

INTEGRATIVE HEALTH AND WELLNESS STUDIES ASSOCIATE IN SCIENCE DEGREE

Division: Kinesiology

Requirements

PROGRAM CODE: 1S41024

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 well being. 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 vita list, 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 degree requires a total of 28 units.

Code	Title	Units
Required Courses (12 units):		
PHS 294 C	Integrative Mental Health and Mindfulness	3
PHS 296 C	Whole Systems Integrative Health	3
PHS 286 C	Nutrition for Public Health	3
or KIN 270 C	Nutrition Science and Application	
or KIN 270HC	Honors Nutrition: Science and Application	
or PHS 270 C	Nutrition Science and Application	
or PHS 270HC	Honors Nutrition Science and Application	
PHS 281 C	Health and Social Justice (formerly KIN 281 C)	3
or PHS 281HC	Honors Health and Social Justice (formerly KIN 281HC)	

Select one DEGREE EMPHASIS for 16 units total. 16

DEGREE EMPHASIS: Yoga Studies (16 units):

Students completing this emphasis would have earned the Yoga Teacher Certificate (200-hour) accredited by Yoga Alliance in addition to completing the AS degree.

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
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 293 C	Yoga Teaching Methodology and Ethics	3
DEGREE EMPHASIS: Integrative Health Studies - select from the following elective courses (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
PHS 280 C	Introduction to Public Health (formerly KIN 280 C)	3
or PHS 280HC	Honors Introduction to Public Health (formerly KIN 280HC)	
or INDS 200 C	Introduction to Global Citizenship Studies	
or INDS 201 C	Global Citizenship Issues	
PHIL 101 C	Introduction to Religious Studies	3
or PHIL 110 C	Religions of the East	
PHS 285 C	Global and Community Health (formerly KIN 285 C)	3
KIN 244 C	Lifetime Fitness and Wellness (formerly Human Performance)	3
or KIN 284 C	Contemporary Personal Health (formerly PE 234 C)	
or PHS 284 C	Contemporary Personal Health (formerly KIN 284 C)	
or COUN 105 C	Stress and Anxiety Management	
Total Units		28