

1. GENERAL POSITION INFORMATION	
Position Name	Human Nutrition and Functional Medicine Adjunct Faculty – Part Time
Classification	Part-time, non-benefitted
Location	Fully Remote
Compensation	\$940/credit for courses that range from 2 to 5 credits. Bonus of \$150/credit for each group of 5 students over a baseline of 30
FTE	Less than 50% time
Work Hours	Variable
Department/Division	Human Nutrition and Functional Medicine
Supervisor	Directors, MS Nutrition & Functional Medicine

2. POSITION SUMMARY
<p>The Human Nutrition and Functional Medicine programs are seeking applicants qualified to teach one or more of our required courses.</p> <p>The instructor's work includes delivering master's-level instruction, which includes creating and delivering weekly lectures, coordinating the work of course facilitators (assistants to the instructor), grading and providing feedback on student work, and interacting with students on weekly online discussion forums.</p> <p>Course descriptions for all required courses:</p> <p><b>MSN6100 Principles of Functional Medicine (5 credits)</b></p> <p>This course presents the fundamental concepts of functional medicine, including genetic predisposition to illness, biochemical individuality, environmental factors functions and imbalances, triggers and mediators of illness, common clinical imbalances (oxidative and reductive stress, energy production, structural integrity, assimilation, immune surveillance and inflammation, other defense mechanisms, hormone and neurotransmitter regulation, detoxification and biotransformation, nutritional genomics, and the relationships of mental, emotional and spiritual elements to health and healing). The personalized, whole-person, integrated systems approach of functional medicine will be compared and contrasted to conventional approaches of health care. Specialized clinical assessments, diagnostic functional tests and measures/biomarkers of allostatic load will be explored, along with some of the core therapeutic approaches used in many patients. This course lays the foundation for many of the subsequent courses in this degree program and must be taken in the first quarter of the program.</p> <p><b>MSN6101 Evidence-Based Nutrition (3 credits)</b></p> <p>This course provides core knowledge in evidence-based nutrition with a focus on the role of nutrition in health optimization and disease treatment. Students will gain a detailed understanding of the practical application of various nutrients and dietary strategies used in clinical practice. Discussions will also incorporate the three components of evidence-based health care (clinical expertise, patient preference, research evidence) into the decision-making and data-analysis process.</p>

**MSN6200 Nutritional Biochemistry (2 credits)**

This course provides an overview of essential concepts in human biochemistry and links those concepts to specific applications in clinical nutrition. The course examines the biological roles of macro- and micronutrients and their metabolism using basic knowledge in physiology, biochemistry and molecular biology. Topics include carbohydrates and energy metabolism, protein and amino acids, bioactive peptides, enzymes, fiber, lipids, the arachidonic acid cascade, minerals, water-soluble and fat-soluble micronutrients, along with an introduction to energy production, reduction-oxidization balance, and biochemical individuality. Students will explore the relationships of nutrients to major health disorders, including cardiovascular disease, diabetes and cancer.

**MSN6202 Sports Nutrition and Exercise Metabolism (3 credits)**

This course focuses on nutrition considerations and applications in exercise, athletics, performance enhancement, and weight management. Fitness-promoting programs are compared and contrasted, and the evidence supporting various programs is evaluated. Pre-participation guidelines are reviewed.

**MSN6204 Gastrointestinal Imbalances (4 credits)**

This course presents a functional medicine approach to understanding the metabolism of the gastrointestinal system, with an emphasis placed on the nutritional implications of dysfunctional digestion or absorption, intestinal membrane integrity and permeability, alterations in GI microbiological flora and gut ecology, hepatoenteric cycles, hydrochloric acid and digestive enzymes, assimilation of nutrients, and the GI immune system. Nutritional support of GI function and repair is emphasized. Health disorders reviewed include inflammatory bowel diseases, irritable bowel syndrome, gluten sensitivity, autism, and disorders of systemic inflammation.

**MSN6300 Detoxification and Biotransformation Pathways and Imbalances (3 credits)**

This course examines the metabolic pathways involved in the conversion of exogenous and endogenous toxins and waste compounds and molecules into excreted substances, placing them in context within the functional medicine model. Phase I and II reactions, regulation of detoxification pathways, genetic variations, and functional assessment of these mechanisms are detailed. Nutritional support and the effect of drugs on detoxification pathways are reviewed, as well as the disturbed physiology and eventual pathology that results from imbalances in detoxification and biotransformation.

