

**Integrative Approaches to Health and Wellness Minor**

**School of Allied Medical Professions**

Atwell Hall, 453 W. 10th Ave.

Columbus, Ohio 43210

(614) 292-1706 <http://amp.osu.edu>

The Integrative Approaches to Health and Wellness Minor is designed to study the nature, meaning, and possibilities of integrating Complementary and Alternative Medicine (CAM), into traditional western approaches to health care. An undergraduate who obtains the minor in Integrative Approaches to Health and Wellness will have an increased ability to navigate in the health care, wellness, or corporate arenas which are increasingly considering preventative, proactive approaches to health. These undergraduates will have delved into various paradigms of healing, as well as the western biomedical model, gaining a breadth of exposure to various approaches to health.

The Integrative Health and Wellness Minor consists of 21-25 credit hours of course work:

**Required Core ( 10 credit hours)**

ALLIED MED 307: The Evolving Art and Science of Medicine, U 5 , (a GEC under Culture and Ideas) and

ALLIED MED 607: The Role of Integrative Medicine in Society U G 5.

**Elective Courses ( 11-15 credit hours)**

Students must complete 11-15 additional credit hours. Select at least three courses from the following list, with at least 5 of these elective hours at the 300-level or above. Selection of coursework must be made in consultation with, and approved by the Integrative Approaches to Health and Wellness Coordinator, **insuring that each student's sequence of minor courses cover the scope of at least three of the five research domains outlined by the National Institute of Health (NIH) for CAM:**

**Alternative Health Systems**

ANTHROP 601.04 Global Perspectives on Women's Health U G 5

COM STD 541 Myth and Ritual U G 5

EAST ASIAN LANG & LIT 131 East Asian Humanities U 5

PHILOS 215 Asian Philosophies U 5

PHILOS 455 Philosophy of Science U G 5

ED PAES 195.03 Yoga in Depth U 3

**Mind Body Interventions**

ANTHROP 601.01 Biosocial Aspects of Health U G 5

ED PAES 700.01 Wellness U G 5

ED PAES 172 Self-Defense U 1

ED P & L 411 Body-Mind Goes to School U 5

ED P & L 705 Holistic Perspectives U G 3

MUSIC 610 Alexander Technique U G 1

NURSING 250 Therapeutic Communication U 2

PSYCH 301 Extraordinary Beliefs U 4

PSYCH 313 Psychobiology U 4

PSYCH 531.03 Health Psychology U 4

PSYCH 532 Clinical Psychological Science U 4

PSYCH 652 Behavior Modification UG 4

**Biologically Based Therapies**

ALLIED MED 430 Nutrition for Fitness U 4

EEOB 502 Plants and People U4

MED DIET 647 Complementary Nutritional Therapy U G 5

PHARM 410 Intro to Medical Chemistry U 3

PHARM 411 Medicinal and Natural Products U 3

PLANT BIO 101 Intro to Plant Bio: Plants, People & the Enviro U 5

PSYCH 305 Drugs and Behavior U 4

**Movement and Body-Based Methods**

ANATOMY 199 U 5

ANATOMY 200 U 5

ED PAES 169.07 Karate U 1

ED PAES 169.1 Shuai Chiao U 1

ED PAES 169.16 Tai Chi U1

ED PAES 195.01 Yoga 1 U 1

ED PAES 195.02 Yoga 2 U 1

ED PAES 195.03 Yoga in Depth U 3

ED T & L 761.01, 761.02 Somatic Experience U G 3

MUSIC 757 Dalcroze Eurhythmics U G 3

MUSIC 610 Alexander Technique U G 1

**Energy Therapies**

NURSING 250 Intro to Therapeutic Communication for Health Prof U 2

ED P&L 705 Spirituality: Holistic Perspectives U G 3

ED PAES 195.03 Yoga in Depth U 3

**Arts and Sciences minor program guidelines**

The following guidelines govern minors.

Required for graduation No

Credit hours required A minimum of 20 (This minor requires 21)

Transfer credit hours allowed A maximum of 10

Overlap with the GEC Permitted, unless specifically disallowed by an individual minor program.

Overlap with the major Not allowed and

- The minor must be in a different subject than the major.
- The same courses cannot count on the minor and on the major.

Overlap between minors Each minor completed must contain 20 unique hours.

Grades required

- Minimum C- for a course to be listed on the minor.
- Minimum 2.00 cumulative point-hour ratio required for the minor.
- Course work graded Pass/Non-Pass cannot count on the minor.

Approval required The minor program description sheet indicates if the minor course work must be approved by:

- The academic unit offering the minor, or
- A college/school counselor.

