

DEPARTMENT OF INTEGRATIVE HEALTH & EXERCISE SCIENCE

Programs

- Advanced Admission to Integrative Health, M.A. (<http://catalog.georgian.edu/graduate/school-arts-sciences/integrative-health-exercise-science/adv-admission-integr-health-ma/>)
- Integrative Health, M.A. (<http://catalog.georgian.edu/graduate/school-arts-sciences/integrative-health-exercise-science/integrative-health-ma/>)
- Integrative Health, Graduate Certificate (<http://catalog.georgian.edu/graduate/school-arts-sciences/integrative-health-exercise-science/integrative-health-certificate/>)

Courses

Holistic Health Studies (HH)

HH500 Anatomy & Physiology: A Holistic Approach (3 Credits)

Examines both the Western perspective of the structure and function of the organs and systems in the human body and the Eastern perspective that emphasizes the interrelationship of the internal organs to overall health of body, mind, and spirit. This course is a prerequisite for all other courses in the program. Students will begin a journal in this course and continue to document their master's degree experience throughout the program.

HH501 Foundations of Holistic Healing (3 Credits)

Provides the foundation for a discussion of the basic principles and differences between Western (allopathic) and Eastern (traditional) health care. Examines the differences and similarities of the various forms of traditional healing methods and analyzes current health practices and future trends. In this course, students will continue to keep a journal to document their development through the program focusing on their growth experiences in mind-body-spirit and social inter-connectedness. The journal experience will be incorporated in all the courses in the program and integrated into the culminating experience at the end of the program (HH599). Completion of this course is required before enrolling in all other courses in the program.

HH502 Advanced Healing Methods (3 Credits)

Explores the philosophical, historical and cultural aspects of traditional healing methods. Examines the basic principles and the ancient art of diagnosis, which were developed in countries such as Japan, China and India. Evaluates basic techniques used in the complementary medical arena. Students will be required to complete a field experience in a health care setting.

Prerequisite(s): HH500, HH501.

HH515 Holistic Stress Management (3 Credits)

Examines the stress response; holistic approaches to stress management (such as meditation); manual medicine (acupressure, massage); the role of exercise and laughter; effects of stress on sleep; stress and nutrition; and the role of spirituality, including research on prayer and healing.

Prerequisite(s): HH500, HH501.

HH520 Energy Medicine (3 Credits)

Examines the current research in the emerging field of energy medicine. Explores past and current concepts related to the human energy field. Examines the effects of electromagnetic radiation on health. Also emphasizes evaluation and therapeutic strategies employed by energy medicine practitioners.

HH525 Integrative Counsel Coach Tech (3 Credits)

Practice in basic counseling skills, empathy, listening, communication and evaluation of client issues; basic understanding of psychological disorders from a holistic perspective. Students will practice skills, develop an understanding of their own communication patterns and the capacity for empathy.

Prerequisite(s): HH501.

HH530 Research Methods (3 Credits)

Basic research design and control techniques with focus on threats to internal validity and interpretation of statistical analysis; critical evaluation of research in the field. This course will include instruction in the use of library databases.

Prerequisite(s): HH501.

HH535 Eastern Approach to Nutrition (3 Credits)

Examines the underlying Eastern theories practiced primarily in traditional Chinese medicine. Studies how the Eastern approach to nourishment in many forms complements basic Western medicine.

HH540 Humor & Healing (3 Credits)

Examines the philosophy of healthy humor. Explores the science behind the healing properties of laughter with regard to specific disease processes, as well as overall well-being.

HH545 Ayurvedic Approach to Mind-Body Healing (3 Credits)

Explores the oldest medical system in history, which teaches that every aspect of our well-being is influenced by the doshas (Ayurvedic body types). Examines the various characteristics of each dosha and explores techniques prescribed for strengthening the mind-body system while eliminating the ama or toxins.

HH550 Integrative Healing Arts (3 Credits)

Examines the role of visual imagery and art media, dance, music and movement, and writing as an integral part of the healing process. This course will be a combination of experiential activities and lectures.

Prerequisite(s): HH500, HH501.

HH555 Holistic Spirituality (3 Credits)

Explores the development of a holistic spirituality as a way to foster a new appreciation of our total humanness. Dimensions of holistic spirituality to be addressed include interrelationship of the body, mind and spirit; body awareness and praying with our bodies; creative prayer experiences; praying contemplatively and effectively; and the healing power of touch.

Prerequisite(s): HH500, HH501.

HH560 Native American Medicine (3 Credits)

Examines the contributions Native Americans have made in the area of natural healing. Explores the historical and philosophical perspective of Native American culture and its beliefs concerning the relationship of humans to the environment and the rest of the animal kingdom. Explores past and present medicine men and women and their impact on their communities. Specific medicinal herbal remedies will be examined.

HH565 Homeopathy (3 Credits)

Examines the history, laws, principles and terminology used in the practice of homeopathy. Identifies the techniques used in case analysis as well as the basic components of constitutional classification.

HH570 Special Topics in Holistic Health (3 Credits)

Topics of interest in the field will be offered on request and according to faculty availability. The topic will be different from semester to semester.

HH580 Health & the Environment (3 Credits)

By inquiring into the effects of human social organization and relationship with natural environment on physical, emotional, mental, and spiritual well-being, this course will contextualize individual health issues and seek healing responses to imbalances in social, environmental, and personal health.

HH599 Project in Holistic Health (3 Credits)

This is the capstone course in which students will produce a paper critically reviewing relevant literature and develop an educationally based program or design a research project relevant to their profession or field of interest. In addition the student will evaluate their self-development by reviewing their journal begun in HH501 and continued throughout the program.

Prerequisite(s): 21 core course credits, including HH530.

Faculty

Sachiko Komagata, Associate Professor of Integrative Health; Chair, Department of Integrative Health and Exercise Science; Director of the Advising Fellows

Ph.D., M.P.T., Temple University

B.P.E., Japan Women's College of Physical Education

Raja Staggars-Hakim, Assistant Professor of Health Studies; Director of the Health Studies Programs

Ph.D., Howard University

M.P.H., New York University

B.S., Psychology

Joshua Burns, Assistant Professor of Integrative Health

D.C., N.D., National University of Health Sciences

B.A., University of Maryland University College

Vincent C.W. Chen, Assistant Professor of Exercise Science

Ph.D., Texas A & M University

B.S., National University of Kaohsiung, Taiwan

Michael Wortley, Assistant Professor of Exercise Science

Ph.D., M.S., The University of Tennessee, Knoxville

B.S., Johns Hopkins University