

Requirements

HLTH 101*	Intro to Integrative Health	3
HLTH 102	Science and Evidence in CAM	3
HLTH/ENVS 107	SU: Human Health and the Environment (offered in Spring)	3
HLTH 195/ ENVS 195	OR Planetary Human Health (offered in Summer)	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 137	Mindful Eating	3
HLTH 095	Special Topics: Wake up! The Art and Science of Mindfulness	3
HLTH 295	Critical Neuroscience: Mind Body Connection	3
Behavior Change		
HLTH 098*	Restore, Rejuvenate, Energize	1
COMU 001	Healthy Brains, Healthy Bodies	3
COMU 125	The Science of Happiness	3
COMU 122	Family Wellness Coaching	3
Travel/ Global Health		
RMS 191	Iceland: Exploring Therapeutic Effects of Icelandic Thermal Springs	3
HLTH 210	Mexico: Health and Culture Oaxaca	3
SOC 155 / ANTH 174	D2: Culture, Health and Healing	3
Health and the Environment		
NURS 200	SU: Health and Sustainability <i>*nursing majors only</i>	3
ENVS 295	SU: Climate Change and Human Health: Assessing Vulnerability and Adaptation Strategies	3
Inclusion/Diversity		
HSCI 056	D1: Anti-Racism and Health	3
HLTH 155	D1: Racism & Health Disparities	3
Yoga / Movement		
PEAC 052	Yoga and Mindfulness	1
PEAC 115	Yoga and the Chakras	1
PEAC 012	Introduction to Yoga	1
PEAC 044	Restorative Yoga	1
Integrative Nutrition and Herbalism		

ENVS 195	Plant-Based Healing Medicine	3
NFS 095	Cooking for Health	1
NFS 114 / FS 103	Human Health in the Food System	3
NFS 244	Nutrition and Health Promotion	3
Independent Study Options		
HLTH 297	Integrative Health Independent Study	1-3
HLTH 291	Integrative Health Teaching Assistantship	1-3

*HLTH 101 is an on line class and has a recommended interactive lab, HLTH 098, a face to face class.

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