

**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. The Associate of Science (AS) in Integrative Health and Healing degree program may transfer in part or in its entirety to baccalaureate institutions. 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.

**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, mathematics 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 in courses numbered 1000 or above at ARCC.
- Satisfy residency requirements.
- A minimum grade of C must be earned in all Program and General Education/MnTC Requirements.
- 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.

◆ *Course has prerequisite - see course schedule or catalog description.*

^ *Course requires Instructor permission.*

**Related Program Information**

Many colleges require a 2.5 GPA or higher for admission.

**Program Requirements: 30 credits**

- |                          |            |   |   |
|--------------------------|------------|---|---|
| <input type="checkbox"/> | IHH 1100*  | Introduction to Holistic Healing .....                            | 3 |
| <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 and Healing.....                                     | 3 |
| <input type="checkbox"/> | IHH 2105** | Basics in Business and Ethics for the Holistic Practitioner ..... | 3 |
| <input type="checkbox"/> | IHH 2297^  | Internship .....  | 3 |

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

**Electives: Choose from the following for a minimum of 3 credits:**

- |                          |                             |   |     |
|--------------------------|-----------------------------|---|-----|
| <input type="checkbox"/> | HCCC 1000                   | Introduction to Healthcare Careers.....   | 3   |
| <input type="checkbox"/> | IHH 1110                    | Aromatherapy.....                         | 2   |
| <input type="checkbox"/> | IHH 2104                    | Health and Wellness Coaching Skills ..... | 2   |
| <input type="checkbox"/> | IHH 2106**                  | Introduction to Qigong .....              | 3   |
| <input type="checkbox"/> | IHH 2107**                  | Healing Touch .....                       | 3   |
| <input type="checkbox"/> | Select any HPER course..... |   | 1-3 |

\*\**Please note courses are offered every other year. Please see college catalog appendix for specific semester and year offered.*

**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 goal areas. One course may satisfy more than one goal area, but the course credits may be counted only once.

- |                          |                                       |  |   |
|--------------------------|---------------------------------------|--|---|
| <input type="checkbox"/> | 1. Communication                      |  |   |
|                          |                                       | <input type="checkbox"/> ENGL 1120◆ <b>OR</b> ENGL 1121◆ .....                   | 4 |
|                          |                                       | <input type="checkbox"/> CMST 1110 <b>OR</b> CMST 2215 <b>OR</b> CMST 2220 ..... | 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        |  |   |

# Integrative Health & Healing

## Program Sequence:

The sequence that follows is suggested for full-time students. Part-time students will need more time to complete this program. Most program courses are offered online or in the evening.

	Fall Semester	Spring Semester
<b>1<sup>st</sup> YEAR</b>	IHH 1100.....3	IHH Elective or GenEd ...3-4
	IHH 1102.....3	IHH 2102.....3
	IHH 1103.....3	ENGL 1120/1121 .....4
	GenEd or IHH Elective ... 6-7	PSYC 1110 .....4
	<b>TOTAL ..... 15-16</b>	<b>TOTAL ..... 14-15</b>
<b>2<sup>nd</sup> YEAR</b>	Fall Semester	Spring Semester
	CMST 1110/2215/2220.....3	IHH 2101.....3
	GenEd .....5	IHH 2103.....3
	IHH 2100 .....3	IHH 2297 .....3
	IHH 2105.....3	GenEd .....7
<b>TOTAL ..... 14</b>	<b>TOTAL ..... 16</b>	

◆ *Course has prerequisite - see course schedule or catalog description.*

^ *Course requires Instructor permission.*

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.