

**Health Education – AA  
Complementary Medicine and Holistic Health Option  
(Formerly under Human Services)  
Program Number 169c**

Student Name: \_\_\_\_\_ GPA \_\_\_\_\_ Catalog Year: 2009-2010  
Student ID Number: \_\_\_\_\_ Advisor \_\_\_\_\_ Date \_\_\_\_\_

**GENERAL EDUCATION CORE**

Course Number	General Education Core	Credits Required	Credits Earned	Planning
ENGL 121	College Composition I: Expository Writing	3		
ENGL 122	College Composition II: Writing Through Literature	3		
Arts & Humanities	Literature Core Course	3		
	Fine Arts Core Course	3		
SPCH 105	Fundamentals of Public Speaking	3		
History	History Core Course	3		
PSYC 101	General Psychology	3		
SOCI 101	Introduction to Sociology	3		
BIOL 101	General Biology I	4		
BIOL 203	Anatomy and Physiology I	4		
MATH 138	Statistics	4		
HEED 101 <u>or</u> HEED 175	Health and the World of Risk <b>OR</b> Cross-Cultural Health Comparison	1		
<b>Total Core Credits – General Education Core credits in excess of 36 will transfer as general electives or courses related to the major. Total general education and required courses must equal at least 60 semester hours of credit.</b>			Total Credits	63

**REQUIRED COURSES RELATED TO MAJOR**

Course Number	Required Course	Credits Required	Credits Earned	Planning
HEED 114	Introduction to Therapeutic Massage	3		
HEED 116	Fundamentals of Spiritual Awareness	3		
HEED 135	Introduction to Holistic Health	3		
HEED 140	The Philosophy and Practice of Tai Chi	3		
HEED 141	The Philosophy and Practice of Yoga	3		
HEED 211/NUTR 211	Nutrition	3		
HEED 230	Health and the Disease Process	3		
HEED 136	Introduction to Energy Therapies	3		
Electives	<i>Select 2 credits</i> from the following 1 credit courses: HEED 110, 131, or 132	2		

**Students in this program must meet with an advisor regularly and maintain current information regarding the policies of the institutions to which they intend to transfer. This is especially important for students planning to major in Physical Education or Kinesiology.**

**NOTES:**

**Developmental Courses:**

\_\_\_ENGL-083/093      \_\_\_ENGL-086/096\*      \_\_\_MATH-060      \_\_\_MATH-070  
 \_\_\_ENGL-084/094      \_\_\_ENGL-087/097      \_\_\_MATH-061  
 \_\_\_ENGL-085      \_\_\_FYEX-100\*(co-requisite)      \_\_\_MATH-067