

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 (8-11 sem. hrs.)

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|--------------------------------------|---|
| <input type="checkbox"/> HHS 100 | Survey of Holistic Health Studies (3 sem. hrs.) |
| <input type="checkbox"/> BIOL 114L | Anatomy & Physiology I (4 sem. hrs.) |
| <input type="checkbox"/> HHS 290/390 | Internship in Holistic Health Studies (2-4 sem. hrs.) |

One of the following (.5-3 credits):

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|---------------------------------|--|
| <input type="checkbox"/> HS 100 | Introduction to Health Sciences (3 sem. hrs.) |
| <input type="checkbox"/> PE 190 | Nutrition and Women's Health (1 sem. hr.) |
| <input type="checkbox"/> PE 105 | Meditation for Stress Reduction (.5 sem. hrs.) |

One of the following (3 credits)

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|----------------------------------|--|
| <input type="checkbox"/> PSY 206 | Health Psychology (3 sem. hrs.) |
| <input type="checkbox"/> PSY 275 | Positive Psychology (3 sem. hrs.) |
| <input type="checkbox"/> PSY 338 | Psychotherapy (3 sem. hrs.) |
| <input type="checkbox"/> PSY 342 | Biological Bases of Behavior (3 sem. hrs.) |

Any combination of the following for 4-5 credits:

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|-----------------------------------|---|
| <input type="checkbox"/> PE 123 | Yoga (.5 sem. hrs.) |
| <input type="checkbox"/> PE 223 | Intensive Yoga (.5 sem. hrs.) |
| <input type="checkbox"/> DANC 106 | Get Moving (3 sem. hrs.) |
| <input type="checkbox"/> DANC 205 | Modern Dance Technique I (2 sem. hrs.) |
| <input type="checkbox"/> DANC 206 | Ballet Technique I (2 sem. hrs.) |
| <input type="checkbox"/> DANC 209 | Jazz Dance Technique (1 sem. hr.) |
| <input type="checkbox"/> DANC 305 | Modern Dance Technique II (2 sem. hrs.) |
| <input type="checkbox"/> DANC 306 | Ballet Technique II (2 sem. hrs.) |

One of the following (2-4 credits):

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|-----------------------------------|---|
| <input type="checkbox"/> DANC 325 | Dance Composition and Laban Movement Analysis (3 sem. hrs.) |
| <input type="checkbox"/> PHIL 331 | Mind (3 sem. hrs.) |
| <input type="checkbox"/> PSY 330 | Indigenous Psychologies (3 sem. hrs.) |
| <input type="checkbox"/> THDA 385 | Topics in Theatre or Dance (2-4 sem. hrs.) |
| <input type="checkbox"/> WGS 245 | Body Politics (3 sem. hrs.) |