

Requirements

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| HLTH 2010* GC-1 | Intro to Integrative Health | 3 |
| HLTH 3010 WIL-2 | Science and Evidence of Integrative Health | 3 |
| HLTH/SEP 2070- SU | Human Health and the Environment (offered in Spring) | 3 |
| OR HLTH /SEP 3990 (retroactively claim) GC-1 | OR Pathways to Planetary Human Health (offered in Fall odd years) | 3 |
| OR HLTH/ SEP 3990 Climate Change & Health | OR Climate & Human Health (offered every other Fall- even yrs) | 3 |
| Six credits from at least two areas in the following list (with a maximum of 3 one-credit courses in a single area): | | |
| Mindfulness / Mind & Body | | |
| HLTH 2370 | Mindful Eating | 3 |
| PRNU 1099 | Compassionate Care for Nurses | 3 |
| Behavior Change | | |
| HLTH 1980* | Restore, Rejuvenate, Energize | 1 |
| COMU 1010 | Healthy Brains, Healthy Bodies | 3 |
| COMU 2250 | The Science of Happiness | 3 |
| HSCI 2300 | Health Promotion | 3 |
| HLTH 3859 | Integrative Health & Wellness Coaching | 4 |
| Travel/ Global Health | | |
| HLTH 2770 SU | Iceland: Exploring Therapeutic Effects of Icelandic Thermal Springs | 3 |
| HLTH 3100 | Mexico: Health and Culture Oaxaca | 3 |
| HLTH 1990 | Special Topics: Norway: Wintertime Mindset | 3 |
| ANTH 2170 D2 | D2: Culture, Health and Healing | 3 |
| HLTH 2760 D2: SU | D2: SU: Greece: Health, culture, sustain in the Mediterranean | 3 |
| PSYS 3990 D | Eastrn Traditions and Psychological Science | 3 |

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| Inclusion/Diversity | | |
| HSCI 1200: D1 | Anti-Racism and Health | 3 |
| HSCI 2600: D1 | Racism & Health Disparities | 3 |
| Yoga / Movement | | |
| PEAC 1100 | Yoga and the Chakras | 1 |
| PEAC 1008 | Introduction to Yoga | 1 |
| PEAC 1009 | Restorative Yoga | 1 |
| Integrative Nutrition and Herbalism | | |
| HLTH /PSS 2990 | Special Topics: Plant-Based Healing Medicine | 3 |
| Independent Study Options | | |
| HLTH 3993 | Integrative Health Independent Study | 1-3 |
| HLTH 3994 | Integrative Health Teaching Assistantship | 1-3 |

*HLTH 2010 is an on line class and has a recommended interactive lab, HLTH 1980, a face to face class.

View the UVM Course Directory for descriptions and availability. This minor is available to students in all majors.