

# Integrative Health & Healing

Associate in Science Degree 2012-2013

Program Requirements.....	30
General Education/MnTC .....	30
<b>TOTAL CREDITS.....</b>	<b>60</b>

## PROGRAM INFORMATION:

The emerging field of Integrative Health and Healing (IHH) has captured the interest of healthcare providers, practitioners and consumers. This program is designed for students, practitioners and learners seeking to understand the exciting, new field of Integrative Health & Healing who want to pursue an A.S. Degree. Curriculum in this program include core courses such as introduction to holistic healing, the human body, holistic healing systems, energy healing, and elective classes such as Qigong, Healing Touch, and others. The A.S. Degree program will articulate to the First College Individualized B.A. program at Metropolitan State University and the American Academy of Acupuncture and Oriental Medicine. Graduates from this program will want to further their education by transferring this degree to earn a baccalaureate degree and then a master's degree in order to successfully practice in the field of Complementary Alternative Medicine. For additional information visit our Web site at <http://www.AnokaRamsey.edu>.

## PROGRAM GOALS:

By completing this program, students will achieve the following learning goals:

1. Demonstrate proficiency in oral and written communication, interpersonal skills, critical thinking and problem-solving skills;
2. Evaluate the fundamental principles of integrative health and healing, trends in holistic health, and the complexities of this emerging field;
3. Demonstrate an understanding of the interconnectedness of mind, body and spirit of the human system;
4. Describe holistic healing philosophies and healing through social, cultural, environmental and global perspectives of healing;
5. Evaluate the role of healing strategies for self-care as well as strategies in the healthcare system;
6. Describe ethical responsibilities in the practice of holistic healing;
7. Identify current scientific literature to support the emerging field of Integrative Health and Healing; and,
8. Create and participate in a comprehensive internship project in which to apply classroom knowledge to workplace experience.

## DEVELOPMENTAL COURSES:

Some students may need preparatory course(s) in the areas of English or math. Courses numbered below 1000 will not apply toward this degree.

## COMPLETION REQUIREMENTS:

- A minimum grade of C must be earned in all program requirements.
- A minimum of 60 semester credits in courses numbered 1000 or above.
- A cumulative GPA of 2.0 or above is required to complete this degree. Many colleges require a 2.5 GPA or higher for admission. Check the individual transfer guide.
- Each course on this transfer guide must be completed with a 2.0 GPA or higher.
- A minimum of **20 semester credits** applied toward the degree must be taken from ARCC. This requirement may be reduced from **20 to 12 semester credits** for students transferring in at least **8 semester credits** from either another MnSCU college or the University of Minnesota.
- Completion of specific degree requirements. Total of 60 credits.

\* Course has a prerequisite. Prerequisites are listed on the course schedule and in the ARCC Catalog Course Descriptions pages.

NOTE: The requirements of this program are subject to change without notice. You are encouraged to contact an academic advisor, Cambridge Campus 763-433-1840 or Coon Rapids Campus 763-433-1240, for course planning assistance and information about transfer credit evaluation.

## Program Requirements: 30 credits

<input type="checkbox"/>	BIOL 1104	The Human Body.....	4
<input type="checkbox"/>	IHH 1100	Intro to Holistic Healing* .....	2
<input type="checkbox"/>	IHH 1102	Energy Healing .....	3
<input type="checkbox"/>	IHH 1103	Movement and Body Manipulation Therapies .....	3
<input type="checkbox"/>	IHH 2100	Holistic Healing Systems .....	3
<input type="checkbox"/>	IHH 2101*	Mind/Body Connections .....	3
<input type="checkbox"/>	IHH 2102	Food as Medicine/Biologically Based Therapies.....	3
<input type="checkbox"/>	IHH 2103	Spirituality & Healing.....	3
<input type="checkbox"/>	IHH 2297*	Internship .....	3

### Electives

Choose from the following for a minimum of 3 credits: .....

<input type="checkbox"/>	IHH 2104	Health & Wellness Coaching Skills .....	2
<input type="checkbox"/>	IHH 2105	Basics in Business and Ethics in Holistic Healing .....	3
<input type="checkbox"/>	IHH 2106	Introduction to Qigong .....	3
<input type="checkbox"/>	IHH 2107	Healing Touch.....	3
<input type="checkbox"/>	Select any HPER course		

\* Introduction to Holistic Healing is strongly recommended as a first course or concurrently with other courses.

## General Education/MnTC Requirements 30 credits

Complete a minimum of 30 credits from the Minnesota Transfer Curriculum (MnTC), including all courses listed. You must complete at least one course in six of the ten emphasis areas. One course may satisfy more than one emphasis area, but the course credits may be counted only once.

<input type="checkbox"/>	1. Communication		
<input type="checkbox"/>		ENGL 1121* .....	4
<input type="checkbox"/>		CMST 1110 OR CMST 2220 OR CMST 2215 .....	3
<input type="checkbox"/>	2. Critical Thinking		
<input type="checkbox"/>	3. Natural Science		
<input type="checkbox"/>	4. Mathematical/Logical Reasoning		
<input type="checkbox"/>	5. History/Social/Behavioral Sciences		
<input type="checkbox"/>	6. Humanities/Fine Arts		
<input type="checkbox"/>	7. Human Diversity		
<input type="checkbox"/>		PSYC 1110 .....	4
<input type="checkbox"/>	8. Global Perspective		
<input type="checkbox"/>	9. Ethical/Civic Responsibility		
<input type="checkbox"/>	10. People and the Environment		

**Program Sequence:** The sequence that follows is suggested for full-time students. Part-time students will need more time to complete this program; many courses are offered in the evening.

	Fall Semester	Spring Semester
FIRST YEAR	IHH 1100.....	IHH 2100.....
	BIOL 1104.....	IHH 2101.....
	IHH 1102.....	CMST 2220.....
	IHH 1103.....	PSYC 1110.....
	ENGL 1121.....	General Education .....
	<b>TOTAL .....</b>	<b>TOTAL .....</b>
SECOND YEAR	Fall Semester	Spring Semester
	IHH 2297 .....	IHH 2102.....
	Program Electives.....	IHH 2103.....
	General Education .....	General Education .....
<b>TOTAL .....</b>	<b>TOTAL .....</b>	

