

PRE-HOLISTIC HEALTH STUDIES

St. Catherine University offers two alternatives for completing the Master of Arts in Holistic Health Studies program. A dual-degree program is available to undergraduate students resulting in a B.A. or B.S. degree in select majors (see below and Dual Degree Programs tab), and a Master of Arts in Holistic Health Studies (MAHS). The graduate entry level MAHS program is available to students who have completed a B.A. or B.S.

Standard Application Process for the Dual-Degree MAHS Program

In this option, students enter one of the University's pre-holistic health studies areas of study in biology, English, or public health: public policy that include all liberal arts core requirements and major course work in the particular field of study.

Students apply to the MAHS program during their junior year. Applicants must complete a dual degree application and meet all other admission criteria for consideration to the program including:

- Cumulative GPA of 3.0 or higher. Applicants who have a cumulative GPA lower than 3.0 should submit an explanatory statement with their application for consideration.
- Declared major in biology, English, or public health: public policy
- Junior status

If accepted into the MAHS for their senior year, students typically are awarded the St. Catherine baccalaureate degree after nine months in the MAHS program. The student's major will be English, public health: public policy, or applied science in biology. Following successful completion of all the MAHS degree requirements, the MA degree is awarded.

Students who are not accepted into the MAHS program can complete a major in biology, English, or public health: public policy. The curriculum for each of the areas of study is listed on the Dual Degree Programs tab.

The curriculum for each of the dual degree programs is listed below.

NOTE: The graduate MAHS courses students take *after* completing their B.A. or B.S. degree are listed at the end of each major, as they are not the same for every major.

Applied Science in Biology

Students must complete all liberal arts core requirements, 60 hours clinical experience and the following courses.

This major is available in the College for Women only. Students can earn a B.A. or a B.S. degree.

Code	Title	Credits
Applied Science in Biology Requirements		
BIOL 1710	Foundations of Biology: Diversity and Evolution with Lab	4
BIOL 1720	Foundations of Biology: Cell and Molecular Biology with Lab	4
BIOL 2710	Introduction to Ecology with Lab	4
BIOL 2720	Sophomore Seminar	2

BIOL 2810	Genetics with Lab	4
BIOL 4860W	Senior Seminar	4
Four additional credits in BIOL at the 3000/4000 level		4

Required Supporting Courses

CHEM 1110	General Chemistry I with Lab	4
CHEM 1120	General Chemistry II with Lab	4
Select one of the following Statistics courses:		4
ECON 1090	Statistical Analysis for Decision Making	
HLTH 1090	Biostatistics	
PSYC 1090	Statistical Methods in Psychology	
STAT 1089	Statistical Analysis with Corequisite	
STAT 1090	Statistical Analysis	

Total Credits 38

Graduate Courses Taken after Admission to the Dual Degree Program (First Year of Master's Program)

Code	Title	Credits
HHS 6700	Foundations of Holistic Health and Wellness	2
HHS 6720	Complementary/Alternative Approaches to Healthcare	2
HHS 6730	Culture as a Resource in Health and Healing	2
HHS 6740	Spiritual Wellness	2
HHS 6760	Ecology and Health	2
HHS 7520	Women and Holistic Health	2
HHS 8900	Quantitative and Qualitative Research: Mindful Inquiry	3
Six elective credits from:		6
HHS 6952	Independent Study	
HHS 6982	Topics	
HHS 7800	Mindfulness Based Meditation	
HHS 7830	Energy Healing I	
HHS 7835	Energy Healing II	

Total Credits 21

Graduate Courses Taken after Completion of Bachelor's Degree

Code	Title	Credits
HHS 7500	Core Concepts in Mind/Body Interactions	2
HHS 7620	Organizing for Social Change	2
HHS 8940	Research Methods and Statistics	3
HHS 7710	Alternative Approaches to Nutrition	2
HHS 6820	Movement, Relaxation and Health	2
HHS 8980	Research Seminar	2
HHS 8920	Practicum and Integrative Seminar	2
Three elective credits from:		3
HHS 7810	Perspectives of Health and Healing in India	
HHS 7830	Energy Healing I	
HHS 7835	Energy Healing II	

Total Credits 18

Students who do not gain entry to the MAHS program after their junior year complete the following courses for a major (B.A. degree) in biology:

Code	Title	Credits
Six additional credits in biology at the 3000 or 4000 level including:		6
At least one 4-credit field course		
At least 4 credits at the 4000 level		
BIOL 4602	Internship	2
or BIOL 4912	Research	
CHEM 2010	Organic Chemistry I with Lab	4
Total Credits		12

Students who do not gain entry to the MAHS program after their junior year complete the following courses for a major (B.S. degree) in biology:

Code	Title	Credits
CHEM 2010	Organic Chemistry I with Lab	4
BIOL 4602	Internship	2
or BIOL 4912	Research	
Eight additional credits in biology at the 3000 or 4000 level		8
Total Credits		14

English

Students must complete all liberal arts core requirements and the following courses.

This major is available in the College for Women only. Students must earn a B.A. degree.

