Chiropractic
Acupuncture and Chinese Medicine
Massage Therapy
Nutrition
Post-Baccalaureate Pre-Health
Undergraduate Health Sciences

Live healthy.
Learn healthy.
Serve healthy.

University Program Guide
nwhealth.edu
“It’s learning from your peers as much as learning from your teacher.”

“Number one, it’s a very hands-on setting...there’s a lot of contact between you and your classmates.”

“The dedication and passion that the instructors show for our profession drive me to succeed.”

“By the time we become doctors, we’ll have a wealth of information that will help us in our practices and help our patients.”

“It’s keeping somebody healthy in every aspect of their life.”

“I think it’s important that you understand why you’re providing a specific treatment to your patient.”
We educate students, practitioners, and leaders in health and wellness solutions to help people live healthier lives.
Northwestern is a multi-specialty health sciences university, offering:

Diverse clinical care experiences
that prepare students for evidence-based, holistic and patient-centered care.

A rigorous & outstanding educational and student life experience.

The foundation to lead & advocate for the advancement of our health care professions.

College of Chiropractic:
• Doctor of Chiropractic (D.C.)
• Doctor of Chiropractic Sports Emphasis

College of Health and Wellness:
Acupuncture and Chinese Medicine
• Doctor of Chinese Medicine (D.C.M.)
• Master of Acupuncture (M.Ac.)
• Master of Chinese Medicine (M.Cm.)
Massage Therapy
• Associate of Applied Science (A.A.S.)
• Certificate in Therapeutic Massage
• Certificate in Relaxation Massage

Post-Baccalaureate Pre-Health/Pre-Med
Undergraduate Health Sciences
• Undergraduate courses
• Accelerated sciences courses
• Bachelor of Science in Human Biology degree completion (B.S.)
Nutrition
• Certificate in Nutrition Intervention in Health and Disease
• Certificate in Health, Wellness, and Human Performance
• Master of Health Science in Applied Clinical Nutrition

Live healthy. Learn healthy. Serve healthy.
Colleagues, Welcome
When you come to Northwestern, you join us as a future colleague. You will one day represent our professions. We take that very seriously, so we challenge you and expect you to rise to the challenge. If you don’t love the profession the way we do, you might decide to choose a different path. If you do love it, you’ll find all the support and encouragement you need from the faculty, staff and students at Northwestern.

Success After Graduation
We’re committed to helping you succeed after graduation. The clinical experiences you’ll have are as real as we can make them. Business classes start early. We help connect you with job opportunities. Our alumni stay connected through continuing education, strengthening their ties to the Northwestern community. When you graduate, you join us as a colleague for life.
Active, Diverse Campus Life
Walking down the halls at Northwestern, you’ll notice a few things right away. The place is alive, buzzing with conversation. Everyone greets you with a smile. Students come from all stages and walks of life – some are just out of high school, some are well into adulthood. You’ll meet at least one person who’s made a mid-career decision to go back to school.

You won’t get a sense of hierarchy or self-importance. You could be talking to a dean or a fellow student, and they’ll treat you with the same camaraderie.

Our students are not the sort of people who sit on the sidelines. They take initiative. They’re active in student clubs. They’re open-minded. They think for themselves and challenge assumptions. Health care is a passion for them, not just a career. Most of them have been impacted personally by someone in the profession.

See If We’re Right For You
If there’s another place like Northwestern, we haven’t found it. Come see for yourself if we’re the right fit.

• Take an in-person tour
• Join us for a Discovery Day or Information Session
• Shadow a student

Visit our website nwhealth.edu or call toll free 855-885-5409.
At Northwestern we balance the two fundamental dimensions of quality care – an **evidence-based** understanding of the human body, in both health and disease, and the experience of applying that knowledge to care for **the whole person**.
In the Classroom
You’ll gain a solid foundation through rigorous courses in the basic and clinical sciences most important and relevant in your discipline.

In the Clinic
You’ll learn the skills needed to care for patients: listening, examining, treating and communicating. Along this journey, you will come to appreciate the human side of providing care to patients. They are especially important in our disciplines because of the personal and patient-centered nature of our approach to health care.

Opportunities for Experience
Northwestern offers you many opportunities to master your clinical skills. Starting early in your program, you’ll put your learning into practice in our own clinics, small solo practices, area hospitals, integrated community clinics and social service organizations.

