



## Master of Arts in Integrative Health Studies Course Descriptions

### **Required Core Program**

Complete all 18 credits of the following course work.

#### **APP606 Becoming a Healing Presence (3 credits)**

This experiential course introduces students to the process of developing a healing presence, a key component of MUIH's academic programs. Students are introduced to MUIH's foundational philosophical principles, as well as living in accordance with the rhythms of nature, observing symptoms of illness as our teachers, and the skillful use of language as a tool for being a catalyst for change. To deepen their capacity to be a healing presence, students learn and regularly practice mindfulness techniques such as breathing, meditation and movement.

#### **ISCI630A Survey of Complementary Health Approaches (3 credits)**

This course explores complementary health approaches (e.g., herbal medicine, massage, acupuncture, yoga) in terms of basic theory, tools, techniques, evidence of effectiveness and potential harm. Focusing on current research, students learn to develop balanced evidence-based complementary health summaries as an educational resource.

#### **INHS610 Complementary and Integrative Health Interventions for Common Conditions (3 credits)**

This course provides an evidence-informed overview of the use of complementary and integrative health practices in addressing contemporary health trends and concerns. Conditions that are chronic, preventable and carry large personal and societal burdens are emphasized.

#### **INHS620 Integrative Care Models (3 credits)**

This course explores models for the successful combination of integrative health practices and conventional health care practices and settings. Topic will include collaborative partnership models; process, communication, and decision making strategies, and business and insurance considerations.

#### **INHS710 Seminar in Integrative Health Studies (3 credits)**

This capstone course focuses on the application of integrative health principles, practices, and research to real world scenarios in the health care field. Students will work individually and in groups to apply integrative health approaches to develop solutions and initiatives designed to address practical problems in health care.

### **RSCH601 Research Literacy in Integrative Health (3 credits)**

This course supports critical analysis of a wide range of integrative health studies. It provides future integrative medicine professionals with the foundational knowledge and skills to identify and evaluate research design and basic statistics. Students develop skills in searching databases as well as critical appraisal of clinical and epidemiological research. Students will find and evaluate published information on health topics then summarize and share their findings.

### **Area of Concentration Option 1: Nutrition and Herbal Medicine**

Complete all 12 credits of the following course work.

#### **NUTR601 Redefining Nutrition (1 credit)**

This course re-defines the assumptions of nutrition by exploring controversies, conflicting opinions, and by addressing reductionism and holism in nutrition. It encourages critical thinking and healing presence as a framework for understanding whether or not current issues or personal biases in the field of nutrition are valid. Students explore new interpretations of food, eating, and nourishment. Students investigate the impact of food choices on the health of the planet, the community, and the mind-body-spirit of an individual.

#### **NUTR602 Nutrition: Food and Balance (3 credits)**

Nutrition is a foundation to support balance and wellness. Students learn the role that food plays in healing and how the environment impacts our health. Current approaches to nutritional therapy are reviewed for their role in creating wellness. This course allows students to integrate nutrition into their personal life and/or future careers.

#### **NUTR672 Mindful Eating and Nourishment (2 credits)**

This course is designed for the student to explore his/her relationship to food from a psycho-spiritual perspective, to explore many of the cultural and familial messages that one carries, and to identify personal patterns around eating. Students will explore the concept of mindful eating and learn tools and techniques for guiding clients and groups in mindfulness practices.

#### **HRB600 Fundamentals of Herbal Medicine (3 credits)**

This course provides a foundation for the continued study of plant medicine. Combining scholarship with a hands-on component, we explore a variety of elements shaping the modern practice of herbal medicine in the United States today. This course reviews traditional rationale for herbal use as well as the foundational modern sciences that support a contemporary evidence-informed perspective. Coursework acquaints students with topics such as the herbal lexicon, materia medica, plant ecology, historical & cultural perspectives, political influences, phytochemistry, modern research, safety, posology (the study of dosage) and herbal preparations.

### **HRB605 Materia Medical (3 credits)**

This course investigates approximately 30 of the most commonly used herbal medicines and related supplements in the United States. Each herb will be discussed from the ethnobotanical perspective as well as the modern phyto-therapeutic perspective, with a focus on pharmacological understanding and relevant clinical trials. Special emphasis will be placed on topics relevant to the contemporary clinician, including quality control, interactions, and other safety parameters of each herb covered. This course provides the student with the necessary skills to effectively research herbs not covered in the class.

