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)

<table>
<thead>
<tr>
<th>Code</th>
<th>Title</th>
<th>Units</th>
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<tbody>
<tr>
<td>HH 380</td>
<td>Holistic Health: Western Perspectives</td>
<td>3</td>
</tr>
<tr>
<td>HH 381</td>
<td>Holistic Health: Eastern Perspectives</td>
<td>3</td>
</tr>
<tr>
<td>HH 382</td>
<td>Holistic Health: Human Nature and Global Perspectives</td>
<td>3</td>
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<tr>
<td>HH 383</td>
<td>Chinese Perspectives in Holistic Health</td>
<td>3</td>
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Holistic Health Emphasis (9 units)

Select from any of the courses listed below:

**Eastern Perspectives**

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<tr>
<th>Code</th>
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<th>Units</th>
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<tbody>
<tr>
<td>HH 210</td>
<td>The Dao of Well-Being in Chinese Tradition</td>
<td>3</td>
</tr>
<tr>
<td>HH 420</td>
<td>Qigong Body-Mind Energetics</td>
<td>3</td>
</tr>
<tr>
<td>HH 530</td>
<td>Eastern Nutrition and Herbs</td>
<td>3</td>
</tr>
<tr>
<td>HH 540</td>
<td>Meditation and Imagery in Healing</td>
<td>3</td>
</tr>
<tr>
<td>HH 545</td>
<td>Mind-Body Healing in Tibetan Culture</td>
<td>3</td>
</tr>
<tr>
<td>KIN 136</td>
<td>Hatha Yoga</td>
<td>1</td>
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<tr>
<td>KIN 236</td>
<td>Intermediate/Advanced Hatha Yoga</td>
<td>2</td>
</tr>
<tr>
<td>KIN 175</td>
<td>Elementary Tai-Chi Chuan</td>
<td>1</td>
</tr>
<tr>
<td>KIN 275</td>
<td>Intermediate/Advanced Tai-Chi Chuan</td>
<td>2</td>
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**Human Nature and Global Perspectives**

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<th>Code</th>
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<th>Units</th>
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<tbody>
<tr>
<td>HH 200</td>
<td>Holistic Approach to Academic Success</td>
<td>3</td>
</tr>
<tr>
<td>HH 450</td>
<td>Somatics: Body Awareness, Movement, and Well-being</td>
<td>3</td>
</tr>
<tr>
<td>HH 650</td>
<td>Anthroposophical Health Studies</td>
<td>3</td>
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<tr>
<td>HH 660</td>
<td>Art as Healing</td>
<td>3</td>
</tr>
<tr>
<td>HH 670</td>
<td>Alternative Health Practices</td>
<td>3</td>
</tr>
<tr>
<td>HH 680</td>
<td>Holistic Health Internship Seminar</td>
<td>3</td>
</tr>
<tr>
<td>HH 699</td>
<td>Independent Study</td>
<td>1-3</td>
</tr>
<tr>
<td>PH 290</td>
<td>Promoting Positive Health</td>
<td>3</td>
</tr>
<tr>
<td>PH 655</td>
<td>Environmental Health</td>
<td>3</td>
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**Human Anatomy/Physiology (4 units)**

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

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