

INTEGRATIVE HEALTH SCIENCES (MS)

Associate Dean Academic Programs: Laura Pontiggia, PhD (<https://www.jefferson.edu/academics/colleges-schools-institutes/health-professions/emerging-health-professions/academic-programs/ms-integrative-health-sciences.html>)

Program Description

The Master of Science in Integrative Health Sciences degree offers health professionals an opportunity to gain a deep background in integrative health in order to meet the growing demand for wellness-oriented strategies to improve health outcomes and well-being.

Integrative health is an emerging specialty that is of expanding interest. Jefferson is leading the nation in developing a clinical and academic model of integrative healthcare. Key components of the model are highlighted and emphasized in the master's degree curriculum, including advanced nutrition, nutrition-based therapies, innovative mind-body medicine practices, and other scientifically promising modalities.

The MS Degree encompasses 3 stackable Advanced Practice certificates in the following areas:

- Mind-Body Medicine
- Integrative Nutrition
- Integrative Health Education & Leadership

Plus a capstone course that delivers a 30-credit MS degree. A research course may be required as determined by the program director.

Learning Goals/Outcomes

- Understand the complex role of nutrition in biochemistry, physiology, illness and health.
- Define biomarkers of nutritional deficiencies and suboptimal nutritional states.
- Construct an integrative nutritional plan for a wide range of patients.
- Understand the complex network that constitutes "mind-body" and construct an integrative mind-body plan for a wide range of patients.
- Explain common mind-body interventions and discuss the evidence and/or lack of evidence supporting their use.
- Utilize a range of Integrative Health Education knowledge, skills, and processes, especially when encountering challenging education situations.
- Understand evidence-based teaching practices, health psychology, dynamics of motivation, and behavior modification.
- Develop integrative treatment plan metrics for outcomes across illness and wellness populations.
- Develop and communicate health education milestones for long-term treatment planning, adherence, and compliance.

Curriculum: 30 Credits

Code	Title	Credits
Mind-Body Certificate		
MBM 500	Foundations in Mind-Body Med	3

Code	Title	Credits
MBM 510	Advanced MBSR	3
MBM 520	Advanced Mind-Body Pract (NET)	3
Integrative Nutrition Certificate		
IN 500	Foundations in Intgr Nutrition	3
IN 510	Func Genmc, Protmc, Metabolcs	3
IN 520	Adv Conc in Integrative Nutr	3
Integrative Health Education & Leadership Certificate		
IHE 600	Foundations in Int Health Educ	3
IHE 610	Int Dvlp Model Well & Ldrshp	3
IHE 620	Integrative Hlth Edu Practicum	3
Additional Required Courses		
IHE 700	Integrative Health MS Capstone	3
Total Credits		30