fees must be paid in U.S. currency, by check, money order, or credit card.

Textbook Cost
The costs of textbooks are not included in the quoted tuition. Students may purchase textbooks from the College of HCHS or may purchase them from a vendor of their choice. For a complete list of textbooks contact HCHS at 865-524-8079.

Estimated cost of textbooks, materials, shipping and handling:
Master of Science Degree Program in Nutrition $1,340
Shipping and Handling Fees
Shipping costs are the responsibility of the student and will vary according to the course materials being sent, and the student’s geographical location.

Refund Policy & Finance Information

Refund Policy
Students who cancel within five days after enrolling will receive a refund of all money paid to the institution. Thereafter, refunds will be as stated in the chart to the right, and will be based upon the percentage of the course completed. The percentage of the course completed shall be the completed number of lessons received by the school as compared to the total number of lessons in the program. A refund for the Individual Course offerings will not be authorized by the school more than eight months after the enrollment date, and more than 12 months after the last lesson was received from a student enrolled in an academic program (e.g., diploma or degree program).

We prefer that any notification of withdrawal or cancellation and any request of refund be made in writing. Payment of refunds will be made within 30 days of the schools receipt of a student’s request. Please note that any books purchased through HCHS (related to the course or program being refunded), may also be returned for a full refund provided, in the judgment of the school, they are returned in new and unused condition.

Returned Checks
A charge of $25 will be made for all returned checks. Should a student have checks dishonored on two or more occasions, the college reserves the right to require payment by cashier’s check, money order, or credit card.

Financial Aid
Though the primary responsibility for education financing rests with the student, we encourage applicants to explore any of the following avenues of financial assistance:

1. HCHS Interest-Free Tuition Payment Plan
2. Employer Tuition Reimbursement Programs
3. Private Scholarships
4. Private bank loans
5. State Disability re-education programs (check with your State Disability office)

HCHS cannot process financial assistance through Pell Grants, government guaranteed student loans, etc.

Financial Probation and Suspension
It is HCHS policy that students’ financial accounts must be current. If difficulties arise, appropriate arrangements must be made with the Registrar. Students who fail to complete satisfactory arrangements or who default on their financial arrangement are subject to financial suspension. No transcripts or other documents, including student study materials or grade reports, will be issued to students on financial suspension.

<table>
<thead>
<tr>
<th>Percentage of Course Completed</th>
<th>*Refundable Tuition Due</th>
</tr>
</thead>
<tbody>
<tr>
<td>None</td>
<td>100%</td>
</tr>
<tr>
<td>1-10%</td>
<td>90%</td>
</tr>
<tr>
<td>11-25%</td>
<td>75%</td>
</tr>
<tr>
<td>26-50%</td>
<td>50%</td>
</tr>
<tr>
<td>Over 50%</td>
<td>None</td>
</tr>
</tbody>
</table>

* Refundable tuition is the total course tuition minus the registration fee.
**Academic Regulations**

**Plagiarism**
If it is determined by a student’s Instructor, Mentor, or any other staff member, that plagiarism has occurred, the student will not receive credit for that course. If plagiarism re-occurs, the student’s enrollment at HCHS may be suspended.

**Grievance Procedure**
If a student feels that he or she has been treated unfairly or unjustly by an Employee, Instructor, Mentor, or Tutor with regard to an academic process such as grading, testing, or assignments the student must submit a written statement to the Dean of Academics. The Dean of Academics is the final authority on all academic matters. If a student has a grievance on the basis of race, color, gender, religion, age, marital status, national origin, physical disability, veteran’s status, sexual orientation any other basis prohibited by applicable federal, state, or local laws or any other matter, the student should contact the Dean of Academics. If the complaint cannot be resolved after exhausting HCHS’s grievance procedure, the student may file a complaint with the Tennessee Higher Education Commission: Address - 404 James Robertson Parkway, Suite 1900, Nashville, TN 37243; Phone – 615-741-3605.

**Job Placement Disclaimer**
HCHS does not guarantee job placement to graduates upon program/course completion or upon graduation. The college does not provide any occupational assistance.

**Term Dates**
All academic programs are designed to comply with HCHS’s admission policy allowing students to begin their program of study at any time. A student’s term begins upon enrollment in a program and culminates with graduation. Term length will vary depending on the program selected and the desire and motivation of the particular student.

**Time Limitation**
Though students determine their lesson completion goals and set their own study schedules, HCHS expects students to actively pursue their studies and regularly submit coursework. Once registered for any course, students have a 4 month time limit to finish all course requirements. However, if a student enrolled in an academic program were to take a full 4 months to complete each course, then he or she would exceed the maximum time allowed for completing that program:

- The maximum time for completing a diploma program is 15 months.
- The maximum time for completing an associate’s degree program is 48 months.
- The maximum time for completing a bachelor’s degree program is 72 months.
- The maximum time for completing a master’s degree program is 36 months.

