CSPH 1001 (2 Credits)

PRINCIPLES OF HOLISTIC HEALTH AND HEALING

Online | Instructors: Linda Hanson and Louise Delagran

COURSE DESCRIPTION

This course will focus on:

• Fundamental principles and evidence-based practices of holistic health that promote health and wellbeing

• Holistic health theory and how holistic health is incorporated into the health care delivery system

• Practical application and integration of holistic health into daily personal life for optimal health and well-being

COURSE OBJECTIVES

At the end of the course, students will be able to:

• Identify principles and practices of holistic health and healing

• Describe ways in which holistic health is being incorporated into health care delivery systems

• Outline ways that principles of holistic health can be incorporated to improve personal health and well-being

Visit z.umn.edu/CSPH1001 or contact us at csh-academics@umn.edu for more information.