School of Health and Rehabilitation Sciences  
Atwell Hall, 453 W. 10th Ave. Columbus, Ohio 43210  
(614) 292-1706 http://hrs.osu.edu  
Faculty contact: Maryanna Klatt, PhD, Maryanna.klatt@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 traditional western approaches to health care. An undergraduate who obtains the minor in Integrative Approaches to Health and Wellness will have an increased ability to navigate in 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, as well as the western biomedical model, gaining a breadth of exposure to various approaches to health.

The Integrative 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 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
- EEOB 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>
<tr>
<th>Department</th>
<th>Course #</th>
<th>Course Title</th>
<th>Credits</th>
<th>Grade (if completed)</th>
<th>Sem/ YR</th>
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<tbody>
<tr>
<td>Allied Med</td>
<td>2530</td>
<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>
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