

WHAT IS

INTEGRATIVE HEALTH & WELLNESS?

Integrative Health & Wellness (IHW) is the future of healthcare.

It's a holistic, patient-centered approach to addressing health issues and promoting overall well-being. With an emphasis on preventive care, it combines evidence-informed practices from a variety of healthcare modalities, ranging from ancient medicine to contemporary scientific discoveries, to improve health for individuals and large populations.

What Makes IHW at University of Portland Different?

Students at UP benefit from our liberal arts core curriculum that fosters:

- + CRITICAL THINKING
- + PROBLEM SOLVING
- + A FOUNDATION IN ETHICS
- + CONFIDENCE & LEADERSHIP SKILLS



Practicums are tailored to each student's career interests.



Career Interest
Public Health Practice



Practicum
Multnomah Co. Health Department



Career Interest
Health Educator



Practicum
Mother & Child Education Center



Career Interest
Sports Performance



Practicum
University of Portland Athletics



Career Interest
Public Health Policy



Practicum
Intern with State Representative

Every Integrative Health & Wellness student gains field experience by completing over

135  **PRACTICUM HOURS**



Between **2021** and **2031**

JOBS for health education specialists and community health workers are **PROJECTED TO GROW BY 12%**

Bureau of Labor and Statistics

100%

of 2023 graduates **WOULD RECOMMEND THE IHW PROGRAM** to other students

9:1

STUDENT TO FACULTY RATIO

<30

AVERAGE CLASSROOM SIZE



MAJORS especially COMPATIBLE WITH AN IHW MINOR:

- + Nursing
- + Psychology
- + Business
- + Social Work
- + Education

CREDIT HOUR REQUIREMENTS:

IHW Major 54 IHW Minor 15

Bachelor of Science-IHW 154*

*All University of Portland students must complete the Core Curriculum requirements to earn a bachelor's degree.

CAREER OPPORTUNITIES

An IHW degree leads to a wide array of career opportunities in two main pathways: individualized, patient-centered care and large-population, community-centered care. Graduates can go on to be:

- Physicians or Nurses
- Psychologists
- Physical Therapists
- Acupuncturists
- Naturopaths
- Certified Health Coaches
- Nutritionists
- Epidemiologists / Researchers
- Health Policy Professionals
- Hospital Administration
- Community Health Educators



INTEGRATIVE HEALTH & WELLNESS COURSES

Some of our most popular IHW classes include:

- Nature's Pharmacy: Food, Herbs & Supplements that Support Health
- Health & Wellness Across the Lifespan
- Integrative Public Health
- Foundations of Health Education and Health Promotion
- Community Health Promotion

HEALTH COACH CERTIFICATION

University of Portland School of Nursing & Health Innovations - Integrative Health Coaching Program is an approved Health and Wellness Coach Training & Education Program by the National Board for Health and Wellness Coaching (NBHWC). Graduates of this program are eligible to apply for the HWC Certifying Examination to become National Board Certified Health & Wellness Coach (NBC-HWC)



**APPROVED
TRAINING
PROGRAM**

STEPS TO APPLY

1. Submit Application (*either the UP Application or the Common Application*) up.edu/admissions/apply
2. Declare Integrative Health and Wellness as your major or minor (*a minor can be declared once you attend UP*)
3. Submit supporting materials:
 - Official high school transcript(s)
 - Secondary School Report/Recommendation Form
 - SAT or ACT scores (*optional through Fall 2024*)
 - Essay (*optional*)

FALL APPLICATION TIMELINE

DECEMBER 1: Early Action deadline for first-year students (*non-binding*)

FEBRUARY 1: Regular Decision deadline for first-year students (*after this date applications are reviewed on a space-available basis*)

JUNE 1: Preferred application deadline for domestic transfer students and final application deadline for international students

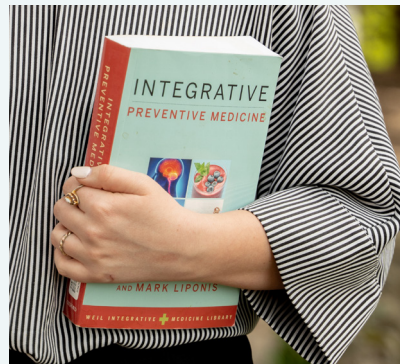
AUGUST 1: Final application deadline for domestic transfer students

Spring applications are due December 1



SCAN HERE

to learn more about University of Portland and the School of Nursing & Health Innovations



CONTACT US

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