

INTEGRATED HEALTH STUDIES OPTION, BA - INDIVIDUALLY DESIGNED MAJOR

Introduction

Please click here (<http://catalog.ucdenver.edu/cu-denver/undergraduate/schools-colleges-departments/college-liberal-arts-sciences/individually-structured-major/>) to see Individually Designed Major department information.

The College of Liberal Arts and Sciences (CLAS) Integrated Health Studies Option provides students with the opportunity to design an individualized major that meets their unique needs, and which results in a B.A.

Integrated Health Studies is designed for students who are interested in health from the perspective of the liberal arts and sciences and who seek interdisciplinary training focused around particular health topics. An interdisciplinary approach to health through the liberal arts and sciences seeks to create broadly-educated citizens who can apply critical thinking, information literacy, analysis, and independent problem solving to a wide variety of situations. Students can choose from a selection of health-focused minors and certificates that they combine with interdisciplinary clusters, which permits deeper understanding of a focused health topic. The track supports students seeking positions in:

- Health education
- Health administration
- Community health
- Non-profit health organizations
- Environmental health
- Community organizing
- Social work
- Occupational health
- Health policy
- Gerontology
- And more

These degree requirements are subject to periodic revision by the academic department, and the College of Liberal Arts and Sciences reserves the right to make exceptions and substitutions as judged necessary in individual cases. Therefore, the College strongly urges students to consult regularly with their major advisor and CLAS advisor to confirm the best plans of study before finalizing them.

Program Delivery

- This is an on-campus program.

Declaring This Major

- Click here (<http://catalog.ucdenver.edu/cu-denver/undergraduate/schools-colleges-departments/college-liberal-arts-sciences/#policiestext>) to go to information about declaring a major.

General Requirements

To earn a degree, students must satisfy all requirements in each of the areas below, in addition to their individually designed requirements.

- CU Denver General Graduation Requirements (<http://catalog.ucdenver.edu/cu-denver/undergraduate/graduation/>)
- CU Denver Core Curriculum (<http://catalog.ucdenver.edu/cu-denver/undergraduate/graduation-undergraduate-core-requirements/>)
- College of Liberal Arts & Sciences Graduation Requirements (<http://catalog.ucdenver.edu/cu-denver/undergraduate/schools-colleges-departments/college-liberal-arts-sciences/#graduationrequirementstext>)
- Click here (<http://catalog.ucdenver.edu/cu-denver/undergraduate/academic-policies-procedures/>) for information about Academic Policies

Program Requirements

The IDM program plan must comply with the following policies:

1. Students must complete a minimum of 39 credit hours from the approved courses.
2. Students must complete a minimum of nine upper-division (3000-level and above) credit hours in the approved cluster area and must complete all of the upper-division requirements for the minor or certificate they choose to pair with the cluster.
3. Students must earn a minimum grade of C- (1.7) in all courses that apply to the major and must achieve a minimum cumulative major GPA of 2.0. Courses taken using P+/P/F or S/U grading cannot apply to major requirements.
4. Students must complete a minimum of 15 credit hours with CU Denver faculty from the approved cluster area and must complete all of the residency requirements for the minor or certificate they choose to pair with the cluster.

Program Restrictions, Allowances and Recommendations

1. Students combine **one** of the identified CLAS minors or certificates with **one** of the topical clusters to make up their **major areas**. Students will earn the minor/ certificate they use to form a cluster for their major, as long as they have completed all of the requirements for that program.
2. Students can double-count a maximum of one course across their areas (in addition to an introductory course).
3. Students must take courses from at least **two** different disciplines in their topical cluster.
4. Students are required to take **two** courses as an introduction to their major. If an introductory course is also part of a student's topical cluster, a student may count one introductory course as part of that area's credits.
5. **Note:** Some courses in each cluster require prerequisites that must be met making them a 21 credit cluster. Please see course descriptions.

