



Northern New Mexico College

## 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)

#### Area I: Communications (9 crs)

ENG 111 English Composition I (3)

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

SPCH 130 Public Speaking (3)

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

#### Choose one of the following two courses:

ENG 112 English Composition II (3)

*Pre-requisite: ENG 111*

ENG 116 Technical Writing (3)

#### Area II: Math (6 crs)

MATH 145 Introduction to Probability and Statistics (3)

*Pre-requisite: MATH 130 or adequate score on the Course Placement Evaluation*

MATH 150 College Algebra (3)

*Pre-requisite: MATH 130 or adequate score on the Course Placement Evaluation*

#### Area III: Lab Sciences (16 crs)

CHEM 121/L General Chemistry I (4)

*Pre-requisite: MATH 130, high school chemistry, or an ACT score of 19 or higher in Natural Science*

CHEM 210/L Integrated Organic & Biochemistry (4)

*Pre-requisite: CHEM 110/L or CHEM 121/L*

BIOL 237/L Human Anatomy & Physiology I (4)

*Pre-requisite: CHEM 110 and 110L*

BIOL 238/L Human Anatomy & Physiology II (4)

*Pre-requisite: BIOL 237/237L or permission of instructor*

#### Area IV: Social/Behavioral Sciences (6-9 crs)\*

***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:**

ANTH 101/L Physical Anthropology w/Lab (4)

ANTH 102 Intro to Social & Cultural Anthropology (3) (Fall)

ANTH 111 Language and Culture (3)

ANTH 207 Cultures of New Mexico (3)

ANTH 110 Indian Culture of the Southwest

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

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**Humanities (6-9 credits)**

**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:

- HUM 220 Bioethics (3)

Choose one or two electives 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

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## 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)               | _____ | _____ |
| <i>Co-requisite: IHS 257</i> |   |       |       |
| IHS 257                      | Herbal Pharmacy (2)                               | _____ | _____ |
| <i>Co-requisite: HIS 255</i> |   |       |       |
| 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)                              | _____ | _____ |
| <i>Pre-requisite: BIOL 237/L and BIOL 238/L</i>                              |  |       |       |
| NURS 344   | Pathophysiology II (3)                             | _____ | _____ |
| <i>Pre-requisite: BIOL 237/L and BIOL 238/L</i>                              |  |       |       |
| IHS 305  | Historical Development of Healthcare Paradigms (2) | _____ | _____ |
| <i>Pre-requisites: ENG 112 and IHS 118</i>                                   |  |       |       |
| IHS 345  | Homeopathy II (3)                                  | _____ | _____ |
| <i>Pre-requisites: IHS 102 and IHS 118</i>                                   |  |       |       |
| IHS 354  | Holistic Nutrition II (3)                          | _____ | _____ |
| IHS 357  | Herbal Medicine II (2)                             | _____ | _____ |
| <i>Pre-requisites: IHS 255 and IHS 257</i>                                   |  |       |       |
| IHS 358  | Herbal Pharmacy II (2)                             | _____ | _____ |
| IHS 334  | Essential Oils for Optimal Fitness (3)             | _____ | _____ |
| IHS 390  | CAM: Legal Issues & Scope of Practice (2)          | _____ | _____ |
| <i>Pre-requisites: ENG 112 and SPCH 130</i>                                  |  |       |       |
| IHS 480  | Evolution of Cross-Cultural Healing (3)            | _____ | _____ |
| <i>Pre-requisites: ENG 112 and IHS 118</i>                                   |  |       |       |
| IHS 481  | Health: The Role of Environment & Ecology (3)      | _____ | _____ |
| <i>Pre-requisites: MATH 145, IHS 118, ENG 112, CHEM 210/L and BIOL 238/L</i> |  |       |       |
| IHS 495  | Research in Complementary/Alternative Med (3)      | _____ | _____ |
| <i>Pre-requisites: ENG 112, SPCH 130, IHS 118, MATH 145 and MATH 150</i>     |  |       |       |
| 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) | _____ | _____ |
| <i>Pre- or Co-requisite: MAS 101L or Department permission (Spring Only)</i> |   |       |       |
| MAS 116  | Cranial Sacral Techniques II (2)                | _____ | _____ |
| <i>Pre-requisite: MAS 115</i>  |   |       |       |
| MAS 215  | Cranio-sacral III (1)                           | _____ | _____ |
| <i>Pre-requisite: MAS 116</i>  |   |       |       |
| MAS 113  | Intro to Foot Reflexology (2)                   | _____ | _____ |

