

HOLISTIC HEALTH & WELLNESS, CERTIFICATE OF COMPLETION

Certificate Description

The Holistic Health and Wellness certificate program is designed to provide students an overall understanding of the foundations and philosophies associated with various professions that utilize a vitalistic philosophical perspective. This area of study has become progressively more popular in the marketplace of healthcare. Students transferring to four year institutions may pursue this certificate as a foundation for their future studies. It is also a stand-alone certificate for people personally interested in this type of healthcare philosophy.

Certificate Requirements

Code	Title	Credit Hours
BIOL 119	Science and the Human Body	4
	Holistic Certificate Elective (p. 1)	3
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Total Credit Hours		16

Holistic Certificate Electives

Code	Title	Credit Hours
HHAW 100	Global History of Healthcare	3
HHAW 101	Alternative Therapies in Health & Wellness	3
HHAW 102	Environmental Harmony: A Holistic Perspective	3
HHAW 120	Philosophies & Paradigms of Healthcare	3
HHAW 121	Psychology and Physiology of Stress	3
HHAW 200	Food & Healing: A Holistic Approach to Nutrition	3
HHAW 201	Plants & Healing: Herbology & Organic Gardening	3
HHAW 220	Oriental Theories in Health & Medicine	3
HHAW 221	Principles of Energy Movement	3
HHAW 222	Holistic Design	3