

COLLEGE OF AGRICULTURE AND LIFE SCIENCES
CHECKSHEET for a **Minor in Integrative Health and Wellness**
Offered by Academic Programs in the College of Agriculture and Life Sciences

Effective for Students Date of Entry under UG Catalog 2023-2024

The minor in Integrative Health and Wellness requires the completion of 18 credit hours distributed as below. All courses must be taken and passed on an A-F basis unless only offered on P/F basis.

REQUIRED COURSES (complete the following 9 credits)

<i>Course number</i>	<i>Course Title/semester offered</i>	<i>Credits</i>
PHS 1514	Personal Health (Fall & Spring)	3
HNFE 2334	Introduction to Integrative Health (Spring)	3
HD 2014 ^P	Integrative Health Practices (Spring and Fall)	3
	<i>Total Required Credits</i>	9

RESTRICTED ELECTIVE COURSES (Select 9 credits minimum; 6 of these credits must be 3000 or 4000 level)

<i>Course number</i>	<i>Course Title/semester offered</i>	<i>Credits</i>
CMST 3124	Interpersonal Communication (Pre: Junior standing)	3
CMST 4324	Issues in Health Communication (Pre: Junior standing)	3
FST 2544 (HNFE 2544)	Functional Foods for Health	3
HD 2314 ^P	Human Sexuality	3
HIST 3624	Health and Illness in African History	3
HIST 3724 ^P	History of Disease, Medicine, and Health	3
HNFE 4114	Food and Nutritional Toxicology (Pre: BMSP 2136 and BCHM 2024)	3
HNFE 4224	Alternative and Complementary Nutrition Therapies [Pre: (BIOL 1005 or BIOL 1105 or BIOL 1205H), (BIOL 1006 or BIOL 1106 or BIOL 1206H), (CHEM 1036 or CHEM 1056)].	2
HNFE 4354	Dietary Supplements and Health [Pre: (BCHM 2024 or BCHM 3114), (BMSP 2136 or BIOL 2406)]	3
HORT 2134 ^P (FREC 2134)	Plants and Greenspaces in Urban Communities	3
HORT 4794	Medicinal Plants and Herbs (Pre: BIOL 1005 or 1105)	3
PHIL 3324	Biomedical Ethics	3
PSYC 2054	Psychology of Personality (Pre: PSYC 2004 or 1004)	3
PSYC 3024 ^P	Environmental Psychology (Pre: PSYC 2004 or 1004)	3
PSYC 3054	Health Psychology (Pre: PSYC 2004 or 1004)	3

RLCL 1024 ^P	Judaism, Christianity, Islam	3
RLCL 1904 ^P	Religion and Culture in Asia	3
RLCL 2144	African Religions	3
RLCL 3214 ^P	Religion and Culture in India	3
SOC 4704	Medical Sociology (Pre: SOC 1004)	3
SOC 4714	Sociology of Mental Illness	3
STS 2464 ^P (RLCL 2464 ^P)	Religion and Science	3
STS 3314 ^P	Medical Dilemmas and Human Experience	3
UH 3004	Topics in Honors Colloquia Series: Chinese Medicine	3
XXXX 4964, 4974, or 4994	Field study, Independent study or Undergraduate study ¹	1-3
	<i>Total Restricted Electives</i>	9
	MINIMUM CREDITS FOR THE MINOR	18

¹May be included in the minor up to 3 credit hours (1 credit hour = 45 hours of work) when the topic is relevant to the Integrative Health and Wellness, as approved in advance by the minor coordinator and the course instructor, and/or the designated Department undergraduate coordinator.

^PPathways courses

Seats in elective courses are not guaranteed.

A minimum GPA of 2.0 in all courses taken to fulfill the minor is required. A faculty advisor in the Office of Academic Programs will serve as a counterpart to the student's major advisor. Students choosing the minor in Integrative Health and Wellness will register with the Office of Academic Programs in the College of Agriculture and Life Sciences, 1060 Litton-Reaves Hall. This will enable the college to provide any pertinent assistance, materials and information to the student. Some courses listed on this checksheet have prerequisites, please consult the University Course Catalog, or check with your advisor.