



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

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

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)

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