

PRE-HOLISTIC HEALTH STUDIES

St. Catherine University offers a dual-degree program for the Master of Arts in Holistic Health Studies for a limited number of undergraduate students. This program is available only to certain majors and contingent on students meeting MAHS admission requirements. This information can be found under the "Major Requirements" heading.

Qualifying students will complete their undergraduate major coursework in three years. In their fourth year, while still enrolled at the undergraduate level, students will begin taking MAHS courses while completing any remaining undergraduate requirements to earn their Bachelor's degree. In their fifth year, students will complete the MAHS program while enrolled as graduate students.

St. Catherine University offers the opportunity to apply a student's liberal arts education in the field of holistic health studies. This is a dual degree option for the MAHS degree for a limited number of St. Kate's students enrolled as bachelor's degree-seeking students in the following majors.

Dual Degree (3+2) Applicants

To be considered for admission, applicants must meet the following requirements:

- Junior status at St. Catherine University
- Declared major in one of the following:
 - **Biology (p. 1)** (CFW only)
 - **English (p. 1)** (CFW only)
 - **Public Health: Public Policy** (CFW & CFA)
- An undergraduate cumulative grade-point average (G.P.A.) of 3.0 or higher on a 4.0 scale. Applicants who have a cumulative G.P.A. lower than 3.0 should submit an explanatory statement with their application for consideration.

The curriculum listed below indicates the undergraduate coursework a student must complete by the end of their junior year.

Students who are admitted into the MAHS program will take **graduate level coursework in their senior year**, which will count towards both their undergraduate and graduate program requirements. Typically, students will be awarded their Bachelor's Degree at the end of their senior year. Students are encouraged to work with Academic Advising and the Financial Aid Office when planning for their senior year to ensure their eligibility for financial aid.

After completion of their Bachelor degree, students will complete any **remaining graduate level courses** to earn their Master of Arts in Holistic Health Studies (MAHS) degree. See the end of this section for the list of courses taken in the fifth year.

Applied Science in Biology

This major is available in the College for Women only.

Students who do not gain entry into the MAHS program after their junior year complete the remaining course requirements for the B.A. in Biology (<https://catalog.stkate.edu/undergraduate/humanities-arts-sciences/biology/ba/#majorrequirements>) or B.S. in Biology (<https://>

catalog.stkate.edu/undergraduate/humanities-arts-sciences/biology/bs/#majorrequirements).

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

english

This major is available in the College for Women only.

Students who do not gain entry into the MAHS program after their junior year complete the remaining course requirements for the B.A. in English (<https://catalog.stkate.edu/undergraduate/humanities-arts-sciences/literature-language-writing/english-ba/#majorrequirements>)

Code	Title	Credits
ENGL 1450	Introduction to Linguistics and Language	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

PUBLIC HEALTH: PUBLIC POLICY

This major is available in both the College for Women and the College for Adults.

Students who do not gain entry into the MAHS program after their junior year complete the remaining course requirements for the B.S. in Public Health: Public Policy (<https://catalog.stkate.edu/undergraduate/health/public-health/ba-bs/#newforfall2021>).

Code	Title	Credits
Public Health Core Courses		
HLTH 2050	Foundations in Public Health	4
HLTH 3150	Epidemiology	4
HLTH 3250	Global Health	4

or HLTH 3210	Health Communications	
HLTH 3350	Environmental Health	4
HLTH 4700	Practicum Preparation	2
HLTH 4754	Practicum	4
HLTH 4800W	Senior Seminar in Public Health	4
Public Health Supporting Courses		
Select one of the following statistics courses:		4
HLTH 1090	Biostatistics	
ECON 1080	Statistical Analysis for the Social Sciences	
ECON 1090	Statistical Analysis for Decision Making	
PSYC 1090	Statistical Methods in Psychology	
STAT 1089	Statistical Analysis with Corequisite	
STAT 1090	Statistical Analysis	
IPE 1030	Healthcare Teams Foundations and Medical Terminology	2
or IPE 1020	Medical Terminology	
MGMT 3850	Healthcare Policy	4
or ECON 3250	Healthcare Economics	
Public Policy Concentration Courses		
HHS 2000	Culture, Health and Healing ¹	3
HHS 4100	Holistic Health in Communities of Practice ¹	4
Two courses that focus on the legal, economic, or communication dimensions of healthcare and public policy ²		8
One 2000 level biology or chemistry lab science course		4
Total Credits		55

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
or HLTH 3210	Health Communications	
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 3350	Lifelong Nutrition	
HIST 2200	Twentieth Century America	
HIST 3250	History of Civil Liberties and Civil Rights in the U.S.	
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 during senior year

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 7800	Mindfulness Based Meditation	
HHS 7830	Energy Healing I	
HHS 7835	Energy Healing II	
HHS 6860	Plants, Culture, and Healing	
HHS 6840	Journeys of Death and Dying	
HHS 7810	Perspectives of Health and Healing in India	
HHS 6982	Topics	

HHS 6952	Independent Study	
or HHS 6953	Independent Study	

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 7800	Mindfulness Based Meditation	
HHS 7830	Energy Healing I	
HHS 7835	Energy Healing II	
HHS 6860	Plants, Culture, and Healing	
HHS 6840	Journeys of Death and Dying	
HHS 7810	Perspectives of Health and Healing in India	
HHS 6982	Topics	
HHS 6952	Independent Study	
or HHS 6953	Independent Study	

Total Credits 18

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
or HLTH 3210	Health Communications	
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:

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 3350	Lifelong Nutrition	
HIST 2200	Twentieth Century America	
HIST 3250	History of Civil Liberties and Civil Rights in the U.S.	
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