

INTEGRATIVE HEALTH MINOR

The minor consists of 15 credit hours including the following:

REQUIREMENTS

HLTH 2010	Intro to Integrative Health ¹	3
HLTH 3010	Sci & Evidence Integrativ HLTH	3
HLTH 2070	Human Health & the Envirnmnt	3
Six credits from at least two areas in the following list (with a maximum of 3 one-credit courses in a single area):		
Mindfulness / Mind & Body		
HLTH 2370	Mindful Eating	
HLTH 1990	Special Topics (Mindfulness: Practice and Neuroplasticity)	
Behavior Change		
HLTH 1980	Restore, Rejuvenate&Energize	
COMU 1010	Healthy Brains, Healthy Bodies	
COMU 2250	The Science of Happiness	
HSCI 2300	Health Promotion	
Travel/ Global Health		
HLTH 2770	Iceland Ther Thermal Springs	
HLTH 3100	Health and Culture: Oaxaca	
HLTH 1990	Special Topics (Norway: Wintertime Mindset)	
ANTH 2170	Culture, Health and Healing	
HLTH 2760	Hlth in Mediterranean	
Inclusion/Diversity		
HSCI 1200	Antiracism and Health	
HSCI 2600	Racism and Health Disparities	
Health / Environment		
NURS 3000	Health and Sustainability	
Yoga / Movement		
PEAC 1006	Yoga & Mindfulness	
PEAC 1100	Yoga & the Chakras	
PEAC 1008	Flow and Restore Yoga	
PEAC 1009	Restorative Yoga	
Integrative Nutrition and Herbalism		
NFS 1990	Special Topics (Cooking for Health)	
FS 2030	Human Health in the Food Syst	

Independent Study Options	
HLTH 3993	Independent Study (Integrative Health Independent Study)
HLTH 3994	Teaching Assistantship (Integrative Health Teaching Assistantship)

¹ HLTH 2010 has a recommended interactive lab.

OTHER INFORMATION

This minor is available to students in all majors.