If a student finds it necessary, a three month extension of time may be obtained upon payment of a $50 administrative fee. Only one extension of time will be granted.

**Grading System**
HCHS records grades for completed courses only. Incomplete coursework will not be recorded. The following system of grading is used:

<table>
<thead>
<tr>
<th>Grade</th>
<th>Points</th>
</tr>
</thead>
<tbody>
<tr>
<td>A Outstanding</td>
<td>4.00</td>
</tr>
<tr>
<td>B Commendable</td>
<td>3.00</td>
</tr>
<tr>
<td>C Marginal</td>
<td>2.00</td>
</tr>
<tr>
<td>D Deficient, minimal pass</td>
<td>1.00</td>
</tr>
<tr>
<td>F Failure</td>
<td>0.00</td>
</tr>
</tbody>
</table>
Grade Point Average
The academic standing of a student is expressed in terms of a grade point average (GPA). A grade point average is computed by dividing the total number of grade points earned at HCHS by the total number of hours attempted at HCHS.

Transfer credit may be accepted subject to the provisions found under Policy for Awarding Undergraduate Transfer and Extra-Institutional Learning Credit Policy. However, due to considerable differences in course content and instructional quality of work done at other colleges or universities, HCHS does not consider grade points or hours attempted for work completed at other institutions. Therefore, transfer credit neither raises nor lowers a student’s grade point average.

Satisfactory Student Progress
HCHS encourages persistent efforts on the part of all students. To maintain an active standing, students must:

1. Maintain a GPA of 2.00 on a 4.00 scale for undergraduate work completed at HCHS, and complete at least one course within a 16 week period.
2. Maintain a GPA of 3.00 on a 4.00 scale for graduate work completed at HCHS, and complete at least one course within a 16 week period.

Student Records and Transcripts
Each student’s record will be made available, upon written request of the student, to employers and other duly authorized persons. Only official written transcripts bearing the school seal will be issued. The first transcript is issued at no cost. Thereafter, a $15 transcript fee must accompany each request. A separate fee is required for each transcript recipient. HCHS will not honor transcript requests of any student having a past due financial obligation to the college. Transcripts from other institutions found in admission files cannot be reproduced for student use. These transcripts must be obtained directly from the other institutions.

Academic Extension
Occasionally students encounter personal challenges or difficulties while enrolled at HCHS that prevent them from completing all course requirements within a four month period. Under these circumstances, students may be granted a three month extension of time upon payment of a $50 administrative fee. Only one extension of time will be granted. Receiving an academic extension in no way suspends any financial obligations students may have to the college.

Withdrawal from the College
Students seeking to officially withdraw from HCHS should notify the school and request any applicable tuition refund. The withdrawal procedure is as follows:
1. The student may notify the college in any manner, written or verbal, of his/her intent to withdraw from a degree or diploma program and request a refund of applicable tuition.
2. Refunds, if any, will be according to the stated college policy as outlined in the Financial Information section.
3. All remaining balances, subject to any offset for refund, must be paid in full at the time of withdrawal.
4. The withdrawal will become official when the student receives final written notification by the Registrar.

Academic Probation and Suspension
When a student’s cumulative grade point average falls below 2.00 at the undergraduate level, probation occurs. A student on academic probation has a maximum of six months to raise the cumulative average above the minimum standard, either by completing additional courses or repeating courses bearing inadequate grades. When an undergraduate course is repeated, the original grade is replaced by the subsequent course grade. The cost for repeating a course is determined by the contingent tuition schedule outlined in the Financial Information section.
Information section of this catalog. Academic suspension will follow only if a student is unable to return to active status within six months. Suspended students may apply for readmission to the college after a period of one year.

Inactive Status
In the event the college fails to receive any coursework from a student within a four month period, he/she will be placed on inactive status. To return to active status, the student may inform the registrar of the desire to do so, and submit a $50 reactivation fee. If an inactive student chooses not to return to active status within a six month period, the process for withdrawal from the college will be initiated by the college.

Advanced Placement Credit
HCHS accepts transfer and college equivalent credit in partial fulfillment of undergraduate program requirements subject to the guidelines under Policy for Awarding Undergraduate Transfer and Extra-Institutional Learning Credit.

Policy for Awarding Transfer & Extra Institutional Learning Credit

Recognition of Prior Learning
HCHS defines extra-institutional learning as learning that is attained outside of accredited post-secondary education institutions. Students bring with them a wealth of learning from work and life experience, independent reading and study, the mass media, and participation in formal courses sponsored by associations, businesses, government, industries, the military, and unions.

Types of Recognition
HCHS recognizes the prior learning of admitted students by awarding credit for:

1) Transfer courses completed at an institution duly accredited by an accrediting agency recognized by the Secretary of the U.S. Department of Education or the Council for Higher Education Accreditation (CHEA); or international equivalent and documented through official transcript when the credit is applicable to the student’s degree program at HCHS.