Filing the minor program form The minor program form must be filed at least by the time the graduation application is submitted to a college/school counselor.

Changing the minor Once the minor program is filed in the college office, any changes must be approved by:

- The academic unit offering the minor, or
- A college/school counselor (depending on the minor).

Colleges of the Arts and Sciences Curriculum Office. JRL 3/1/05

## Undergraduate Integrative Approaches to Health and Wellness Minor Program Form

(to be filed as soon as you begin taking minor classes)

Student Name: \_\_\_\_\_

Student Social Security Number: \_\_\_\_\_

Major: \_\_\_\_\_

E-Mail Address: \_\_\_\_\_

Campus Phone/cell \_\_\_\_\_

### Undergraduate Minor Program of Study

Department	Course #	Course Title	Credits	Grade (if completed)	QQ/ YY
<b>Allied Med</b>	<b>307</b>	<b>The Evolving Art and Science Of Medicine</b>	<b>5</b>		
<b>Allied Med</b>	<b>607</b>	<b>The Role of Integrative Medicine in Society</b>	<b>5</b>		

Student Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Major Advisor Name (printed): \_\_\_\_\_ Major Program: \_\_\_\_\_

Major Advisor SIGNATURE: \_\_\_\_\_ Date: \_\_\_\_\_

Minor Advisor Name (printed): \_\_\_\_\_ Minor Program: \_\_\_\_\_

Minor Advisor SIGNATURE: \_\_\_\_\_ Date: \_\_\_\_\_

*\*To change a Minor program after having submitted it, the student must refile a new Minor Program Form with all the appropriate signatures.\**

## **Integrative Approaches to Health and Wellness Minor**

### **Mission Statement:**

The Integrative Approaches to Health and Wellness Minor seeks to study the nature, meaning, and possibilities of integrating Complementary and Alternative Medicine (CAM), into traditional western approaches to health care. Based on the five domains of scientific research outlined by the National Institute of Health for CAM, this undergraduate minor provides a focus of the scientific, cultural, social, economic, legal, medical, and experiential impact that Integrative Medicine is having on the American system of healthcare delivery. This minor is designed to provide a context for understanding this shift in healthcare for both the individual and larger society.

Analysis of the advent of Integrative Medicine, and the modalities within Complementary and Alternative Medicine, facilitates the development of research-based inquiry within this growing discipline that focuses on preventative, proactive approaches to health and wellness. This minor is not a training program for an undergraduate to become a practitioner in any specific Complementary or Alternative health practice, but is meant to provide a means to academically study the evolution of Integrative Medicine as an emerging cultural presence in American health delivery.

An undergraduate who obtains the minor in Integrative Approaches to Health and Wellness will have an increased ability to navigate in the health care, wellness, or corporate arenas which are increasingly paying attention to preventative, proactive approaches to health. These undergraduates will have delved into various paradigms of healing (alongside the western biomedical model), gaining a breadth of exposure to various approaches to health.

### **Student Population:**

The Integrative Approaches to Health and Wellness Minor would be of significant benefit to students from a variety of colleges and major fields of study that intend to pursue work/study in the vast areas of health and wellness. This would range from a marketing major within the Fisher College of Business applying for a job as marketing director of a health club, to an exercise science major who could benefit from an academic background in CAM (Complementary and Alternative Medicine) modalities. A minor in Integrative Approaches to Health and Wellness would provide the academic framework allowing these students a unique and useful background in a competitive environment. CAM products, practices, educational classes, and consulting on the appropriateness of services for specific issues, are all part of a billion dollar business, and deserves research-based inquiry that the courses within the minor would provide. Providing real life experience, interaction through service learning opportunities and/or research at The Ohio State University Center for Integrative Medicine will be encouraged of students pursuing the Integrative Approaches to Health and Wellness Minor.

### **Similar Academic Programs at other Leading Universities:**

Eighty universities have courses specifically in Complementary and Alternative Medicine, and many universities have similar majors and/or minors to the minor being proposed. At the undergraduate level, these universities include University of Wisconsin, Michigan State, Penn State, Yale, and University of Pennsylvania. Graduate specializations in Integrative Medicine exist at University of Minnesota, University of Michigan, University of Arizona, Columbia, Georgetown, University of Maryland, among many others. Eighty percent of American Medical schools include coursework in Complementary and Alternative Medicine. Additionally, Twenty-seven academic institutions have clinical centers for Complementary and Alternative Medicine.

