



Bachelor of Science INTEGRATIVE HEALTH STUDIES

The IHS program at NNMC was designed for both practitioners (e.g., nurses, massage therapists, yoga instructors, etc.) as well as new learners to the field. Students are given valuable skills: 1) Fundamental applications of a range of integrated health systems including nutrition, homeopathy, herbology, therapeutic touch, Ayurveda, energy medicine, aromatherapy, mind-body interactions, acupressure and fundamentals of oriental medicine; 2) Knowledge of the basic principles, trends and complexities of the field; 3) Awareness of the interconnectedness of mind, body and spirit as components of health; 4) Understanding of the effectiveness and place of complementary and alternative medicine; and 5) Familiarity with ethical and legal responsibilities in holistic healing.

GENERAL EDUCATION REQUIREMENTS (46 crs)	COMPLETED	Planned Timeline (By Semester)
<u>Communications (9 crs)</u>		
ENG 111 English Composition I (3) <i>Pre-requisite: ENG 109 or adequate score on the Course Placement Evaluation</i>	_____	_____
SPCH 130 Public Speaking (3) <i>Pre-requisite: ENG 109 or adequate score on the Course Placement Evaluation</i>	_____	_____
<u>Choose one of the following two courses:</u>		
ENG 112 English Composition II (3) <i>Pre-requisite: ENG 111</i>	_____	_____
ENG 116 Technical Writing (3)	_____	_____
<u>Math (6 crs)</u>		
MATH 145 Introduction to Probability and Statistics (3) <i>Pre-requisite: MATH 130 or adequate score on the Course Placement Evaluation</i>	_____	_____
MATH 150 College Algebra (3) <i>Pre-requisite: MATH 130 or adequate score on the Course Placement Evaluation</i>	_____	_____
<u>Lab Sciences (16 credit crs)</u>		
CHEM 121/L General Chemistry I (4) <i>Pre-requisite: MATH 130, high school chemistry, or an ACT score of 19 or higher in Natural Science</i>	_____	_____
CHEM 210/L Integrated Organic & Biochemistry (4) <i>Pre-requisite: CHEM 110/L or CHEM 121/L</i>	_____	_____
BIOL 237/L Human Anatomy & Physiology I (4) <i>Pre-requisite: CHEM 110 and 110L</i>	_____	_____
BIOL 238/L Human Anatomy & Physiology II (4) <i>Pre-requisite: BIOL 237/237L or permission of instructor</i>	_____	_____
<u>Social/Behavioral Sciences (6-9 elective crs) *</u>		
<i>Pre-requisite: ENG 109 or adequate score on the Course Placement Evaluation</i>		
You must select courses from at least two different discipline areas from the following list:		
ANTH 101/L Physical Anthropology w/Lab (4)		
ANTH 102 Intro to Social & Cultural Anthropology (3) (Fall)		
ANTH 110 Indian Culture of the Southwest (3)		
ANTH 207 Cultures of New Mexico (3)		
ECON 200 Macroeconomics (3)		
ECON 201 Microeconomics (3)		
GEOG 111 World Geography (3)		
PSCI 110 The Political World (3)		
PSCI 120 Contemporary Political Issues (3)		
PSCI 200 American Politics (3)		
PSCI 210 State and Local Government (3)		
PSCI 212 The American Presidency (3)		
PSY 105 General Psychology (3)		
PSY 210 Theories of Personality (3)		
PSY 229 Adolescent Psychology (3)		
PSY 230 Psychology of Adjustment (3)		

- PSY 232 Abnormal Behavior (3)
- PSY 270 Social Psychology (3)
- PSY 290 Developmental Psychology (3)
- SOC 101 Introduction to Sociology (3)
- SOC 213 Deviant Behavior (3)
- SOC 216 Ethnic and Intercultural Relations (3)
- SOC 220 Social Problems (3)
- SOC 225 Marriage and the Family (3)

* Plus, topic courses with student advisor's approval

Humanities (6-9 credits)