The majority of your clinical experience will be in fee-for-service settings, so you’ll be dealing with real cases.

Experienced healthcare providers will mentor you in each setting. They’ll help you apply the foundational knowledge and skills you learned in the classroom. You’ll be working with their patients, so you won’t be responsible for finding your own.

These experiences will also give you a close-up look at the business of health care, including the basics of growing and conducting a professional practice.

Roll Up Your Sleeves
As part of your clinical education, you will spend:

- Acupuncture: 525 hrs (Chinese Medicine +195)
- Chiropractic: 1030 hrs
- Massage Therapy: 180 hrs

- Observing clinicians in private practice and public clinics
- Providing treatment under direct mentorship
- Internships with increasing amounts of independence
- Externship opportunities around the world
- Practicing diagnostic and treatment skills in the campus clinic
- Integrative clinical opportunities like Pillsbury House Integrated Health Clinic (free clinic in Minneapolis)

Click here to learn about other clinical experiences.
Your touch has the power to heal, and hands-on healing is at the heart of each of our programs. Early on you’ll connect classroom knowledge to clinical practice with real patients.

Discover the joy of changing lives through touch.
Honoring traditions, focused on today’s health care needs
Acupuncture and Chinese medicine are becoming increasingly popular as complementary to traditional Western medicine. The World Health Organization states that acupuncture is “the fastest-growing field in medicine” and lists 41 conditions that acupuncture may help alleviate, including allergies, asthma, digestive disorders, respiratory ailments and pain. An increasing body of scientific research supports the effectiveness of acupuncture and Chinese medicine.

Learn from expert faculty trained in China and the U.S.
Most of our core acupuncture and Chinese medicine faculty graduated from medical institutions in China with advanced degrees in Traditional Chinese Medicine. They have spent years at Northwestern, tailoring their teaching to American students.

Clinical training that is patient-centered
At Northwestern, your entire educational experience centers on the heart of Chinese medicine – working with people. We emphasize clinical training, hands-on skill building and a foundation in both Eastern tradition and modern science.

Study in China
Travel with us to Henan Traditional Chinese Medicine University and Hospital in ZhengZhou, China, to attend specialty lectures and interact with traditional Chinese medicine doctors.

Work in one of the Largest Herbal Dispensaries in the United States
As part of your clinical education experience, you may choose to complete an internship at our Edith Davis Herbal Dispensary—with more than 800 herbal products—and gain valuable knowledge in prescribing a wide array of herbal products.
Doctor of Chinese Medicine
Develop a deep understanding of classical Chinese medicine while learning to apply that knowledge in modern clinical settings. This 10-trimester program provides comprehensive training in Chinese medicine with a focus on herbal medicine. As part of the Doctor of Chinese Medicine program, you will earn a Master of Acupuncture degree by your ninth academic term.

Master of Acupuncture
- Cultural and philosophical foundations of traditional Chinese medicine
- Traditional Chinese medical concepts
- Acupuncture treatment principles and practical skills
- Tui Na and other traditional manipulative therapies
- Related studies, including introductory Chinese language skills, ethics and practice management
- Qi development
- Nutrition
- Biomedical clinical sciences
- Clinical internship

Master of Chinese Medicine*
The curriculum for the Master of Chinese Medicine program is identical to that of the Acupuncture program, but also includes:
- Traditional Chinese herbal medicine
- Herbal dispensary management
- Clinical herbal internship

*The Master of Chinese Medicine program will be available through May 2019; this program will no longer be offered starting in fall 2019.
Valerie Overby fell in love with acupuncture and Chinese medicine, not only as a successful cure for her chronic headaches and migraines but also as a means of changing the way people think about health care. While she considered learning to become a naturopathic physician in Seattle, the approach and mindset that acupuncture presented swayed her to leave her corporate job as a project manager. She took five years to come to that decision, and it was the multiple types of clinical experience offered at Northwestern that, in her words, “made me pull the trigger.”

After graduation, Valerie parlayed her skills and experience into becoming vice president and membership chair at Minnesota Acupuncture Association, as well as co-founder and executive director at Traditional Roots Healthcare in St. Paul, Minnesota.

Clinic Shift on Campus
My education is enriched by my time at the University Health Services, the in-house student clinic. This amount of clinical experience is unique to Northwestern. In our second year we begin to tend to real patients under the supervision of practicing and licensed professionals.

