

The Ohio State University
College of Medicine

Integrative Approaches to Health and Wellness Minor (INTHLTH-MN)

School of Health and Rehabilitation Sciences

[206 Atwell Hall, 453 W. 10th Ave.](#)
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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 12 credit hours of course work:

Required Core (6 credit hours)

HRS 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 2 additional courses from at least 2 of the various 5 research domains outlined by the National Institute of Health, with at least one elective at the 3000 level or above.

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

Alternative Health Systems

ANTHROP 3302 Intro to Medical Anthropology (U3)
ANTHROP 5602 Women's Health in Global Perspective (U3)
COMPSTD 2370 Introduction to Comparative Religion (U3)
COMPSTD 3645 Cultures of Medicine (U3)
COMPSTD 4877 Myth and Ritual (U3)
DANCE 5175 Yoga Theory & Practice (U2)
ENGL 3361 Narrative & Medicine (U3)
PHILOS 2120 Asian Philosophies (U3)
PHILOS 3650 Philosophy of Science (U3)
SOCIOLOG 2290 Sociology of Death and Dying (U3)

Mind Body Interventions

ANTHROP 5602 Women's Health in Global Perspective (U3)
DANCE 2177 (U1-3) or Music 5177 (U1-2) Alexander Technique
DANCE 5175 Yoga Theory & Practice (U2)
ESPHE 2241 Integrative Learning: How the Brain Learns (U3)
ESPHE 3200H Mindful Resilience: Individuals to Organizations (U3)
ESPHE 4245 Education & Spirituality: Holistic Perspectives (U3)
NURSING 2460 Intro to Therapeutic Communication for Health Professionals (U3)
PSYCH 2301 Psychology of Extraordinary Beliefs (U3)

PSYCH 3310 Sensation and Perception (U3)
PSYCH 3313 Intro to Behavioral Neuroscience (U3)
PSYCH 4531 Health Psychology (U3)
SOCIOLOG 5450 Sociology of Global Health & Illness (U3)

Biologically Based Therapies

EEOB 4240 Plants and People (U3)
HRS 4530 Nutrition for Fitness (U3)
PHR 3400 Therapeutic Frontiers (U2)

Movement and Body-Based Methods

ANATOMY 3300 Advanced Human Anatomy (U5)
DANCE 2171 Pilates Mat 1 (U1-3)
DANCE 2178 Floor Work (U1-3)
DANCE 5175 Yoga Theory & Practice (U2)
DANCE 5191 Eurhythmics (U1-3)

Energy Therapies

COMM 3620 Introduction to Interpersonal Communication (U3)
DANCE 2177 (U1-3) or Music 5177 (U1-2) Alexander Technique
DANCE 5175 Yoga Theory & Practice (U2)
ESPHE 4245 Education & Spirituality: Holistic Perspectives (U3)
NURSING 2367 Writing About Healthcare Issues in the United States (U3)
NURSING 2460 Intro to Therapeutic Communication for Health Prof (U3)
PSYCH 2303 Positive Psychology (U3)
PSYCH 2462 Psychology of Creativity (U3)

Integrative Approaches to Health and Wellness Minor program guidelines:

Required for graduation: No

Credit hours required: A minimum of 12 credit hrs. 1000 level courses shall not be counted on the minor. At least 6 credit hrs must be at the 3000 level or above.

Transfer and EM credit hours allowed: A student is permitted to count up to 6 total hours of transfer credit and/or credit by examination.

Overlap with the GE: A student is permitted to overlap up to 6 credit hours between the GE and the minor.

Overlap with the major and additional minors:

- The minor must be in a different subject than the major;
- The minor must contain a minimum of 12 hrs distinct from the major and or additional minors

Grades required:

- Minimum C- for a course to be listed on the minor;
- Minimum 2.00 cumulative GPA required for the minor;
- Course work graded Pass/Non-Pass cannot count on the minor.
- No more than 3 credit hrs of course work graded satisfactory/unsatisfactory may count toward the minor.

X193 credits: No more than 3 credit hrs.

Minor approval: The minor course work can be approved by any advisor if following the minor sheet. Any variations from the minor sheet must be approved by an HRS advisor in 206 Atwell Hall.

Filing the minor program form: The minor program form must be filed by the beginning of the junior year.

Changing the minor: Once the minor is filed in the college office, any changes must be approved by the minor coordinator (or the coordinator's designee).

College of Arts and Sciences
Curriculum and Assessment Services
154 Denney Hall, 164 Annie & John Glenn Ave.
<http://artsandsciences.osu.edu>

Updated 9/8/14 DH
Updated 1/6/15 DH
Updated 2/26/15 DH
6/23/15 SP/BV
7/14/15 CD/BV
Revised CAA 9/7/16
Updated 10/28/16 DH
Updated 5/18/18 CL
Updated 1-22-19 DH
Updated 5-22-19 DH
Updated 4-21-21 MNN