Pre-requisite: ENG 109 or adequate score on the Course Placement Evaluation

- HUM 220 Survey of Bioethics (3)
- Humanities Elective (3) _____

Humanities and Fine Arts (6-9) *

Pre-requisite: ENG 109 or adequate score on the Course Placement Evaluation

You must select courses from **at least two different discipline areas** from the following list:

- ART 105 Introduction to Art (3)
- ART 107 History of Art (3)
- ART 208 History of Art & Architecture (3)
- ART 211 History of Art (3)
- DANC 240 Dance Appreciation (3)
- ENG 270 Children's Literature (3)
- Pre-requisite ENG 111*
- ENG 262 Literature of the Southwest (3)
- Pre-requisite ENG 112*
- ENG 265 Native American Literature 1 (3)
- Pre-requisite ENG 111*
- ENG 266 Native American Literature II (3)
- Pre-requisite: ENG 111*
- ENG 280 Readings in Literature (3)
- Pre-requisite ENG 111*
- ENG 290 Study of Literature
- Pre-requisite ENG 111*
- ENG 239 Mythology (3)
- Pre-requisite ENG 111*
- HIST 101 Western Civilization I (3)
- HIST 102 Western Civilization II (3)
- HIST 161 History of the U.S. to 1877 (3)
- HIST 162 History of the U.S. from 1877 (3)
- HIST 200 History of the World Religions (3)
- HIST 220 Southwestern Women's History (3)
- HIST 230 Chicano Experience in the US (3)
- HIST 250 American Indian History (3)
- HIST 260 History of New Mexico (3)
- HUM 105 Humanities of the Southwest (3)
- HUM 311 Why the Social Sciences Matter ** (3)
- HUM 414 Humanity and Creativity ** (3)
- HUM 421 History, Literature, Art & Philosophy ** (3)
- MUS 102 Theory of Music (3)
- MUS 105 Music Appreciation (3)
- MUS 103 History of Music I (3)
- MUS 218 History of Music II (3)
- PHIL 110 Intro to Philosophical Problems (3)
- PHIL 111 History of Philosophy (3)
- PHIL 220 Ethics (3)
- PIS 200 Introduction to Pueblo Indian Studies (3)

THE 120 Introduction to Theatre I (3)
 THE 130 History of Theatre (3)
 Plus, topic courses with advisor's approval

HEALTH, PHYSICAL EDUCATION & RECREATION (4 crs)

1 credit required from the following each year during the program. Many substitute classes with approval from director. Class must involve some type of movement (such as dance)

HPER 116 Aikido I (1)
 HPER 117 Introduction to Kundalini Yoga (1)
 HPER 119 Hatha Yoga (1)
 HPER 127 Tai Chi Chuan I (1)

Integrative Health Studies Requirements

Lower Division Required Courses (33 crs)

IHS 102 Intro. to Homeopathy (3)
 IHS 103 Meditation and Breath: Mind-Body Healing (2)
 IHS 115 Introduction to Traditional Chinese Medicine (3)
 IHS 116 Introduction to Aromatherapy (3)
 IHS 118 Introduction to Integrative Healing (3)
 IHS 121 Intro. to Ayurveda: Ancient Science of Living (3)
 IHS 123 Introduction to Acupressure (1)
 IHS 130 Communication Skills for Healing (1)
 IHS 222 Intro to Five Elements & Twelve Channels (2)
 IHS 208 Introduction to Holistic Nutrition (3)
 IHS 255 Introduction to Herbal Medicine (2)

Co-requisite: IHS 257

IHS 257 Herbal Pharmacy (2)

Co-requisite: HIS 255

IHS 264 Therapeutic Touch Techniques (3)

IHS 270 Energy Bodywork for Integrative Healing (2)

Upper Division Required Courses (34 crs)

NURS 343 Pathophysiology I (3)

Pre-requisite: BIOL 237/L and BIOL 238/L

NURS 344 Pathophysiology II (3)

Pre-requisite: BIOL 237/L and BIOL 238/L

IHS 305 Hist. Develop. Of Healthcare Paradigms (2)

