

**The Ohio State University
College of Medicine
Integrative Approaches to Health and Wellness Minor (INTHLTH-MN)**

School of Health and Rehabilitation Sciences

206 Atwell Hall, 453 W. 10th Ave.
Columbus, OH 43210
614-292-1706 hrsstudentservices@osumc.edu

The Integrative Approaches to Health and Wellness Minor is designed to study the nature, meaning, and possibilities of integrating Complementary and Alternative Medicine (CAM) into Western approaches to health care. An undergraduate who obtains a minor in Integrative Approaches to Health and Wellness will have an increased ability to navigate the health care, wellness, or corporate arenas, which are increasingly considering preventative, proactive approaches to health. These undergraduates will have delved into various paradigms of healing and the Western biomedical model, gaining a breadth of exposure to various approaches to health.

NOTE: Students with majors in the School of Health and Rehabilitation Sciences should meet with their academic advisor to plan their minor course work at least 4 semesters (2 years) prior to their planned graduation.

The Integrative Health and Wellness Minor consists of 12 credit hours of course work:

Required Core (6 credit hours)

HRS 2530: The Evolving Art and Science of Medicine (U3) (a GE under Culture and Ideas) and
HRS 4570: The Role of Integrative Medicine in Society (U3)

Elective Courses: Select two additional courses from two of the five research domains outlined by the National Institute of Health, with at least one elective at the 3000 level or above.
The five research domains outlined by the NIH for CAM are as follows:

Alternative Health Systems

ANTHROP 3302 Intro to Medical Anthropology (3)
ANTHROP 5602 Women's Health in Global Perspective (3)
COMPSTD 3645 Cultures of Medicine (3)
DANCE 5175 Yoga (2)
ENGL 3361 Narrative & Medicine (3)
PHILOS 2120 Asian Philosophies (3)
PHILOS 3650 Philosophy of Science (3)
SOCIOLOG 2290 Sociology of Death and Dying (3)

Mind Body Interventions

ANTHROP 5602 Women's Health in Global Perspective (3)
DANCE 5175 Yoga (2)
ESPHE 2241 Integrative Learning: How the Brain Learns (3)
ESPHE 3200H Mindful Resilience: Individuals to Organizations (3)
ESPHE 4245 Education & Spirituality: Holistic Perspectives (3)
NURSING 2460 Intro to Therapeutic Communication for Health Professionals (3)
PSYCH 2301 Psychology of Extraordinary Beliefs (3)
PSYCH 3310 Sensation and Perception (3)
PSYCH 3313 Intro to Behavioral Neuroscience (3)
PSYCH 4531 Health Psychology (U3)
SOCIOLOG 5450 Sociology of Global Health & Illness (3)

Biologically Based Therapies

EEOB 4240 Plants and People (3)
HRS 4530 Nutrition for Fitness (3)
PHR 3400 Therapeutic Frontiers (2)

Movement and Body-Based Methods

ANATOMY 3300 Advanced Human Anatomy (5)
DANCE 2178 Floor Work (1-3)
DANCE 5175 Yoga (2)
DANCE 5191 Eurhythmics (1-3)

Energy Therapies

COMM 3620 Introduction to Interpersonal Communication (3)
DANCE 5175 Yoga (2)
ESPHE 4245 Education & Spirituality: Holistic Perspectives (3)
NURSING 2367 Writing About Healthcare Issues in the United States (3)
NURSING 2460 Intro to Therapeutic Communication for Health Prof (3)
PSYCH 2303 Positive Psychology (3)
PSYCH 2462 Psychology of Creativity (3)

**Integrative Approaches to Health and Wellness
Minor program guidelines:**

Credit hours required: A minimum of 12 credit hrs. 1000 level courses shall not be counted on the minor. At least 6 credit hrs must be at the 3000 level or above.

Transfer and EM credit hours allowed: A student is permitted to count up to 6 total hours of transfer credit and/or credit by examination.

Overlap with the GE: A student is permitted to overlap up to 6 credit hours between the GE and the minor.

Overlap with the major and additional minors:

- The minor must be in a different subject than the major;
- The minor must contain a minimum of 12 hrs distinct from the major and/or additional minors.

Grades required:

- Minimum C- for a course to be listed on the minor;
- Minimum 2.00 cumulative GPA for all minor course work
- Course work graded Pass/Non-Pass cannot count on the minor.
- No more than 3 credit hrs of course work graded satisfactory/unsatisfactory may count toward the minor.

X193 credits: No more than 3 credit hrs.

Minor approval: The minor course work can be approved by any academic advisor if following the minor sheet. Any variations from the minor sheet must be approved by an HRS academic advisor.

Filing the minor program form: The minor program form must be filed at least by the time the graduation application is submitted to a college/school advisor.

Changing the minor: Once the minor is filed in the college office, any changes must be approved by an HRS academic advisor.

College of Arts and Sciences Curriculum and Assessment Services
306 Dulles Hall, 230 Annie & John Glenn Ave.
<http://artsandsciences.osu.edu>

Updated 9/8/14, 1/6/15, 2/26/15 DH
6/23/15 SP/BV
7/14/15 CD/BV
Revised CAA 9/7/16
Updated 10/28/16 DH
Updated 5/18/18 CL
Updated 1-22-19, 5-22-19 DH
Updated 4-21-21 MNN/DH
Updated 06-26-2023 RLS