

Master of Health Science in Functional and Integrative Nutrition

WINTER 2026: Wednesday, January 7 – Tuesday, April 17, 2026 (15 weeks)

Course #	Course Name	Instructor
NUTR-6400-O	Capstone	Sasha Hope

WINTER SESSION A: Wednesday, January 7 – Tuesday, February 24, 2026 (7 weeks)

Course #	Course Name	Instructor
NUTR-6100-AO	Foundations of Functional & Integrative Nutrition	Sasha Hope
NUTR-6112-AO	Nutritional Biochemistry & Metabolism: Macro and Micronutrients	Jessica Kovalchik
NUTR-6212-AO	Sports & Human Performance Nutrition	Timothy Garrett
NUTR-6310-AO	Nutrigenomics and Epigenetics	Sasha Hope

WINTER SESSION B: Wednesday, March 4 – Tuesday, April 21, 2026 (7 weeks)

Course #	Course Name	Instructor
NUTR-6202-BO	Evidence Based Nutrition	Teresa Douglas
NUTR-6210-BO	Natural Therapies: Supplements, Herbs, Pharmaceuticals	Lara Zakaria
NUTR-6304-BO	Advanced & Applied Sports Nutrition	Timothy Garrett
NUTR-6340-BO	Nutrition in Detoxification & Biotransformation	Jessica Kovalchik