

University Core Requirements (39 credits)

BIO 205 - Foundations of Biology - 3 credit hours
 ENG 112 - Thinking Through Literature - 3 credit hours
 FA 207 - Introduction to Fine Arts - 3 credit hours
 HIST*** - Any History Course - 3 credit hours
 MTH 161 - Elementary Statistics - 3 credit hours
 PHIL 150 - Introductory Philosophy - 3 credit hours
 PHIL 220 - Ethics - 3 credit hours
 SOC SCI - Social Science Elective - 3 credit hours
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 THE 105 - Introduction to Theology - 3 credit hours
 THE 205 - The Bible, Past, and Present - 3 credit hours
 THE *** - Upper division elective - 3 credit hours
 Science Elective - 3 credit hours



Major Requirements (39 credits)

IHW 101 - Introduction to Integrative Health in Populations - 3 credit hours
 IHW/NRS 116 - Health and Wellness Across the Lifespan - 3 credit hours
 IHW/NRS 216 - Health and Wellness Across the Lifespan II - 3 credit hours
 IHW 204 - Anatomy of Wellness - 3 credit hours
 IHW 224 - Integrative Health Promotion w/ Populations - 3 credit hours
 IHW 301 - Mind/Body/Energy Perspectives - 3 credit hours
 IHW 305 - Approaches to Care: Systems of Medicine - 3 credit hours
 IHW 307 - Integrative Health Coaching I - 3 credit hours
 IHW 310 - Foundations of Health Education and Health Promotion - 3 credit hours
 IHW 312 - Research Design and Analysis - 3 credit hours
 IHW 325 - Community Organizing I: Introduction - 3 credit hours
 IHW 417 - IHW Seminar I: Project Design and Management - 3 credit hours
 IHW 427 - Integrative Health & Wellness Practicum - 3 credit hours

Concentrations (6 credits) (Students choose one concentration)

Wellness Promoting

IHW 214 - Physiology of Wellness & Strategies for Healthy Living - 3 credit hours
 IHW 316 - Nature's Pharmacy: Food, Herbs & Supplements that Support Health - 3 credit hours

Health Educating

Education Focused Elective - 3 credit hours
 IHW 418 - IHW Seminar II: Leadership - 3 credit hours

Health Coaching

IHW 407 - Integrative Health Coaching II: Supporting Individual Wellness - 3 credit hours
 IHW 411 - Resilience and the Human Condition - 3 credit hours

Community Organizing

IHW 326 - Community Organizing II: Advanced - 3 credit hours
 IHW 422 - Nonprofit Management for Community Organizations - 3 credit hours

Electives (36 credits)

Total credit hours: 120