### **Area of Concentration Option 2: Health Promotion, Education, and Research**

Complete all 12 credits of the following course work.

### **IHED610 Fundamentals of Health Education and Health Behavior (3 credits)**

This course introduces students to the fundamental elements of health education and health behavior with a focus on integrative health and healing presence. Encouraging the adoption and maintenance of healthy lifestyles is a key aim of integrative health education. By using behavior-change theories and models as `building blocks`, this course demonstrates how to develop relevant goals and objectives based on those theories and examines approaches to behavior change used in integrative systems of healthcare. In addition, it provides an overview of health education curriculum building, program planning and content development and explores the many roles played by health education specialists with an eye to the future of this field.

### **IHED615 Health Promotion Leadership, Administration and Management (3 credits)**

Sound administration and leadership skills, resource development, and organizational management are important for success in the field of health promotion. This course will explore considerations in managing health and wellness programs in the community (in a variety of agencies), and in the workplace. In addition to assessing leadership styles for managing and working with others, topics will include key leadership and management theories, planning and organizing at the different levels of an organization, obtaining and retaining employees, improving performance, budgeting, frameworks for writing a grant proposal, managing change, and leading into the future.

### **IHED621 Communication Strategies in Health Education (3 credits)**

This course examines theories, models, and best practices in health communication, including the use of technology, media, and imagery in health communication campaigns. Students will create and tailor messages, select appropriate communication channels, and pilot test messages. This overview introduces students to the many ways that health education specialists may reach and communicate with communities, going beyond teaching groups and mass media campaigns to new forms of communication such as social media, `edutainment` and `gameification` of health education messages.

### **IHED637 Principles and Practices of Health Behavior and Self Care (1.5 credits)**

This course introduces the principles and practices of health behavior change and self-care by identifying and exploring personal, social, and environmental factors that influence behavior. Students will research evidence-based approaches and engage in self-care practices to deepen their understanding of health behavior change and its impact on the individual and the community.

### **RSCH610 Introduction to Scientific Writing (1.5 credits)**

Formal scientific writing provides a method to communicate ideas and to persuade readers about the validity of scientific argument and/or discovery. The written body of work within an academic discipline provides an important method for defining the boundaries of that field. The focus will be on using evidence based information and data pertaining to integrative health. Students will be exposed to primary research papers, review papers, and lay articles about science. The experience will improve their ability to make complex scientific research understandable.

### **Area of Concentration Option 3: Mind-Body Practices and Whole Medical System**

Select 12 credits of course work from the following list. If AOM601 is selected, the student will need to add a minimum of 1 credit from one of the other areas of concentrations above.

### **AOM601 History of Acupuncture and Oriental Medicine (2 credits)**

In this course, students learn the history and development of acupuncture and oriental medicine, its philosophical underpinnings and cultural influences. The study of classical texts and Chinese characters will serve as a guide for this journey through the historical and cultural influences of this medicine.

### **APP700 Mindfulness, Meditation, and Health (3 credits)**

Mindfulness and meditation practices are tools that can help support balance and wellness in people's lives. This highly experiential course is designed to teach core mindfulness and meditation skills and the specific applications to supporting health and well being. Students will gain an understanding of the neuroscience behind these practices and how to practically apply scientifically-based techniques with clients.

### **AYUR630 Foundations of Ayurveda (3 credits)**

This course provides the history and philosophies that serve as the foundation for Ayurveda. Students will understand the basics of Ayurvedic theory, including the five elements and the doshas, and learn how these theories and principles support the practices of Ayurveda. Basic Ayurvedic anatomy and physiology, concepts of mind body layers, tissues, systems, and channels will be introduced, as well as relevant terms in Sanskrit.

### **AYUR631 Ayurveda and the Mind (3 credits)**

This course introduces Ayurvedic perspectives on the structure and function of the mind, including states of balance and imbalance and the role the mind plays in creating health and wellness. Students learn how awareness of Ayurvedic concepts of the mind can support a shift in one's approach to life's challenges. The importance of Ayurvedic wellness techniques, including daily movement and breathing practices, mantras and meditation, are introduced.

**ISCI671 Physical Activity and Health (3 credits)**

This course addresses the relationship between physical activity and health in domains of the mind, body, and spirit. Pathways through which physical activity enhances health are discussed along with the current evidence-base for positive health outcomes and harms. The course incorporates practice-based components that encourage students to explore physical activity in their own lives while developing tools to facilitate behavior change in others.