Work-Study in Herbal Dispensary
Many students take part in the work-study program. Having the opportunity to spend time in the dispensary extends my classroom experience into real world exposure.

Qigong Club
There are a number of student-initiated clubs at the University. Each helps to round out the experience of learning a particular discipline as well as providing opportunities to connect and share alternative viewpoints.

Break
I usually go to the gym, work on Student Senate events, or study in the Fireplace Lounge. The lounge is an oasis of calm in an otherwise fast-paced day.
Morning Class
Topics in Cardiopulmonary and Orthopedic Health

Meet with My Mentor for Lunch
The mentor program gives me an opportunity to stay on track with progress and goals throughout the program or just discuss challenges.
Chiropractic treats body structure, function and the nervous system as interrelated – a disturbance in one part can impact the others.

Our doctor of chiropractic students learn to evaluate, treat and prevent neuromusculoskeletal system disorders by stimulating the body’s innate ability to heal itself. Often this involves manual adjustment and manipulation of the spine, joints and soft-tissue structures.

**Integrative Education**
You’ll gain extensive clinical experience, including opportunities to work alongside acupuncturists, massage therapists, medical doctors and nurses. You’ll learn to understand and appreciate the role each can play in providing the best care for your patients.

As primary care providers, doctors of chiropractic **focus on optimal health for the whole person**. Chiropractors take the time to understand and treat the unique needs of each individual. We embrace multiple approaches to managing health and disease, emphasizing critical thinking so you can develop your own philosophy of care.
The basis for effective chiropractic care begins with a strong foundation in the basic sciences.

**Study the Core Sciences**
When you learn the “why” behind the “how,” you build a strong foundation for practice success with our basic science curriculum. Your courses include gross anatomy, human physiology, microbiology, biochemistry, histology and the neurological sciences.

**Learn About**
- Normal human structure and function
- Pathology and dysfunction
- Disease at the cellular level
- The process of inflammation

**Expert Instructors**
You learn from experienced, knowledgeable and caring faculty who are committed to your success. They teach based on insight gained from extensive clinical and professional achievements.

Many of our faculty have specialized training in areas including pathology, radiology, pediatrics and sports injuries. Several hold dual degrees in clinical and basic sciences. They share their real-world perspective, making your basic science and chiropractic courses come to life.

**Become a Well-informed Doctor**
Our science-based curriculum helps you develop the critical thinking skills needed for an effective practice. Understanding underlying pathology enables you to make informed clinical decisions, including diagnosis, treatment planning and knowing when to refer. Ultimately, that means your patients receive better care.

**Sports Emphasis Option**
As part of your Doctor of Chiropractic degree, you can pursue our Sports Emphasis and receive specialized training in sports injury management. Practice your skills by working with professional athletes in conjunction with our Human Performance Center.
Life is a juggling act. Stephen Menya, a chiropractic student at Northwestern, knows that all too well – balancing family, running his gym, and keeping up with the curriculum of the program can be daunting. Stephen understands the importance of balance within the philosophy of the program as much as he does in real life.

Stephen applied his experience and passion as an Olympic athlete to found Lion’s Gym in 2005. He’s already remodeling space to house his chiropractic practice which will complement the physical fitness program he develops for his clients. He brings the same rigor and focus that helped him succeed as an athlete to the chiropractic program.

Back to the gym (works there, owns it)
Stephen returns to the gym to attend to the management of his business.

Work at University Health Services
Students collaborate with each other to create integrated care plans for their patients.

Radiology Lab
Northwestern’s campus houses what has become an invaluable academic resource for both students and faculty. Through a technology-enhanced instructional lab Stephen learns the science behind the practice.
Time with Family, Study, Bed
Emphasizing balance, Stephen makes sure to keep some time available in his day to spend with his wife, son and newborn each evening.

Workout
A busy day before him, Stephen gets to the gym to open up for his customers and get his own workout in early.

Chiropractic Methods
This class has been by far his most challenging and time-intensive. As hard as it is, Stephen knows it will help him be confident in his expertise when he has his own practice.
Massage therapy involves the manual manipulation of soft body tissues (muscle, connective tissue, tendons and ligaments) to enhance a person’s well-being. Because we are a health sciences university, our program is focused on massage therapy as a form of complementary health care.

Students begin by learning basic relaxation massage in preparation for more specific therapeutic and rehabilitative techniques. You’ll be mentored by faculty who are approachable, supportive and committed to your success.

