

Requirements

HLTH (101) 2010*	Intro to Integrative Health	3
HLTH (102) 3020	Science and Evidence of Integrative Health	3
HLTH/ENVS (107) 2070	SU: Human Health and the Environment (offered in Spring)	3
NR 195	OR Planetary Human Health (offered every other Fall- even yrs)	3
NR 3990	OR Climate & Human Health (offered every other Fall- odd yrs)	4
NURS (200) 3000* (*Nursing majors only)	SU: Health and Sustainability	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) 2370	Mindful Eating	3
HLTH (095) 1990	Special Topics: Mindfulness: Practice and Neuroplasticity	3
Behavior Change		
HLTH (098) 1980*	Restore, Rejuvenate, Energize	1
COMU (001) 1010	Healthy Brains, Healthy Bodies	3
COMU (125) 2250	The Science of Happiness	3
COMU (122) 2220	Family Wellness Coaching	3
Travel/ Global Health		
HLTH 2770	SU: Iceland: Exploring Therapeutic Effects of Icelandic Thermal Springs	3
HLTH (210) 3100	Mexico: Health and Culture Oaxaca	3
HLTH 1990	Special Topics: Norway: Wintertime Mindset	3
ANTH (174) 2170	D2: Culture, Health and Healing	3
HLTH (176) 2760	D2: SU: Greece: Health, culture, sustain in the Mediterranean	3
Inclusion/Diversity		
HSCI (056) 1200: D1	Anti-Racism and Health	3
HLTH (155) 2600: D1	Racism & Health Disparities	3
Yoga / Movement		

PEAC (052) 1006	Yoga and Mindfulness	1
PEAC (115) 1100	Yoga and the Chakras	1
PEAC (012) 1008	Introduction to Yoga	1
PEAC (044) 1009	Restorative Yoga	1
Integrative Nutrition and Herbalism		
PSS (195) 2990	Special Topics: Plant-Based Healing Medicine	3
NFS (095) 1990	Cooking for Health	1
NFS (114) 2114 / FS (103) 2030	Human Health in the Food System	3
Independent Study Options		
HLTH (297) 3993	Integrative Health Independent Study	1-3
HLTH (291) 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.