

# HOLISTIC HEALTH STUDIES EMPHASIS: GENERAL STUDIES PATTERN I, ASSOCIATE IN ARTS

The courses that fulfill the Holistic Health Studies area of emphasis will examine the study of the principles underlying the mind, body, spirit connection, and their relevance for guiding human beings through the major foundational experiences of life. This emphasis is visionary in nature, reflecting changes already occurring in society in general and in the local community specifically. The program curriculum is as follows:

Course ID	Title	Units/ Hours
<b>Required Core Courses</b>		
HED V71	Survey of Alternative and Integrative Medicine	3
HED V73	Introduction to Holistic Health and Healing	3
<b>Required Additional Courses</b>		
Select one course from each of the following areas:		14
Spiritual Courses:		
HED V70	Spiritual Health	
or PHIL V09	Zen Buddhism	
Culture, Philosophy and Religion Courses:		
ANTH V07	The Anthropology of Magic, Witchcraft, and Religion	
PHIL V03A	Survey of World Religions: East	
PHIL V03B	Survey of World Religions: West	
SOC V02	Social Problems	
Health and Human Development Courses:		
HED V01	Health and Wellness	
HED V02	Health and Wellness: Designed for Women	
HED V03	Fundamentals of Nutrition and Fitness	
HED V30		
HED V76	Managing Stress	
PSY V02	Personal Growth and Social Awareness	
Mind, Body and Spirit Courses:		
KIN V50A	Aikido I	
KIN V50B	Aikido II	
KIN V70A	Yoga I	
KIN V70B	Yoga II	
KIN V72	Stress Reduction Activities	
KIN V74A	Core Balance and Fitness	
KIN V74B	Advanced Core Balance and Fitness	
KIN V76A	Tai Chi I	
KIN V76B	Tai Chi II	
Aerobic and Resistance Training Courses:		
KIN V10	Aerobic and Strength Training	
KIN V12	Bicycle Conditioning: Spinning	
KIN V14	Step Aerobics	
KIN V16	Aerobic Kickboxing	

KIN V18	Cardiovascular Fitness: Machine Training
KIN V19	Indoor Cross Fitness Training
KIN V20	Walking to Restore Fitness
KIN V21	Fitness Walking/Jogging
KIN V22	Running for Fitness
KIN V23	Advanced Running/Interval Training
KIN V26	Weight Training and Conditioning: Free Weights
KIN V28	Conditioning: Designed for Women
KIN V34	
Science and the Environment Courses:	
BIOL V01	Principles of Biology
BIOL V10	Introduction to Environmental Issues
BIOL V12	Human Biology
ESRM V01	Introduction to Environmental Issues
GEOG V01	Elements of Physical Geography
GEOG V02	Introduction to Human Geography
GEOG V06	Geography of California