Our clinical training includes opportunities to practice alongside chiropractors, acupuncturists, medical doctors and nurses. You’ll gain solid experience through our partnerships with local hospitals, cancer centers, and elder care facilities.

Wherever you choose to practice – in a hospital, with a sports team or at a spa – this approach prepares you to respond to a broad range of patients’ needs and pursue a successful career in massage therapy.

Click to learn more about the massage therapy profession from Candace Lautt, massage therapist and instructor at NWHSU.
The Science
A scientific foundation for massage therapy education is critical. Courses emphasize how therapeutic massage affects muscles, soft tissue, and circulation. You will understand the role of massage therapy in the patient’s overall health and be able to effectively communicate with other healthcare providers. This ability makes a Northwestern massage therapist stand out.

Northwestern focuses on the science of massage therapy throughout the curriculum. Courses include anatomy and physiology, nutrition, pathology, and medical terminology. You learn from instructors who are highly credentialed. From the clay muscle-building course to the cadaver observation lab, we provide you with a strong foundation.

The Art
The art of massage therapy involves listening with your hands, interpreting what you feel, and providing compassionate care to each patient.

You’ll master this through a specific set of technique courses and practical hands-on experiences. Your instruction will include relaxation massage, rehabilitative massage, and massage for special populations.

Program Length
Associate of Applied Science in Massage Therapy (A.A.S.)
- 3-5 trimesters, 11½-19½ months
- Day and evening classes available

Certificate in Therapeutic Massage
- 3-4 trimesters, 11½-15½ months
- Day and evening classes available

Certificate in Relaxation Massage
- 2-3 trimesters, 7½-11½ months
- Day and evening classes available
James Dragich knew at an early age that being a professional massage therapist was his calling. After researching his education options, he came to value Northwestern’s faculty of practitioners. He knew it would be difficult, but learning from professionals in a true clinical setting would give him the experience he needed to succeed.

James knew that choosing Northwestern meant two things – he would be challenging himself to get through a difficult yet rewarding program, and his days would be long. He drives nearly an hour each way to and from school, puts in a full day and fills the rest working to support his family. He has made a commitment, and he maintains the focus and will necessary to succeed in a professional environment.

Job
When he isn’t in school, chances are James is working at a part-time job to help support his family. Juggling this schedule isn’t easy, but he knows it will be worth it in the end.

Hands-on Experience
Spending time in one of Northwestern’s public clinics gives James experience working with real patients as well as invaluable exposure to the practical aspects of managing a practice.

Evidence-Informed Practice Class
Incorporating Evidence-Informed Practice (EIP) into the process of healthcare delivery is an approach that will set James apart as a Northwestern graduate.

Lunch in Cafeteria
The Live Healthy Cafe is the ideal place to catch up with classmates, study or just enjoy a healthy meal and recharge.
Drive to School

To avoid traffic James often heads out at 6 a.m. and can sometimes be found making up a little sleep in his car before his first class.

Applied Anatomy Class

Noted as a favorite class among many students, in Applied Anatomy James learns relationships among muscle attachments by rebuilding them in clay on a skeleton model.
Today’s healthcare providers and health and wellness professionals understand the significant role that nutrition and healthy eating have in maintaining long-term health and well-being.

If you are a healthcare and/or health and wellness professional who can provide nutrition advice within your current scope of practice, our graduate programs in applied clinical nutrition provide you with the sound, evidence-based nutrition information and skill set to do so. This additional knowledge, in turn, can help you better care for the health and well-being of your patients and clientele.
Graduate-level Certificates in Applied Clinical Nutrition*

Complete one or both of these graduate certificates or take individual courses that interest you.

The *Nutrition Intervention in Health and Disease* certificate

*Develop expert knowledge in the nutritional aspects and management of various chronic disease states including hypertension, obesity, type-2 diabetes and cardiovascular disease.*

The *Health, Wellness and Human Performance* certificate

*Develop expert knowledge in the nutritional aspects of maintaining and improving overall health and wellness, including the area of sports and human performance nutrition.*

Master of Health Science (MHS) in Applied Clinical Nutrition degree

Successful completion of both graduate certificates can be applied toward our Master of Health Science (MHS) in Applied Clinical Nutrition degree*, with only three additional required courses.