2) Credit by examination. HCHS offers testing for credit by examination. HCHS also accepts the recommendations of the American Council on Education College Credit Recommendation Service as listed in The Guide to Educational Credit by Examination. These include Advanced Placement Examinations, College Level Examination Program General Examinations (CLEP), ACT PEP: Regents College Examinations. Semester hours of credit toward graduation earned on the basis of these tests are granted with a grade of P (Pass), and neither raises nor lowers a student’s grade point average. Semester hours of credit toward graduation earned on the basis of these tests are granted with a grade of P (Pass), and neither raises nor lowers a student’s grade point average.

3) Credit for training programs. ACE College Credit Recommendation Service evaluations as outlined in The National Guide to Educational Credit for Training Programs are accepted, subject to the student’s degree requirements.

4) Prior learning assessment. Prior Learning Assessment (PLA) is a process that enables people to gain recognition and credit for what they already know and can do. It involves the identification, documentation and assessment of learning acquired through informal or independent study, work experience, volunteering, non-credit courses and other life experiences. For more information, contact HCHS’s Student Services Department.

5) Military training. Any military training which is applicable to a diploma or degree program at HCHS will be
accepted for transfer credit based on the recommendations of the American Council on Education (ACE) as outlined in the Guide to Educational Experiences in the Armed Services. To be official, all required forms must be sent directly to HCHS from the issuing authority. DD Form 295, Application for the Evaluation of Learning Experiences During Military Services is available to active-duty service members, reservists, and National Guard members from military education officers. The form must be certified by an authorized commissioned officer or his/her designee in order to be official.

Veterans are required to submit DD Form 214, Armed Forces of the United States Report of Transfer or Discharge. If the veteran does not have a copy, one can be obtained, together with other in-service training records, from the General Services Administration, National Personnel Records Center (Military Personnel Records), 9700 Page Avenue, St. Louis, MO 63132.

The veteran may request service records by submitting U.S. Government Standard Form 180, which is available from a state veterans affairs office, the Veteran’s Administration, or the National Personnel Records Center. The Army/American Council on Education Registry Transcript System (AARTS Transcript) documents military training and experience and is available to Regular Army enlisted active-duty personnel; veterans with basic active duty dates falling on or after October 1, 1981, and Army National Guard enlisted personnel and veterans on the active rolls as of January 1, 1993, with pay entry basic rates/basic active service dates falling on or after October 1, 1981. Write to: AARTS Operations Center, 415 McPherson Avenue, Ft. Leavenworth, KS 66027-1373.

(6) Foreign Credentials. HCHS welcomes applications from individuals with credentials from non-U.S. institutions. Such applicants may be required to first obtain an independent foreign credentials evaluation from Educational Credential Evaluators, Inc. (ECE), Post Office Box 92970, Milwaukee, WI 53202-0970, USA, telephone (414) 289-3400, fax (414) 289-3411, or another independent U.S. evaluator approved by the college. Request forms and cost information are available at the ECE website (http://www.ece.org). Foreign undergraduate applicants must obtain a general evaluation while subject evaluations will be required for individual transfer courses.

Transfer of Credits
The acceptance of transfer credits between duly accredited institutions (defined on the previous page) lies within the discretion of the receiving college or university. Credits earned at other institutions may or may not be accepted by HCHS. Likewise, credits earned at HCHS may or may not be accepted by another institution depending upon its own programs, policies, and regulations. Students planning to complete credit elsewhere before applying to HCHS are advised to contact the Admissions Office and check on the acceptability of credits from that institution. Likewise, any student relying on HCHS credit for transfer to or enrollment in another institution is urged to check with that institution prior to enrollment at HCHS.

Transferability of Credits Disclosure Statement
Per SB3789/HB3857, the State of Tennessee requires all educational institutions operating within Tennessee to provide the following transferability of credit disclosure statement to prospective students, prior to enrollment:

Credits earned at Huntington College of Health Sciences may not transfer to another educational institution. Credits earned at another educational institution may not be accepted by Huntington College of Health Sciences. You should obtain confirmation that Huntington College of Health Sciences will accept any credits you have earned at another educational institution before you execute an enrollment contract or agreement. You should also contact any educational institutions that you may want to transfer credits earned at Huntington College of Health Sciences to determine if such institutions will accept credits earned at Huntington College of Health Sciences prior to executing an enrollment contract or agreement. The ability to transfer credits from Huntington College of Health Sciences to another educational institution may be very limited. Your credits
may not transfer and you may have to repeat courses previously taken at Huntington College of Health Sciences if you enroll in another educational institution. You should never assume that credits will transfer to or from any educational institution. It is highly recommended and you are advised to make certain that you know the transfer of credit policy of Huntington College of Health Sciences and of any other educational institutions you may in the future want to transfer the credits earned at Huntington College of Health Sciences before you execute an enrollment contract or agreement.

