

INTEGRATIVE HEALTH CERTIFICATE

According to the National Center for Complementary and Integrative Health, a division of the U.S. Department of Health & Human Services, many Americans – nearly 40% of adults and 15% of children – use integrative healthcare approaches.

Integrative health:

- Brings together the best in conventional, complementary, alternative, and traditional wellness strategies, including mind-body-spirit disciplines as well as nutrition and movement
- Addresses the full range of physical, emotional, cognitive, social, spiritual and environmental influences that can affect a person's health
- Encourages individuals and communities to develop preventative and therapeutic approaches that promote balance, resilience and well-being throughout life

Requirements for the Integrative Health Certificate are as follows:

Code	Title	Hours
HHS 420	Integrative Health Seminar	3
HSW 200	Nutrition	3
HSW 300	Fitness Throughout the Lifespan	3
HSW 352	Women's Health and Wellness Issues	3
PSY 280	Positive Psychology	3
Total Credits Required:		15