

Integrative Health

PROGRAM CODE: 10-546-4



Associate Degree



COURSES	CREDITS
IH-102	Introduction to Integrative Health 3
IH-108	Natural Wellness Concepts 3
EYI-101	History and Foundation of Yoga 1
EYI-130	Mindfulness and Meditation 2
BIOSCI-189	Basic Anatomy 3 (or) Any 200-level BIOSCI course
ENG-195	Written Communication ‡ 3 (or) ENG-201 ‡
IH-112	Nutrition for Health/Wellness 3
IH-203	Theory and Practice of Fitness 3
IH-105	Introduction to Wellness Coaching 3
IH-201	Introduction to Eastern Medicine 1
SOCSOCI-172	Introduction to Diversity Studies 3 (or) Any 200-level SOCSOCI course
ENG-196	Oral/Interpersonal Comm ‡ 3 (or) Any 200-level ENG or SPEECH course
IH-218	Health Coaching and Interviewing 3
IH-208	Advanced Wellness 3
HEALTH-112	Introduction to Public Health 3
EYI-120	Asana, Sequencing and Structure 2
EYI-140	Business Ethics in Yoga 1
PSYCH-199	Psychology of Human Relations 3 (or) Any 200-level PSYCH course
IH-235	Fitness Testing and Prescription 2
IH-225	Healthy Aging 2
IH-215	Population Health and Wellness 2
IH-113	Wellness Marketing and Technology 3
ELECTIVES	6 credits required from any 100-, 200- or 300-level in any subject 6

Location: Downtown Milwaukee Campus, MATC Education Center at Walker’s Square, Mequon Campus

Start Dates: August and January

Admission Requirement: High school diploma or equivalent

Financial Aid Eligible: Yes. Use code 003866 at fafsa.gov.

Program Description

Integrative health approaches are typically defined as the coordinated use of conventional and complementary therapies. The term integrative implies that the various approaches are not just used in parallel to one another, but are employed in an organized fashion to optimize the benefits for clients/patients. Graduates will be qualified for certification in the following fields: health coaching (IH-105 and IH-218), personal training (IH-203 and IH-235) and RYT-200 yoga teacher (EYI-100, EYI-130, EYI-120 and EYI-140).

Career Outlook

According to the U.S. Bureau of Labor Statistics, employment of healthcare occupations is projected to grow 15% from 2019 to 2029. With stats like that, there are plenty of career opportunities for those interested in integrative health.

Program Learning Outcomes

- Articulate Integrative Health treatment modalities with health promotion and prevention of illness as key wellness strategies.
- Employ holistic mind-body-spirit wellness coaching strategies to implement behavior modification and lifestyle change in clients.
- Perform health and wellness assessments, including fitness testing, body composition assessment, diet analysis and health risk assessments, and assess personal fitness levels and prescribe exercise intervention plans.



Complete Program Details

QUESTIONS? 414-297-6263, 262-238-2281 or healthpathway@matc.edu

CREDITS

Total credits needed to complete this degree

61

‡ Prerequisite required.

Program curriculum requirements are subject to change.

Current MATC students should consult their Academic Program Plan for specific curriculum requirements.

MATC courses are offered in person, entirely online or partially online.

Check each course’s delivery options in Self-Service at selfservice.matc.edu.