

Certificate in the Study of Complementary and Alternative Medicine

As the delivery of health care in the United States becomes ever more complex, it appears that individuals are seeking an increasing amount of care from alternative and complementary sources. In addition, it has been documented that there is an increase in the use of complementary and alternative medicine not only for the treatment of illness, but also in combination with “conventional” health and wellness practices. This increased use creates a need for individuals entering health care professions to have greater competency in understanding and critically evaluating the various practices considered as “complementary and alternative medicines.”

The focus of this certificate program is to provide an educational foundation regarding the broad use of complementary and alternative practices available to consumers. The purpose of this certificate program, based upon the best scientific research available, is to explore and evaluate the most common forms of complementary and alternative medicine and to shed light upon: 1) What works; 2) What does not work; and 3) What is “in the works.” Through coursework, students will be provided: 1) an introduction to the various practices including historic and cultural foundations; 2) review of commonly incorporated practices and scientific research that have investigated the relationship between such practice and health; 3) critical investigation into several of the most popular complementary and alternative self-help therapies and practices including literature reviews to evaluate efficacy of practice; and 4) ethical issues underlying the endorsement and use of “complementary and alternative medicine.”

While this certificate program is not designed to provide students with skills necessary to deliver any of the various practices considered as “complementary and alternative”, it will provide future practitioners basic scientific knowledge and skills necessary to critically evaluate the current and future use of complementary and alternative medicine.

Overview of Certificate Program in the Study of Complementary and Alternative Medicine

Whether you are interested in prevention or are considering treatment alternatives, the Certificate in the Study of Complementary and Alternative Medicine will help you make the best choices about available sources based on the latest research and scientific information.

Course Requirements

Complete all courses listed below with a GPA of 2.5 or better:

<u>Courses</u>	<u>Credits</u>
CL SCI 260 Introduction to Complementary and Alternative Medicine (F) (prerequisites: none)	3
Or	

HMS 260 Introduction to Complementary and Alternative Medicine (F) (prerequisites: none)	3
HMS 365 Mind-Body Integration and Interventions in Complementary Medicine (S) (prerequisites: HMS 260 or CL Sci 260)	3
HMS 368 Complementary Self-Help Strategies and Therapies in Rehabilitation (S) (prerequisites: HMS 260 or CL Sci 260)	3
HMS 400 Ethics and Values in the Health Professions (S) (prerequisite: jr. st.)	3

Key: F=fall semester offering S=spring semester offering

In addition, students must complete an additional 3 credits from the following list of courses:

- HMS 180 Special Topics in Wellness
- HMS 590 Nutrition and Dietary Supplements in Health Promotion
- HMS 590 Clinical Applications of Nutrition and Dietary Supplements in the Treatment of Disease
- FINE ART 489 Role of Arts in Healing
- PHILOS 207, Religion and Science
- PHILOS 213 Introduction to the Philosophy of Science
- PHILOS 217 Introduction to Metaphysics
- PHILOS 237 Technology, Values, and Society

If You're Interested...

Students must file a form declaring their intent to pursue the Certificate Program in the Study of Complementary and Alternative Medicine. It is recommended that the student meet with Anna San Diego, Senior Advisor, who can assist in planning the sequence of coursework. Forms are available in the College of Health Sciences Student Affairs Office, Merrill 115. To make an appointment with the advisor for this program, call 229-2758.

Related Programs and Degrees

Students interested in pursuing a career in the health and fitness industry may wish to examine one of the various degree programs or other certificate programs offered at UWM. Degree programs include the Bachelor of Science in Kinesiology:

- Athletic Training
- Exercise and Fitness
- Health and Fitness Management
- Kinesiology (Pre-Physical Therapy)

An additional certificate Programs, which would enhance one's marketability in the health and fitness professions, include:

- Strength and Conditioning Certificate

For more information about the College of Health Sciences and its academic programs, please call (414) 229-2758.