

Bachelor of Applied Science, Hawaiian & Indigenous Health & Healing

The goal of academic advising is to further enhance the educational mission of the university, and create quality, accessible advising partnerships with all students in a positive environment that supports student success. This advising sheet is for tracking purposes toward degree completion and is subject to change. Students also may track their academic progress via STAR Degree Check through MyUH at myuh.hawaii.edu. Academic Advising appointments may be scheduled by calling 808-689-2689 or toll-free from neighbor islands at 866-299-8656.

Graduation Requirements (see the 2024-2025 catalog for any additional graduation requirements):

- | | | |
|--|---|--|
| <input type="checkbox"/> 45 Upper Division Credits Minimum | <input type="checkbox"/> 3 Upper Division Writing Intensive Courses | <input type="checkbox"/> 2.0 UHWO GPA |
| <input type="checkbox"/> 120 Total Credits Minimum | <input type="checkbox"/> Focus Requirements (OC, HAP, ETH) | <input type="checkbox"/> 2.0 CONCENTRATION GPA |
| <input type="checkbox"/> 30 UHWO Credits | | |

*Note: Some courses may be applied more than once to fulfill General Education, Core, or Concentration Requirements. Double-counted courses do not reduce the number of credits required for the concentration. Students are still responsible for meeting the minimum number of credits in the concentration and the overall total credits for graduation

General Education Requirements: 31 credits (*28 credits see note above)

Credits	Course Alpha / Number / Title
3	Foundations Written Communications (FW) ENG 100 Composition I
0*	Foundations of Quantitative Reasoning (FQ) MATH 100, 103, 103M/L, 115, 135 or higher (Will Satisfy Lower Division Math Requirement below)
6	Foundations Global and Multicultural Perspectives (FG): 6 credits from two different groups (A, B, C): *Group A: Primarily before 1500 CE (e.g., HIST 151 or ANTH 151) *Group B: Primarily after 1500 CE (e.g., HIST 152 or ANTH 152) *Group C: Pre-history to present
6	Diversification Arts, Humanities & Literature (DA, DH, DL): 6 credits from two different areas
3	Diversification Social Sciences (DS): 6 credits from two different areas
3	Diversification Social Sciences (DS): Different area from above.
3	Diversification Natural Sciences (DB, DP, DY): 3 credits from the biological sciences (DB):
3	3 credits from the physical sciences (DP):
1	1 credit of laboratory (DY):

Writing Skills Requirement: 3 credits

Select one course from the following:

ENG 200 Composition II
ENG 220 Scientific Writing

Credits	Course Alpha / Number / Title
3	

Lower Division Math Requirement: 3 credits

Credits	Course Alpha / Number / Title
3	MATH 100, 103 115, 115M/L 135 or higher (Will Satisfy general education FQ above)

Applied Science Core Requirements: 12 credits

Credits	Course Alpha / Number / Title
3	ICS 101 Intro to Digital Tools for the Information World OR PUBA 335 Technology for Public Administration

Select one course from the following: (Check Prerequisites)

PUBA 308 Community Engaged Research Methods
HLTH 470 Research Methods for Indigenous Well Being (Recommended)

Credits	Course Alpha / Number / Title
3	

Select one course from the following: (Check Prerequisites)

PUBA 341 Statistics for Decision-Making in Public Administration
 HLTH 460 Biostatistics (Recommended)

Credits	Course Alpha / Number / Title
3	

Select one Ethics course from the following:

PUBA 477 Ethics and Health Care Administration
 PUBA 481 Ethics and Administration
 SCFS 485 Cross-Cultural Environmental Ethics
 Any Upper Division (300-400 level) course designated as an ETH

Credits	Course Alpha / Number / Title
3	

Hawaiian & Indigenous Health & Healing Introductory Requirements: 9 credits

Credits	Course Alpha / Number / Title
3	HLTH 204 Introduction to Hawaiian and Indigenous Health and Healing (<i>need a grade of C or higher</i>)
3	HLTH 205 Hawaiian Ways of Healing (<i>need a grade of C or higher</i>)

Select one course from the following:

PUBA 104 Introduction to Community Health
 HLTH 117 Survey of Health Professions
 HLTH 123 Introduction to Clinical Skills and Patient Care

Credits	Course Alpha / Number / Title
3	

Hawaiian & Indigenous Health & Healing Concentration Requirements: 15 credits

Credits	Course Alpha / Number / Title
3	HLTH 360 Health Disparities and Pacific Peoples (<i>need a grade of C or higher</i>)
3	HLTH 450 Theories of Wellness and Disease Across Cultures: Hawai'i and Beyond

Select three courses from the following: (Check Prerequisites)

HLTH 300 Ho'oponopono Novice Level A
 HLTH 305 Lā'au Lapa'au Novice Level A
 HLTH 310 Lomilomi Novice Level A
 HLTH 400 Ho'oponopono Novice Level B
 HLTH 405 Lā'au Lapa'au Novice Level B
 HLTH 410 Lomilomi Novice Level B

Credits	Course Alpha / Number / Title
3	
3	
3	

Hawaiian & Pacific Culture Electives: 9 credits**Select three courses from the list below:**

ANTH 389 Cultural Resource Management
 ANTH 427 Health, Food, & Society (prev ANTH 480)
 HIST 485 History of Oceanic Connections
 HLTH 453 Colonial Medicine (xlst HIST)
 HOST 421 Sustainability in Tourism
 HPST 304 Hawaiian-Pacific Traditions