**Transfer Policy**
Undergraduates pursuing a Diploma may receive up to 6 hours of transfer credit which satisfy the subject matter and curriculum requirements of student’s diploma program at HCHS. Undergraduates pursuing an Associate’s Degree may receive up to 30 hours of transfer credit for courses which satisfy the subject matter and curriculum requirements of students’ degree programs at HCHS. Undergraduates pursuing a Bachelor’s Degree may receive up to 95 hours of transfer credit for courses which satisfy the subject matter and curriculum requirements of students’ degree program at HCHS. Graduate students pursuing a Master’s Degree may receive up to 18 hours of transfer credit for courses which satisfy the subject matter and curriculum requirements of students’ degree programs at HCHS.

**Limits on Awarding Transfer and Extra-Institutional Credit**
HCHS reserves the right to accept or reject any or all academic credits offered for transfer.
Faculty

Chaitali Adhikari, Ph.D.
University of Arkansas, Fayetteville, PhD and MS in Food Science. Birla Institute of Technology, India, BS in Pharmacy. Formerly, Director of Graduate Programs and Acting Dean for American Health Science University (AHSU), Denver, CO. Past experience include Sr. Application Scientist at Oil Dri Corporation, IL and Adjunct Faculty/Research Scientist at National Center for Food Safety and Technology (NCFST – a Joint FDA and Illinois Institute of Technology consortium). Author of several peer reviewed publications and presentations in international journals and conferences in the areas of lipid chemistry and food safety technology. Recipient of numerous international awards including the prestigious Frank C. Naughton Award from American Oil Chemists Society (AOCS), Scholarship Award from Institute of Food Technologists (IFT) and Gamma Sigma Delta Agricultural Sciences Honor Society. Received evaluators training program certificate of completion from Distance Education and Training Council (DETC).

Laurent Bannock, DrHS, MS, C Biol, LN
Institute of Biology (London, UK), Chartered Biologist; Huntington College of Health Sciences, Master of Science in Nutrition; City University (London, UK), Advanced Diploma in Exercise and Health Studies; Institute for Clinical Nutrition (London, UK), Doctor of Health Science; Royal Melbourne Institute of Technology (Melbourne, AUS), Master of Nutrition Medicine (candidate); Numerous diplomas and certifications in Functional and Metabolic Medicine. Licensed Nutritionist, New Mexico. Memberships include American Society for Clinical Chemistry, American College of Nutrition, and the New York Academy of Sciences. Publications include ‘The Clinical Nutrition Desk Reference’ (Outskirts Press) and the soon to be published ‘Functional Laboratory Assessments for Nutrition Professionals’ (HCHS Press). Former Discovery Health Channel (UK) host and regular feature in the national press. Special clinical & research interests include Nutritional Influences on Steroid Hormone Chemistry.

Gene Bruno, MS, MHS, RH(AHG)
University of New England, Master of Health Science (Herbal Medicine); Huntington College of Health Sciences, Master of Science in Nutrition; Australian College of Phytotherapy, Advanced Diploma in Herbal Medicine; Huntington College of Health Sciences, Bachelor of Health Science in Nutrition; Registered Herbalist & professional member of American Herbalist Guild; Alumnus of Huntington College of Health Sciences; provides continuing education in nutrition and dietary supplement science nationally for health care professionals and natural product retailers; author & coauthor of three books on dietary supplements and herbs; contributing writer to health and fitness magazines; practiced clinical nutrition/herbalism in chiropractic, mental health and corporate settings; over 30 years in nutrition & natural products industry.

Jennifer D. Green, BS
Tennessee Technological University, B.S. Home Economics, Nutrition and Food Science with minor in Child Development, Health and Physical Education; Former Dietary Technologist, University of Tennessee Medical Center; Former Nutrition Counselor, Diabetes Clinic, University of Tennessee Medical Center; Former Nutrition Counselor, Knox County Health Department; Nutrition Educator, conducting nutrition seminars and classes; Former Director of Student Services, Family Christian Academy; Former Director of Student Services for the nation's largest Y-Teen program, Young Women's Christian Association.

Jennifer E. Hofheins, MS, RD, LD

Gina Broitman-Maduro, MS
University Of Alberta, B.S. in Science with Specialization in Microbiology; M.S. in Science in Medical Microbiology, Dept of MMI, University of Alberta; Research Associate, University of California at Santa Barbara studying gene regulation of PAP pilli and infection of Uropathogenic E. coli; Research Scientist University of California at Riverside studying gene regulation and embryonic development of C. elegans, a nematode and model organism.; lead and co-author of several scientific articles in top peer reviewed journals in the fields of microbiology and development.

