

# HOLISTIC STUDIES

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The Holistic Studies emphasis assists students in developing a knowledge base of holistic principles through an interdisciplinary examination of the ways in which humanity reflects upon the essential nature of the human spirit. Students may explore the principles and beliefs of major religious and spiritual traditions that assist in the comprehension of foundational human experiences. Death, dying and grieving, ethical and moral dilemmas, finding happiness and meaning in life, and other such root experiences may be explored from varying cultural and historical perspectives. Students may also examine the effects of the healing arts, lifestyle choices, stress reduction, and alternative and integrative medicines on graceful aging, disease prevention as well as on the creation and maintenance of optimum health and wellness.

- Holistic Health Studies Emphasis: General Studies Pattern I, Associate in Arts (<http://catalog.vcccd.edu/ventura/programs-courses/holistic-studies/holistic-health-studies-emphasis-general-studies-pattern-i-aa/>)
- Holistic Health, Certificate of Achievement (<http://catalog.vcccd.edu/ventura/programs-courses/holistic-studies/holistic-health-coa/>)
- Holistic Studies: Holistic Health, Proficiency Award (<http://catalog.vcccd.edu/ventura/programs-courses/holistic-studies/holistic-studies-health-pa/>)