Integrative Holistic Health and Wellness
MINOR SLIP
College of Health and Human Services • Western Michigan University

Name: ___________________________ WIN

Minor in Integrative Holistic Health and Wellness: Prerequisite Plus 18 Credit Hours

Prerequisite
HOL 1000: Choices in Living (3)
Or HOL: 2801 Health and Wellbeing (3) honors only (equivalent to HOL 1000)

Grade

Required Courses- 9 credit hours
HOL 2000: Choices in Global Living (3)
HOL 4700: Relationship-Centered Skills (3)
HOL 4400: Issues and Ethics in Holistic Health (3) (Prerequisites: HOL 1000 and HOL 2000)

Elective Courses- 9 credit hours
HOL 2200: Aligned Learning (3) Seita Scholars only
HOL 2701: Resiliency for Living (2) Gen Ed area VIII
HOL 3000: Exploring Practices in Integrative Health Care (3)
HOL 3300: Holism and Nature (3)
HOL 3910: Introduction to Spirituality (3)
HOL 5360: Wellness Skills for Health Professionals (3)
HOL 5320: Holistic Approaches to Relationships (3)
HOL 5321: Holistic Health Coaching (3)
HOL 5340: Holistic Health and Spirituality (3)
HOL 5350: Holistic Approaches to Stress (3)
HOL 5370: Health and Humor (3)
HOL 5380: Eastern Thought and Practice (3)
HOL 5500: Introduction to Expressive Arts (3)
HOL 5510: Holistic Approaches to Healing Through Visual Art (3)
HOL 5530: Holistic Strategies for Illness and End of Life (3)
HOL 5540: Love and Forgiveness (3)
HOL 5550: Successful Aging, Holistic Perspectives (3)
HOL 5301: Meditation to Enhance Living (1)
HOL 5302: Advanced Meditation to Enhance Living (1)
HOL 5303: Tai Chi for Health (1)
HOL 5304: Yoga to Enhance Living (1)
HOL 5305: Mindfulness to Enhance Living (3)
Special Topics in Holistic Health (you may register for more than one)
HOL 3900 Special Topics (general number)
HOL 5300 Special Topics (general number)
HOL 5300 Biofeedback (3)
HOL 5300 Bodymind Nutrition (3)
HOL 5300: Spirit and Science of Holistic Health (3)
HOL 5300: Chi Gong (1)

Independent Study Permission required by gay.walker@wmich.edu
HOL 4970: Independent Study in Holistic Health (1-4) Permission required
HOL 5980: Readings in Holistic Health (1-4) Permission required

Other Elective

Student Signature

Advisor Signature  Sheena Bolton

Please note
You can take more than one special topics course of the same number (HOL 3900 or 5300) during the same semester, but you cannot register yourself for more than one. An advisor in the College of Health and Human Services (269-387-2656) can register you for additional titles.

HOL 5310 Introduction to Holistic Health is not an elective for the holistic health minor. Students who receive the minor may waive this course when enrolled in the Graduate Certificate. If you have taken HOL 5310 before declaring the minor it will replace HOL 4400.

All core courses, a variety of electives, and independent study courses are offered on-line each semester.

If you take a holistic course that is not on this list, check with your advisor. It should count towards the minor.

Not all courses are offered in every semester/session. Check your university course listings to see what is available each semester: www.wmich.edu/classlookup