Flexible Schedules to Fit Your Life

Our program is flexible, offering online and on-campus instruction with evening schedules for the working professional.

*NOTE: These aforementioned academic programs in applied clinical nutrition do not award licensure or certification as a dietitian and/or nutritionist, nor do they provide any supervised practice hours to meet the requirement for a dietetic internship or other licensure or certification. Contact your state as to the academic and professional requirements necessary for that type of licensure or certification.

Click to learn more about the program from Dr. Maria Boosalis, Standard Process Nutrition Endowed Chair.

nwhealth.edu
Already have a bachelor’s degree? Planning to pursue a healthcare career? You can enroll in our Post-Baccalaureate Pre-Health program and complete prerequisites for a healthcare professional school.

**Student Success**
- Of the NWHSU graduates we surveyed, most were accepted into their desired programs after applying
- Our students have been accepted into medical school (allopathic and osteopathic) as well as physical therapy, physician assistant, DNP (nurse practitioner), and Master’s in Medical Sciences schools
Program Highlights

- Accelerated science courses to help you begin your career faster
- Customizable program that meets your needs
- Recorded lectures available for added flexibility
- Small class sizes for more individualized attention
- One of the most affordable post-bac pre-health programs available
- MCAT test prep sessions
- Free tutoring available
- Research opportunities
- Faculty advising
- Assistance finding opportunities for shadowing and volunteering
- Discounts and free materials from Kaplan

The Post-Bac Pre-Health program can be your stepping-stone to a variety of career paths including medicine, physician assistant, physical therapy, chiropractic, dentistry, pharmacy, nursing, and more.

Your Post-Bac Pre-Health program positioned me well as I began my MCAT study plan, and ultimately gave me the confidence I needed as I entered the room on test day ... confident that I could correctly answer nearly any question the MCAT threw at me.

– Will Trousdale, Post-Bac Pre-Health graduate

Click to learn more about the program from Dr. Dale Healey, dean of the College of Health and Wellness.
Through Northwestern’s Undergraduate Health Sciences program you can complete pre-requisites or undergraduate degree requirements before starting a professional healthcare program. Courses are designed to prepare you to continue your education, at Northwestern or elsewhere.

You can take our foundational science courses in an accelerated format if you need to move ahead quickly.

**Bachelor of Science Completion**

A Bachelor of Science in Human Biology completion program is also available for those who want to continue their education in a health-focused setting. Students can complete the Bachelor’s program as an undergraduate student or complete concurrently with one of our professional programs.

Northwestern offers these courses as preparation for a variety of graduate and professional schools.
Advantages of Our Undergraduate Courses
- Small class sizes – enhance the quality of the learning experience.
- Accelerated science courses – complete in half the time.
- Faculty who are highly qualified, approachable and supportive.
- Be mentored by practicing clinicians and faculty.
- Be part of a university experience while you explore healthcare education options.

Science & General Education Courses
Accelerated science courses are offered. You can complete each two-course sequence in less than 15 weeks. Courses are offered every Fall, Winter and Summer trimester:
- General Chemistry 1 and 2
- General Physics 1 and 2
- Organic Chemistry 1 and 2
- Biomechanics (single course)

A variety of foundational science, humanities, social science and communications courses are also offered each trimester to meet your needs.

Explore Our University
We invite you to visit the Northwestern Health Sciences University campus and discover firsthand the unique healthcare education opportunities we offer.
The value of the healing methods we teach is demonstrated through the lifelong impact you have on your patients. Many of our students come to Northwestern because they themselves were deeply affected by one of our graduates.
A 1996 graduate of Northwestern, Dr. Robbins says the clinical experience he gained as a student has been crucial to his success as a doctor of chiropractic. It helped him shape his philosophy of care and ultimately to create a unique kind of wellness clinic.

“I think Northwestern’s clinical-based internship program is fantastic. I did internships in my eighth and ninth trimesters, then my externship in my tenth trimester actually led to my first job as an associate. I was an associate doctor for another chiropractor for about eight months before I started my first practice on my own. I’ve had six interns assist in my clinics.

“One of the things I really think about chiropractors and chiropractic is that it’s a patient-friendly profession. We talk to our patients like family, one-on-one.”

Dr. Robbins was inspired to become a chiropractor after a personal experience in high school. An orthopedic surgeon told him he’d miss the rest of the basketball season after a knee injury, but a chiropractor who specialized in sports medicine helped him get back on the court in six weeks.

