

INTEGRATIVE HEALTH (INHL)

INHL A100 **3 Units (36 lecture hours; 54 lab hours)**
Integrative Health Coach Principles & Practice I
Grading Mode: Standard Letter, Pass/No Pass
Transfer Credit: CSU.

Prepares students for work as Integrative Health Coaches in clinics, hospitals, and other health provider locations. The course emphasizes skill development in areas of client-centered theory and practice. Topics include the role of the IHC in the delivery of medical care and services as related to client-centered professional skills, behavior change theory, goal setting, and motivation. Students will also explore professional practices related to self-care teamwork, ethics, and conflict resolution.

INHL A115 **2.5 Units (36 lecture hours; 36 lab hours)**
Clinical Skills for the Integrative Health Coach
Grading Mode: Standard Letter, Pass/No Pass
Transfer Credit: CSU.

This course provides students with an understanding of basic clinical skills to be effective liaisons between medical clinicians and patients. Topics covered include listening skills, common screening assessments, legal and ethical issues in health care, death and dying, and professional burn out. Students will also be trained in cardiopulmonary resuscitation and receiving AHA CPR certification. Graded or Pass/No Pass option.

INHL A200 **3 Units (36 lecture hours; 54 lab hours)**
Principles & Practice II
Grading Mode: Standard Letter, Pass/No Pass
Transfer Credit: CSU.

This course will focus on motivational interviewing techniques for use by the Integrative Health Coach. Topics will include a discussion of the spirit of MI, MI techniques, empathy, and goal setting in relation to a client's/patient's health behavior change. MI is an important tool used to translate a clinician's treatment plan into behaviors that support a patient's motivations and life-goals. Graded or Pass/No Pass option.

INHL A210 **3 Units (36 lecture hours; 54 lab hours)**
Navigating the U.S. Health Care System, Health Insurance, Public Assistance, and Benefits Programs
Grading Mode: Standard Letter, Pass/No Pass
Transfer Credit: CSU.

This course provides students with an understanding of the U.S. healthcare system and health insurance options to provide for efficient navigation through the healthcare system. Topics include the history of health insurance in the U.S. and the role of government in healthcare; the U.S. healthcare workforce; basic health insurance terminology; types of insurance and the healthcare marketplace; different types of care, including outpatient, ambulatory and long-term care; public assistance programs and disability programs; and, ethical and bioethical issues. Same as PUBH A210. Students who complete PUBH A210 may not enroll in INHL A210. Graded or Pass/No Pass option.

INHL A220 **3 Units (54 lecture hours)**
Techniques and Topics in Health Education
Grading Mode: Standard Letter, Pass/No Pass
Transfer Credit: CSU.

This course will provide students with the skills and knowledge to be successful health educators in both group and individual setting. Topics will include the principles and practice in the planning, facilitation, and evaluation of public health education and training. This course covers basic theories and participatory training methods, with a focus on meeting the needs of diverse communities and adult learners. Same as PUBH A220. Students who complete INHL A220 may not enroll in PUBH A220. Graded or Pass/No Pass option.

INHL A225 **3 Units (54 lecture hours)**
Introduction to Complementary and Alternative Medicine
Grading Mode: Standard Letter, Pass/No Pass
Transfer Credit: CSU.

This course will focus on the role of alternative medicine in health behavior, disease, treatment, coping, and healing. Topic covered will include history, philosophy, development, and use of CAM modalities to treat and manage disease. Traditional/alternative medical systems, such as Chinese, Tibetan, and Ayurvedic medicine, will be examined. Graded or Pass/No Pass option.

INHL A230 **3 Units (54 lecture hours)**
Assessing and Analyzing Health Information
Grading Mode: Standard Letter, Pass/No Pass
Transfer Credit: CSU.

This course prepares students to perform the information-related duties of an Integrative Health Coach, health educator, and other public health professions. Students develop skills and knowledge required to locate and critically appraise online health information; review measurements and methods to access public health data located in surveillance systems and vital records, and provide an overview of public health informatics. Same as PUBH A230. Graded or Pass/No Pass option.

INHL A250 **2 Units (4.5 lecture hours; 120 other hours)**
Integrative Health Coach Supervised Practice
Prerequisite(s): ALH A111, ALH A120, INHL A100, and INHL A115 or ALH A115.

Grading Mode: Standard Letter, Pass/No Pass
Transfer Credit: CSU.

Supervised clinical practice in clinics, medical facilities, community agencies other facilities that utilize Integrative Health Coaches (IHC). This course will provide the student with an opportunity to practice the skills and competencies developed through the IHC course work within a job setting. Placement will be determined based on the availability of approved sites and student's interests. Students will be required to follow the dress standards set by the facility. Graded or Pass/No Pass option.