

INTEGRATIVE HEALTH (INHL)

INHL A100 **3 Units (36 lecture hours; 54 lab hours)**
Integrative Health Coach Principles & Practice
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.

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

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.

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

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.

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.

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.

INHL A250 **2 Units (4.5 lecture hours; 120 other hours)**
Integrative Health Coach Internship
Grading Mode: Standard Letter, Pass/No Pass
Transfer Credit: CSU.

Supervised internship for the student who is completing the Integrative Health Coach certificate. Job site experience will train the student in additional job skills that will enhance academic learning. The internship may be either a paid or unpaid position; students must work 75 paid hours or 60 non-paid hours per unit earned (150 hours paid/120 hours non-paid for this 2 unit course).