

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 sem. hrs.)

- | | | |
|--------------------------|-------------|---|
| <input type="checkbox"/> | HHS 100 | Survey of Holistic Health Studies (3 sem. hrs.) |
| <input type="checkbox"/> | BIOL 214L | 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):

- | | | |
|--------------------------|--------|--|
| <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)

- | | | |
|--------------------------|---------|--|
| <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:

- | | | |
|--------------------------|----------|---|
| <input type="checkbox"/> | PE 123 | Yoga (.5 sem. hrs.) |
| <input type="checkbox"/> | PE 223 | Intensive Yoga (.5 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 305 | Modern Dance Technique II (2 sem. hrs.) |
| <input type="checkbox"/> | DANC 306 | Ballet Technique II (2 sem. hrs.) |

One of the following (3 credits):

- | | | |
|--------------------------|----------|---|
| <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"/> | WGS 245 | Body Politics (3 sem. hrs.) |