“I liked the concept of no drugs, no surgery, and good results. I said, ‘Hey, that’s what I want to do.’ That was it.”

Dr. Robbins selected Northwestern because it was the most scientifically-based chiropractic program he found. “Northwestern teaches you absolutely everything you need to know. It was difficult – the first year and a half of basic sciences – you’ve got to really dedicate yourself.

“The student body was very supportive – long-lasting friendships, study groups – we helped get each other through.”
Since graduation, Dr. Robbins has continued to build his expertise through continuing education opportunities. Like most Northwestern students, his philosophy of chiropractic has solidified over several years as a practitioner.

“Sometimes I ask my patients, do you want to be healthy, or just not sick? Do you want to feel good, or just not bad? It’s leading toward the positive – then you guide them step by step.”

Internships aren’t just valuable for the student, they’re valuable for the practitioner as well.

– Dr. Juneau Robbins

Dr. Robbins’ advice for anyone considering a career in chiropractic:

- Be open-minded – there’s a strong body of peers you can learn from.
- Spend a day with a chiropractor in their office.
- Being a people-person is more important than getting those perfect grades.
- Dedicate yourself. It’s challenging, but worth it!
Megan and Jonathan were both drawn to a career in natural health care after experiencing its benefits firsthand. Megan overcame volleyball and soccer injuries working with a chiropractor, and Jonathan found relief from allergies and severe migraines.

What does it take to succeed at Northwestern?

- Megan Wall: A good work ethic to learn the things you need to be successful outside of school.
- Jonathan McCune: A strong passion for how the human body works and how it can heal itself – how you can be part of that process.
“Everybody looks out for everybody – it’s not cutthroat.” Megan, a second-year student in the chiropractic program, says she felt it the first time she stepped on campus. She’s living it out this year – every sixth trimester student is paired with a third trimester student to mentor and practice treatments. Megan is mentoring Jonathan.

That commitment to mentoring is passed from professor to student. “You can really tell that the professors want you to succeed and do well,” says Megan, “because they keep reiterating that ‘A year from now, two years from now, you’re going to be one of our colleagues.’ They’ll say ‘We’re not here to be mean to you or to fail you. We want you to learn and understand this so you can represent our profession well. And therefore, right now, as you’re in school, we’re going to treat you as a colleague and expect you to act in a professional manner.’”

Megan appreciates the fact that Northwestern is serious about helping her be a successful business person, not just a great chiropractor. “We were one of the only schools, at the time when I was looking, that you start taking business classes in the first trimester. They challenge us to know it.”

Both Megan and Jonathan like the cooperative and pragmatic approach that Northwestern brings to the profession – not a dogmatic belief in chiropractic as a cure-all. Jonathan describes the attitude at Northwestern like this: “We want to work with physical therapists, acupuncturists, massage therapists, medical doctors and everyone to have the best group together to focus on the patient. Cooperation among disciplines is important for providing the best possible patient-centered care.”
Working with Minnesota Twins players and helping them integrate massage therapy into their routine is something that Kelli Quist never expected to end up doing. While studying neuromuscular therapy, Kelli met a former Twins player in search of a massage therapist for him and his wife. After meeting with him a few times, she became their massage therapist. “Part of it is luck, but part of it is putting yourself in the right place at the right time,” notes Kelli. “You have to be able to put yourself out there. There’s no harm in asking.”
For Kelli Quist, working with the Minnesota Twins is all in a day’s work. A 2002 graduate of Northwestern, Kelli spent the 2010 inaugural season at Target Field working as the official massage therapist for the Minnesota Twins. Kelli’s down-to-earth attitude about her role, and her friendliness, seem to play a part in why she has developed close relationships with a number of players. “I love working with the Twins — it has been really fun,” Kelli says. “Sometimes I just feel like their mom; I don’t want to see them get hurt, hit by the ball or listen to the news media be mean to them.”

The strong anatomy-based education that she received at Northwestern is something Kelli feels is a large factor in her professional success, both with athletes and private clients. “Clients will ask me how I knew that it hurt there,” says Kelli. “It’s the anatomical knowledge that I acquired…there is a science to it, not just a feeling.”

Continuing education at Northwestern has also been a tool Kelli uses to keep up with the field of massage therapy and develop her professional career. It’s especially helped her with clients who are athletes. “I can’t imagine not taking continuing education on a regular basis,” she says. “It reenergizes you and you can always learn something new.”

