

## Holistic Health and Contemplative Well-Being Programs

### Program updates effective Fall 2023 Semester:

1. Undergraduate Minor in Holistic Health and Contemplative Well-Being
2. Graduate Certificates in Holistic Health and Contemplative Well-Being (9 credit hours each):
  - Holism and Contemplative Health Care
  - Resilience and Well-Being Skills
  - Mindfulness and Centering Skills
  - Health and Wellness Coaching Skills

### Scheduled Course Rotation (beginning 23-24 Academic Year):

**---Please always consult WMU Course Offerings as the rotation is subject to change. ---**

<u>Fall Semester Courses:</u>	<u>Spring Semester Courses:</u>
*HOL 1000 Choices in Living (WES)	*HOL 1000 Choices in Living (WES)
*HOL 2000 Choices in Global Living (WES)	*HOL 2000 Choices in Global Living (WES)
*HOL 2701 The Resilient Mind (WES)	*HOL 2701 The Resilient Mind (WES)
*HOL 2801 Health and Well-Being (WES, HC only)	*HOL 2801 Health and Well-Being (WES, HC only)
HOL 3000 Practices in Integrative Care	HOL 3000 Practices in Integrative Care
*HOL 3301 Introduction to Meditation	*HOL 3301 Introduction to Meditation
HOL 3910 Introduction to Spirituality	HOL 3305 Intro to Mindfulness Skills
*HOL 4700 Relationship Centered Skills	*HOL 3350 Intro to Stress Management
HOL 5072 Mindfulness Theory & Skills	HOL 4700 Relationship Centered Skills
*HOL 5301 Meditation to Enhance Living	*HOL 4850 Capstone in Holistic Health
*HOL 5304 Yoga to Enhance Living	*HOL 5301 Meditation to Enhance Living
HOL 5310 Intro to Holistic Health	HOL 5304 Yoga to Enhance Living
*HOL 5321 Intro to Holistic Health Coaching	*HOL 5300 Animal Assisted Interventions
HOL 5350 Holistic Approaches to Stress	HOL 5310 Intro to Holistic Health
HOL 5360 Wellness Skills for Health Professionals	HOL 5350 Holistic Approaches to Stress
HOL 5550 Successful Aging/Holistic Perspectives	HOL 5530 Holism, Illness, End of Life
*HOL 5604 Yoga Theory and Practice	HOL 5360 Wellness Skills for Health Professionals
*HOL 5603 Tai Chi/Qigong Practice (Fall '24)	HOL 5370 Eastern Thought and Practice
	HOL 5560 Understanding Grief and Loss
	HOL 5602 Meditation Theory and Practice
	*HOL 5604 Yoga Theory and Practice
	*HOL 5603 Tai Chi/Qigong Practice (Sp. '25)
	*HOL 5650 Health and Wellness Coaching
	HOL 5750 Resiliency Theory and Skills
	HOL 5850 Applied Mindfulness Skills (Spring '25)
<b><u>Summer I Session Courses (online only):</u></b>	
HOL 1000 Choices in Living (WES)	
HOL 2000 Choices in Global Living (WES)	
HOL 4700 Relationship Centered Skills	<b><u>Summer II Session Courses (online only):</u></b>
HOL 4850 Capstone in Holistic Health	HOL 1000 Choices in Living (WES)
HOL 5304 Yoga to Enhance Living	HOL 2000 Choices in Global Living (WES)
HOL 5310 Intro to Holistic Health	HOL 4700 Relationship Centered Skills
HOL 5321 Intro to Holistic Health Coaching	HOL 5370 Eastern Thought and Practice
	HOL 5310 Intro to Holistic Health
	HOL 5360 Wellness Skills for Health Professionals
<b>*Traditional Classroom Section(s) Offered</b>	