|     |     |  |       |       |
|-----|-----|--|-------|-------|
| IHS | 120 | Ayurveda & Energy Healing I (1)                              | _____ | _____ |
| IHS | 122 | Ayurveda & Energy Healing II (1)                             | _____ | _____ |
|     |     | <i>Pre-requisite: IHS 120</i>                                |       |       |
| 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)                                | _____ | _____ |
|     |     | <i>Pre-requisites: IHS 161</i>                               |       |       |
| IHS | 164 | Healthy Living Locally Tutorial Training (3)                 | _____ | _____ |
|     |     | <i>Pre-requisites: IHS 163</i>                               |       |       |
| IHS | 166 | Aztec Mexican Healing I (1)                                  | _____ | _____ |
| IHS | 167 | Aztec Mexican Healing II (1)                                 | _____ | _____ |
|     |     | <i>Pre-requisites: IHS 166</i>                               |       |       |
| IHS | 201 | Acupressure Facial: Radiance of Shen (1)                     | _____ | _____ |
|     |     | <i>Pre-requisites: IHS 123</i>                               |       |       |
| IHS | 214 | Associate Polarity Practitioner Certification Program I (3)  | _____ | _____ |
| IHS | 218 | Movement & Alignment: Mus. Health (3)                        | _____ | _____ |
|     |     | <i>Pre-requisites: IHS 118 and BIOL 238/L</i>                |       |       |
| IHS | 224 | Associate Polarity Practitioner Certification Program II (3) | _____ | _____ |
| IHS | 226 | Therapeutic Technique Cupping, Moxa, Gua Sha (1)             | _____ | _____ |
| IHS | 258 | Fall Herbal Fieldwork (1)                                    | _____ | _____ |
|     |     | <i>Pre-requisites: IHS 255 and IHS 257</i>                   |       |       |
| IHS | 259 | Summer Herbal Fieldwork (1L)                                 | _____ | _____ |
|     |     | <i>Pre-requisites: IHS 255 and IHS 257</i>                   |       |       |
| IHS | 280 | Healthcare Traditions of the Southwest (2)                   | _____ | _____ |
|     |     | <i>Pre-requisites: IHS 118, IHS 255 and IHS 257</i>          |       |       |
| PIS | 272 | Pueblo Health Concepts & Practices (3)                       | _____ | _____ |

