The Integrative Approaches to Health and Wellness Minor is designed to study the nature, meaning, and possibilities of integrating Complementary and Alternative Medicine (CAM) into traditional western approaches to health care. An undergraduate who obtains the minor in Integrative Approaches to Health and Wellness will have an increased ability to navigate in the health care, wellness, or corporate arenas which are increasingly considering preventative, proactive approaches to health. These undergraduates will have delved into various paradigms of healing, as well as the western biomedical model, gaining a breadth of exposure to various approaches to health.

The Integrative Health and Wellness Minor consists of 15 credit hours of course work:

**Required Core (6 credit hours)**

- HRS 2530: The Evolving Art and Science of Medicine U3 (a GE under Culture and Ideas) and
- HRS 4570: The Role of Integrative Medicine in Society U3

**Elective Courses:** Select a minimum of 3 additional courses from at least 2 of the various 5 research domains outlined by the National Institute of Health.

The five research domains outlined by the NIH for CAM are as follows:

**Alternative Health Systems**
- ANTHROP 3302 Intro to Medical Anthropology U3
- ANTHROP 5602 Advanced Medical Anthropology: Women’s Health in Global Perspective U3
- COMPSTD 2370 Introduction to Comparative Religion U3
- COMPSTD 3645 Cultures of Medicine U3
- COMPSTD 4877 Myth and Ritual U3
- DANCE 2175 Yoga U1-3
- ENG 3361 Narrative & Medicine U3
- PHILOS 2120 Asian Philosophies U3
- PHILOS 3650 Philosophy of Science U3
- SOCIOL 2290 Sociology of Death and Dying U3

**Mind Body Interventions**
- ANTHROP 5602 Advanced Medical Anthropology: Women’s Health in Global Perspective U3
- DANCE 2175 Yoga U1-3
- DANCE 2177 (U1-3) or Music 5177 (U1-2) Alexander Technique
- ESCFE 2241 Body-Mind Goes to School U3
- ESCFE 4245 Education & Spirituality: Holistic Perspectives U3
- NURSING 2460 Intro to Therapeutic Communication for Health Professionals U3
- PSYCH 2301 Psychology of Extraordinary Beliefs U3
- PSYCH 3310 Sensation and Perception U3
- PSYCH 3313 Intro to Behavioral Neuroscience U3
- PSYCH 4531 Health Psychology U3
- SOCIOL 5450 Sociology of Global Health & Illness U3

**Biologically Based Therapies**
- EEOB 4240 Plants and People U3
- HRS 4530 Nutrition for Fitness U3

**Movement and Body-Based Methods**
- ANATOMY 3300 Advanced Human Anatomy U3
- DANCE 2175 Yoga Theory & Practice U3
- DANCE 2171 Pilates U(1-3)
- DANCE 2178 Floor Work U(1-3)
- DANCE 5191 Eurhythmics U(1-3)

**Energy Therapies**
- COMM 3620 Introduction to Interpersonal Communication U3
- DANCE 2175 Yoga Theory & Practice U3
- DANCE 2177 (U1-3) or Music 5177 (U1-2) Alexander Technique
- ESCFE 4245 Education & Spirituality: Holistic Perspectives U3
- NURSING 2367 Writing About Healthcare Issues in the United States U3
- NURSING 2460 Intro to Therapeutic Communc for Health Prof U3
- PSYCH 2303 Positive Psychology U3
- PSYCH 2462 Psychology of Creativity U3

**Integrative Approaches to Health and Wellness Minor program guidelines:**

**Required for graduation:** No

**Credit hours required:** A minimum of 15 credit hrs. 1000 level courses shall not be counted on the minor. At least 6 credit hrs must be at the 3000 level or above.

**Transfer and EM credit hours allowed:** A student is permitted to count up to 6 total hours of transfer credit and/or credit by examination.

**Overlap with the GE:** A student is permitted to overlap up to 6 credit hours between the GE and the minor.

**Overlap with the major and additional minors:** The minor must be in a different subject than the major;
- The minor must contain a minimum of 12 hrs distinct from the major and or additional minors

**Grades required:**
- Minimum C- for a course to be listed on the minor;
- Minimum 2.00 cumulative GPA required for the minor;
- Course work graded Pass/Non-Pass cannot count on the minor.
- No more then 3 credit hrs of course work graded satisfactory/unsatisfactory may count toward the minor.

**X193 credits:** No more then 3 credit hrs.

**Minor Approval:** The minor program must be approved by either:
- The academic unit offering the minor; or
- Your academic advisor.
Filing the minor program form: Filing a minor form is not required as long as all coursework is completed or in progress by the time the graduation application is submitted to your academic advisor.

Changing the minor: Any changes must be approved by the School of Health and Rehabilitation Sciences.