Code	Title	Hours
Complete the following program requirements:		39
<i>Complete two of the following courses:</i> ¹		6
COMM 2500	Introduction to Health Communication	
HEHM 3100	Foundations of Health Humanities	
PBHL 2001	Introduction to Public Health	
SOCY 3440	Medical Sociology	
<i>Complete one approved CLAS minor or certificate:</i>		15
Public Health Minor (p. 2)		
Health Humanities Minor (p. 2)		
Health Communication Undergraduate Certificate (p. 2)		
Community Health and Medicine Undergraduate Certificate (p. 2)		
<i>Complete a minimum of 15 credit hours, with nine at the upper division level, in at least one approved topical cluster:</i>		15
Aging and End of Life Cluster (p. 2)		
Biology and Society Cluster (p. 2)		
Environmental Health Cluster (p. 3)		
Drugs and Addiction Cluster (p. 3)		
Family Health Issues Cluster (p. 3)		
Food and Nutrition Cluster (p. 3)		
Sexuality and Reproduction Cluster (p. 3)		
<i>Complete the Interdisciplinary Studies Capstone Course.</i> ²		3
IDMA 4900	Interdisciplinary Studies Capstone	

¹ If an introductory course is also part of a student's chosen area, a student may count one introductory course as part of that area's credits.

² Taken toward the end of your career (junior/senior year.)

Public Health Minor (<http://catalog.ucdenver.edu/cu-denver/undergraduate/schools-colleges-departments/college-liberal-arts-sciences/health-behavioral-sciences/public-health-minor/>)

The undergraduate minor in Public Health is designed to provide students with a basic understanding of the social, cultural, and biological dimensions of health. The minor curriculum provides students with the intellectual and methodological tools needed to understand the joint bio-cultural determinants and contexts of health, health care and public health.

Health Humanities Minor (<http://catalog.ucdenver.edu/cu-denver/undergraduate/schools-colleges-departments/college-liberal-arts-sciences/health-humanities/health-humanities-minor/>)

The Health Humanities minor critically analyzes historical and contemporary connections among health, medicine, and society. The minor deepens understandings of disease and wellness, pain and suffering, personhood, the nature of death and dying, embodied experience, and the limits of technological knowledge. Students explore the human dimensions of medical practice and how they interact with lived experience.

Health Communication Undergraduate Certificate (<http://catalog.ucdenver.edu/cu-denver/undergraduate/schools-colleges-departments/college-liberal-arts-sciences/communication/health-communication-certificate/>)

The Health Communication Undergraduate Certificate seeks to impart the knowledge and skills necessary for creating, analyzing, and assessing health communications in a diverse and global world, where health occupies an increasingly prominent portion of our public life. This certificate provides students with a theoretically rich and practically relevant education in how health messages are generated, negotiated, and understood.

Community Health and Medicine Undergraduate Certificate (<http://catalog.ucdenver.edu/cu-denver/undergraduate/schools-colleges-departments/college-liberal-arts-sciences/sociology/sociology-health-medicine-certificate/>)

The Community Health and Medicine Undergraduate Certificate provides training in the core research methodologies and theories of medical sociology, examining individual experience, institutional structures, laws and policies that affect health, and broader systems of inequality that lead to unequal rates of illness and access to care.

Aging and End of Life Cluster

The Aging and End of Life Cluster is designed for students to learn about the range of human experiences with aging and dying, and to understand how the medical considerations of aging and the end of life intersect with social, ethical, policy, and religious questions.

Code	Title	Hours
ANTH 3666	Anthropology of Death	
HDFR 4300	Families in Later Life	
IWKS 4520	Design for Healthful Human Longevity	
PBHL 3091	Live Long and Prosper: Public Health & Aging	
PHIL 3550	Philosophy of Death and Dying	
PSYC 2205	Lifespan Developmental Psychology for Health Majors	
PSYC 3822	Aging, Brain and Behavior	
RLST 4460	Death and Concepts of Afterlife	
SOCY 3570	Death & Dying: Social & Medical Perspectives	
SOCY 4290	Aging, Society and Social Policy	
SOCY 4650	Sociology of Adulthood and Aging	

Biology and Society Cluster

This area examines the ways biology interacts with everyday life. Students will learn about the reciprocal relationships between biology and society, including themes of health and disease, the environment, evolution, ethics, and behavioral choices about health.

Code	Title	Hours
ANTH 4600	Medical Anthropology	
BIOL 3104	Behavioral Genetics	
PHIL 4242	Medicine, Health Care, and Justice: Bioethics	
PSYC 2220	Biological Basis of Behavior	
PSYC 3262	Health Psychology	
PSYC 3263	Hormones and Behavior	

PSYC 3724	Developmental Neuroscience
PSYC 3810	Neuropsychology
SOCY 4220	Population Change and Analysis

Note: If students choose multiple upper division PSYC courses, they will need to add the introductory prerequisites, for a total for 21 credits for the cluster.