**Upper Division Electives**

|     |      |   |       |       |
|-----|------|---|-------|-------|
| IHS | 323  | Myofascial. Armoring: Opening the Chest: Fire Ele. (1)                              | _____ | _____ |
|     |      | <i>Pre-requisites: IHS 320</i>  |       |       |
| IHS | 324  | Myofascial. Armoring: Opening the Chest: Wood Ele. (1)                              | _____ | _____ |
|     |      | <i>Pre-requisites: IHS 320</i>  |       |       |
| IHS | 325  | Energetic Blocks to Healing (2)   | _____ | _____ |
|     |      | <i>Pre-requisites: IHS 115 and IHS 123</i>  |       |       |
| IHS | 327  | Windows of the Sky (1)  | _____ | _____ |
|     |      | <i>Pre-requisites: IHS 123</i>  |       |       |
| IHS | 328  | Acupressure: The Extraordinary Vessels (2)  | _____ | _____ |
|     |      | <i>Pre-requisites: IHS 123</i>  |       |       |
| IHS | 331  | Spirituality and Essential Oils (2)   | _____ | _____ |
|     |      | <i>Pre-requisites: IHS 116 and IHS 330</i>  |       |       |
| IHS | 332  | Enhancing Creativity with Essential Oils (2)  | _____ | _____ |
|     |      | <i>Pre-requisites: IHS 116 and IHS 330</i>  |       |       |
| IHS | 381  | Traditional Remedios of Northern New Mexico I (2)                                   | _____ | _____ |
|     |      | <i>Pre-requisites: IHS 255 and IHS 257</i>  |       |       |
| IHS | 382  | Traditional Remedios of Northern New Mexico II (2)                                  | _____ | _____ |
|     |      | <i>Pre-requisites: IHS 381 (Fall)</i>   |       |       |
| IHS | 404  | Summer Herbal Fieldwork (1L)  | _____ | _____ |
|     |      | <i>Pre-requisites: IHS 357</i>  |       |       |
| IHS | 410  | Homeopathy III (3)  | _____ | _____ |
|     |      | <i>Pre-requisites: IHS 345</i>  |       |       |
| IHS | 411  | Homeopathy IV (3)   | _____ | _____ |
|     |      | <i>Pre-requisites: IHS 410</i>  |       |       |
| IHS | 412L | Herbal Medicine III Lab (1)   | _____ | _____ |
|     |      | <i>Pre-requisite: Permission of instructor</i>                                      |       |       |
| IHS | 418  | Soft Tissue Rebalancing (3)   | _____ | _____ |
|     |      | <i>Pre-requisites: IHS 118, IHS 218 and BIOL 238/L; or permission of instructor</i> |       |       |
| IHS | 422  | Adv. 5 Elements: Constitutional Types I (2)   | _____ | _____ |
|     |      | <i>Pre-requisites: IHS 115 and IHS 320</i>  |       |       |
| IHS | 423  | Adv. 5 Elements: Constitutional Types II (2)  | _____ | _____ |
|     |      | <i>Pre-requisites: IHS 422</i>  |       |       |
| IHS | 424  | Assessment: The Pulse in Oriental Medicine (1)                                      | _____ | _____ |
| IHS | 427  | Select Disorders I (1)  | _____ | _____ |
|     |      | <i>Pre-requisites: IHS 115, IHS 320 and Consent of Instructor</i>                   |       |       |
| IHS | 428  | Acupressure Practicum (2L)  | _____ | _____ |
| IHS | 429  | Select Disorders II (1)   | _____ | _____ |

|                                |   |       |       |
|--------------------------------|---|-------|-------|
| IHS 431                        | Integumentary Application of Essential Oils (1) | _____ | _____ |
| <i>Pre-requisites: IHS 330</i> |   |       |       |
| IHS 434                        | Essential Oils for Relieving Addictions (2)     | _____ | _____ |
| <i>Pre-requisites: IHS 330</i> |   |       |       |
| IHS 438                        | Practical Application of Essential Oils (2)     | _____ | _____ |
| <i>Pre-requisites: IHS 330</i> |   |       |       |
| IHS 445                        | Acupressure Constitutional Assessment (2)       | _____ | _____ |
| IHS 490                        | Small Group Independent Study (1-2)             | _____ | _____ |

**Total Credit Hours 129**

### **Suggested Course Sequencing**

**Year 1**

**Fall** (16crs)

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

**Spring** (18 crs)

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

**Year 2**

**Fall** (17)

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

**Spring** (17 crs)

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** (15 crs)

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

**Spring** (16)

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

**Year 4**

**Fall** (16 crs)

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

**Spring** (14 crs)

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

**Educational Planning Form (Semester)**

| <b>Fall Semester</b> | <b>Spring Semester</b> | <b>Summer</b>      |
|----------------------|------------------------|--------------------|
|                      |                        |                    |
| <b>Total Units</b>   | <b>Total Units</b>     | <b>Total Units</b> |
| <b>Fall Semester</b> | <b>Spring Semester</b> | <b>Summer</b>      |
|                      |                        |                    |
| <b>Total Units</b>   | <b>Total Units</b>     | <b>Total Units</b> |
| <b>Fall Semester</b> | <b>Spring Semester</b> | <b>Summer</b>      |
|                      |                        |                    |
| <b>Total Units</b>   | <b>Total Units</b>     | <b>Total Units</b> |