

# STUDY OF COMPLEMENTARY AND INTEGRATIVE HEALTH APPROACHES, UNDERGRADUATE CERTIFICATE

Complementary and Integrative Health Approaches (CIH) are important components of the American health care system and support a focus on health and wellness. Students who complete the Certificate in CIH will learn to advocate for patient-centered and healing-oriented care, emphasize the therapeutic relationship, and use therapeutic approaches originating from conventional and alternative medicine. Health and wellness, mind and body, and natural products are key areas of focus within this certificate. Current and future professionals in health, wellness, exercise, and sport, will benefit from competency in understanding and critically evaluating practices considered as complementary and alternative or integrative.

The CIH certificate program provides an educational foundation in the broad use of complementary and integrative practices. Through coursework, learners explore and evaluate the most common forms of CIH, study the history and cultural applications of CIH practices, examine evidence-based and ethical use of CIH, and critically evaluate CIH information and research. Completion of the CIH certificate provides basic scientific knowledge and skills to critically evaluate the current and future use of integrative health, wellness, and fitness practices.

**Note:** Students must declare their intent to pursue this academic certificate. Professional advisors provide information and guidance to help students make informed educational decisions. Students are encouraged to meet with an advisor at least once each semester.

## Requirements

To earn the academic certificate, a minimum GPA of 2.5 is required in the 15 credits.

Course offerings are subject to change.

Code	Title	Credits
<b>Required</b>		
BMS 260	Introduction to Complementary and Integrative Health Approaches <sup>1</sup>	3
KIN 365	Health Aspects of Mind and Body Practices <sup>1</sup>	3
KIN 368	Intervention Strategies in Complementary and Integrative Health Approaches <sup>1</sup>	3
KIN 400	Ethics and Values in the Health and Fitness Professions <sup>1</sup>	3
<b>Electives</b>		
Select 3 credits (see below)		3
<b>Total Credits</b>		<b>15</b>

## Electives

Code	Title	Credits
<b>General Focus</b>		
CHPS 245	Client Diversity in Health Sciences: An Interdisciplinary Perspective <sup>1</sup>	3
COMMUN 381	Health Communication <sup>1</sup>	3
PHILOS 244	Ethical Issues in Health Care: <sup>1</sup>	3
PSYCH 254	Introduction to Neuroscience	3
SOCIOL 331	Sociology of Health Care	3
<b>Health and Wellness Focus</b>		
BMS 232	Introduction to Nutrition <sup>1</sup>	3
NUTR 241	Why We Eat What We Eat: An Ecological Approach	3
KIN 556	Multilevel Approaches to Changing Physical Activity and Eating Behaviors	3
NUTR 235	Introduction to Nutrition for the Health Professions	3
NUTR 245	Life Cycle Nutrition	3
NUTR 355	Modifying Nutrition and Eating Behavior	3
<b>Active Learning (Experience) Focus</b>		
FITWELL 296	Exercise and Fitness Activities: (Energy Vinyasa Yoga)	1
FITWELL 298	Meditation, Relaxation, and Wellness: (Mind Body Awareness)	2
FITWELL 298	Meditation, Relaxation, and Wellness: (Meditation with a Touch of Yoga)	2
FITWELL 298	Meditation, Relaxation, and Wellness: (Running with the Mind of Meditation)	2
FITWELL 298	Meditation, Relaxation, and Wellness: (The Art of Healing: Introduction to Self-Care Practices)	1
FITWELL 298	Meditation, Relaxation, and Wellness: (Wellness: Conscious Living)	2

<sup>1</sup> Online offering available.

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