**MSN6302 Hormone and Neurotransmitter Regulation and Imbalances (3 credits)**

This course examines the actions, interrelationships, control mechanisms and imbalances of neurotransmitters, neuroendocrine factors, hormones and immune mediators. Particular emphasis is placed on the hypothalamic-pituitary-adrenal (HPA) axis, thyroid metabolism, and sex hormones. The effects of toxins, free radicals, stress, diet, nutrient deficiencies, digestive disorders, drugs and specific foods on neurotransmitters and hormones are analyzed within a functional medicine framework. Laboratory testing of the various substances, including precursors and metabolites is included. *Prerequisite: MSN7207*

**MSN6305 Whole Food Nutrition and Supplementation (4 credits)**

This course covers concepts and evidence related to nutritional therapy, public health nutrition policy, whole foods and processed foods, food groups, dietary patterns, nutrient

content of foods, organic and conventional foods, and various controversies in the field of nutrition. Evidence on nutritional prevention and treatment of major diseases is emphasized. Dietary guidelines, meal planning, and regulation and quality control in the dietary supplement industry are also discussed.

**MSN7102 Oxidative/Reductive Dynamics and Energy Production (3 credits)**

This course examines the mechanisms leading to oxidative or reductive stress and the impact of those reactions on the development of chronic disease. Production of free radical and reactive oxygen species, and the nitric oxide cycle are covered in depth. Mitochondrial dysfunction and other mechanisms of abnormal energy production are reviewed. Relevance to conditions such as neurodegenerative disorders, chronic fatigue, and fibromyalgia will be emphasized. *Prerequisite: MSN7207*

**MSN7106 Autoimmune Disease: Causes and Strategies (3 credits)**

The prevalence of autoimmune diseases is increasing rapidly worldwide and, as with other health ailments such as hypertension and diabetes, these conditions are becoming particularly more common in westernized societies. Rapid changes in disease prevalence point to a change in the patient's environment rather than to genetic causes, to which these conditions have traditionally been ascribed. Likewise, these conditions that were once considered idiopathic have now been described and researched to the extent that we better understand the etiology and pathophysiology of the disease process, allowing us to formulate improved treatment approaches. This course uses a functional medicine perspective to explore the major autoimmune diseases, their unique and common etiologies, laboratory assessments, physical exam findings, and nutritional and integrative interventions, including pharmacologic drugs. *Prerequisites: MSN7200, MSN7207*

**MSN7115 Meal Planning in Health and Illness (2 credits)**

This course prepares students to design and modify meal plans in order to promote optimal health, address specific illness states, manage weight and encourage healthful food behaviors. Emphasis is placed on demonstrating practical skills for effective patient assessment and communication with appropriate documentation. Special consideration will be given to food selection, preparation methods, patient preference, operating within a budget, cultural influences and the creation of sustainable plans that encourage long-term compliance. *Prerequisite: MSN7207*

**MSN7200 Immune Imbalances and Inflammation (4 credits)**

This course explores inflammation and immune dysfunction as common pathogenic mechanisms in many chronic disorders, such as diabetes mellitus, hypertension, allergy, and autoimmunity. Dietary and phytonutritional influences on the inflammatory process, including both proinflammatory and anti-inflammatory effects, are explored in depth using a functional medicine framework. Case studies include autoimmune diseases, allergies, and metabolic disorders. Risks, benefits, and nutritional interactions associated with common anti-inflammatory medications are reviewed. *Prerequisite: MSN7207*

**MSN7207 Nutritional Epidemiology and Clinical Research (4 credits)**

This course is an introduction to the principles of epidemiology and their application to nutrition. This course addresses the role of nutrition in investigating the epidemiology of many chronic diseases. The course also stresses clinical research design methods utilized in nutrition research as well as general clinical research designs such as clinical trials, cohort studies, case-control studies, and other pragmatic designs.