Elizabeth Pavka, PhD, MS, RD, LN
Cornell University, B.S., Biology and Chemistry, M.S., Nutrition; Saybrook Graduate School, Ph.D., Social Systems Design; Director, International Academy of Nutrition and Preventive Medicine; Adjunct Professor, University of North Carolina (Asheville); American Dietetic Association, Registered Dietitian; specialist in preventive nutrition and complementary therapies.
Rachael Pohle, PhD, RD, CDN
University at Buffalo, Ph.D. in Exercise Science, Nutrition emphasis; D’Youville College, B.S./M.S. Registered Dietician and Certified Dietician Nutritionist. Previously Clinical Nutrition instructor at the University of Buffalo. Research background in energy intake, reproductive hormones and body weight regulation, with contributions to peer-review journals on these topics.

Arthur M. Presser, PharmD, DHPH
University of Southern California, Pharm.D. (Doctorate in Pharmacy); Adjunct Professor and Curriculum Coordinator USC School of Pharmacy, Complementary and Alternative Medicine Program; Pharmacist licensed in the State of California; Diplomate in Homeopathic Pharmacy, British Institute of Homeopathy; Author, Pharmacist's Guide to Medicinal Herbs, Nature Pharmacist’s Vitamin Primer, Coauthor Medicinal Herb Primer; Dietary supplement industry consultant.

Heidi Reichert, BS
Texas A&M University, College Station, B.S. Chemical Engineering with concentrations in Biochemistry and Food Engineering; Currently working towards M.S. Nutrition; former Staff Scientist with research Experience in Actinide Process Chemistry and Inorganic Reaction Chemistry at Los Alamos National Laboratory, New Mexico; Research experience in Non-ideal Mass Transfer of Gases through Selectively Permeable Membrane Systems at GKSS Forschungszentrum (Max Plank Institute), Geesthacht, Germany; former Organic Lab Coordinator for Texas A&M University Chemistry Department; Golden Key Society Member, Chevron Excellence Scholarship recipient; publications include Fusion Science and Technology and more recently the American Chemical Society Journal of Abstracts.

Robert T. Shmaeff, MPA, RPh
University of New Mexico, Bachelors of Science in Pharmacy; University of Southern California, Masters in Public Administration / Masters in Health Services Administration; Adjunct Assistant Professor of Clinical Pharmacy at the University of Southern California School of Pharmacy; Chairman, President and Chief Executive Officer of Pioneer Pharmacy Enterprises; previous Chairman of the Board of Western United National Bank.

Carol Simontacchi, CCN, MS
American Health Science University, Nutrition Certification. Columbia Pacific University, BS in Social Science, Columbia Pacific University, MS in Health and Human Services. Certified as a Clinical Nutritionist (Clinical Nutritionist Certification Board), Professional member International and American Associations of Clinical Nutritionists and the National Association of Nutrition Professionals. Author of several books on health and nutrition, including Your Fat Is Not Your Fault, The Crazy Makers: How the Food Industry Is Destroying Our Brains and Harming Our Children, and Weight Success for a Lifetime. Provides nutrition services to the autism community, and professional presenter to organizations, corporations, and private groups throughout the US and Canada on weight management and brain nutrition.

Patrick Smith, MBA
University of Texas, M.B.A. in Marketing; University of Tennessee, B.S. in Marketing; over ten years of college teaching experience; management consultant; financial analyst; retail buyer and merchandiser; writer and editor of educational materials; property manager; avid runner.

Starkie Sowers, BS, CN
Huntington College of Health Science, Master of Science in Nutrition (candidate) Vancouver University, Bachelor of Applied Science in Nutrition; American Health Science University, Certified Nutritionist. Work related to education of the Natural Products industry, as well as consultant and formulator of nutritional products. Retail applications; managed health food stores for over 20 years. Currently a Training and Development director for Clarks Nutrition and Natural Foods Markets in Southern California. Written staff education programs and teaches classroom nutrition to employees. Enjoyed working in the Natural Products industry and the Health and fitness industry for over 30 years.

Roy Upton, RH(AHG)
East-West Acupuncture and Herb Center, 3-year, 2200 hour clinical tutorial in traditional Chinese medicine and Acupuncture; Shanghai College of Traditional Chinese Medicine, 120-hour program in traditional Chinese herbal medicine and acupuncture; 120-hour hospital acupuncture residency, Five Branches College of Traditional Chinese Medicine. Chief Executive Officer and Editor of the American Herbal Pharmacopoeia, Vice-President, American Herbalists Guild, Director, Botanical Medicine Academy, member of the Standards Committee of the American Herbal Products Association, member of the expert advisory committees for AOAC International, NSF International, and the United States Pharmacopoeia, and director of herbal research, Threshold Enterprises. Author of several books on herbal medicine (e.g., Botanical Safety Handbook by CRC Press); and international lecturer.
Fionda Williams, PhD, RN
Northcentral University, Ph.D. Psychology; Touro University, M.S. International Health; Towson University, B.S. Nursing; Mary Baldwin College, B.S. Biochemistry. Member Sigma Theta Tau International Nursing Honor Society. Director of Nursing and Clinical Services at Community Care Nursing Services in Baltimore, MD, overseeing 600+ nurses and nursing assistants.