Environmental Health Cluster

This area focuses on the relationships between people and their environments. Students will learn about how both natural and built environments impact human health and disease, and how ecological balances are important to maintaining human health.

Code	Title	Hours
ANTH 3316	History of Human Environmental Impacts	
BIOL 3650 & BIOL 3651	General Microbiology and General Microbiology Lab	
BIOL 4053	Infectious Disease Ecology	
BIOL 4154	Conservation Biology	
BIOL 4415	Applied Microbial Ecology	
BIOL 4460	Environmental Toxicology	
ENVS 1342	Environment, Society and Sustainability	
ENVS 4720	Climate Change: Causes, Impacts and Solutions	
GEOG 3401	Geography of Food and Agriculture	
GEOG 3501	Geography of Health	
GEOG 4020	Earth Environments and Human Impacts	
GEOG 4350	Environment and Society in the American Past	
GEOG 4710	Disasters, Climate Change, and Health	
PBHL 3020	Introduction to Environmental Health	

Note: If students choose multiple upper division BIOL courses, they will need to add the introductory prerequisites, for a total for 21 credits for the cluster.

Drugs and Addiction Cluster

This area considers the characteristics of addiction and how drugs work. Students will have the opportunity to study drugs and addiction from a variety of perspectives to better understand how individuals experience addiction and how society approaches policies and treatments regarding drugs and addiction.

Code	Title	Hours
ANTH 3045	Cannabis Culture	
ANTH/PBHL 4090	Psychedelic Anthropology	
ECON 3400	Economics of Sex and Drugs	
PSYC 3265	Drugs, Brain and Behavior	
SOCY 3040	Drugs, Alcohol & Society	

Family Health Issues Cluster

This area explores families as locations of health and well-being, on the one hand, and sources of health problems and crises, on the other. Students will learn about the relationships between family health and community health, as well as individual health and family health.

Code	Title	Hours
COMM 3275	Family Communication	
HDFR 3400	Love, Couples and Family	
PBHL 3051	Mental Illness and Society	
PBHL 4110	Public Health Perspectives On Family Violence	
PSYC 3405	Family Psychology	
PSYC 3611	Psychology of Women	
SOCY 3010	Sociology of Human Sexuality	
SOCY 3700	Families and Society	
SOCY 4270	Social Meanings of Reproduction	
SOCY 4290	Aging, Society and Social Policy	
SOCY 4640	Sociology of Childhood and Adolescence	
SOCY 4650	Sociology of Adulthood and Aging	
SOCY 4780	Violence in Relationships	

Note: If students choose multiple PSYC courses, they will need to add the introductory prerequisites, for a total for 21 credits for the cluster.

Food and Nutrition Cluster

This area considers relationships between nutrition and overall health and well-being. Students will connect food to issues of sustainability and communication, understand obstacles to healthy eating, and learn about global issues of nutrition.

Code	Title	Hours
CHEM 2300	Nutritional Chemistry	
COMM 4601	You Are What You Eat: Food as Communication	
GEOG 3401	Geography of Food and Agriculture	
GEOG 4460	Sustainable Urban Agriculture Field Study I	
GEOG 4470	Sustainable Urban Agriculture Field Study II	
LDFS 4000	Food Justice in City & Schools	

Sexuality and Reproduction Cluster

This area examines sexuality and reproduction at both micro and macro levels, from the anatomy of the human body and the psychology of mind to the history of multiple societies and clusters. Students will learn how assumptions about gender and sex inform the science of sexuality and reproduction, and health impacts that derive from these relationships.

Code	Title	Hours
ANTH 4260	Human Reproductive Ecology	
BIOL 3074	Human Reproductive Biology	
HIST 4307	History of Sexuality	
HIST 4345	Gender, Science, and Medicine: 1600 to the Present	
PBHL 3010	Human Sexuality and Public Health	
PBHL 3071	Global Topics In Sexual and Reproductive Health	
PSYC 3235	Human Sexuality	
SOCY 3010	Sociology of Human Sexuality	
SOCY 3080	Sex and Gender	
SOCY 4220	Population Change and Analysis	
SOCY 4270	Social Meanings of Reproduction	

To learn more about the Student Learning Outcomes for this program, please visit our website (<https://clas.ucdenver.edu/academic-programs/integrated-health-studies/>).

To review the Degree Map for this program, please visit our website (<https://www.ucdenver.edu/student/advising/undergraduate/degree-maps/clas/>).