

## 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	<b>OR</b> 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):		
<b>Mindfulness / Mind &amp; Body</b>		
HLTH 137	Mindful Eating	3
HLTH 095	Special Topics: Wake up! The Art and Science of Mindfulness	3
PRNU 099	Compassionate Care for Nurses <i>*nursing majors only (this course replaces Critical Neuroscience HLTH 295)</i>	2
<b>Behavior Change</b>		
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
<b>Travel/ Global Health</b>		
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
<b>Health and the Environment</b>		
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
<b>Inclusion/Diversity</b>		
HSCI 056	D1: Anti-Racism and Health	3
HLTH 155	D1: Racism & Health Disparities	3
<b>Yoga / Movement</b>		
PEAC 052	Yoga and Mindfulness	1
PEAC 115	Yoga and the Chakras	1
PEAC 012	Introduction to Yoga	1

PEAC 044	Restorative Yoga	1
<b>Integrative Nutrition and Herbalism</b>		
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
<b>Independent Study Options</b>		
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 Minor is available to students in all majors.