

BIS DEGREE PROGRAM

HUMAN HEALTH AND WELLNESS THROUGH THE EARL E. BAKKEN CENTER FOR SPIRITUALITY AND HEALING



PREREQUISITES, REQUIREMENTS AND GUIDELINES

Students interested in alternative health care, promoting wellness, and the history of medicine and attitudes towards health would find this concentration attractive. Contact Erin Fider, fider002@umn.edu, 612-624-5166 for help to plan your Human Health and Wellness concentration.

Prerequisite:

CSPH 1001, Principles of Holistic Health and Healing, 2 cr.

Required courses:

CSPH 3201, Introducing Mindfulness-Based Stress Reduction, 2 cr.

CSPH 3001, Introduction to Integrative Healing Practices, 3 cr.

CSPH 5111, Ways of Thinking about Health, 2 cr.

Students can propose elective courses to complete the concentration in related areas that fit their own interests and goals. Here are some areas to consider:

- CSPH
- Geography
- Gender, Women and Sexuality Studies
- Psychology
- History of Medicine
- Nutrition
- Anthropology
- Global Studies
- Philosophy