

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](tel:808-689-2689) or toll-free from neighbor islands at [866-299-8656](tel:866-299-8656).

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

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|--|---|--|
| <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 (<i>Will Satisfy Lower Division Math Requirement below</i>)
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 209 Business Writing
ENG 210 Writing Term Papers
ENG 215 Research/Argumentative Writing

Credits	Course Alpha / Number / Title
3	

Lower Division Math Requirement: 3 credits

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

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

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

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
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Hawaiian & Pacific Culture Electives: 9 credits

Select three courses from the list below:

ANTH 350 Pacific Island Cultures
 ANTH 480 Land, Culture & Social Justice
 ANTH 481 Anthropology in Action and Building a Career
 BAS Hawaiian & Indigenous Health & Healing 2024-25

EDUC 210 Hawaiian Ways of Knowing and Education
 HLTH 453 Colonial Medicine (x1st HIST)
 HPST 212 Pa'a Ke Kahua: Hula Foundations

HPST 304 Hawaiian-Pacific Traditions
 HPST 312 Kūnihi Ka Mauna: Hula Journeys
 HPST 327 Mālama 'Āina: Land-Based Literacies
 HPST 342 Indigenous Peoples & Modernity (xlst POLS)
 HPST 365 Geography of the Pacific
 HPST 381 Hawai'i Politics (xlst POLS)
 HPST 384 Hawaii from European Contact (xlst HIST)
 HPST 430 Contemporary Pacific Globalization and Change
 HPST 437 Pacific Archaeology (xlst ANTH, HIST)
 HPST 440 Kānāwai Hawai'i: Native Hawaiian Law (xlst POLS)
 HPST 450 Pacific Islander Diaspora Experiences
 HPST 471 Polynesia Before European Contact
 HPST 482 Pacific Islands
 HPST 483 Archeology of Hawaii

HPST 488 Twentieth Century Hawaii (xlst HIST)
 HPST 489 Political Conflict in the Pacific (xlst POLS)
 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

Credits	Course Alpha / Number / Title
3	
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Health & Food Electives: 12 credits

Select four courses from the list below:

HLTH 202 Healing Practices Across Cultures
 HPST 328 Culture & Environment (xlst GEOG)
 PSY 474 Culture & Mental Illness (xlst PUBA)
 PUBA 307 Community Health Analysis
 PUBA 314 Community Epidemiology and Population Health
 PUBA 319 Long Term Care
 PUBA 334 The Intersection of Community & Global Health
 PUBA 338 Cultural Competence in Health Care
 PUBA 354 Program Planning and Evaluation in Health Care
 PUBA 368 Foundations in Community Health & Health Behavior
 PUBA 435 Domestic Violence
 PUBA 436 Sex Crimes and Offenders
 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 340 Food Sovereignty, Nutrition & Human Well Being: Reconnecting Food, Nature & Community
 SCFS 345 Native Plants & Indigenous Natural Resource Management (xlst HPST)
 SCFS 360 Survey of Literature on Agriculture Food & the Environment
 SCFS 370 Ahupua'a – Hawaiian Natural Resource Management from Mountain to Sea
 SCFS 385 Loko I'a & Near Shore Fisheries Management of Hawai'i

SCFS 415 Mahi'ai Kalo: Hawaiian Taro Production
 SCFS 450 Climate Change, Food Security & Resilience
 SCFS 455 Traditional Ecological Knowledge and Food System Management
 SCFS 484 Agriculture, Food & Human Values
 SOC 324 Sociology of Race & Ethnic Relations
 SOC 353 Sociology of Aging
 SOC 354 Medical Sociology
 SOC 369 Sociology of Men and Masculinities
 SOC 431 Juvenile Delinquency (xlst PUBA)
 SOC 451 Analysis of Marriage and Family
 SOC 479 Applied Sociology: Community-Based Participatory Research in Health

Life Sciences: only 6 credits may apply

BIOC 141 Fundamental Biochemistry
 BIOL 171/L Introduction to Biology I and Lab
 BIOL 172/L Introduction to Biology I and Lab
 BIOL 275/L Cell and Molecular Biology and Lab
 CHEM 161/L General Chemistry I and Lab
 CHEM 162/L General Chemistry II and Lab
 CHEM 272/L Organic Chemistry I and Lab
 CHEM 273/L Organic Chemistry II (3) and Lab (2)
 HLTH 395 Health and Wellness for Life
 PHYL 141/L Human Anatomy & Physiology & Lab I
 PHYL 142/L Human Anatomy & Physiology & Lab II
 PHYS 151/L College Physics I and Lab
 PHYS 152/L College Physics II and lab

Credits	Course Alpha / Number / Title
3	

Credits	Course Alpha / Number / Title
3	
3	
3	

Capstone: 3 credits

Credits	Course Alpha / Number / Title
3	APSC 486J Senior Project-HIHH

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.