### **Clinical Center on O.S.U.Campus:**

The O.S.U. Center for Integrative Medicine is part of the O.S.U. Primary Care Network. Integrative Medicine incorporates the art and science of caring for the whole person: body, mind, and spirit, to treat and prevent disease, empowering patients to create a condition of optimal health. The Center is focused on providing person centered integrative health care to allow each person to reach their optimal health and potential. The integrative physicians are dual board certified in holistic medicine as well as their traditional specialty. The non-physician practitioners each bring high caliber skills and training to the person centered integrative health care and education.

Certified Practitioners from the Center for Integrative Medicine have academic appointments within the Department of Family Medicine and will serve as guest lecturers in various courses within the minor, offering expertise in their specific practice areas to students enrolled in the minor.

### **Goals for the Integrative Approaches to Health and Wellness Minor:**

1. To establish a minor that investigates the increasing connection between Complementary and Alternative Medicine (CAM) and research-based western medicine, namely, Integrative Medicine.
2. To design a minor that provides the theoretical basis of the historical /cultural development of science-based medicine and Complementary and Alternative Medicine.
3. To explore the five research domains determined by the National Institute of Health in researching Complementary and Alternative Medicine to validate which of the CAM therapies meet the criteria of evidence-based medicine.
4. To construct a minor that encourages exposure to various CAM therapies through service learning at The Ohio State University Center For Integrative Medicine.
5. To utilize the research opportunities that are available at The O.S.U. Center for Integrative Medicine, with O.S.U. faculty associated with the center.

### **Objectives of the Integrative Approaches to Health and Wellness Minor:**

Upon the successful completion of the Integrative Approaches to Health and Wellness Minor, the student will be able to:

1. Identify, explain, and appraise the historical/cultural roots of Biomedical Medicine and Complementary and Alternative Medicine.
2. Evaluate and analyze research on the efficacy and safety of various products and modalities based on the standards of evidence-based medicine, in addition to possible contraindications of specific modalities/products.
3. Synthesize a range of therapeutic/service-learning/research opportunities, which include, but are not limited to three of the five domains of Complementary and Alternative Medicine (CAM), as established by the National Center for Complementary and Alternative Medicine (NCCAM) of the National Institute of Health (NIH).
4. Articulate possible intersections between Allopathic medicine and CAM, exploring preventative and proactive approaches to health and wellness.

### **Coursework:**

The Integrative Health Studies Minor consists of 21-25 credit hours of course work. Fifteen credit hours must be at the 300-level or above, with one course at the 500-level or above. Selection of coursework must be approved by the Integrative Approaches to Health and Wellness Coordinator, insuring that each student's sequence of minor courses cover the scope of at least three of the five research domains outlined by the NIH for CAM.

### **Process of curriculum/course selection and review:**

The Minor will be coordinated through the School of Allied Medical Professions. An Integrative Approaches to Health and Wellness Minor Faculty Advisory Committee has been formed to select existing courses from a variety of departments on campus to augment the interdisciplinary nature of this minor. Representatives from Allied Medicine (Kay Wolf, PhD), Family Medicine (Maryanna Klatt, PhD), Psychology (Barbara Andersen, Ph.D.) Pharmacy (Bella Metha, Pharm.D), Education (Janet Buckworth, PhD), and Arts and Sciences (Linda Schoen, Ph.D, and Joel Shelton, M.A.) will serve as members of this advisory committee. The student representative is Neal Goldenberg, 4th year OSU medical student. Advising of students within the minor will be the responsibility of the Alternative Approaches to Health and Wellness Coordinator (coordinator will be from the School of Allied Medicine). Criteria will be established for course selection based upon a course's applicability to each of the five domains outlined by the NIH.

**Required Core: 10 credit hours**

ALLIED MED 307: The Evolving Art and Science of Medicine (U 5) (GEC under Culture and Ideas)

ALLIED MED 607: The Role of Integrative Medicine in Society (U/G 5)

**Additional Coursework: 11-15 credit hours minimum**

Select at least three courses from the following list, one of which must be 5 credit hours and at least a 300 level or above. All prerequisites must be satisfied for the courses selected. Selections from this list must be made in consultation with the Integrative Approaches to Health and Wellness Coordinator, as the topics need to cover three of the five domains:

- Alternative Health Systems
- Mind-Body Interventions
- Biologically Based Therapies
- Manipulative and Body-Based Methods
- Energy Therapies

The following courses have been evaluated and approved by the Integrative Approaches to Health and Wellness Minor Faculty Advisory Committee. These courses were judged by the committee to possess unique and academically challenging course content with a majority of course content relating to at least one of the 5 domains outlined by NCCAM. Each course is either free of prerequisites, or the instructor is willing to waive the prerequisite for a student in the minor. Some courses may fit into more than one domain, as was determined by the advisory committee, but most courses fit only one of the 5 domains outlined by the NIH :

**Alternative Health Systems**

Alternative medical systems are built upon complete systems of theory and practice. Often, these systems have evolved apart from and earlier than the conventional medical approach used in the United States. Examples of alternative medical systems that have developed in Western cultures include homeopathic medicine and naturopathic medicine. Examples of systems that have developed in non-Western cultures include traditional Chinese medicine and Ayurveda.

