## 2015-2016 Integrative Health හි Healing

Associate in Science Degree

### **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 and Healing For assistance in program planning, or to explore additional transfer options, students should schedule a time to meet with an academic advisor. This degree may transfer in part or in its entirety to baccalaureate institutions. Courses in this program will transfer to baccalaureate and masters degrees at Metropolitan State University and American Academy of Acupuncture and Oriental Medicine. Students should meet with a representative of the transfer institution when planning their program. 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 <u>http://www.AnokaRamsey.edu</u>.

### **PROGRAM GOALS:**

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

- Demonstrate proficiency in oral and written communication, interpersonal skills, critical thinking and problem-solving skills;
- Evaluate the fundamental principles of integrative health and healing, trends in holistic health, and the complexities of this emerging field;
- Demonstrate an understanding of the interconnectedness of mind, body and spirit of the human system;
- Describe holistic healing philosophies and healing through social, cultural, environmental and global perspectives of healing;
- 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, math or reading. Courses numbered below 1000 will not apply toward this degree.

### **COMPLETION REQUIREMENTS:**

- A minimum of 60 semester credits in courses numbered 1000 or above.
- A minimum cumulative Grade Point Average (GPA) of 2.0 or above at ARCC. Many colleges require a 2.5 GPA or higher for admission.
- A minimum grade of C in all Program requirements
- Satisfy residency requirements. See page 27.
- Completion of specific degree requirements. To receive your diploma, you must apply to graduate.
- · The requirements of this program are subject to change without notice.

### PROGRAM REQUIREMENTS:

#### **30** CREDITS

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□ BIOL 1104	The Human Body	4
	Intro to Holistic Healing*	
□ IHH 1102	Energy Healing	3
□ IHH 1103	Movement & Body Manipulation Therapies	3
□ IHH 2100	Holistic Healing Systems	3
□ IHH 2101•	Mind/Body Connections	3
	Food as Medicine/Biologically Based Therapies	
	Spirituality & Healing	
	Internship	
Electives	L	
Choose from the	follogning for a minimum of 3 credites	

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

□ HČCO	C 100Ŏ	Introduction to HealthCare Careers	3
□ IHH	2104	Health & Wellness Coaching Skills	2
		Basics in Business & Ethics in Holistic Healing	
		Introduction to Qigong	
		Healing Touch	
		PER 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.

### $\Box$ 1. Communication

	□ ENGL 1121•
	CMST 1110 OR CMST 2220 OR CMST 2215 3
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- $\Box$  2. Critical Thinking
- □ 3. Natural Science
- $\Box$  4. Mathematical/Logical Reasoning
- □ 5. History/Social/Behavioral Sciences
- □ 6. Humanities/Fine Arts
- $\Box$  7. Human Diversity
- □ PSYC 1110 ...... □ 8. Global Perspective
- □ 8. Global Perspective □ 9. Ethical/Civic Responsibility
- $\square$  10. People and the Environment

10. Teople and the Environment

**Program Sequence:** \*Courses will only be offered every other year in the order shown. Complete all program courses in the semester in which they are offered..

	Fall Semester	Spring Semester
~	BIOL 1104	IHH Elective
YEA	IHH 1100*2	IHH 2101
	IHH 1102	ENGL 11214
S	IHH 1103	PSYC 11104
FIRST	General Education 4	TOTAL14
-	TOTAL16	
Ř	Fall Semester	Spring Semester
YEAR	CMST 2220	IHH 2102
_	IHH 2100	IHH 2102
ž	General Education	General Education
ECOND	General Education 8 <b>TOTAL14</b>	General Education 7 IHH 2297*

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

**NOTE:** You are encouraged to contact an academic advisor, at 763-433-1230 for course planning assistance and information about transfer credit evaluation and transfer options.

