

INTEGRATIVE MEDICINE (INTM)

Explanation of Course Numbers

- Courses in the 1000s are primarily introductory undergraduate courses
- Those in the 2000s to 4000s are upper-level undergraduate courses that also may be taken for graduate credit with permission and additional work assigned
- Those in the 6000s and 8000s are for master's, doctoral, and professional-level students
- The 6000s are open to advanced undergraduate students with approval of the instructor and the dean or advising office

INTM 2202. Food as Medicine. 1 Credit.

Food (the diet) as medicine as it relates to well-being. Using food as a means to treat and prevent noncommunicable diseases, such as diabetes, heart disease, and cancer.

INTM 2212. Movement as Medicine. 3 Credits.

Movement as the foundation of health, wellness, and healing. Restricted to students in integrative medicine programs.

INTM 4102. Foundations in Well-Being. 3 Credits.

Theory and practice pertaining to the domains of well-being and health behavior change.

INTM 4104. Theories and Techniques of Health and Wellness Coaching. 3 Credits.

The theoretical framework for guiding coaching clients through the process of behavior change. Includes some application of the theory.

INTM 5099. Variable Topics. 1-99 Credits.

Variable topics.

INTM 6101. Nutrition I: Assessment, Diagnosis, and Intervention. 3 Credits.

Risk factors for malnutrition in macronutrients (protein, fat, carbohydrates), micronutrients (fat versus water soluble vitamins), and those due to environmental exposures including medications. Nutrition, nutrition research, and their application to health care.

INTM 6102. Nutrition II: Life Cycle. 3 Credits.

Expands on foundational nutrition knowledge through evaluating and assessing nutrient requirements across the lifespan. Students develop a personalized, culturally appropriate integrative nutrition plan. Permission of the instructor may be substituted for the prerequisite course. Prerequisite: INTM 6101.

INTM 6105. Advanced Nutrition: Biochemistry. 3 Credits.

Nutrition science and metabolism through exploration of nutrient-oriented biochemical pathways. Prerequisites: INTM 6101 and INTM 6102.

INTM 6110. Food Technology and Health. 1 Credit.

The relationships among food, technology, and health. Food processing, health benefits of food, and novel food products and technology. Prerequisites: INTM 6101 and INTM 6102.

INTM 6111. Topics in Nutrition. 1 Credit.

Exploration and analysis of contemporary and emerging areas of interest in nutrition as they relate to research, policy, dietary guidelines, and clinical intervention. Restricted to students in integrative medicine programs. Prerequisites: INTM 6101 and INTM 6200.

INTM 6120. Nutritional Immunology. 2 Credits.

The effects of nutrient deficiency in the function, or dysfunction, of immunity. Permission of the instructor may be substituted for the prerequisite courses. Restricted to students in integrative medicine programs. Prerequisites: INTM 6105 and INTM 6200.

INTM 6200. Foundations of Integrative Medicine Research. 2 Credits.

The application of the concepts of model-valid and paradigm-specific research designs and methodologies, and how and why these strategies could be groundbreaking for the holistic medical sciences.

INTM 6201. Foundations in Integrative Medicine. 3 Credits.

Developing a patient-centric integrative medicine approach to care. Historical, sociocultural, and legal aspects of the evolution of medicine in the United States. Focus on clinical domains of therapeutic relationships and motivational interviewing, lifestyle medicine, personalized medicine, and traditional medical systems.

INTM 6202. Self-Care Methods for Health Care Professionals. 2 Credits.

Health care provider wellness; strategies to address the biological and psychological domains of personal and clinical care.

INTM 6203. Nutritional Metabolism and Environmental Exposure. 3 Credits.

Evaluation of the interconnectedness of the endocrine and cardiometabolic systems in health and disease, and the influence of environmental factors and nutrition on these body systems. Restricted to students in integrative medicine programs. Prerequisites: INTM 6200 and INTM 6201.

INTM 6204. Metabolic Networks in Integrative Medicine. 3 Credits.

Diseases of the gastrointestinal, immune, and nervous systems and interconnectedness of these systems in the context of chronic disease states. Symptomatic, functional, and disease markers and the development of integrative treatment plans. Prerequisites: INTM 6203.

INTM 6205. Clinical Genomics, Proteomics, and Metabolomics. 3 Credits.

Application of clinical genomics, proteomics, and metabolomics to clinical practice; isolating patterns of meaning within complex signals; developing clinical solutions; interpreting the omics literature; and engaging in omics-based research. Restricted to students in the integrative medicine program. Prerequisites: INTM 6204.

INTM 6206. Legal and Medical Ethics in Integrative Medicine. 2 Credits.

Evaluation of the legal, ethical, business, and leadership considerations in decision making related to patient-centered care. Development of strategies associated with successful integrative medicine practice. Prerequisites: INTM 6201.

INTM 6207. Business of Integrative Medicine and Health Care. 3 Credits.

Developing and growing a successful integrative medicine/health care enterprise; the integrative person-centered care concept; business principles, processes, and implementation methods.

INTM 6210. Practical Application of Integrative Medicine I. 3 Credits.

Integration of knowledge and practice of the integrative medicine curriculum into practical clinical skills in preparation for addressing core lifestyle topics with patients/clients. Restricted to students in integrative medicine program. Prerequisites: INTM 6204.

INTM 6211. Practical Application of Integrative Medicine II. 3 Credits.

Incorporation of health promotion with disease prevention and advocating for healthy lifestyles and preventive medicine practices. Evidence-based clinical reasoning for the evaluation and management of problems common to outpatient care. Restricted to students in the integrative medicine program. Prerequisites: INTM 6210.

INTM 6212. Clinical Research in Integrative Medicine. 3 Credits.

Application of clinical knowledge and continued development of clinical reasoning through literature review, Good Clinical Practice (GCP), and peer review. Students develop a research protocol on a domain of integrative health care practice. Restricted to students in integrative medicine program. Prerequisites: INTM 6200 and INTM 6201.

INTM 6213. Clinical Approaches in Integrative Medicine. 3 Credits.

Foundational understanding of complementary and integrative health (CIH); commonly used CIH approaches discussed within the larger framework of determinants of health. Restricted to students in integrative medicine programs with the permission of the instructor.