

# INTEGRATIVE HEALTH MAJOR

## Health and Human Services, B.A.

This offering also fulfills the requirements for the Integrative Health Certificate. According to the National Center for Complementary and Integrative Health, a division of the U.S. Department of Health and Human Services, many Americans—more than 40 percent of adults and about 15 percent of children—use health care approaches developed outside of mainstream Western, or conventional, medicine. The use of integrative approaches to health and wellness has rapidly grown within care settings across the United States. Researchers are currently exploring the potential benefits of integrative health in a variety of situations, including programs to promote healthy behaviors. Students' knowledge and skills that are developed within this concentration are suitable for careers in health education and wellness programming as well as healthcare with a comprehensive approach.

Integrative Health serves as a major in the Human and Health Services degree program, as well as a stand-alone certificate for any major. Students in this major also earn the Integrative Health certificate.

Code	Title	Hours
<i>University Core</i>		
Behavioral/Social Science Electives		6
BUS 204	Financial Wellness	1
ENG 114	Critical Reading and Response	3
ENG 134	Literary Genres	3
Humanities Electives		9
MAT 120	Statistics	3
PSY 101	Introduction to Psychology I	3
Science Electives (lab required)		7
WEL 100	Empowered as Learners and Leaders	3
or WEL 220	Empowered as Learners and Leaders	
WEL 350	Strategies for Career and Personal Growth	2
<i>Major Requirements</i>		
ENG 124	Research and Writing in the Disciplines	3
HHS 100	Introduction to Human and Health Services	3
HHS 304	Communicating in the Helping Professions	3
HHS 400	Health and Human Services Capstone	3
HHS 401	Play and Leisure in Human Health and Wellness	3
HHS 410	Social Policy in Health and Human Services	3
HHS 420	Integrative Health Seminar	3
HHS 499	Health & Human Studies Internship	6
HSW 200	Nutrition	3
HSW 300	Fitness Throughout the Lifespan	3
INT 250	Research Methods in the Social Sciences	3
PSY 209	Growth and Development	3
PSY 280	Positive Psychology	3
PSY 346	Health Psychology	3
SOC 100	Principles of Sociology	3
<i>General Electives</i>		
General Electives		32
<i>Total Credits Required</i>		<i>120</i>