

The Ohio State University
College of Medicine

Integrative Approaches to Health and Wellness Minor (INT HLTH-MN)

School of Health and Rehabilitation Sciences

Atwell Hall, 453 W. 10th Ave. Columbus, Ohio 43210

(614) 292-1706 <http://hrs.osu.edu>

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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.

The Integrative Health and Wellness Minor consists of 15 credit hours of course work:

Required Core (6 credit hours)

HRS MED 2530: The Evolving Art and Science of Medicine U3 (a GE under Culture and Ideas) and

HRS 4570: The Role of Integrative Medicine in Society U3

Elective Courses: Select a minimum of 3 additional courses from at least 2 of the various 5 research domains outlined by the National Institute of Health.

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

Alternative Health Systems

ANTHROP 5600 Global Perspectives on Women's Health UG3

ANTHROP 3302 Intro to Medical Anthropology U3

COMPSTD 2370 Introduction to Comparative Religion U3

COMPSTD 3645 Medicine and the Humanities U3

COM STD 4877 Myth and Ritual U3

DANCE 2175 Yoga Theory & Practice UG3

PHILOS 2120 Asian Philosophies U3

PHILOS 3650 Philosophy of Science U3

SOCIOL 2290 Sociology of Death and Dying U3

Mind Body Interventions

ANTHROP 5600 Biosocial Aspects of Health UG3

ED P & L 2241 Body-Mind Goes to School U3

ED P & L 4245 Holistic Perspectives U3

NURSING 2460 Therapeutic Communication U1

PSYCH 2301 Extraordinary Beliefs U3

PSYCH 2310 Basic Psychology: Perception U3

PSYCH 2313 Intro to Psychobiology U3

PSYCH 3531 Health Psychology U3

PSYCH 5650 Psychobiology of Stress UG3

SOCIOL 5450 Illness and Social Behavior UG3

DANCE 2175 Yoga Theory & Practice UG3

DANCE 2177 or Music 5177 Alexander Technique UG2

Biologically Based Therapies

HRS 4530 Nutrition for Fitness U3

EEOB 4240 Plants and People U3

PSYCH 2305 Drugs and Behavior U3

Movement and Body-Based Methods

ANATOMY 3300 Human Anatomy U3

DANCE 2175 Yoga Theory & Practice U3

DANCE 2171 Pilates U2

DANCE 2178 Floor Work U2

DANCE 5191 Dalcroze Eurhythmics U1

Energy Therapies

NURSING 2460 Intro to Therapeutic Communic. for Health Prof U1

NURSING 2367 Healthcare Issues in the United States U3

ED P&L 4245 Holistic Perspectives U3

DANCE 2175 Yoga Theory & Practice U3

PSYCH 2462 Psychology of Creativity U3

PSYCH 2303 Positive Psychology U3

COMM 2620 Introduction to Interpersonal Communication U3

DANCE 2177 or Music 5177 Alexander Technique UG 2

Integrative Approaches to Health and Wellness Minor program guidelines:

Required for graduation No

Credit hours required A minimum of 15 credit hrs.

Transfer credit hours allowed A maximum of 6

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 12 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.

Minor Approval The minor program must be approved by either:

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

Filing the minor program form Filing a minor form is not required as long as all coursework is completed by the time the graduation application is submitted to your college/school counselor.

Changing the minor Any changes must be approved by the School of Health and Rehabilitation Sciences

College of Arts and Sciences
Curriculum and Assessment Services
154 Denney Hall, 164 W. 17th Ave.
<http://artsandsciences.osu.edu>

Undergraduate Integrative Approaches to Health and Wellness Minor Program Form

(This form is for your records only- it does not need to be filed)

Student Name: _____

Major: _____

Undergraduate Minor Program of Study

Department	Course #	Course Title	Credits	Grade (if completed)	Sem/ YR
Allied Med	2530	The Evolving Art and Science Of Medicine	3		
Allied Med	4570	The Role of Integrative Medicine in Society	3		