

CREATING HOLISTIC WELLNESS PATHWAY

Overview

The *Creating Holistic Wellness* Pathway focuses on the skill of treating self and others by addressing the mind, body, and spirit. The process of understanding and practicing holistic wellness through collaboration and introspection is necessary for effective leadership, mentoring, and personal development. *Creating Holistic Wellness* develops the capacity to consider the whole person across professional and personal life. Through the courses in this Pathway, students learn to treat themselves and others with an eye toward compassion and equity.

Majors restrict Pathway Certificates to encourage a breadth of skills-development beyond their program. A Creating Holistic Wellness Pathway Certificate may be earned within a major **as a second certificate** for students in the following majors:

Adventure Education (BS)
Allied Health Sciences (BS)
Exercise Sport Physiology (BS)
Physical Education (BS)
Psychology (BS or BA)
Social Work (BS)
Sports Management (BS)

Degree Requirements

Course Title Credits

Creating Holistic Wellness helps students learn to treat themselves and others with an eye toward compassion and equity. The process of understanding and practicing holistic wellness is both collaborative and introspective as well as ongoing through different life stages, creating an integral role for skills in teaching, mentoring, and personal development.

Pathway Certificate Requirements 15-16

To attain a Pathway certificate in Creating Holistic Wellness, students must complete 15-16 credits from the following list of courses, including at least two courses at the 3000 level or higher from this list:

AN 3510	Illness, Wellness, and Healing (WECO)
BU 3720	Career Development (WECO)
BUDI 2840	Career Exploration (SSDI)
ER 2155	Play and Learning in Early Childhood (WECO)
ESP 3550	Environment and Health (WECO)
HE 2900	Disease, Safety, and Environment (WECO)
HE 3110	Eating Disorders and Disordered Eating (WECO)
HE 3200	Stress Management (WECO)
HE 3210	Mental Health Issues (WECO)
HE 3220	Applied Nutrition for Healthy Living (TECO)
HE 3700	Drug Behavior (WECO)
HE 3730	Sex and Family Living (WECO)
HI 1330	
HIDI 1330	Treating "Madness": Mental Illness and Therapy in History (PPDI)
HW 2300	Becoming a Peer Educator
ISDI 2200	Play and Society (SSDI)

MUDI 2050	Your Unique Voice (SSDI,WECO)
PE 2880	Adventures in Wellness (WECO)
PEHE 2000	Wellness Choices for Healthy Living (WECO)
PS 2125	Emerging Adulthood
PS 3010	Positive Psychology
PS 3160	Child and Adolescent Development
PS 3565	Adulthood and Aging
PSDI 2035	Mind, Brain, and Evolution (SIDI)
PSDI 2195	Quack Remedies, False Prophets, and Unwarranted Claims (SIDI)
SO 3430	Drugs and Society
SO 3510	Illness, Wellness, and Healing (WECO)
SW 2510	Substance Use Disorders (WECO)
SW 3050	Perspectives on Aging (WECO)
SW 3300	Mental Health and Society (GACO)
SW 3500	Health and Society (GACO,WECO)
TMP 2303	Stay Work Play : Wellness in Hospitality Management (WECO)
Total Credits	15-16