HOLISTIC HEALTH (HH)

HH 200 Holistic Approach to Academic Success (Units: 3)
Concepts and skills for increased academic success, including mindfulness meditation for self-awareness, mental imagery for problem solving, and continuous improvement from an Eastern perspective. Lifelong learning, personal growth, and promoting a civil society are examined.

Course Attributes:
• E1: Lifelong Learning Develop
• D1: Social Sciences
• Environmental Sustainability

HH 205 Relaxation and Stress Reduction (Units: 3)
Research and theory in stress physiology and stress management, techniques of progressive relaxation, mental rehearsal, imagery training. Included are stress management strategies for coping with selected stress-related disorders with emphasis on relationship to physical activities.

Course Attributes:
• E1: Lifelong Learning Develop
• D1: Social Sciences

HH 210 The Dao of Well-Being in Chinese Tradition (Units: 3)
Exploration of holistic and aesthetic modes of well-being from Daoist philosophical perspectives. Topics include Daoist philosophy, classical poetry, basic principles of Chinese medicine, therapeutic cuisine, traditional music, and Qigong exercises.

Course Attributes:
• E1: Lifelong Learning Develop
• C2: Humanities
• Am. Ethnic & Racial Minorities

HH 290 Promoting Positive Health (Units: 3)
Embodied learning to promote physical, mental, spiritual and community health through yoga, dance, drawing, writing, collage, poetry and photography. Multicultural experience, active creative participation and intellectual pursuit as tools to improve flexibility and understanding, and to unlearn and heal oppression. (This course is offered as H ED 290 and HH 290. Students may not repeat the course under an alternate prefix.)

Course Attributes:
• E1: Lifelong Learning Develop
• C1: Arts
• Global Perspectives

HH 380 Holistic Health: Western Perspectives (Units: 3)
Prerequisite: Upper division standing or consent of instructor.

Western development in holistic health. Overview of psychobiology of stress and self-regulatory methods such as: autogenic training, biofeedback, progressive relaxation, visualization, and behavioral techniques.

Course Attributes:
• E1: Lifelong Learning Develop
• UD-B: Physical Life Science
• Global Perspectives

HH 381 Holistic Health: Eastern Perspectives (Units: 3)
Prerequisite: Upper division standing or consent of instructor.

Eastern approaches to health and healing including acupuncture, yoga, meditation. Comparison, scientific evaluation, and synthesis of eastern and western models of human psychology and physiology.

Course Attributes:
• E1: Lifelong Learning Develop
• UD-D: Social Sciences
• Global Perspectives

HH 382 Holistic Health: Human Nature and Global Perspectives (Units: 3)
Prerequisite: Upper division standing or consent of instructor.

Explores relation between health and ways of life through understanding human nature and its potential. Health orientations of different traditions in the course of evolution and the life cycle including birth and death. Socio-psychological factors in the healing process.

Course Attributes:
• E1: Lifelong Learning Develop
• UD-C: Arts and/or Humanities
• Global Perspectives

HH 383 Chinese Perspectives in Holistic Health (Units: 3)
Prerequisite: Upper division standing.

Taoist philosophy of health and healing: yin-yang and five element theory, principles of qi, patterns of disharmony and health, lifestyles and environmental influences, Chinese healing modes and self practices.

Course Attributes:
• E1: Lifelong Learning Develop
• UD-D: Social Sciences

HH 420 Chinese Body-Mind Energetics (Units: 3)
Prerequisite: Either HH 380, HH 381, HH 382, HH 383, or consent of instructor.

Examination of the nature of qi energy meridians, methods of activating and balancing qi, and various related body-mind energetic practices including acupressure, breath-work, and qigong meditation.

Course Attributes:
• E1: Lifelong Learning Develop
• UD-C: Arts and/or Humanities
• Global Perspectives
HH 430 Foundation of Biofeedback and Self-Regulation (Units: 3)
Prerequisites: One college course in biology and HH 380 or HH 381 or HH 382 or consent of instructor.

History, theory, research, physiological basis, and application of biofeedback and other self-regulatory techniques. Covers electromyographic, thermal, respiration, electrodermal, heart rate and electroencephalographic feedback techniques and self-practice of autogenic training. Classwork, 2 units; laboratory, 1 unit.
Course Attributes:
• E1: Lifelong Learning Develop
• UD-B: Physical Life Science

HH 433 Autogenic Training and Embodied Living (Units: 3)
Prerequisite: HH 380 or HH 381 or HH 382 or consent of instructor.

Basic theory and technique of autogenic training, a self-generating therapeutic approach for clinical and non-clinical applications. Includes stress reduction concepts, self-practice, and individual and group training processes.
Course Attributes:
• E1: Lifelong Learning Develop
• UD-B: Physical Life Science

HH 450 Somatic Education and Holistic Health (Units: 3)
Prerequisite: Upper division standing or consent of instructor.

