

HOLISTIC HEALTH, CERTIFICATE OF ACHIEVEMENT

The Holistic Health Certificate of Achievement presents holistic health principles and the application of these principles in daily life to help develop human potential as part of the lifelong learning process. Students will explore principles of major philosophies and spiritual traditions, as well as investigate various holistic and alternative healing modalities. Topics will include: lifestyle choices, disease prevention, meditation, stress reduction, healing through touch, finding meaning and purpose in life, human values, mindfulness, death and grieving, forgiveness, healing principles from traditional Chinese medicine (TCM) and ayurvedic medicine, herbs, aromatherapy, supplements, and mind/body movement modalities.

Course ID	Title	Units/ Hours
Required Core Courses (9 units)		
HED V70	Spiritual Health	3
HED V71	Survey of Alternative and Integrative Medicine	3
HED V73	Introduction to Holistic Health and Healing	3
Required Additional Courses (10 units)		
Culture, Philosophy, and Religion: Select two (2) of the following courses		
ANTH V07	The Anthropology of Magic, Witchcraft, and Religion	3
PHIL V03A		3
PHIL V03B		3
PHIL V09	Zen Buddhism	3
Health and Human Development: Select one (1) of the following courses		
HED V03	Fundamentals of Nutrition and Fitness	3
HED V76	Managing Stress	3
HED V87	Nutrition	3
PSY V02	Personal Growth and Social Awareness	3
Mind-Body Activity: Select one (1) of the following courses		
KIN V50A	Aikido I	1
KIN V50B	Aikido II	1
KIN V70A	Yoga I	1
KIN V70B	Yoga II	1
KIN V74A	Core Balance and Fitness	1
KIN V74B	Advanced Core Balance and Fitness	1
KIN V76A	Tai Chi I	1
KIN V76B	Tai Chi II	1
Total Required Major Units		19

Year 1		
Fall Semester		Units/Hours
HED V71	Survey of Alternative and Integrative Medicine	3
HED V73	Introduction to Holistic Health and Healing	3

Course selected from Culture, Philosophy, and Religion		3
Units/Hours		9
Spring Semester		
HED V70	Spiritual Health	3
Course selected from Culture, Philosophy, and Religion		3
Course selected from Health and Human Development		3
Course selected from Mind-Body Activity		1
Units/Hours		10
Total Units/Hours		19

Upon successful completion of this program, students will be able to:

- Identify the multi-dimensional aspects of holistic health.
- Analyze the interconnectedness of the mind, body, and spirit.
- Explore transfer and career opportunities in holistic health/alternative medicine professions.