

# HOLISTIC STUDIES: HOLISTIC HEALTH, PROFICIENCY AWARD

Course ID	Title	Units/ Hours
<b>Required Courses</b>		
HED V70	Spiritual Health	3
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 of the following:		1
KIN V70A	Yoga I	
KIN V70B	Yoga II	
KIN V72	Stress Reduction Activities	
KIN V73		
KIN V76A	Tai Chi I	
KIN V76B	Tai Chi II	
Select one of the following:		3
HED V76	Managing Stress	
HED V82		
HED V87	Nutrition	
HED V93		
HED V95		
<b>Total Units</b>		<b>13</b>

**Service Requirement:** A total of 16 hours of volunteer time is required. The hours can be accrued through any service learning class activity and/or through campus or community volunteering. A signature verifying completed volunteer hours is required. For more information, contact Raeann Koerner at [rkoerner@vcccd.edu](mailto:rkoerner@vcccd.edu).

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

- Identify the primary factors influencing the multi-dimensional aspects of health and wellness.
- Analyze the interconnectedness of the mind, body and spirit.
- Explore transfer and career opportunities in health related professions.