**MSN7215 Cardiovascular Disease and Metabolic Imbalances (2 credits)**

Diseases of the cardiovascular system and disruption of its related metabolic processes are among the deadliest and most economically burdensome health problems facing industrialized societies. Having reached epidemic proportions, an urgent need now exists to identify and implement strategies for reversing the trend of increased morbidity and mortality, uncontrolled cost and younger age of onset that characterizes these conditions. This course presents a functional medicine approach to the prevention and nutritional management of chronic cardiovascular disease and imbalances of metabolism (including metabolic syndrome and type II diabetes mellitus). Students also learn the key diagnostic criteria, physical examination and laboratory findings associated with these conditions. *Prerequisite: MSN7207*

**3. KEY RESPONSIBILITIES**

Key Responsibilities/Duties	% of Duties
Course content preparation and delivery	35%
Revisions of assignments, rubrics, lesson plans, Discussion Forum Guidelines, course syllabus, quizzes, tests and readings.	25%
Grading	5%
Participation in weekly online discussion forums	20%
Responding to student and Course Facilitator questions and concerns on the Ask Your Instructor forum, e-mails and direct messages)	10%
Participation in quarterly departmental meetings and individual meetings as assigned	5%

**4. UWS CORE VALUES AND ASSOCIATED COMPETENCIES**

The following Core Values are integral to working at UWS. All employees, regardless of their position within the university, are expected uphold the Core Values and demonstrate associated competencies.

<b>Best Practices</b>	We maintain high standards by using and integrating evidence across multiple disciplines. To accomplish this, We: <ul style="list-style-type: none"> <li>• Seek out and use relevant data to inform our decision-making.</li> <li>• Incorporate peer-reviewed research and professional experiences into academic discourse and patient care.</li> <li>• Promote student learning through excellence in instruction and assessment.</li> </ul>
<b>Curiosity</b>	We are innovative, open minded, and forward thinking. To accomplish this, We: <ul style="list-style-type: none"> <li>• Approach our work with curiosity, inquisitiveness and willingness to think outside the box.</li> <li>• Value and consider new ideas and ask, "What if...?"</li> <li>• Remain open to change in order to advance and improve.</li> </ul>
<b>Inclusiveness</b>	We are respectful, mindful, and welcoming of different ways of being, thinking, and doing. To accomplish this, We: <ul style="list-style-type: none"> <li>• Actively listen to diverse perspectives and value different viewpoints and experiences.</li> </ul>

	<ul style="list-style-type: none"> <li>Promote the equity of ideas, resources, power, and identity for all.</li> <li>Gather information and input from diverse groups to develop a common vision, improve policies and practices, and advance institutional goals.</li> </ul>
<b>Professionalism</b>	<p>We are responsible, respectful, and accountable. To accomplish this, We:</p> <ul style="list-style-type: none"> <li>Demonstrate civility in all our interactions, especially when there are disagreements or differing opinions.</li> <li>Take ownership of our speech, conduct, demeanor, and deliverables.</li> <li>Adhere to established policies, procedures, agreements, and deadlines.</li> <li>Act as thoughtful stewards of the university and its resources.</li> </ul>
<b>Student-Focus</b>	<p>We work for the common good of students' academic and professional success. To accomplish this, We:</p> <ul style="list-style-type: none"> <li>Incorporate student feedback to improve academics and university services.</li> <li>When making university decisions, we ask: What effect will that have on students?</li> <li>Seek to understand the students' experience through their eyes.</li> </ul>
<b>Whole-Person Health</b>	<p>We promote physical, mental and emotional wellness in all facets of the UWS experience. To accomplish this, We:</p> <ul style="list-style-type: none"> <li>Intentionally cultivate environments that support work-life balance.</li> <li>Consider personal and community wellness in decision-making.</li> <li>Maintain rigorous academic standards while supporting the health and well-being of our students.</li> <li>Include a range of health modalities in the classroom and clinic.</li> </ul>

5. POSITION QUALIFICATIONS		
	Required	Preferred
Education & Training	Master's Degree in Nutrition or Dietetics	Nutrition MS plus clinical doctoral degree Training in functional medicine
Certifications & Licenses		
Experience	Experience practicing as a nutrition-focused clinician, nutritionist or dietitian	Clinical practice plus teaching experience
Related Knowledge, Skills, & Abilities	Knowledge of functional medicine principles and practices	University-level functional medicine coursework or Institute for Functional Medicine modules
Other Qualifications	Generally proficient with computer usage, able to learn new software applications	Online education experience

**APPLICATION, SCREENING AND HIRING PROCESS:**

Screening of applicants will begin immediately, and the position will remain open until filled. Please submit a cover letter, a resume or CV, and the names and contact information of three professional references.

University of Western States conducts background checks for the finalist or finalists of staff and faculty positions. The type of background check will vary by position type. Official transcripts from prior institutions of higher learning will be requested from any candidates who are extended a job offer.

University of Western States is an equal opportunity employer.

To apply, please visit our website at: <https://www.uws.edu/about/employment/>.

Click on the big, orange button and follow the prompts.

You may attach your materials as Word or PDF documents.