

# HEALTH HUMANITIES MINOR

The minor in Health Humanities will provide students with a grounding in humanities that broadens their understanding of the interwoven complexities among mind, body, and spirit, while deepening critical skills such as critical thinking and complex problem solving.

The minor emphasizes the ways in which the humanities stand in service of health and enlarge our understanding of the reach and limitations of traditional scientific understandings of medicine and well-being. Regardless of their primary major, the Health Humanities minor benefits students intending to pursue careers in all fields, not only healthcare professions but also employment in educational, government and for-profit / not-for-profit organizations.

## *Minor Requirements*

The minor requires a minimum of 16 credit hours (four courses), plus the capstone / experiential requirement.

The Health Humanities minor requires the completion of one core course, three electives and a capstone as listed below. Students will be required to take courses in more than one discipline / department. In addition to HIST / HSCI 180, Introduction to Health Humanities, students choose at least two courses from the Humanities and Arts offerings, and one additional course from the other offerings below.

## **Core Course**

1. HIST / HSCI 180: An Introduction to Health Humanities

At least two arts / humanities courses selected from the following.

1. ART 106: Design of Objects
2. ART 204: Life Drawing
3. ART 305: Advanced Life Drawing
4. ART 354 Sculpture: Ecology/Humanities
5. BIOL/REL 322: Med. of Medicine & Magic
6. ENGL 208: Creative Nonfiction
7. ENGL 382: Professional Development and Document Design
8. HIST 250: History of American Medicine
9. HIST 250: Public Health Histories: The Case of Prohibition
10. Any MUS 200 level Private Lesson Course (must take multiple times 4 credits)
11. Any ECE MUS Course- Choir, Jazz Combo, Guitar Ensemble (must take multiple times for 4 credits)
12. PHIL 244: Bioethics
13. PHIL 375: Topics in the Philosophy of Mind
14. REL 107: Meditation, Yoga, Tantra, Love
15. REL 225: Religion, Bodies, and Sexualities
16. XD 220: Experience Design
17. XD 320: Intermediate Experience Design

*Other elective courses (at most one from these fields):*

1. CHEM 151: HP: History of Science
2. ECON 348: Health Economics
3. IDS 415: Understanding Eating Disorders
4. PBH 100: Introduction to Public Health
5. PBH 300: Global Health
6. PSY/BIO 340 Psychobiology
7. PSY 345: Health Psychology
8. PSY 351: Psychology of Human Sexuality

9. SFS 110: Practicum in Sustainable Agriculture
10. SFS 120: Introduction to Food Systems
11. SFS 210: Seasonal Cooking: Food Preservation
12. SPST 120: Introduction to Exercise Science
13. SPST 211: Health and Wellness Promotion
14. SPST 314: Exercise and Nutrition

## *Capstone/experiential requirement*

Students will complete a portfolio statement that articulates the integration of their courses in the minor. In consultation with the minor Coordinator, this statement may be substituted by an experiential course in the minor such as an internship or one that counts toward the Integrative Experience.