ANTHROP 601.04 Global Perspectives on Women's Health U G 5

COM STD 541 Myth and Ritual U G 5

EAST ASIAN LANG & LIT 131 East Asian Humanities U 5

PHILOS 215 Asian Philosophies U 5

PHILOS 455 Philosophy of Science U G 5

ED PAES 195.03 Yoga in Depth U 3

**Mind Body Interventions**

Mind-body medicine uses a variety of techniques designed to enhance the mind's capacity to affect bodily function and symptoms. Some techniques that were considered CAM in the past

have become mainstream (for example, patient support groups and cognitive-behavioral therapy). Other mind-body techniques are still considered CAM, including meditation, prayer, mental healing, and therapies that use creative outlets such as art, music, or dance.

ANTHROP 601.01 Biosocial Aspects of Health U G 5  
 ED PAES 700.01 Wellness U G 5  
 ED PAES 172 Self-Defense U 1  
 ED P& L 411 Body-Mind Goes to School U 5  
 ED P & L 705 Holistic Perspectives U G 3  
 MUSIC 610 Alexander Technique U G 1  
 NURSING 250 Therapeutic Communication U 2  
 PSYCH 301 Extraordinary Beliefs U 4  
 PSYCH 313 Psychobiology U 4  
 PSYCH 531.03 Health Psychology U 4  
 PSYCH 532 Clinical Psychological Science U 4  
 PSYCH 652 Behavior Modification UG 4

### **Biologically Based Therapies**

Biologically based therapies in CAM use substances found in nature, such as herbs, foods, and vitamins. Some examples include dietary supplements, herbal products, and the use of other so-called natural but as yet scientifically unproven therapies (for example, using shark cartilage to treat cancer)

ALLIED MED 430 Nutrition for Fitness U 4  
 EEOB 502 Plants and People U4  
 MED DIET 647 Complementary Nutritional Therapy U G 5  
 PHARM 410 Intro to Medical Chemistry U 3  
 PHARM 411 Medicinal and Natural Products U 3  
 PLANT BIOLOGY 101 Intro to Plant Biology: Plants, People and the Environment U 5  
 PSYCH 305 Drugs and Behavior U 4

### **Movement and Body-Based Methods**

Movement and body-based methods in CAM are based on manipulation and/or movement of one or more parts of the body. Some examples include chiropractic or osteopathic manipulation, and massage.

ANATOMY 199 U 5  
 ANATOMY 200 U 5  
 ED PAES 169.07 Karate U 1  
 ED PAES 169.1 Shuai Chiao U 1  
 ED PAES 169.16 Tai Chi U1  
 ED PAES 195.01 Yoga 1 U 1

ED PAES 195.02 Yoga 2 U 1  
 ED PAES 195.03 Yoga in Depth U 3  
 MUSIC 757 Dalcroze Eurhythmics U G 3  
 MUSIC 610 Alexander Technique U G 1

### **Energy Therapies**

Energy therapies involve the use of energy fields. They are of two types:

- **Biofield therapies** are intended to affect energy fields that purportedly surround and penetrate the human body. The existence of such fields has not yet been scientifically proven. Some forms of energy therapy manipulate biofields by applying pressure and/or manipulating the body by placing the hands in, or through, these fields. Examples include qi gong, Reiki, and Therapeutic Touch.
- **Bioelectromagnetic-based therapies** involve the unconventional use of electromagnetic fields, such as pulsed fields, magnetic fields, or alternating-current or direct-current fields.

NURSING 250 Intro to Therapeutic Communication for Health Professionals U 2  
 ED P&L 705 Spirituality: Holistic Perspectives U G 3  
 ED PAES 195.03 Yoga in Depth U 3

### **Projected student enrollment in the minor:**

It is projected that 25-50 students will be enrolled in the minor by the second year. It will be the responsibility of the minor coordinator to market and advertise the existence and value of the Integrative Approaches to Health and Wellness Minor to various departments. Every department from which courses were solicited expressed enthusiastic support of this proposed minor.