Pre-requisites: ENG 112 and IHS 118

IHS 345 Homeopathy II (3)

Pre-requisites: IHS 102 and IHS 118

IHS 354 Holisitic Nutrition II (3)

IHS 357 Herbal Medicine II (2)

Pre-requisites: IHS 255 and IHS 257

IHS 358 Herbal Pharmacy II (2)

IHS 334 Essential Oils for Optimal Fitness (3)

IHS 390 CAM: Legal Issues & Scope of Practice (2)

Pre-requisites: ENG 112 and SPCH 130

IHS 480 Evolution of Cross-Cultural Healing (3)

Pre-requisites: ENG 112 and IHS 118

IHS 481 Health: The Role of Environment & Ecology (3)

Pre-requisites: MATH 145, IHS 118, ENG 112, CHEM 210/L and BIOL 238/L

IHS 495 Research in Complementary/Alternative Med (3)

Pre-requisites: ENG 112, SPCH 130, IHS 118, MATH 145 and MATH 150

IHS 460 Philosophy of Integrative Healing (2)

Elective Courses (12 crs)

At least 6 credits of elective courses must be Upper Division IHS courses in order to meet degree requirements. Students seeking admission to professional graduate schools (e.g., medical, osteopathic, chiropractic, acupuncture, oriental medicine or naturopathic) may substitute necessary mathematics, sciences or other courses on approval of IHS Director

Lower Division Electives

MAS 115 Introduction to Cranial Sacral Techniques I (1)

Pre- or Co-requisite: MAS 101L or Department permission (Spring Only)

MAS 116 Cranial Sacral Techniques II (2)

Pre-requisite: MAS 115

MAS 215 Cranio-sacral III (1)

Pre-requisite: MAS 116

MAS 113 Inttro to Foot Reflexology (2)

IHS 120 Ayurveda & Energy Healing I (1)

IHS 122 Ayurveda & Energy Healing II (1)

Pre-requisite: IHS 120

IHS 124 Ayurveda & Energy Healing III (1)

IHS 140 Yoga Therapy: Mind-Body Healing (2)

IHS 161 Healthy Living Locally (1)

IHS 162 Nutrition for Diabetes (2)

IHS 163 Healthy Living Locally II (2)

Pre-requisites: IHS 161

IHS 164 Healthy Living Locally Tutorial Training (3)

Pre-requisites: IHS 163

IHS 166 Aztec Mexican Healing I (1)

IHS 167 Aztec Mexican Healing II (1)

Pre-requisites: IHS 166

IHS 201 Acupressure Facial: Radiance of Shen (1)

Pre-requisites: IHS 123

IHS 214 Associate Polarity Practitioner Certification Program I (3)

IHS 218 Movement & Alignment: Mus. Health (3)

Pre-requisites: IHS 118 and BIOL 238/L

IHS 224 Associate Polarity Practitioner Certification Program II (3)

IHS 226 Therapeutic Technique Cuping, Moxa, Gua Sha (1)

IHS 258 Fall Herbal Fieldwork (1)

Pre-requisites: IHS 255 and IHS 257

IHS 259 Summer Herbal Fieldwork (1L)

Pre-requisites: IHS 255 and IHS 257

IHS 280 Healthcare Traditions of the Southwest (2)

Pre-requisites: IHS 118, IHS 255 and IHS 257

PIS 272 Pueblo Health Concepts & Practices (3)

Upper Division Electives

IHS 323 Myofas. Armor. Open. the Chest: Fire Ele. (1)

Pre-requisites: IHS 320

IHS 324 Myofas. Armoring: Open. Dia: Wood Ele. (1)

Pre-requisites: IHS 320

IHS 325 Energetic Blocks to Healing (2)

Pre-requisites: IHS 115 and IHS 123

IHS 327 Windows of the Sky (1)

Pre-requisites: IHS 123

IHS 328 Acupressure: The Extraordinary Vessels (2)

Pre-requisites: IHS 123

IHS 4xx Assessment: The Pulse in Oriental Medicine (1)

IHS 331 Spirituality and Essential Oils (2)

