

HOLISTIC HEALTH and WELLNESS – Certificate of Completion
Effective Catalog Year 2018-2019

This Holistic Health and Wellness certificate program is designed to provide students an overall understanding of the foundations and philosophies associated with various professions that utilize a vitalistic philosophical perspective. This area of study has become progressively more popular in the marketplace of healthcare. Students transferring to four-year institutions may pursue this certificate as a foundation for their future studies. It is also a stand-alone certificate for people personally interested in this type of healthcare philosophy.

BIOL 119	Science and the Human Body	4 cr.
HHAW 101	Alternative Therapies in Health and Wellness	3 cr.
HHAW 120	Philosophies and Paradigms in Healthcare	3 cr.
HHAW	Holistic Elective	3 cr.
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Total Credits		24 cr.

Holistic Electives:

- HHAW 100 – Global History of Healthcare
- HHAW 102 – Environmental Harmony: A Holistic Perspective
- HHAW 121 – Psychology and Physiology of Stress
- HHAW 200 – Food & Healing: A Holistic Approach to Nutrition
- HHAW 201 – Plants and Healing: Herbology & Organic Gardening
- HHAW 220 – Oriental Theories in health & Medicine
- HHAW 221 – Principles of Energy Movement
- HHAW 222 – Holistic Design
- *All holistic electives are 3 credit courses.

Board of Trustees Approval Date: March 29, 2018