Survey of somatic traditions such as Feldenkrais, Alexander Technique, Aikido, Biogenetics, Hakomi, Reflexology, Rolfing, Trager and yoga therapy. History, philosophy, and sensory awareness methods of Somatics, from a self-care education approach.
Course Attributes:
• E1: Lifelong Learning Develop
• UD-D: Social Sciences

HH 530 Herbal and Nutritional Principles in Chinese Healing (Units: 3)
Prerequisite: Either HH 380, HH 381, HH 382, HH 383, or consent of instructor.

Chinese perspectives on the role of herbs and nutrition in health and well-being, historical and philosophical aspects, use of herbs in Chinese medicine, preparation and processing, differences in individual needs.
Course Attributes:
• E1: Lifelong Learning Develop
• UD-B: Physical Life Science

HH 535 Western Nutrition and Herbs (Units: 3)
Prerequisite: Upper division standing or consent of instructor.

The role of herbal products, nutraceuticals, and dietary choices in prevention, disease treatment, and self-care from a holistic perspective.
Course Attributes:
• E1: Lifelong Learning Develop
• UD-B: Physical Life Science
• Environmental Sustainability

HH 540 Meditation and Imagery in Healing (Units: 3)
Prerequisite: HH 380 or HH 381 or HH 382 or HH 383.

Theory and methodology of various forms of imagery and meditation in promoting health and healing, neuropsychophysiological correlates, and multicultural approaches and practices.
Course Attributes:
• E1: Lifelong Learning Develop
• UD-D: Social Sciences
• Global Perspectives

HH 545 Imagery and Healing in Tibetan Culture (Units: 3)
Prerequisite: Upper division standing or consent of instructor.

Mind-body healing in Tibetan medicine and culture. Theory and practical techniques, such as the use of art and symbolic imagery in meditation and everyday life, as useful approaches to health, emotional well being, and social harmony.
Course Attributes:
• E1: Lifelong Learning Develop
• UD-C: Arts and/or Humanities
• Global Perspectives

HH 560 Naturopathic Medicine and Personal Wellness (Units: 3)
Prerequisite: Upper division standing or consent of instructor.

Examination of the philosophy, principles and practice of naturopathic medicine. Prevention and treatment of disease with natural therapies are examined, including diet, botanical therapies, homeopathy, hydrotherapy, and mind-body approaches.
Course Attributes:
• E1: Lifelong Learning Develop
• UD-B: Physical Life Science

HH 650 Anthroposophical Health Studies (Units: 3)
Prerequisite: Upper division standing or consent of instructor.

Principles and practices of health from an anthroposophical medicine perspective. Applications derived from Waldorf education, biodynamic agriculture, and eurythmy, all rooted in western thinking and evidence-based medicine.
Course Attributes:
• E1: Lifelong Learning Develop
• UD-D: Social Sciences
• Global Perspectives

HH 660 Art as Healing (Units: 3)
Prerequisite: HH 380 or HH 381 or HH 382 or HH 383, or consent of instructor.

Overview, physiology, and history of healing and art processes. Analysis and assessment of tools and techniques used in art for healing in medical and social settings. Students explore how artists work to heal individuals, communities, and ecosystems.
Course Attributes:
• E1: Lifelong Learning Develop
• UD-C: Arts and/or Humanities
HH 670 Alternative Health Practices (Units: 3)
Prerequisite: HH 380, HH 381, HH 382, or HH 383, or consent of instructor.

Overview of therapies and self-care practices in the holistic health field. Emphasizes multidisciplinary, cross-cultural explorations of the frontiers of health and healing. Presentations by leading edge practitioners and thinkers; includes one in-depth exploration of a healing approach. May be repeated for a total of 9 units.

Course Attributes:
- E1: Lifelong Learning Develop
- UD-D: Social Sciences
- Global Perspectives

HH 680 Holistic Health Internship Seminar (Units: 3)
Prerequisite: Upper division standing or consent of instructor.

Examination of issues, problems, and guidelines of practicing holistic health effectively.

Course Attributes:
- E1: Lifelong Learning Develop
- UD-D: Social Sciences

HH 690 Seminar: Psychophysiology of Healing (Units: 3)
Prerequisite: Upper division standing or consent of instructor.

Explores the psychophysiology of healing. Special emphasis upon the foundation, ramifications, and practice of therapeutic touch and healee-healer interaction. In-depth topical presentations of the healing process.

Course Attributes:
- E1: Lifelong Learning Develop
- UD-B: Physical Life Science

HH 699 Independent Study (Units: 1-3)
Prerequisite: Consent of instructor and director.

Independent study under the direction of a faculty member. May be repeated provided that the area of study is different.