

INTEGRATIVE HEALTH MINOR

The minor consists of 15 credit hours including the following:

REQUIREMENTS

Requirement Description		Credits
HLTH 2010	Intro to Integrative Health (GC-1)	3
HLTH 3010	Sci & Evidence Integrativ HLTH (WIL-2)	3
HLTH 2070	Human Health & the Envirnmt (SU); or HLTH 3990 Climate Change and Health or HLTH 3990 Pathways to Planetary Health)	3
Six credits from at least two areas in the following list (with a maximum of 3 one-credit courses in a single area):		6
Mindfulness / Mind & Body		
HLTH 2370	Mindful Eating (3)	
PRNU 1099	Compassionate Care for Nurses (3)	
Behavior Change		
HLTH 1980	Restore, Rejuvenate&Energize (1)	
COMU 1010	Healthy Brains, Healthy Bodies (3)	
COMU 2250	The Science of Happiness (3)	
HSCI 2300	Health Promotion (3)	
HLTH 3859	Health & Wellness Coaching (3)	
Travel/ Global Health		
HLTH 2770	Iceland Ther Thermal Springs (SU, 3)	
HLTH 1990	Special Topics (Norway: Wintertime Mindset; SU, 3 credits)	
ANTH 2170	Culture, Health and Healing (D2, 3 credits)	
HLTH 2760	Hlth in Mediterranean (D2: SU, 3)	
PSYS 3990	Special Topics (Eastern Traditions and Psychological Science; 3 credits)	
Inclusion/Diversity		
HSCI 1200	Antiracism and Health (D1, 3 credits)	
HSCI 2600	Racism and Health Disparities (D1, 3 credits)	
Yoga / Movement		
PEAC 1006	Yoga & Mindfulness (1)	
PEAC 1100	Yoga & the Chakras (1)	
PEAC 1008	Flow and Restore Yoga (1)	
PEAC 1009	Restorative Yoga (1)	
Integrative Nutrition and Herbalism		

HLTH 2990	Special Topics (Cooking for Health, 3 credits)	
FS 2030	Human Health in the Food Syst (3)	
Independent Study Options		
HLTH 3993	Independent Study (Integrative Health, variable credit)	
HLTH 3994	Teaching Assistantship (Integrative Health, variable credit)	

OTHER INFORMATION

This minor is available to students in all majors.