

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 Envirnmt (SU; offered in spring OR Planetary Human Health offered in fall in even years OR Climate & Human Health offered in fall in odd years)	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	3
HLTH 1990	Special Topics (Mindfulness: Practice and Neuroplasticity)	3
Behavior Change		
HLTH 1980	Restore, Rejuvenate&Energize	1
COMU 1010	Healthy Brains, Healthy Bodies	3
COMU 2250	The Science of Happiness	3
COMU 2220	Family Wellness Coaching	3
HSCI 2300	Health Promotion	3
Travel/ Global Health		
HLTH 2770	Iceland Ther Thermal Springs	3
HLTH 3100	Health and Culture: Oaxaca	3
HLTH 1990	Special Topics (Norway: Wintertime Mindset)	3
ANTH 2170	Culture, Health and Healing	3
HLTH 2760	Hlth in Mediterranean	3
Inclusion/Diversity		
HSCI 1200	Antiracism and Health	3
HSCI 2600	Racism and Health Disparities	3
Health / Environment		
NURS 3000	Health and Sustainability	3
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		
PSS 2990	Special Topics (Plant-Based Healing Medicine)	3
NFS 1990	Special Topics (Cooking for Health)	1
FS 2030	Human Health in the Food Syst	3
Independent Study Options		
HLTH 3993	Independent Study (Integrative Health Independent Study)	1-3
HLTH 3994	Teaching Assistantship (Integrative Health Teaching Assistantship)	1-3

¹ HLTH 2010 has a recommended interactive lab.

OTHER INFORMATION

This minor is available to students in all majors.