The study of aging is an interdisciplinary field focusing on the health and well-being of older adults and their families. According to the US Administration on Aging, the older population—persons 65 years or older—numbered 39.6 million in 2009. They represented 12.9% of the U.S. population, about one in every eight Americans. By 2030, there will be about 72.1 million older persons. The population 65+ is expected to grow to be 19% of the population by 2030. In Ohio, 1.5 million people are age 65 and over, and Ohio has the 7th largest older population in the nation.

This minor prepares undergraduate students to pursue graduate opportunities in fields with an aging focus, such as medicine, allied medical professions, nursing, pharmacy, psychology, social work, consumer sciences, speech and hearing, anthropology, and sociology. The minor also positions students well to enter the workforce in jobs engaged with the elderly. It is expected that there will be an increasing need for individuals with this more specialized knowledge base in the workforce.

The minor in aging requires a minimum of 14 credit hours in core aging courses and in related courses drawn from several departments. All students must take AM 4600, Health After Mid-Life, and at least two courses chosen from the core courses and 2-3 from the additional courses listed below, for a total of at least 14 credit hours.

Once the aging minor program coordinator (or the coordinator’s designee) has approved the Minor Program Form, you should file the form with your college or school counselor. For further information about the minor program, contact the Health Sciences Program.

*Some courses in this minor may have pre-requisites. Please consult the course bulletin before enrolling in courses.*

**Required course**
AM 4600 Health After Mid-Life (2 credits)

**Core Courses (Students are to take 2 out of the 3 courses)**
HDFS 5430 Adult Development and Aging (3 credits)
Anthropology 5645 Biology of Senescence (4 credits)
Psychology 3552 Psychology of Adult Years (3 credits)

**Additional courses**
AM 5610 Death, Loss, and Grief in Multiple Perspectives (2)
AM 7500 Global Aging (2)

AM 7620 Aging, Accessibility, and Design (3)
Psych 2340 Introduction to lifespan developmental psychology (3)
Psych 4597.01 Psychology of aging and health (3)
Social Work 5009 Family Caregiving: Contemporary Issues, Programs, and Policies (3)
Social Work 5010 Women and Aging: International Perspective (2)
Social Work 5011 Loss and Grief: A social work practice perspective (2)
Speech 3550 Speech-language communication across the life span: issues and problems in our communities (3)

**Aging Minor program guidelines**

**Required for graduation:** No

**Credit hours required** A minimum of 14 credit hrs. 1000 level courses shall not be counted toward the 14 credit hr minimum.

**Transfer credit hours allowed** A maximum of 6

**Overlap with the GE** Permitted, unless specifically disallowed by an individual minor program.

**Overlap with the major** Not allowed and
- The minor must be in a different subject than the major.
- The same courses cannot count on the minor and on the major.

**Overlap between minors** Each minor completed must contain 20 unique hours.

**Grades required**
- Minimum C- for a course to be listed on the minor.
- Minimum 2.00 cumulative point-hour ratio required for the minor.

**Minor Approval** The minor program description sheet indicates if the minor course work must be approved by the academic unit offering the minor.

**Filing the minor program form** The minor program form must be filed by the end of the junior year.

**Changing the minor** Once the minor program is filed in the college office, any changes must be approved by the academic unit offering the minor.

College of Arts and Sciences
Curriculum and Assessment Services
154 Denney Hall, 164 W. 17th Ave.
http://artsandsciences.osu.edu

Received 5/17/12 DH
The Integrative Approaches to Health and Wellness Minor consists of 15 credit hours of course work:

**Required Core (6 credit hours)**

HRS MED 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 a minimum of 3 additional courses from at least 2 of the various 5 research domains outlined by the National Institute of Health.

The five research domains outlined by the NIH for CAM are as follows:

**Alternative Health Systems**

ANTHROP 5600 Global Perspectives on Women’s Health UG3
ANTHROP 3302 Intro to Medical Anthropology U3
COMPSTD 2370 Introduction to Comparative Religion U3
COMPSTD 3645 Medicine and the Humanities U3
COM STD 4877 Myth and Ritual U3
DANCE 2175 Yoga Theory & Practice UG3
PHILOS 2120 Asian Philosophies U3
PHILOS 3650 Philosophy of Science U3
SOCIOL 2290 Sociology of Death and Dying U3

**Mind Body Interventions**

ANTHROP 5600 Biosocial Aspects of Health UG3
ED P & L 2241 Body-Mind Goes to School U3
ED P & L 4245 Holistic Perspectives U3
NURSING 2460 Therapeutic Communication U1
PSYCH 2301 Extraordinary Beliefs U3
PSYCH 2310 Basic Psychology: Perception U3
PSYCH 2313 Intro to Psychobiology U3
PSYCH 3531 Health Psychology U3
PSYCH 5650 Psychobiology of Stress UG3
SOCIOL 5450 Illness and Social Behavior UG3
DANCE 2175 Yoga Theory & Practice UG3
DANCE 2177 or Music 5177 Alexander Technique UG2

**Biologically Based Therapies**

HRS 4530 Nutrition for Fitness U3
EFOB 4240 Plants and People U3
PSYCH 2305 Drugs and Behavior U3

**Movement and Body-Based Methods**

ANATOMY 3300 Human Anatomy U3
DANCE 2175 Yoga Theory & Practice U3
DANCE 2171 Pilates U2

**Energy Therapies**

NURSING 2460 Intro to Therapeutic Communic. for Health Prof U1
NURSING 2367 Healthcare Issues in the United States U3
ED P&L 4245 Holistic Perspectives U3
DANCE 2175 Yoga Theory & Practice U3
PSYCH 2462 Psychology of Creativity U3
PSYCH 2303 Positive Psychology U3
COMM 2620 Introduction to Interpersonal Communication U3
DANCE 2177 or Music 5177 Alexander Technique UG 2

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

Required for graduation No
Credit hours required A minimum of 15 credit hrs.
Transfer credit hours allowed A maximum of 6
Overlap with the GEC Permitted.
Overlap with the major Not allowed and
• The minor must be in a different subject than the major.
• The same courses cannot count on the minor and on the major.
Overlap between minors Each minor completed must contain 12 unique hours.

Grades required.
• Minimum C- for a course to be listed on the minor.
• Minimum 2.00 cumulative point-hour ratio required for the minor.
• Course work graded Pass/Non-Pass cannot count on the minor.

Minor Approval The minor program must be approved by either:
• The academic unit offering the minor, or
• Your college/school counselor.

Filing the minor program form Filing a minor form is not required as long as all coursework is completed by the time the graduation application is submitted to your college/school counselor.

Changing the minor Any changes must be approved by the School of Health and Rehabilitation Sciences

College of Arts and Sciences
Curriculum and Assessment Services
154 Denney Hall, 164 W. 17th Ave.
http://artsandsciences.osu.edu
Undergraduate Integrative Approaches to Health and Wellness Minor Program Form

(This form is for your records only- it does not need to be filed)

Student Name:____________________________________________________

Major:____________________________________________________________

Undergraduate Minor Program of Study

<table>
<thead>
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<th>Department</th>
<th>Course #</th>
<th>Course Title</th>
<th>Credits</th>
<th>Grade (if completed)</th>
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<td>The Evolving Art and Science Of Medicine</td>
<td>3</td>
<td></td>
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</tr>
<tr>
<td>Allied Med</td>
<td>4570</td>
<td>The Role of Integrative Medicine in Society</td>
<td>3</td>
<td></td>
<td></td>
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