Integrative Health & Healing

Associate of Science (AS) Degree

Program Requirements......30 General Education/MnTC......30 Total Credits60

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

- 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;
- 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;
- Identify current scientific literature to support the emerging field of Integrative Health and Healing; and
- Create and participate in a comprehensive internship project in which to apply classroom knowledge to workplace experience.

Developmental Courses

Some students may need preparatory courses 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
- 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 complete your program, please submit the appropriate application found here.
- The requirements of this program are subject to change without

Related Program Information

Many colleges require a 2.5 GPA or higher for admission.

Program Requirements: 30 credits ☐ IHH 1100* ☐ IHH 1102 ☐ IHH 1103 Movement and Body Manipulation Therapies 3 ☐ IHH 2100 ☐ IHH 2101 ☐ IHH 2102/MASG 2102 Food as Medicine/Biologically Based Therapies..... 3 ☐ IHH 2103 Spirituality and Healing.......3 ☐ IHH 2105/MASG 2105** Basics in Business and Ethics for the Holistic Practitioner 3 ☐ IHH 2297^ *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:

☐ HCCC 1000	Introduction to Healthcare Careers	3		
☐ IHH 1110	Aromatherapy			
☐ IHH 2104	Health and Wellness Coaching Skills			
☐ IHH 2106**	Introduction to Qigong			
☐ IHH 2107**	Healing Touch			
☐ Select any HPER course1-3				
**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

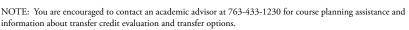
Complete a minimum of 30 credits from the Minnesota Transfer Curriculum (MnTC), including all courses listed. You must complete at least one course in six of the ten goal areas. One course may satisfy more than one goal area, but the course credits may be counted only once.

☐ 1. Communication

	□ ENGL 1120 ♦ OR ENGL 1121 ♦
	☐ CMST 1110 OR CMST 2215 OR CMST 2220
2.	Critical Thinking
3.	Natural Science
4.	Mathematical/Logical Reasoning
5.	History/Social/Behavioral Sciences
6.	Humanities/Fine Arts
7.	Human Diversity
	□ PSYC 11104
8.	Global Perspective
9.	Ethical/Civic Responsibility
10.	People and the Environment

♦ Course has prerequisite - see course schedule or catalog description.

^ Course requires Instructor permission.





(continued)

2023-2024

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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.

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	Fall Semester	Spring Semester			
1st YEAR	IHH 1100	IHH Elective or GenEd 3-4 IHH 2102/MASG 21023 ENGL 1120/11214 PSYC 11104 TOTAL14-15			
	Fall Semester	Spring Semester			
2nd YEAR	CMST 1110/2215/22203 GenEd	IHH 2101 3 IHH 2103 3 IHH 2297 3 GenEd 7 TOTAL 16			

[♦] Course has prerequisite - see course schedule or catalog description.
^ Course requires Instructor permission.

