

Name: _____



Advisor: _____

Major: _____

Wells College

Graduation Year: _____

Holistic Health Studies Minor

The minor in Holistic Health Studies prepares students for careers in both mainstream and alternative health professions within the context of a liberal arts education. Through intensive hands-on practice, theoretical analysis and research, reflective writing, and internship(s), students focus on sustainable, life-long health, developing self-awareness and engagement with community while learning marketable skills. Students completing the Holistic Health Studies minor will build a foundation for further study, working toward such careers as: physical therapist, personal trainer, massage therapist, dance/yoga instructor, athletic coach, nutritionist, or wellness coach.

Requirements:

All of the following (9-11 credits)

- | | |
|--------------------------------------|---|
| <input type="checkbox"/> BIOL 214L | Anatomy & Physiology I (4 sem. hrs.) |
| <input type="checkbox"/> HS 100 | Introduction to Health professions (3 sem. hrs.) |
| <input type="checkbox"/> HHS 290/390 | Internship in Holistic Health Studies (2-4 sem. hrs.) |

Any two of the following (1 credit)

- | | |
|---------------------------------|---|
| <input type="checkbox"/> PE 123 | Yoga (.5 credit) |
| <input type="checkbox"/> PE 124 | Toning (.5 credits) |
| <input type="checkbox"/> PE 125 | Exercise & Weight Training (.5 credits) |
| <input type="checkbox"/> PE 223 | Intensive Yoga (.5 credits) |
| <input type="checkbox"/> PE 129 | Horseback Riding (.5 credits) |
| <input type="checkbox"/> PE 185 | Beginning Karate (.5 credits) |
| <input type="checkbox"/> PE 105 | Meditation for Stress Reduction & Relaxation (.5 credits) |

Any two of the following (6 credits)

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|----------------------------------|--------------------------------------|
| <input type="checkbox"/> PSY 206 | Health Psychology (3 credits) |
| <input type="checkbox"/> PSY 242 | Drugs and Behavior (3 credits) |
| <input type="checkbox"/> PSY 250 | Human Sexuality (3 credits) |
| <input type="checkbox"/> PSY 275 | Positive Psychology (3 credits) |
| <input type="checkbox"/> PSY 330 | Indigenous Psychologies (3 credits) |
| <input type="checkbox"/> PSY 338 | Psychotherapy (3 sem. hrs.) |