

INTEGRATIVE HEALTH CARE UNDERGRADUATE CERTIFICATE

REQUIREMENTS

Fifteen credits must include the following:

HLTH 101	Intro to Integrative Health ¹	3
HLTH 102	Science Complementary&Alt Med	3
HLTH/ENVS 107	SU:Human Health & the Envirnmnt	3
OR HLTH 195: Planetary Human Health		

Select 6 credits from at least two areas in the following categories (with a maximum of 3 one-credit courses in a single area):

MINDFULNESS

CSD 287	D2:Mindfulness&Helping Skills	3
HLTH 137	Mindful Eating	3
HLTH 095	Special Topics (Mindfulness-Based Health and Wellness)	3
HLTH 295	Advanced Special Topics (Critical Neuroscience: Mind Body Connection)	3

BEHAVIOR CHANGE

HLTH 098	Restore, Rejuvenate&Energize ¹	1
COMU 001	Healthy Brains, Healthy Bodies	3
COMU 125	The Science of Happiness	3
COMU 122	Family Wellness Coaching	3

TRAVEL

HLTH 145	Women's Hlth & Spirituality	3
HLTH 092	D2:Mongolian Medicine & Cultr	3
HLTH 093	D2:CAM Therapies in Cuban Hlth	3
RMS 191	Iceland Ther Thermal Springs	3
HLTH 210	Health and Culture: Oaxaca	3
HSCI 103	D2: Fndns of Global Health	3
or ANTH 173	D2: Fndns of Global Health	
HSOC/ANTH 089	D2:SU:Global Health Devl & Div	3
SOC 155/ ANTH 174	D2:Culture, Health and Healing	3

Health and the environment

NURS 200	SU: Health and Sustainability	3
ENVS 295	Advanced Special Topics (SU: Climate Change and Human Health: Assessing Vulnerability and Adaptation Strategies)	3

Inclusion/diversity

ANTH 076/ REL 040	D2:Religion, Health, & Healing	3
BHSC 096	Special Topics (Anti-Racism and Health)	3
HLTH 155	D1:Racism & Health Disparities	3

Public health & policy

HSCI 130	Health Promotion	3
HSCI 160	Health Communication	3
HSOC/SOC 054	Health Care in America	3
NH 120	Health Care Ethics	3

YOGA

PEAC 052	Yoga & Mindfulness	1
PEAC 103	Yoga & Ayurveda	1
PEAC 115	Yoga & the Chakras	1
PEAC 012	Introduction to Yoga 1-2	1
PEAC 044	Restorative Yoga	1

INTEGRATIVE NUTRITION AND HERBALISM

ENVS 195	Special Topics (Plant-Based Healing Medicine)	3
NFS 095	Special Topics (Cooking for Health)	3
NFS 114/FS 103	Human Health in the Food Syst	3

INDEPENDENT STUDY OPTIONS

HLTH 297	Independent Study	1-18
HLTH 291	Teaching Assistantship	1-3

This certificate is available to students in all majors.

¹ HLTH 101 is an online class and has a recommended interactive lab, HLTH 098, a face-to-face class.