HPST 327 Mālama 'Āina: Land-Based Literacies
 HPST 342 Indigenous Peoples & Modernity (xlst POLS)
 HPST 365 Geography of the Pacific (xlst GEOG)
 HPST 381 Hawai'i Politics (xlst POLS)
 HPST 383 Aloha Aina: Concept, Discourse, Movement
 HPST 384 Hawai'i from European Contact to the

POLS 396 Nonviolent Political Alternatives

SOC 456 Peoples of Hawai'i (xlst HPST)

SSCI 326 Hawaiian and Pacific Environments

Pacific Language: only 3 credits may apply

HAW 101 Elementary Hawaiian 1

HAW 102 Elementary Hawaiian 2

HAW 201 Intermediate Hawaiian I

HAW 202 Intermediate Hawaiian II

HAW 301 Third-Level Hawaiian I

HAW 302 Third-Level Hawaiian II

HAW 401 Fourth-Level Hawaiian I

HAW 402 Fourth-Level Hawaiian II

ILO 101 Beginning Ilokano

SAM 101 Elementary Samoan I

- Overthrow (xlst HIST)
- HPST 430 Contemporary Pacific: Globalization and Change
- HPST 437 Pacific Archaeology (xlst ANTH, HIST, HIST)
- HPST 440 Kānāwai Hawai'i: Native Hawaiian Law (xlst POLS)
- HPST 450 Pacific Islander Diaspora Experiences
- HPST 471 Polynesia Before European Contact
- HPST 477 Polynesian & Micronesian Mythology
- HPST 478 Hawaiian Mythology II
- HPST 479 Hawaiian Mythology I
- HPST 480 Contemporary Literature of the Pacific
- HPST 482 Pacific Islands (xlst HIST)
- HPST 483 Archaeology of Hawai'i (xlst ANTH)
- HPST 488 Twentieth Century Hawai'i (xlst HIST)

Credits	Course Alpha / Number / Title
3	
3	
3	

Health & Food Electives: 12 credits

Select four courses from the list below:

- BOT 105 Ethnobotany
- POLS 326 Environmental Politics
- PSY 373 Counseling Skills
- PSY 403 Causation and Prevention of Substance Abuse
- PSY 404 Social Correlates of Psychoactive Drug Use
- PSY 405 Biological Correlates of Psychoactive Drug Use
- PSY 406 Assessment and Treatment of Substance Abuse and Addiction
- PSY 473 Psychology of Healing
- PSY 474 Culture & Mental Illness (xlst PUBA)
- PUBA 301 Health Care Administration
- PUBA 302 Health Policy, Politics, & Law
- PUBA 307 Community Health Analysis
- PUBA 314 Community Epidemiology & Population Health
- PUBA 319 Long-Term Care
- PUBA 334 The Intersection of Comm & Global Health
- PUBA 338 Cultural Competence in Healthcare
- PUBA 354 Program Planning & Eval in Health Care
- PUBA 368 Foundations in Comm Health & Health Behavior
- PUBA 446 Contemporary Issues in Health Care
- PUBA 461 Social Dimensions of Disaster Response
- SCFS 300 Survey of Sustainable Food Systems in Hawai'i
- SCFS 335 Politics of Food (xlst POLS)
- SCFS 336 Politics of Water (xlst POLS)
- SCFS 370 Ahupua'a – Hawaiian Natural Resource Mgt

- SCFS 385 Loko I'a and Near Shore Fisheries Mgt of Hawai'i
- SCFS 415 Mahi'ai Kalo: Hawaiian Taro Production
- SOC 309 Sociology of the Body
- SOC 311 Social Stratification
- SOC 341 Survey of Social Psychology
- SOC 354 Medical Sociology
- SOC 431 Juvenile Delinquency (xlst PUBA)
- SOC 451 Analysis of Marriage & Family
- SOC 469 Sociology of Sexuality
- SOC 479 Applied Sociology: Community-Based Participatory Research in Health

Life Sciences: only 6 credits may apply

- BIOC 141 Fundamentals of Biochemistry
- BIOC 441 Basic Biochemistry
- BIOL 171/L Intro to Biology I & Lab
- BIOL 172/L Intro to Biology II & Lab
- BIOL 275/L Cell and Molecular Biology & Lab
- BIOL 302 One Health Approach to Infectious Disease
- BIOL 340 Genetics, Evolution & Society
- BIOL 360 Island Ecosystems
- CHEM 161/L General Chemistry I & Lab
- CHEM 162/L General Chemistry II & Lab
- CHEM 272/L Organic Chemistry I & Lab
- CHEM 273/L Organic Chemistry II & Lab
- HLTH 395 Health & Wellness for Life
- PHYL 141/L Human Anatomy & Physiology I & Lab
- PHYL 142/L Human Anatomy & Physiology II & Lab

Credits	Course Alpha / Number / Title
3	
3	
3	

Credits	Course Alpha / Number / Title
3	

Capstone: 3 credits

Credits	Course Alpha / Number / Title
3	APSC 486J Senior Project or APSC 490J Senior Practicum.

Elective Requirements: 26 credits

*Please note Upper and Lower Division electives may vary depending on your course selection. See your College Success Counselor to determine how many elective credits are needed.

Credits	Course Alpha / Number / Title
3	<i>Possible Upper Division (300-400 level)</i>
3	<i>Possible Upper Division (300-400 level)</i>
3	<i>Possible Upper Division (300-400 level)</i>
3	<i>Possible Upper Division (300-400 level)</i>
3	
3	
3	
3	
2	

NOTES:

Dr. N. Kau'i Merritt is the faculty contact for this program. For additional information, Dr. Merritt may be reached at nicolekb@hawaii.edu or by phone at (808) 689-2385.