

# INTEGRATIVE HEALTH AND WELLNESS STUDIES ASSOCIATE IN SCIENCE DEGREE

Division: Kinesiology

PROGRAM CODE: 1S41024  
Financial Aid Eligible

The **Integrative Health and Wellness Studies Associate in Science Degree** is an interdisciplinary approach to the study of health. Health is defined as a state of physical, psychological, social, and spiritual wellbeing. Furthermore, health is defined as a state of wholeness, of being whole, and in this respect, we approach the study of health from a perspective of what is holy, and sacred. In approaching a vitalist, and holistic definition of health, we will comprehensively consider sleep, movement, nutrition, resiliency, mind-body practices, our connection to nature, and environment, that allow for the emergence of a whole person perspective of human flourishing and health. To earn an Associate Degree students must complete: (1) all major course requirements with a grade of C or better; (2) Cypress College Native General Education requirements; California State University General Education Breadth requirements (CSU GE Breadth) or IGETC General Education requirements; (3) social justice, equity, and sustainability and reading requirements; (4) any elective courses to complete a minimum of 60 units; and, (5) have a minimum GPA of 2.0. At least 50% of all major course work must be completed at Cypress College. Courses that fulfill major requirements for an Associate Degree at Cypress College might not be the same as those required for completing the major at a transfer institution offering a Baccalaureate Degree. For information on specific university requirements, please consult with your counselor, or visit the Transfer Center. This major requires a total of 20-25 units, in addition to other graduation requirements.

Code	Title	Units
<b>Required Courses (9 units):</b>		
PHS 107 C	Nutrition and World Food Issue	3
PHS 294 C	Inter. Neurob. & Mind-body Con	3
PHS 296 C	Whole Systems Integrative Health	3
<b>Select 1 degree emphasis (11-16 units).</b>		<b>11-16</b>
<b>Degree Emphasis: Yoga Studies (11 Units):</b>		
<i>Students completing Yoga Studies emphasis would have earned Yoga Teacher Training Certificate (200-hour) accredited by Yoga Alliance in addition to completing AS degree.</i>		
<b>Required Courses (9 units)</b>		
KIN 290 C	Philosophy and Consciousness of Yoga	3
KIN 291 C	Yoga and the Physical Body	3
KIN 293 C	Contemporary Yoga Studies	3
<b>Restricted Electives (2 units)</b>		
KIN 128 C	Yoga-Intermediate	0.5-1
KIN 129 C	Vinyasa Yoga	0.5-1
KIN 130 C	Yoga (formerly PE 102 C)	0.5-1
KIN 131 C	Restorative and Gentle Yoga	0.5-1
KIN 132 C	Hatha Yoga	0.5-1
<b>OR</b>		

## Degree Emphasis: Yoga Therapy (14 Units):

*Students completing this emphasis would have earned Yoga Therapy Certificate (300-hour) accredited by Yoga Alliance in addition to completing AS degree. Only students who already possess RYT-200-hour level certification by Yoga Alliance qualify for this emphasis.*

### Required courses (12 units)

KIN 292 C	Yoga and the Subtle Body	3
KIN 293 C	Contemporary Yoga Studies	3
KIN 294 C	Ayurveda & Lifestyle Medicine	3
KIN 296 C	Yoga Therapy	3

### Restricted Electives (2 units)

KIN 128 C	Yoga-Intermediate	0.5-1
KIN 129 C	Vinyasa Yoga	0.5-1
KIN 130 C	Yoga (formerly PE 102 C)	0.5-1
KIN 131 C	Restorative and Gentle Yoga	0.5-1
KIN 132 C	Hatha Yoga	0.5-1

## OR

## Degree Emphasis: Integrative Health Studies (16 units)

### Restricted Electives (16 units)

KIN 290 C	Philosophy and Consciousness of Yoga	3
KIN 291 C	Yoga and the Physical Body	3
KIN 292 C	Yoga and the Subtle Body	3
KIN 294 C	Ayurveda & Lifestyle Medicine	3
KIN 296 C	Yoga Therapy	3
PHS 280 C	Introduction to Public Health	3
or PHS 280HC	Honors Intro to Public Health	
PHIL 101 C	Intro to Religious Studies	3
or PHIL 110 C	Religions of the East	
PHS 281 C	Health and Social Justice	3
or PHS 281HC	Honors Health and Social Just	
PHS 283 C	Womens Health	3
PHS 285 C	Global and Community Health	3
PHS 284 C	Contemporary Personal Health	1-3
or COUN 105 C	Stress and Anxiety Management	
PHS 295 C	Civic Engagement In Pub Hlth	3

## OR

## Degree Emphasis: Community Health Worker (15 units):

*Students would have earned Community Health Worker Certificate in addition to completing AS degree.*

### Required courses (12 units)

PHS 281 C	Health and Social Justice	3
or PHS 281HC	Honors Health and Social Just	
PHS 295 C	Civic Engagement In Pub Hlth	3

### Restricted Courses (9 units)

PHS 280 C	Introduction to Public Health	3
or PHS 280HC	Honors Intro to Public Health	
COMM 120 C	Intercultural Communication	3
HUSR 226 C	Behavior Modification	3
HUSR 240 C	Drugs and Alcohol in Our Society	3
KIN 235 C	First Aid, CPR and Emergencies (formerly PE 235 C)	3
PHS 283 C	Womens Health	3
PHS 284 C	Contemporary Personal Health	3

PHS 285 C	Global and Community Health	3
PHS 287 C	Case Studies in Public Health	3
PSY 131 C	Cross-Cultural Psychology (formerly PSY 237 C)	3
PSY 255 C	Psychology of Aging	3
SOC 250 C	Sociology of Aging	3
<b>Total Units</b>		<b>20-25</b>

**Program Student Learning Outcomes:**

**OUTCOME 1:** Acquire the knowledge and skills in integrative health and wellness, including nutrition, movement, psychology, resilience, spirituality, environment, and relationships, which are foundational lifestyle factors in health.

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[https://www.curricunet.com/Cypress/reports/program\\_report.cfm?programs\\_id=1605](https://www.curricunet.com/Cypress/reports/program_report.cfm?programs_id=1605)