

# MINOR IN HOLISTIC HEALTH STUDIES

Holistic Health Advisors: Burke, Burrows, Daubenmier, Harvey, Peper

A Minor in Holistic Health Studies complements many SF State majors, provides unique learning opportunities, and expands career options. Benefits to HH minors include priority waitlisting for HH courses, individual advising with IHHS faculty and collaboration with others interested in integrative health perspectives.

## Institute for Holistic Health Studies

The Institute for Holistic Health Studies offers a Minor in Holistic Health Studies. The minor is taken in conjunction with one's bachelor's degree and appears on the diploma along with the major. A minor in Holistic Health Studies is an excellent complement to many SF State majors. It provides unique learning opportunities, a chance to explore or expand career options, and a way to improve personal health and well-being. Course content is interdisciplinary, examines human experience and health from an interdependent or holistic perspective, and focuses on practical, experiential learning in diverse areas such as stress management, autogenic training, East Asian medicine, meditation, yoga, biofeedback, guided imagery and more. Additional benefits to minors include priority waitlisting for Holistic Health Studies courses, individual advising with faculty, and collaboration with others interested in integrative health practices. The minor involves taking 18 units of holistic health studies courses – nine units of core courses (Eastern, Western, Global Perspectives, and Chinese Perspectives), nine units of elective courses – and four units of anatomy or physiology, for a total of 22 units (see the description of the minor below).

## Holistic Health Studies Minor – 22 units

All coursework used to satisfy the requirements of the minor must be completed with a minimum grade point average of 2.0.

### Core Courses (9 units)

Code	Title	Units
Select three:		
HH 380	Holistic Health: Western Perspectives	3
HH 381	Holistic Health: Eastern Perspectives	3
HH 382	Holistic Health: Human Nature and Global Perspectives	3
HH 383	Chinese Perspectives in Holistic Health	3

### Holistic Health Emphasis (9 units)

Select from any of the courses listed below:

#### Western Perspectives

Code	Title	Units
HH 205	Relaxation and Stress Reduction	3
HH 430	Biofeedback: Mind-Body Connection and Self-Regulation	3
HH 435	Autogenic Training and Embodied Living	3
HH 535	Western Nutrition and Herbs	3
HH 560	Naturopathic Medicine and Personal Wellness	3
HH 690	Seminar: Psychophysiology of Healing	3

#### Eastern Perspectives

Code	Title	Units
HH 210	The Dao of Well-Being in Chinese Tradition	3
HH 420	Qigong Body-Mind Energetics	3
HH 530	Eastern Nutrition and Herbs	3
HH 540	Meditation and Imagery in Healing	3
HH 545	Mind-Body Healing in Tibetan Culture	3
KIN 136	Hatha Yoga	1
KIN 236	Intermediate/Advanced Hatha Yoga	2
KIN 175	Elementary Tai-Chi Chuan	1
KIN 275	Intermediate/Advanced Tai-Chi Chuan	2

#### Human Nature and Global Perspectives

Code	Title	Units
HH 200	Holistic Approach to Academic Success	3
HH 450	Somatics: Body Awareness, Movement, and Well-being	3
HH 650	Anthroposophical Health Studies	3
HH 660	Art as Healing	3
HH 670	Alternative Health Practices	3
HH 680	Holistic Health Internship Seminar	3
HH 699	Independent Study	1-3
PH 290	Promoting Positive Health	3
PH 655	Environmental Health	3

#### Human Anatomy/Physiology (4 units)

A college-level course in human anatomy/physiology. (BIOL 100/BIOL 101 or BIOL 328 are acceptable.)