AnokaRamsey Community College
CAMBRIDGE • COON RAPIDS

Program Core Requirements	32
General Education/MnTC	30
Wellness	2
Total Credits	64

Integrative Health & Healing

Associate in Science Degree

2008-2009

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 and 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, the B.S. in Integrative Studies at St. Mary's University, and the American Academy of Acupuncture and Oriental Medicine. Some courses in this program will transfer to various baccalaureate programs at the College of St. Catherine. For additional information about our IHH programs, 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.

Program Admission: To apply for the Integrative Health & Healing program, submit the *Application for the Integrative Health & Healing* program to the Registration and Records Office. Applications are available in the Counseling and Advising Office or the Records and Registration Office on either campus. The IHH core courses are only offered at the Coon Rapids Campus.

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

Program Core Requirements	**32 credits**
IHH 1100 Intro to Holistic Healing*	2
BIOL1104 The Human Body	4
IHH 1102 Energy Healing	3
IHH 1103 Movement and Body Manipulation Therapies	3
IHH 2100 Holistic Healing Systems	3
IHH 2101 Mind/Body Connections♦	3
IHH 2102 Food as Medicine/Biologically Based Therapies	3
IHH 2103 Spirituality & Healing	3
IHH 2104 Health & Wellness Coaching Skills	2
IHH 2297 Internship♦	3
Electives (Choose one of the following):	3
IHH 2105 Basics in Business and Ethics in Holistic Healing	
IHH 2106 Introduction to Qigong	
IHH 2107 Healing Touch	

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

♦ Course has a prerequisite.

General Education/MnTC Requirements **30 credits**

Complete a minimum of 30 credits from the Minnesota Transfer Curriculum including all courses listed. You must meet at least six of the ten emphasis areas. You may select courses that meet more than one emphasis area.

1.	Communication	
	ENGL 1121 College Writing and Critical Reading	4
	SPCH 1110 Introduction to Speech Communication **OR**	
	SPCH 2220 Interpersonal Communications **OR**	
	SPCH 2215 Public Speaking	3
2.	Critical Thinking	
3.	Natural Science	
4.	Mathematical/Logical Reasoning	
5.	History/Social/Behavioral Sciences	
6.	Humanities/Fine Arts	
7.	Human Diversity	
	PSYC 1110 General Psychology	4
8.	Global Perspective	
9.	Ethical/Civic Responsibility	
10.	People and the Environment	

Wellness **2 credits**

Select any HPER course(s) totaling at least 2 credits.

Notes: 1) A minimum cumulative grade point average (GPA) of 2.0 in courses numbered 1000 or above at ARCC. 2) A minimum grade of C must be earned in all Program Core Requirements. 3) A minimum of 64 semester credits numbered 1000 or above with a minimum of 20 semester credits taken at ARCC (reduced to 12 if 8 credits are transferred from another MnSCU institution or the U of M) is required for graduation.

Recommended 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.

First Year

Fall Semester		**Spring Semester**	
IHH 1100 Introduction to Holistic Healing	2	IHH 2100 Holistic Healing Systems	3
BIOL 1104 The Human Body	4	IHH 2101 Mind/Body Connections	3
IHH 1102 Energy Healing	3	SPCH 2220 Interpersonal Communications	3
IHH 1103 Movement and Body Manipulation Therapies	3	PSYC 1110 General Psychology	4
ENGL 1121 College Writing & Critical Reading	4	General Education	3
TOTAL	16	TOTAL	16

Second Year

Fall Semester		**Spring Semester**	
IHH 2197 Internship	3	IHH 2102 Food As Medicine/Biologically Based Therapies	3
Elective – 2105, 2106 or 2107	3	IHH 2103 Spirituality & Healing	3
IHH 2104 Health & Wellness Coaching Skills	2	Wellness	2
General Education	8	General Education	8
TOTAL	16	TOTAL	16

You are encouraged to contact a counselor or an advisor, Coon Rapids Campus 763.433.1230, for course planning assistance and information about transfer credit evaluation. **NOTE:** The requirements of this program are subject to change without notice. 06/2008