Pre-requisites: IHS 116 and IHS 330

IHS 332 Enhancing Creativity with Essential Oils (2)

Pre-requisites: IHS 116 and IHS 330

IHS 381 Trad. Remedios of Northern New Mexico I (2)

Pre-requisites: IHS 255 and IHS 257

IHS 382 Trad. Remedios of Northern New Mexico II (2)

Pre-requisites: IHS 381 (Fall)

IHS 404 Summer Herbal Fieldwork (1L)

Pre-requisites: IHS 357

IHS 405 Fall Herbal Fieldwork (1L)

Pre-requisites: IHS 357

IHS 408 Botanical Materia Medica (2)

Pre-requisites: IHS 357

IHS 410 Homeopathic Materia Medica III (3)

Pre-requisites: IHS 345

IHS 411 Homeopathic Materia Medica IV (3)

Pre-requisites: IHS 410

IHS 412L Herbal Medicine III Lab (1)

Pre-requisite: Permission of instructor

IHS 418 Soft Tissue Rebalancing (3)

Pre-requisites: IHS 118, IHS 218 and BIOL 238/L; or permission of instructor

IHS 422 Ad. 5 Elements: Constitutional Types I (2)

Pre-requisites: IHS 115 and IHS 320

IHS 423 Ad. 5 Elements: Constitutional Types II (2)

Pre-requisites: IHS 422

IHS 427 Select Disorders I (1)

Pre-requisites: IHS 115, IHS 320 and Consent of Instructor

IHS 428 Accupressure Practicum (2L)

IHS 429 Select Disorders II (1)

IHS 431 Integumentary Application of Essential Oils (1)

Pre-requisites: IHS 330

IHS 434 Essential Oils for Relieving Addictions (2)

Pre-requisites: IHS 330

IHS 438 Practical Application of Essential Oils (2)

Pre-requisites: IHS 330

IHS 445 Accupressure Constitutional Assessment (2)

IHS 490 Small Group Independent Study (1-2)

Total Credit Hours 129

Recommended Sequence of Courses

Year 1

Fall Semester (16)

ENG 111 (3)
MATH 145 (3)
CHEM 121/L (4)
HPER 116 (1)
IHS 118 (3)
IHS 123 (1)
IHS 130 (1)

Spring Semester (18)

SPCH 130 (3)
MATH 150 (3)
SOC/BEH/HUM Elective (3)
IHS 115 (3)
IHS 121 (3)
IHS 116 (3)

Year 2

Fall Semester (17)

IHS 102 (3)
IHS 103 (2)
BIOL 237/L (4)
IHS 208 (3)
IHS 264 (3)
IHS 222 (2)

Spring Semester (17)

SOC/BEH/HUM Elective (3)
IHS 255 (2)
IHS 257(2)
BIOL 238/L (4)
IHS 270 (2)
HUM 220 (3)
HPER 117 (1)

Year 3

Fall Semester (15)

CHEM 210/L (4)
HPER 119 (1)
IHS 334 (3)
IHS Elective (3)
IHS 357 (2)
IHS 358 (2)

Spring Semester (16)

HUM/SOC/BEH Elective (3)
IHS 3xx Holisitc Nutrition II (3)
IHS 305 (2)
IHS 390 (2)
ENG 112 (3)
IHS Elective (3)

Year 4

Fall Semester (16)

HPER 127 (1)
NURS 343 (3)
IHS 345 (3)
IHS 481 (3)
IHS Elective (6)

Spring Semester (14)

SOC/BEH/HUM Elective (3)
NURS 344 (3)
IHS 480 (3)
IHS 495 (3)
IHS 460 (2)

Educational Planning Form (Semester)

Name _____ Date _____
Major _____ Student ID _____

Fall Semester	Spring Semester	Summer
Total Units	Total Units	Total Units
Fall Semester	Spring Semester	Summer
Total Units	Total Units	Total Units
Fall Semester	Spring Semester	Summer
Total Units	Total Units	Total Units

Advisor's Signature _____

Student Signature _____