

PURDUE UNIVERSITY NORTH CENTRAL MINOR IN HOLISTIC HEALTH AND WELLNESS

The Nursing Department is pleased to offer a minor in Holistic Health and Wellness (HHW). The minor in HHW consists of 16 credit hours. This program prepares students for entry into a variety of health career options.

Anyone can derive benefit from the HHW program. Yet, the program is of special interest to different students:

- The HHW minor serves as a program that complements or supplements a student's major field of study, especially in health-related areas.
- Students preparing for careers in health related The HHW program can help prepare you for a career in health and wellness.
- Holistic health is important to people in all health related professions such as nurses, physicians, paramedics, health educators, physical therapists, occupational therapists, nutritionists, counselors, psychotherapists, health researchers, health consultants, trainers, etc.
- HHW studies can help educators and business managers explore creative work options or organizational applications.
- HHW courses benefit students and others in the community who wish to learn essential life skills for stress reduction, personal growth, self-healing, ecological living, or cultural change.

Students will select a total of nine elective credit hours to fulfill the requirements of the minor. Elective courses enable the student to expand and build upon knowledge acquired in the core courses. Selection of electives permits the student to personalize the minor in a way that may be most helpful in a chosen field. Acceptance of elective courses

for credit toward the minor will be reviewed by the PNC Nursing department.

Required Core Courses Core Courses (7 cr.)

- NUR 22200 / NUR 52200: Foundations of Holistic Health and Wellness (3 credits)
- NUR 349: Health Care System in the United States (3 credits)
- NUR 44700 /NUR 54700: Capstone in Holistic Health and Wellness (1 credit)

Program Electives (*Other courses may be utilized for electives in consultation with a minor academic advisor and the Nursing Department*)

- *NUR 218: Human Development and Health Promotion (3 credits)
- *NUR 32510 /NUR 52510: Eastern Energy Healing and Spirituality (3 credits)
- *NUR 399/59901: Special Assignments (1-6 credits)
- *NUR 355: Applied Thanatology
- *NUR 44800 / NUR 54800: Holistic Health and Wellness: Stress Management (3 credits)
- *F & N 303: Essentials of Nutrition (3 credits)
- *PHIL 111: Ethics (3 credits)
- *PHIL 330: Religions of the East (3 credits)
- *CHM 490: Introduction to Medicinal Chemistry (3 credits)
- *BIO 306: The Biology and Controversy of Medical Ethics (3 credits)

Please, call the Nursing Department Office at (219) 785-5226 or email Dr. Yeou-Lan Chen (ychen@pnc.edu) for more information.