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 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 Integrative Approaches to Health and Wellness Minor program guidelines:

- **Required for graduation:** No
- **Credit hours required:** A minimum of 15 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 then 3 credit hrs of course work graded satisfactory/unsatisfactory may count toward the minor.
  - No more than 3 credit hrs.
- **Minor Approval:** The minor program must be approved by either:
  - The academic unit offering the minor; or
  - Your academic advisor.
Filing the minor program form: Filing a minor form is not required as long as all coursework is completed or in progress by the time the graduation application is submitted to your academic advisor.

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