Code	Title	Credits
ENGL 2402	Language in Society	4
ENGL 3202	Literary Theory and Practice	4
Five electives, at least two of which are 3000 or 4000 level courses		20
Total Credits		28

Graduate Courses Taken after Admission to the Dual Degree Program (First Year of Master's Program)¹

Code	Title	Credits
HHS 6700	Foundations of Holistic Health and Wellness	2
HHS 6720	Complementary/Alternative Approaches to Healthcare	2
HHS 6730	Culture as a Resource in Health and Healing	2
HHS 6740	Spiritual Wellness	2
HHS 6760	Ecology and Health	2
HHS 6820	Movement, Relaxation and Health	2
HHS 7520	Women and Holistic Health	2
HHS 7710	Alternative Approaches to Nutrition	2
HHS 8900	Quantitative and Qualitative Research: Mindful Inquiry	3
Three elective credits from:		3
HHS 6952	Independent Study	
HHS 6982	Topics	
HHS 7800	Mindfulness Based Meditation	
HHS 7830	Energy Healing I	

HHS 7835	Energy Healing II	
Total Credits		22

¹ NOTE: Students might have to take up to eight additional undergraduate credits during the final year of their undergraduate degree program (when they are taking HHS courses) to reach the 130 credits required for graduation. **Students are strongly encouraged to consult their academic advisor to ensure that they will complete all undergraduate requirements by the end of their final spring semester.**

Graduate Courses Taken after Completion of Bachelor's Degree

Code	Title	Credits
HHS 7500	Core Concepts in Mind/Body Interactions	2
HHS 7620	Organizing for Social Change	2
HHS 8940	Research Methods and Statistics	3
HHS 8980	Research Seminar	2
HHS 8920	Practicum and Integrative Seminar	2
Six elective credits from:		6
HHS 7810	Perspectives of Health and Healing in India	
HHS 7830	Energy Healing I	
HHS 7835	Energy Healing II	
Total Credits		17

Public Health: Public Policy

This major is available in the College for Women only. Students can earn a B.A. or a B.S. degree.

Code	Title	Credits
Public Health Core and Concentration Courses		
HLTH 1090	Biostatistics	4
HLTH 2050	Foundations in Public Health	4
HLTH 3150	Epidemiology	4
HLTH 3250	Global Health	4
HLTH 3350	Environmental Health	4
HLTH 4700	Practicum Preparation	2
HLTH 4754	Practicum	4
HLTH 4800W	Senior Seminar in Public Health	4
HHS 2000	Culture, Health and Healing	3
HHS 4100	Holistic Health in Communities of Practice	4
INDI 2220	Medical Terminology	2
or IPE 1030	Healthcare Teams Foundations and Medical Terminology	
MGMT 3850	Healthcare Policy	4
or ECON 3250	Healthcare Economics	
Select two courses from COMM 1020 or 2000 level or higher courses on the legal, economic or communication dimension of health care and public policy from:		8
COMM 1030	Speaking to Lead and Influence	
COMM 2000	Foundations in Leadership	
COMM 2050	Media, Culture and Society	
COMM 3030	Rhetoric, Civic Participation and Social Justice	
COMM 3100	Communicating across Cultures, Identities and Differences	
COMM 4600	Leadership and the Art of Persuasion	

DSCI 1000	Telling Stories with Data - Introduction to Data Visualization	
DSCI 2100	Introduction to Programming: Applied Computing I	
DSCI 3100	Database Management	
DSCI 3200W	Analyzing Social Issues with Data	
ECON 2610	Principles of Microeconomics	
ECON 2620	Principles of Macroeconomics	
ECON 3250	Healthcare Economics	
ECON 3450W	Haves and Have Nots: Development, Poverty, and Inequality	
ECON 3460W	Global Financial Issues	
ECON 3480W	International Economics: Trade and Immigration	
FSNU 3150	Food Systems and Policy	
FSNU 3350	Lifelong Nutrition	
HIST 2200	Twentieth Century America	
HIST 3250	History of Civil Liberties and Civil Rights in the U.S.	
HIST 3650	U.S. Women Since 1920	
IPE 2800	Healthcare Teams: Opportunities and Challenges in Aging	
IPE 4200W	Healthcare Teams - Evidence-Based Practice	
POSC 2250	Introduction to World Politics	
POSC 3070	Public Policy	
Select one of the following:		4
Biology laboratory science course		
Chemistry laboratory science course		
Total Credits		55

Graduate Courses Taken after Admission to the Dual Degree Program (First Year of Master's Program)

Code	Title	Credits
HHS 6700	Foundations of Holistic Health and Wellness ¹	2
HHS 6720	Complementary/Alternative Approaches to Healthcare ¹	2
HHS 6730	Culture as a Resource in Health and Healing	2
HHS 6740	Spiritual Wellness	2
HHS 6760	Ecology and Health	2
HHS 7520	Women and Holistic Health	2
HHS 8900	Quantitative and Qualitative Research: Mindful Inquiry	3
Six elective credits from:		6
HHS 6952	Independent Study	
HHS 6982	Topics	
HHS 7800	Mindfulness Based Meditation	
HHS 7830	Energy Healing I	
HHS 7835	Energy Healing II	
Total Credits		21

¹ Also meets requirement for Public Health: Public Policy major and concentration.

Graduate Courses Taken after Completion of Bachelor's Degree

Code	Title	Credits
HHS 7500	Core Concepts in Mind/Body Interactions	2
HHS 7620	Organizing for Social Change	2
HHS 8940	Research Methods and Statistics	3
HHS 7710	Alternative Approaches to Nutrition	2
HHS 6820	Movement, Relaxation and Health	2
HHS 8980	Research Seminar	2
HHS 8920	Practicum and Integrative Seminar	2
Three elective credits from:		3
HHS 7810	Perspectives of Health and Healing in India	
HHS 7830	Energy Healing I	
HHS 7835	Energy Healing II	
Total Credits		18