

HEALTH AND WELLNESS (HW)

HW205: Vitamins, Herbs, and Nutritional Supplements

This course introduces the most commonly used vitamins, herbs, and nutritional supplements. Single vitamins - their benefits, dosage, precautions, and contraindications - will be reviewed as well as vitamin formulas routinely recommended. Nutritional supplements will be introduced and their categories, benefits, and safety issues will be explored and discussed. The principal systems of herbal medicine found worldwide will be illustrated along with their individual characteristics and common usage. This course also examines the growing popularity of herbal medicines from a sociological and ecological standpoint.

Quarter Credit Hours: 5 | Prerequisite: None

HW280: 🌐 Mapping the Mind-Body Divide

Psychology, physical fitness, and complementary and alternative medicine each have their own unique perspective on what constitutes health and wellness. This course explores each of these disciplines and maps their interrelationships as they weave together the more holistic view of human health and potential that is prevalent today.

Quarter Credit Hours: 5 | Prerequisite: None

HW280M1: Introduction to Personal Fitness Assessment

Analyze personal fitness according to the components of physical fitness and performance.

Quarter Credit Hours: 1 | Prerequisite: None

HW280M2: Applying Positive Psychology Concepts to Personal Health and Wellness

Analyze personal psychological well-being, given applicable psychological theories, processes, and concepts.

Quarter Credit Hours: 1 | Prerequisite: None

HW280M3: Introduction to Complementary and Alternative Medicine (CAM)

Compare major concepts, theoretical approaches, and methodologies of complementary and alternative medicine (CAM) modalities.

Quarter Credit Hours: 1 | Prerequisite: None

HW280M4: Applying Psychoneuroimmunology Research to Health

Analyze personal health and wellness given current psychoneuroimmunology research.

Quarter Credit Hours: 1 | Prerequisite: None

HW280M5: Creating an Integrative Health and Wellness Plan

Create a holistic personal health and wellness assessment that reflects complementary and integrative health concepts.

Quarter Credit Hours: 1 | Prerequisite: None

HW310: Complementary and Integrative Medicine

This course explores the field of complementary and integrative medicine (CIM), becoming familiar with the variety of professions that comprise it and their major concepts, methodological approaches, and theoretical foundations. You will investigate the multifaceted meaning of the term "holistic" and investigate how each CIM profession uniquely describes itself in light of this. Current research will be explored, including the impact of the National Institute of Health's CIM division.

Quarter Credit Hours: 6 | Prerequisite: None

HW315: Models for Health and Wellness

This course introduces the concepts of health, healing, and wellness from a broad historical and multicultural perspective. You will investigate how changing ideas about religion, philosophy, science, and psychology have influenced our understanding of health, and how the practice of medicine continues to be affected by global, social, and economic pressures. Contemporary models of health and wellness will be illustrated by drawing upon selected writings from each major proponent, and you will undertake the development of an original model of health and wellness based on an understanding of and sensitivity to current geopolitical and multicultural issues.

Quarter Credit Hours: 6 | Prerequisite: None

HW320: Contemporary Diet and Nutrition

This course explores current dietary trends and examines the role geopolitical and economic forces have on our day-to-day food choices. The impact of the globalization of world food markets will be investigated, as will the ongoing controversies of genetic engineering, food-borne illnesses, and the organic food movement. The spectrum of popular diets and their advocates and critics will be discussed along with the current scientific research available for each. You will reflect on the diversity of food choices, prohibitions, and taboos that exist within our multicultural and multiethnic communities to increase awareness and sensitivity.

Quarter Credit Hours: 6 | Prerequisite: None

HW410: Stress - Critical Issues in Management and Prevention

This in-depth course offers students a detailed look at the extensive research and practical approaches for identification, management, and prevention of stress. The health consequences of stress - physiological and psychological - will be discussed as well as the sociological and economic effects of untreated stress on society as a whole. Current approaches to stress reduction and prevention will be illustrated including mind/body therapies that have shown remarkable rates of success.

Quarter Credit Hours: 6 | Prerequisite: None

HW420: Creating Wellness - Psychological and Spiritual Aspects of Healing

In this course, students explore the burgeoning fields of meditation, "mindfulness," and transpersonal psychology in theory and practice. Students will assess the role of personal mindset toward self and others as a foundation for wellness and appraise the impact of positive/negative relationships in maintaining good health. A wide array of source material will be studied, including current research, and the shifting paradigms of curing, healing, and wholeness will be investigated.

Quarter Credit Hours: 6 | Prerequisite: None

HW425: Health and Wellness Programming - Design and Administration

This course introduces you to the practice of health promotion and the essential components of comprehensive health and wellness programming. You will learn a general model of program planning that includes assessing health needs, setting goals and objectives, developing an intervention, planning for program implementation, and evaluating results. Practices related to successful program outcomes, such as engaging stakeholders, identifying funding sources, and exhibiting cultural competence, are explored. The course culminates in the creation of original community-based health promotion and workplace wellness programs.

Quarter Credit Hours: 6 | Prerequisite: None

HW499: Bachelor's Capstone in Health and Wellness

This capstone course is the culminating experience for the Bachelor of Science in Health and Wellness. This course builds on the concepts of all the courses students have taken within the program of study. The capstone course provides students with the opportunity to integrate and synthesize the knowledge and skills acquired throughout their coursework in an original comprehensive project, and to assess their level of mastery of the stated outcomes of their degree program.

Quarter Credit Hours: 6 | Prerequisite: Last term