

Curriculum Syllabus

Certified Nutritional Specialist Supervision

October 2019 - Methylation Management
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Course Description: This course provides an in-depth investigation of clinical nutrition. It is designed for the working professional that can only dedicate 10 hours a week to obtaining clinical hours. This course is also designed to meet you where you are so that knowledge gaps can be filled in. My motto during medical school was, “You don’t know what you don’t know”. Structured education is great for providing a foundation but now we are to use your already established foundation to dive deeper.

This curriculum is designed to blend the science of nutrition, biochemistry, exercise physiology, and wellness with the science of human anatomy, cell biology, and pathophysiology. The field of nutrition is always evolving therefore, some of the topics are controversial and inconclusive.

The primary focus for this month is methylation management. I have broken the weeks into undermethylation, over methylation, transsulfuration, and problems with folic acid. The topic of methylation is of course much larger than these areas but understanding them will hopefully help make you aware of ways to start managing methylation.

Course Articles:

One article will be posted at the beginning of each week. You are responsible for your own education so it is possible to skim the article once and complete the assignment. To get the most benefit you should carefully read the article at least once and make sure you understand it. Then complete the summary and post any questions in the forum that you have. Then during the conference call, you should participate and offer input.

Course Requirements for Credit:

- 1) Attendance: One on one discussions will be scheduled each month. The days and times are flexible. To obtain the full 40-hour credit for the month you are to attend the one on one meeting, attend the group conference calls, and post to the online forum.
- 2) Assigned Readings: Assigned readings are listed in the course schedule and will be posted at the beginning of each week. Please take your time and read the research articles carefully. Some will be excellently written with well-done research and some will be

weakly written and full of problems. A rubric for summarizing the articles is provided below. In addition to the one-page summary, we will discuss the papers during the conference call.

- 3) At times during this class, I will recommend videos for you to watch. These videos are to help compliment the learning process and will not be required for viewing unless otherwise indicated.

Keys to Success

- Look up what you don't know
- Read the articles carefully
- Take your time with case studies
- Read all forum posts
- Ask for help
- Watch videos

Date	Assignments
Week 1	Read the syllabus for the month to know what is required of you.
Week 1	Read the introduction and post to forum what you are hoping to learn this month.
Week 1	Read the research article and provide a 1-page summary.
Week 1	Read the case study and complete the case study analysis form.
Week 2	Read the research article and provide a 1-page summary.
Week 2	Read the case study and complete the case study analysis form.
Week 2	Participate in a 1-hour conference call to discuss materials covered thus far.
Week 3	Read the research article and provide a 1-page summary.
Week 3	Read the case study and complete the case study analysis form.
Week 4	Read the research article and provide a 1-page summary.
Week 4	Read the case study and complete the case study analysis form.
Week 4	Participate in a 1-hour conference call to discuss materials covered thus far.
Week 4	Post to forum what you learned over the last month.