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.

To declare the minor, students should notify their college office advisor. The minor code for SIS is: INTHLTH-MN.

The Integrative Health and Wellness Minor consists of 21–25 credit hours of course work:

**Required Core (10 credit hours)**

- ALLIED MED 307: The Evolving Art and Science of Medicine U 5 (a GEC under Culture and Ideas) and ALLIED MED 607: The Role of Integrative Medicine in Society U G 5

**Elective Courses:** Select a minimum of eleven credit hours using the following guidelines:

- Select a minimum of six elective credit hours at the 200-level of above, and an additional five credit hours at the 300-level or above.
- Complete three credit hours in 3 of the 5 domains listed below.

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

**Alternative Health Systems**

- ANTHROP 601.04 Global Perspectives on Women’s Health U G 5
- ANTHROP 302 Intro to Medical Anthropology U 5
- COMPSTD 270 Introduction to Comparative Religion U 5
- COMPSTD 305 Medicine and the Humanities U 5
- COM STD 541 Myth and Ritual U G 5
- DANCE 601.08 Supplemental Stds, Yoga Theory & Practice U G 3
- EAST ASIAN LANG & LIT 131 East Asian Humanities U 5
- PHILOS 215 Asian Philosophies U 5
- PHILOS 455 Philosophy of Science U G 5
- SOCIOL 290 Sociology of Death and Dying U 5

**Mind Body Interventions**

- ANTHROP 601.01 Biocultural Aspects of Health U G 5
- ED PAES 700.01 Wellness U G 5
- ED P&L 411 Body-Mind Goes to School U 5
- ED P & L 705 Holistic Perspectives U G 3
- NURSING 250 Therapeutic Communication U 2
- PSYCH 301 Extraordinary Beliefs U 5
- PSYCH 310 Basic Psychology: Perception U 4
- PSYCH 313 Intro to Psychobiology U 4
- PSYCH 531 Health Psychology U 4
- PSYCH 650 Psychobiology of Stress U G 4
- SOCIOL 450 Illness and Social Behavior U 5
- DANCE 601.08 Supplemental Stds, Yoga Theory & Practice U G 3
- DANCE 671.33/MUSIC 610 Alexander Technique

**Biologically Based Therapies**

- ALLIED MED 430 Nutrition for Fitness U 4
- EEOB 502 Plants and People U 4
- MED DIET 647 Complementary Nutritional Therapy U G 5
- PLANT BIO 101 Intro to Plant Bio: Plants, People & the Enviro U 5
- PSYCH 305 Drugs and Behavior U 4

**Movement and Body-Based Methods**

- ANATOMY 200 U 6
- DANCE 601.08 Supplemental Stds, Yoga Theory & Practice U G 3
- DANCE 671 Somatics U G 2
- DANCE 694 Dalcroze Eurhythmics U G 3

**Energy Therapies**

- NURSING 250 Intro to Therapeutic Commun. for Health Prof U 2
- NURSING 367 Healthcare Issues in the United States U 5
- ED P&L 705 Spirituality: Holistic Perspectives U G 3
- DANCE 601.08 Supplemental Stds, Yoga Theory & Practice U G 3
- PSYCH 662 Psychology of Creativity U G 3
- PSYCH 303 Positive Psychology U 5
- COMM 320 - Introduction to Interpersonal Communication U 5
- DANCE 671.33/MUSIC 610 Alexander Technique

**Arts and Sciences minor program guidelines:**

- **Required for graduation** No
- **Credit hours required** 21-25
- **Transfer credit hours allowed** A maximum of 10
- **Overlap with the GEC** Permitted,
- **Overlap with the major** Not allowed and
  - The minor must be in a different subject than the major.
  - The same courses cannot count on the minor and on the major
- **Overlap between minors** Each minor completed must contain 20 unique hours.

**Grades required**

- Minimum C- for a course to be listed on the minor.
- Minimum 2.00 cumulative point-hour ratio required for the minor.
- Course work graded Pass/Non-Pass cannot count on the minor.

**Approval required**  The minor program description sheet indicates if the minor course work must be approved by:

- The academic unit offering the minor, or
- A college/school counselor.

**Filing the minor program form** The minor program form must be filed at least by the time the graduation application is submitted to a college/school counselor.

**Changing the minor** Once the minor program is filed in the college office, any changes must be approved by:

- The academic unit offering the minor, or
- A college/school counselor (depending on the minor).

Arts and Sciences Curriculum and Assessment Services

http://artsandsciences.osu.edu

154 Denney Hall 164 West 10th Ave.

Updated 4/5/11 MK