

Associate of Applied Science in Integrative Health

This program provides the opportunity to learn a variety of complementary healing modalities. Upon completion of the program, you may apply your knowledge in wellness centers, clinics, spas, and fitness centers. The AAS degree can be transferred to Metropolitan State University of Denver into their Bachelors of Science Degree in Integrative Healthcare Program. "C" grade in all course work is required to receive this degree.

(This degree transfers into the Integrated Healthcare Bachelor of Science degree at Metro State University of Denver)

Required Courses:	9 credits
IHP 102 Integrative Health Level 1	1 credit
IHP 202 Integrative Health Level 2	2 credits
*IHP 289 Integrative Health Capstone	2 credits
IHP 158 Introduction to Health Coaching	1 credit
HWE 100 Human Nutrition	3 credits
* Required: 10 IHP elective credits before taking IHP 289 - EXCEPT IHP 250 Yoga teacher training	
Recommended General Education Courses:	52 credits
Arts & Humanities	6 credits
Choose any 6 credits from this area of Statewide GT (Guaranteed Transfer: courses listed on back)	
English & Communication	9 credits
ENG 121 College Composition I	3 credits
ENG 122 College Composition II	3 credits
COM 115 Public Speaking OR	
COM 125 Interpersonal Communication	3 credits
Math	3 credits
MAT 135 Intro to Statistics	3 credits
Natural & Physical Sciences	18 credits
BIO 111 General College Biology	5 credits
BIO 201 Anatomy & Physiology I	4 credits
BIO 202 Anatomy & Physiology II	4 credits
CHE 101 Intro to Chemistry	5 credits
Social Science & History	6 credits
ANT 101 Cultural Anthropology	3 credits
History: Chose any Statewide GT (Guaranteed Transfer: courses listed on back)	3 credits
IHP Electives: Any IHP course, except IHP 102, IHP 202, IHP 289, IHP 158, and IHP 250,	
10 credits	
Total Credits	61 credits

GT Courses (Guarantee Transfer)*

GT-AH1 (Arts and Expression)

- [ART 110](#) Art Appreciation (3)
- [ART 111](#) Art History Ancient to Medieval (3)
- [ART 112](#) Art History Renaissance to Modern (3)
- [ART 207](#) Art History 1900 - Present (3)
- [DAN 125](#) History of Dance I (3)
- [MUS 120](#) Music Appreciation (3)
- [MUS 121](#) Music History Medieval - Classical (3)
- [MUS 122](#) Music History Romantic - Present (3)
- [MUS 123](#) Survey of World Music (3)
- [MUS 125](#) History of Jazz (3)
- [THE 105](#) Theatre Appreciation (3)
- [THE 108](#) Theatre Script Analysis (3)
- [THE 211](#) Development of Theatre: Greek-Renaissance (3)
- [THE 212](#) Development of Theatre: Restoration to Modern (3)
- [THE 215](#) Playwriting I (3)

GT-AH2 (Literature and Humanities)

- [HUM 103](#) Introduction to Film Art (3)
- [HUM 115](#) World Mythology (3)
- [HUM 121](#) Humanities: Early Civilization (3)
- [HUM 122](#) Humanities: Medieval to Modern (3)
- [HUM 123](#) Humanities: The Modern World (3)
- [LIT 115](#) Introduction to Literature (3)
- [LIT 201](#) World Literature to 1600 (3)
- [LIT 202](#) World Literature after 1600 (3)
- [LIT 205](#) Ethnic Literature (3)
- [LIT 211](#) American Literature to Civil War (3)
- [LIT 212](#) American Literature after Civil War (3)
- [LIT 221](#) British Literature to 1770 (3)
- [LIT 222](#) British Literature since 1770 (3)
- [LIT 225](#) Introduction to Shakespeare (3)
- [LIT 246](#) Literature of Women (3)
- [LIT 268](#) Celtic Literature (3)

GT-HI1 (History)

