PREREQUISITES, REQUIREMENTS AND GUIDELINES

Students interested in alternative health care, promoting wellness, and the history of medicine and attitudes towards health would find this concentration attractive.

Prerequisite:
CSPH 1001, Principles of Holistic Health and Healing, 2 cr.

Required courses:
CSPH 3201, Introducing Mindfulness-Based Stress Reduction, 2 cr.
CSPH 3001, Introduction to Integrative Healing Practices, 3 cr.
CSPH 5111, Ways of Thinking about Health, 2 cr.

Students can propose electives courses to complete the concentration in related areas that fit their own interests and goals. Here are some areas to consider:

- CSPH
- Geography
- Gender, Women and Sexuality Studies
- Psychology
- History of Medicine
- Nutrition
- Anthropology
- Global Studies
- Philosophy