Timothy Ziegenfuss, PhD, CSCS, EPC, FISSN
Lock Haven University, B.S. Health Sciences (magna cum laude); Purdue University, M.S. Exercise Physiology; Kent State University, Ph.D. Exercise Physiology with a cognate in Nutrition. Certified Strength and Conditioning Specialist with the National Strength and Conditioning Association; Certified Exercise Physiologist; fellow of the International Society of Sports Nutrition. Chief Scientific Officer for Ohio Institute of Human Performance, conducting human research in sports nutrition and dietary supplement science. Previously Assistant Professor of Exercise Science at Eastern Michigan University. Has collaborated with research departments of Washington University School of Medicine in St. Louis, Mo.; Queen's University in Kingston, Ontario; Kettering Medical Center in Dayton, Ohio. Authored and co-authored books, articles for peer-reviewed journals, articles for health and fitness magazines.

Administration

Arthur M. Presser, PharmD
PRESIDENT, See previous information under “Faculty”.

Gene Bruno, MS, MHS, RH(AHG)
DEAN OF ACADEMICS, See previous information under “Faculty”.

Robert T. Shmaeff, MPA, RPh
DIRECTOR OF FINANCE, See previous information under “Faculty”.

Cheryl A. Freeman
REGISTRAR, DIRECTOR OF STUDENT SERVICES
Former Director of Student Services, Family Christian Academy, Knoxville, involved in all aspects of student services, Home School Curriculum and testing and assessment of Special Needs Students; Former Assistant Director of Children's Activities and Summer Programs for the Young Women's Christian Association; Former office manager, American Business Copiers; Former Teacher for Home School Enrichment Classes, grades K through 7, Knoxville Association of Home Schools.

Brittany Longnecker
CENTRAL ASSIGNMENT PROCESSING
Receives and tracks assignments and exams from all students. Coordinates distribution of assignments and exams to instructors for grading, and subsequent distribution of grade reports back to students.

Bob Lucas, BS, MS
ENROLLMENT SPECIALIST
Ohio University, Bachelor of Science in Advertising; Master of Science in Mass Communications; over thirty years of newspaper advertising sales/marketing; mid sized account specialist to include national retailers, hospitals, automotive, key accounts; magazine, on line, niche market advisor; business advisor for goal setting, budgeting, marketing, public relations; previous board of director member Ventana Wilderness Society; other interests include wildlife management, mountaineering and bicycling.

Advisory Board

Annemaria Ballin, PhD
DIRECTOR OF EDUCATION, EMERITUS
University of Munich, Germany, Ph.D., Professor of International Culture, Goethe Institute; thirty years nutrition counseling, study and diet management (including eleven years in India and East Africa); author of feature articles on health in national publications; first president and former director of the Protocol Foundation of Orange County, CA; former Nutritionist, Women's Life Care Center, Anaheim Hills and Corona, California; member, International Academy for Medical Prevention and National Health Federation; nutrition counselor, lecturer and radio and television speaker.
Hans Diehl, DrHSc, MPH, CNS
Loma Linda University, Doctorate in Health Science and M.S. in Public Health Nutrition; National Institutes of Health; National Institutes of Health, post doctoral research fellow in cardiovascular epidemiology; helped establish the UCLA Center for Health Enhancement; author of the best seller *To Your Health*; Director, Lifestyle Medicine Institute, Loma Linda, California; editor of *Lifeline Health Letter*.

Michael Gansaeuer, M.D.
University of Koln, Cologne, Germany, M.D. Residency at University of California, Davis. Completed fellowship training in Clinical Neurophysiology at UC Davis and Intensive Care Neurology at Rheinische Klinik Bonn, Bonn, Germany. His medical interests include stroke, epilepsy and movement disorders.

Patricia G. Hinz, M.D.
University of Illinois at Chicago – College of Medicine, Doctor of Medicine; Eastern Illinois University, Bachelor of Science in Zoology (Summa Cum Laude). Northeastern Illinois Hospice’s Physician Award for “Commitment to Caring”; Diplomate of the National Board of Medical Examiners; Board Certification in Family Practice. Practicing physician at Santa Cruz Medical Clinic, and previously Alpine Family Physicians. In addition, Dr. Hinz is a gifted and Renowned artist (http://pattyhinzingallery.com/).

Michael A. Klapar, MD
University of Illinois, M.D. (with honors); Author of *Vegetarian Nutrition, Pure and Simple, and Pregnancy, Children and the Vegetarian Diet*; Contributor to PBS videos, "Diet for a New America", and "Food for Thought"; Advisor to the National Aeronautics and Space Administration (NASA); Director, Institute of Nutrition Education and research; Nutrition lecturer ar the University of California Medical School and Stanford University Medical School; Phi Beta Kappa; Board of Advisors, Nutrition and Preventive Medicine Task Force, and EarthSave International.

