

# INTEGRATIVE HEALTH (IH)

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## **IH110 Integrative Medical Terminology (2.0 Credits)**

Basic and most common conventional medical terminology as well as holistic/integrative medicine/CAM terms are defined and discussed through case study samples and empirical research in relevant fields. Abbreviations and their appropriate usage are represented.

## **IH210 Integrative Self-Care Planning (3.0 Credits)**

This course will examine the past present future of health and healing. Learners will practice perspective taking (first, second, and third person) to gain a more integrative view of contemporary health concerns, such as obesity, cardiovascular disease, cancer, and aging, and addictive behaviors. Learners will develop a framework emphasizing the importance of balance and integration of mind, body and spirit, as well as an understanding of disease vs. dis-ease. Learners will explore prevention models and design a personal care plan for achieving optimum health and well-being.

## **IH220 Integrative Nutrition & Movement (3.0 Credits)**

Contrasting with the current ADA's nutritional guidelines utilizing macro and micro nutrients, develop an understanding of the Eastern approach to nutrition and exercise in obtaining overall health, including effects of movement as it relates to the meridians. Investigate how the energetic properties of food can contribute to overall well-being.

## **IH305 Found Health & Wellness Coaching (3.0 Credits)**

Examine the history, theories, and emergent profession of Health and Wellness Coaching in the U.S. Diverse theories and techniques of behavior changes, wellness coaching competencies, coaching relationship skills, and self-discovery tools will be discussed. Professionalism, ethos, and educational training and career preparation for Health and Wellness Coaching are also discussed. Prerequisite(s): IH210.

## **IH310 Integrative Women's Health (3.0 Credits)**

This course examines current women's health issues throughout the life span in the integrative/holistic view. Discuss the impact of women's health on family, community, and society. The life-span will be divided into three stages: reproductive, pre-reproductive, and post-reproductive with emphasis on various human relations that co-occur with women's integration of mind, body, and spirit. Encourage learners to closely examine their current health behaviors and attitudes. This course is cross-listed with WS315.

## **IH320 Integrative Healing Methods (3.0 Credits)**

Provides the foundation on which students can develop an awareness of the various forms of integrative healing options. Students will cover the historical background, the philosophical basis and the methodology of some of the foremost integrative healing methods available to our society.

## **IH325 Integrative Nutrition (3.0 Credits)**

Examine holistic and integrative influence of nutrition on individual's health and well-being. Research-based dietary/nutrition therapies are explored for most common chronic diseases, such as cardiovascular diseases, cancer, diabetes, obesity, as well as for special populations, such as women and children. While research-based nutritional therapy information helps improve coaching practice directly, this course emphasizes the importance of knowing how and when to refer clients to health care professionals in health and wellness coaching practice.

## **IH330 Health, Humor & Healing (3.0 Credits)**

Designed to define basic concepts of the mind/body connection, the innate healing potential of humor, ancient and current approaches toward healing, and the relationship between humor and health. This course is cross-listed with HH540.

## **IH335 Integrative Stress Management & Health (3.0 Credits)**

An examination of the multidimensional phenomenon of stress, the relationship between the mind and body connection, as well as conditions, attitudes and behaviors that contribute to the stress response. Includes the psychosomatic theory of disease and the mechanisms that link stress and illness. Using an integrative/holistic approach for intervention, students will be able to design stress management programs for themselves and others.

## **IH337 Integrative Lifestyle Modifications (3.0 Credits)**

This course examines the multidisciplinary theoretical bases and applied coaching practice of facilitating lifestyle modifications, distinguishing coaching from counseling, educating, and consulting. Coaching competencies in facilitating changes and learning are demonstrated, modeled, and practiced with the use of case studies and role playing. Prerequisite(s): IH110.

## **IH340 Integrative Health: East & West (3.0 Credits)**

A comprehensive study of the similarities and differences between Ayurvedic medicine and Traditional Chinese medicine. In the context of the current Western living environment, students will not only explore the common thread underlying most ancient forms of medicine but they will also study the body as an integrated whole in which the physical, mental, emotional and spiritual aspects of life are one.

## **IH345 Native American Medicine (3.0 Credits)**

Course will examine the contributions Native Americans have made in the area of natural healing and explore the historical and philosophical perspective of Native American culture and their beliefs concerning their relationship to the environment and the animal kingdom.

## **IH350 Special Topics in Integrative Health (1.0 Credits)**

Course will include discussion, lecture, and selected readings in areas of integrative health that are not offered as formal course offerings during the year. Different topics are offered each semester. Course may be offered for 1 to 3 credits. Students may repeat IH350 when a topic they have not taken before is offered. This course is cross-listed with HH570.

## **IH365 Health & Wellness Coaching Practice (3.0 Credits)**

Build upon the theoretical foundations and conceptual framework of Health and Wellness Coaching gained through IH305, this course focuses on practicing skills necessary for Health and Wellness Coaching. Learners will use this course to prepare themselves to have their field experience (IH405). Emphasis is placed on ethical practice, effective communication with the client and health care professionals, Health and Wellness Coach competency. A Health Coaching competency list will be used to practice and self-assess each skill during the course. Prerequisite(s): IH305.

## **IH380 Health & the Environment (3.0 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. This course is cross-listed with HH580.

**IH405 Field Ex Health & Wellness Coaching (3.0 Credits)**

Learners will spend a total of 100 hours with a coaching mentor in order to observe and apply Health and Wellness Coaching skills in various settings. An online discussion forum will be utilized for peer discussions as well as communication with the instructor of one's progress.

Prerequisite(s): IH305 and IH365.