- [HIS 101](#) History of Western Civilization I (3)
- [HIS 102](#) History of Western Civilization II (3)
- [HIS 111](#) World Civilization I (3)
- [HIS 112](#) World Civilization II (3)
- [HIS 121](#) U.S. History to Reconstruction (3)
- [HIS 122](#) U.S. History Since Civil War (3)
- [HIS 205](#) Women in World History (3)
- [HIS 207](#) American Environmental History (3)
- [HIS 208](#) American Indian History (3)
- [HIS 215](#) Women in U.S. History (3)
- [HIS 225](#) Colorado History (3)
- [HIS 235](#) History of the American West (3)
- [HIS 236](#) U.S. History Since 1945 (3)
- [HIS 243](#) History of Modern China (3)
- [HIS 244](#) History of Latin America (3)
- [HIS 245](#) U.S. in the World (3)
- [HIS 247](#) Contemporary World History (3)
- [HIS 249](#) History of Islamic Civilizations (3)
- [HIS 251](#) The History of Christianity in the World (3)
- [HIS 260](#) U.S. Foreign Relations History (3)

GT-AH3 (Ways of Thinking)

- [PHI 111](#) Introduction to Philosophy (3)
- [PHI 112](#) Ethics (3)
- [PHI 113](#) Logic (3)
- [PHI 114](#) Comparative Religions (3)
- [PHI 115](#) World Religions-West (3)
- [PHI 116](#) World Religions-East (3)
- [PHI 214](#) Philosophy of Religion (3)
- [PHI 218](#) Philosophy of the Environment (3)
- [PHI 220](#) Philosophy of Death and Dying (3)

GT-AH4 (Foreign Languages) (must be Intermediate/200 level)

- [FRE 211](#) French Language III (3)
- [FRE 212](#) French Language IV (3)
- [GER 211](#) German Language III (3)
- [GER 212](#) German language IV (3)
- [ITA 211](#) Italian Language III (3)
- [ITA 212](#) Italian Language IV (3)
- [JPN 211](#) Japanese Language III (3)
- [JPN 212](#) Japanese Language IV (3)
- [RUS 211](#) Russian Language III (3)
- [RUS 212](#) Russian Language IV (3)
- [SPA 211](#) Spanish Language III (3)
- [SPA 212](#) Spanish Language IV (3)

- IHP 100 Exploring Complementary Modalities
- IHP 102 Integrative Health I
- IHP 103 Circle of Healing
- IHP 105 Your Heart's Intention
- IHP 107 Stress Management for Health
- IHP 108 Journaling towards Wellness
- IHP 111 Intro to Massage Technique I
- IHP 115 Introduction to Reflexology
- IHP 116 Reflex of the Hands & Feet
- IHP 117 Meridian Accupoint Tapping Techs
- IHP 120 Reiki Level I
- IHP 121 Reiki Level II
- IHP 122 Reiki Level III-Master/Teacher
- IHP 124 Health Apps Crystals/Minerals
- IHP 130 Introduction to Aromatherapy
- IHP 135 Introduction to Herbalism
- IHP 141 Growing and Preserving Organic Foods
- IHP 151 Intro. to Neuro-Linguistic Programming
- IHP 152 Meditation for Health
- IHP 158 Introduction to Health Coaching
- IHP 175 Special Topics
- IHP 188 Reflexology Practicum
- IHP 200 Creating Healing Presence
- IHP 202 Integrative Health II
- IHP 203 The Role of Art in Healing
- IHP 204 Ethics in Integrative Therapies
- IHP 205 Starting an Integrative Practice
- IHP 215 Advanced Reflexology
- IHP 220 Healing Touch Level I
- IHP 221 Healing Touch Level II
- IHP 222 Healing Touch Level III
- IHP 223 Jin Shin Jyutsu Self Care
- IHP 227 Bach Flower Essences
- IHP 235 Applied Herbology
- IHP 240 Holistic Nutrition: Digestive Wellness
- IHP 250 Yoga Teacher Training *
- *Does not count towards elective credits
- IHP 258 Advanced Integrative Health Coaching
- IHP 261 Traditional Chinese Medicine
- IHP 270 Reflexology Clinical
- IHP 264 Mind, Body, Energy and Spirit Healing
- IHP 275 Special Topics
- IHP 276 Special Topics
- IHP 280 Internship
- IHP 285 Independent Study
- IHP 287 Cooperative Education
- IHP 288 Practicum
- IHP 289 Integrative Health Capstone

Integrative Health Courses (IHP) (2019)

* Guarantee transfer courses in which you earn a grade of C or higher will always transfer and the credit will apply to GT Pathways requirements in every liberal arts & sciences bachelor's degree at every public Colorado institution. Depending on the intended bachelor's degree, GT Pathways course credit may also be applied to major and elective requirements at the receiving institution's discretion.