Lynn Lawson, BS, MA
Northwestern University, Phi Beta Kappa; after learning how much her own health had been affected by toxic chemicals in her everyday surroundings, Mrs. Lawson wrote the book, *Staying Well In A Toxic World* and taught environmental courses at the University of Illinois.

Jeff Lester, DO
New York College of Osteopathic Medicine (with Honors), Doctor of Medicine; Internship at Southeastern Medical Center, Miami, Florida; Brandeis University, Bachelor of Science in Biology (Dean's list, Dean's tutor in Biology), Certified in Public Education, Massachusetts; Hahnnemann College of Homeopathy graduate and faculty member; Physician Advisory board, Welch Allyn; Director of The Lester Clinic of Integrative Medicine; Director of the Central Coast Academy of Homeopathic Medicine, Faculty at Pacific Academy of Homeopathic Medicine. Dr. Lester has been practicing integrative medicine since 1987 wit a special interest in preventive and homeopathic medicine as they integrate with Western medicine.

Bruce B. Miller, DDS, CNS
University of Texas, B.S. (with honors), Biochemistry and Nutrition; Baylor University, Doctor of Dentistry (with honors); Phi Beta Kappa; as research assistant to Dr. Roger Williams (discoverer of pantothenic acid), Dr. Miller performed analytical genetic and nutrition studies on single-celled plant foods; postgraduate studies under Nobel Prize winner Dr. Linus Pauling, Nobel Laureate Dr. Michael Brown and others; charter member Kenneth Cooper Aerobic Center; author of numerous nutrition booklets and writer and producer of nutrition videos and audio cassettes. Dr. Miller is a Certified Nutrition Specialist (C.N.S.).

Marin Stephan Muller, MD
Medical School, Fribourg & Zurich, Switzerland; Staatsexamen (finals), Swiss physicians license; Medical Doctorate Department of Pathology, Zurich University Hospital; Matura (College equivalent), St. Gallen, Humanistic studies; US board certification Internal Medicine; HIV specialty certification. Pathology, Zurich University Hospital; Internal Medicine, Rorschach Switzerland; Residency in Internal Medicine (Primary Care), Oakland, CA. Life time member Swiss Physicians Society. Practicing physician at Palo Alto Foundation Medical Group.
David Pilcher, M.D.
University of California, San Francisco School of Medicine, M.D.  Residency in Family Practice at Contra Costa County Health Services. Served as residency faculty instructor in teaching fellowship at the University of California, Davis. Dr. Pilcher has a variety of medical interests including pediatrics, diabetes care, cardiac problems, preventive care for all ages, and HIV.

John Westerdahl, MPH, RD, CNS
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**Frequently Asked Questions**

1. **When do the courses begin and how do I enroll?**

   HCHS allows you to enroll and begin at any time. It is not necessary to wait until the beginning of a semester.

2. **Will I have any contact with the school other than by e-mail or through the mail?**

   Yes. Your Faculty Advisor will telephone students located in the United States and Canada periodically during the course of your studies to discuss your work and make any suggestions they feel may be helpful. You may also contact HCHS by e-mail. Overseas students will be contacted via e-mail. In addition, some instructors may also involve online chat rooms as an optional forum for communication.

3. **After I’ve graduated, are there any initials I can use after my name to indicate my educational credentials?**

   Absolutely! Graduates of the diploma programs or degree programs can use the following initials, designating their educational credentials:

   - Dip.C.N.  Diploma in Comprehensive Nutrition
   - Dip.D.S.S.  Diploma in Dietary Supplement Science
   - Dip.S.N.  Diploma in Sports Nutrition
   - Dip.W.N.  Diploma in Women’s Nutrition
   - Dip.S.B.M.  Diploma in Small Business Management
   - Dip.N.Sc.  Diploma in Natural Sciences
   - A.S.  Associate of Science in Applied Nutrition
   - B.H.S.  Bachelor of Health Science in Nutrition
   - M.S.  Master of Science in Nutrition

5. **How long does it take to complete the various programs?**

   As an independent study school, each student studies at his or her own pace. We allow four months to complete each individual course, 15 months to complete a Diploma program, 48 months to complete the Associate’s Degree Program, 72 months to complete the Bachelor Degree Program and 36 months to complete the Master’s Degree program. Students who have full time to devote to their studies may be able to complete an individual course in about a month; which would allow them to complete an undergraduate diploma in as little as 6 months, an A.S. degree in as little as 1.5 years, a B.S. degree in as little as 3.25 years, and an M.S. degree in Nutrition in as little as 12 months. Some students prefer a slower pace and may even require an extension of time.
4. What can I call myself after I have graduated?

Since there are states and/or countries that have regulations as to the educational requirements and use of various occupational titles, we suggest that you check with your state to see if there are any applicable regulations. In the United States, for example, some states have restrictions for using the title “Nutritionist” or “Nutrition Counselor”, while other states do not. In any case, the use of the “Registered Dietician” or “Dietician” titles are restricted to individuals who met the credentialing requirements of the American Dietetic Association. Please note that none of HCHS programs are intended to lead towards a Registered Dietitian (RD) credential.

