HOLISTIC HEALTH (HH)

HH 200 Holistic Approach to Academic Success (Units: 3)
Learn key concepts and skills for increased academic success, including practices to increase mindful awareness, mental imagery for greater goal clarity, continuous improvement strategies for solving problems in school and life, and other tools for more effective study time and performance. 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: Successful completion of GE Areas A1, A2, A3, and B4 or consent of the instructor.
Western development in holistic health. Overview of the 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: Successful completion of GE Areas A1, A2, A3, and B4 or consent of the 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: Successful completion of GE Areas A1, A2, A3, and B4 or consent of the instructor or consent of the instructor.
Explores the relationship between health and ways of living through the perspective of human nature and its potential. Health and healing are examined in terms of cultural traditions, evolution, the life cycle and socio-psychological factors.
Course Attributes:
- E1: Lifelong Learning Develop
- UD-C: Arts and/or Humanities
- Global Perspectives

HH 383 Chinese Perspectives in Holistic Health (Units: 3)
Prerequisite: Successful completion of GE Areas A1, A2, A3, and B4 or consent of the instructor or consent of the instructor.
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 Qigong Body-Mind Energetics (Units: 3)  
Prerequisite: Successful completion of GE Areas A1, A2, A3, and B4 or consent of the instructor.

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

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

HH 430 Biofeedback: Mind-Body Connection and Self-Regulation (Units: 3)  
Prerequisites: Successful completion of GE Areas A1, A2, A3, and B4 or consent of the instructor.

History, theory, research, physiological basis, and application of psychophysiology/biofeedback and other self-regulatory techniques. Covers wearable devices, electromyographic, thermal, respiration, electrodermal, heart rate and electroencephalographic feedback techniques and self-practice of autogenic training. Lecture, 2 units; laboratory, 1 unit.

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

HH 435 Autogenic Training and Embodied Living (Units: 3)  
Prerequisite: Successful completion of GE Areas A1, A2, A3, and B4 or consent of the instructor.

Basic theory and technique of autogenic training, a mind-body self-care therapeutic approach with clinical and non-clinical applications. Includes stress reduction concepts, autogenic training instruction, and individual and group practice. [Formerly HH 433]

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

HH 450 Somatics: Body Awareness, Movement and Well-being (Units: 3)  
Prerequisite: Successful completion of GE Areas A1, A2, A3, and B4 or consent of the instructor.

Somatics examines how we perceive and experience the body in daily life, individually and collectively. The course draws on a wide range of concepts and methods to improve body awareness, deepen understanding of movement and performance, and develop a greater sense of health and well-being. Topics include history, philosophy, and somatic sensory awareness methods from a self-care education perspective.

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

HH 530 Eastern Nutrition and Herbs (Units: 3)  
Prerequisite: Successful completion of GE Areas A1, A2, A3, and B4 or consent of the instructor.

Traditional Chinese medicine historical and philosophical perspectives on the role of nutrition and herbs in health and well-being. Topics include diet and cooking, use of herbs and food in healing, preparation and processing, individual differences.

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

HH 535 Western Nutrition and Herbs (Units: 3)  
Prerequisite: Successful completion of GE Areas A1, A2, A3, and B4 or consent of the instructor.

Examine the role of herbal products, nutraceuticals, supplements, 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: Successful completion of GE Areas A1, A2, A3, and B4 or consent of the instructor.

Theory and methodology of major forms of meditation and imagery in promoting health and healing, including examination of historical roots, mind-body mechanisms, benefits, and individual and group practice.

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

HH 545 Imagery and Healing in Tibetan Culture (Units: 3)  
Prerequisite: Successful completion of GE Areas A1, A2, A3, and B4 or consent of the 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: Successful completion of GE Areas A1, A2, A3, and B4 or consent of the 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: Successful completion of GE Areas A1, A2, A3, and B4 or consent of the instructor.

Principles and practices of anthroposophical medicine and related self-care practices. Applications derived from Waldorf education, biodynamic agriculture, and eurythmy, all rooted in western thinking and evidence-based medicine are explored.

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

HH 660 Art as Healing (Units: 3)
Prerequisite: Successful completion of GE Areas A1, A2, A3, and B4 or consent of the instructor.

Examines the value of art as a healing process. Analysis and assessment of tools and techniques used in art for healing. 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: Successful completion of GE Areas A1, A2, A3, and B4 or consent of the instructor.

Overview of therapies and self-care practices in the field of integrative health and medicine. Emphasizes multidisciplinary, cross-cultural perspectives. Presentations by leading practitioners and thinkers. 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: Successful completion of GE Areas A1, A2, A3, and B4 or consent of the instructor.

Examination of the opportunities, strategies and challenges of practicing and disseminating holistic health methods and perspectives.

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

HH 690 Seminar: Psychophysiology of Healing (Units: 3)
Prerequisite: Successful completion of GE Areas A1, A2, A3, and B4 or consent of the instructor.

Explores the psychophysiology of healing. Special emphasis upon the foundation, ramifications, and practice of therapeutic touch and healee-healer interaction including the power of belief and the power of placebo. 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.