Looking Ahead

Kelli finds that the value of sports massage therapy is becoming more recognized by all athletes, not just professionals. Athletes start specializing in sports at a younger age and with high school athletic seasons growing longer, including training in the offseason, sports have become more demanding. Kelli feels that in the future, sports massage therapy will become more specialized.
Leadership is a quality that springs from the excellent healthcare education you receive at Northwestern. Through the advanced skills you acquire, your training and association with top colleagues in the field, and possessing state-of-the-art, clinically-based knowledge, you can become an advocate to help advance your profession.
Research for the Future of Health Care
Research is the common language of all health professions and serves as a bridge between Complementary and Integrative Medicine and conventional health care.

At Northwestern, faculty members conduct groundbreaking clinical research that influences how musculoskeletal health is addressed world-wide. Our work is shaping the future of health care – laying a foundation for better patient experiences, improved outcomes and lower costs than traditional medical approaches.

Human Performance Center (The HPC)
The HPC offers the university and community multiple services:
• A specialty clinic for sport and performance integrative care for special populations
• Community-based pre-participation examinations and concussions baseline screens
• Sideline coverage for local high schools
• Support of other professional and amateur sport organizations
• Expert consultation to the undergraduate, graduate and continuing education programs of the university
• Clinical experiences for students interested in sports medicine

Collaborative research is also an important component of the HPC, with our primary focus on athlete injury prevention, recovery interventions from intense training, and improving performance of the athlete and the physically challenged via an integrative approach using complementary integrative medicine.

From Evidence to Education to Practice
Northwestern is dedicated to translating research into clinical practice. We work with providers, patients and policymakers to implement the most up-to-date healthcare information. Our researchers partner with classroom faculty to reflect contemporary science.

Our students graduate equipped to successfully build healthcare careers at the highest levels in our professions and in diverse settings.

Advancing our Professions
Our Center for Health Care Innovation and Policy (CHIP) works to ensure that government and policy decision-makers understand the value of complementary and integrative health care. Because of our proximity to the State Capitol, Northwestern students can meet with legislators and participate in annual lobbying days for their professions. CHIP also cultivates novel practice opportunities for our graduates with several large provider groups in the area.

On campus, CHIP hosts workshops, lectures and forums to expose students to discussions around health care reform and other policy areas that will influence their careers.
Supporting Your Success

We are committed to providing a great campus experience at Northwestern. Students benefit from a wide range of support services, including:

- Personal counseling and success coaching
- Peer tutoring and mentoring
- Study skills assistance
- Career Services
- Work-study options and other on-campus jobs
- Service learning opportunities
- On-site fitness center
- University Health Services
- Over 50 clubs and organizations
- Networking opportunities
- Academic Success Center

All services listed above are free and readily available to registered students and, in some cases, their families.
Do you have a dream of helping others? Is the thought of becoming an integrated healthcare practitioner your passion? Then turn the page and take the next step in your life...at Northwestern Health Sciences University.
On behalf of the Office of Admissions, we want to congratulate you on taking the first step to learning more about your educational opportunities at Northwestern Health Sciences University. We understand that choosing a university is an important decision and we hope that this guide has provided you with a glimpse into the exciting culture and community you will experience throughout your journey at Northwestern.

We look forward to assisting you with the admissions process!

APPLY:

The very first step in the admissions process is to complete the online application (www.nwhealth.edu/admissions/how-to-apply). From here, you can move forward with transcript evaluations, determine any prerequisite course needs, and collect all of your required admissions documents for acceptance.

KEEP IN TOUCH:

Stay in close contact with your personal admissions representative. Your representative will help guide you through the application, admissions, and acceptance process. Keeping in close contact with one another will help ensure a smooth transition.

ATTEND AN EVENT:

Experience the culture and community that is Northwestern Health Sciences University by attending an on-campus event. We offer many opportunities throughout the year for you to visit and get a firsthand look into the student experience. Some of the ways to experience campus include:

- Shadowing a class with a current student
- Visiting for a campus tour
- Attending a Discovery Day or Information Session event
- Meeting with admissions, faculty, staff and/or students to get your questions answered
Chiropractic
Acupuncture and Chinese Medicine
Massage Therapy
Nutrition
Post-Baccalaureate Pre-Health
Undergraduate Health Sciences

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