To the best of our knowledge, there are currently no U.S. federal or state restrictions for using the following titles; however it is your responsibility to check into the most current regulations in your state:

- Nutrition Specialist
- Nutrition Consultant
- Nutrition Professional

- Integrative Nutrition Specialist
- Nutritional Consultant
- Integrative Nutrition Professional

A good resource for checking into the most current regulations in your state is the website for the American Dietetic Association. Specifically: http://www.eatright.org/Public/GovernmentAffairs/98_12914.cfm. Another good resource is the Commission on Dietetic Registration – Certifications and Licensure: http://www.cdrnet.org/certifications/licensure/index.htm.

6. Will your degree program provide an education that is comparable to what I might learn at a traditional campus based university?

We believe that our degree programs are not only comparable to what you might learn at a traditional campus based university, but that the curriculum and materials for these programs will provide a broader, more comprehensive nutrition education in most cases.

7. I have been working for several years as a nutrition counselor. Will HCHS's Comprehensive Nutrition program supply me with any additional knowledge?

Because nutrition is an ever-changing and dynamic field new information is constantly becoming available. Our courses present exciting and current nutrition trends which should expand the knowledge level of all health professionals.

8. What occupations will be enhanced by the knowledge gained from your programs?

HCHS Programs have been designed for those in the following pursuits:

- Your own nutrition counseling business
- Writing for health and nutrition magazines
- Nutritional Product Marketers
- Owning, managing, or working in a health food store
- Providing nutrition counseling in the office of a health professional
- Working with your church or social club as a nutrition counselor
- Lecturing on health and nutrition
- Nutrition advisor to a health club or weight loss clinic
- Sports nutrition advisor to athletes or athletic teams
9. Will colleges and universities accept credits for HCHS courses?

Hundreds of major colleges and universities have accepted the American Council on Education credit recommendations. We suggest that prospective students considering the possible transfer of HCHS credits to another college or university, contact the college or university regarding their view as each college or university has its own guidelines regarding the acceptance of credit transfers.

10. Are HCHS degrees, diplomas and certificates of completion accepted in other countries?

We have students and graduates all over the world and because the HCHS is nationally accredited (see Accreditation), our graduates find their HCHS credentials to be accepted as credible certification of their nutrition education. We advise that you check with your local authorities regarding their view.

11. I am a homemaker and I would like to know which of HCHS courses would help me to better care for the health of my husband and children. I would also like to be able to prepare healthy menus for my family.

If you would like to start gradually then we would suggest simply enrolling in one of our "non-college level" course offerings or our basic introductory "college level" Understanding Nutrition I course. From there you can go on to other individual courses. Our courses are designed to enhance a long and healthy lifestyle.

12. I have read several books on nutrition but have no formal nutrition schooling. Would your nutrition courses help me in my nutrition business?

Reading on your own is excellent but you may not have obtained a good overall knowledge of nutrition. HCHS courses are specifically designed for people like you. We suggest that you review the course descriptions to see if there are courses that would be beneficial to you.

13. My husband and I are home schooling our children. Will the courses help us and can our children enroll?

First, by learning all you can about nutrition, you will be able to take better care of your health and that of your family. Second, in some circumstances we may allow home school students, at high school level, to audit courses. When they finish high school the credits would then be awarded to them. It is vitally important that your children learn as much as they can about nutrition so that throughout their life they can make better decisions concerning their overall health and well-being.
### Undergraduate Programs

- Bachelor of Health Science Degree in Nutrition (B.H.S.)
- Associates of Science Degree in Applied Nutrition (A.S)
- Diploma in Comprehensive Nutrition (Dip.C.N.)
- Diploma in Sports Nutrition (Dip.S.N.)
- Diploma in Dietary Supplement Science (Dip.D.S.S.)
- Diploma in Women’s Nutrition (Dip.W.N.)
- Diploma in Small Business Management (Dip.S.B.M.)
- Diploma in Natural Sciences (Dip.N.Sc.)

### Graduate Programs

- Master of Science in Nutrition - (M.S.)

### Highlight:

**Master of Science (M.S.) in Human Nutrition**

HCHS’s Master of Science in Human Nutrition program offers a world-class graduate education, designed to help present and future health professionals understand and apply the science of nutrition. Core courses build upon students’ current knowledge of the human body and basic nutrition science and promote a greater understanding of the links between diet, lifestyle and health. The curriculum provides a solid foundation in advanced nutrition sciences with courses in clinical nutrition, medical nutrition therapy, nutrition research and current trends in the field of nutrition. Elective courses explore nutrition in the community and among other cultures, and alternative and complementary medicine. Student progress is evaluated through written and oral assignments, practical exercises, research projects, and written, proctored exams. HCHS allows 36 months to complete this program, although it can certainly be completed in 24 months or less.