

# 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](http://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 2019-2020 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                   |   |  |

## General Education Requirements: 31 credits

Credits	Course Alpha / Number / Title
3	Foundations Written Communications (FW) ENG 100 Composition I
3	Foundations Symbolic Reasoning (FS) <b>OR</b> 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 <b>different</b> 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: 0-3 credits

Credits	Course Alpha / Number / Title
0-3	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 <b>OR</b> PUBA 335 Technology for Public Administration

### Select one course from the following: (*Check Prerequisites*)

- SSCI 301 Methods and Techniques in Social Science Research  
PUBA 308 Community Engaged Research Methods  
HLTH 470 Research Methods for Indigenous Health & Well Being (In Development)

Credits	Course Alpha / Number / Title
3	

**Select one course from the following: (Check Prerequisites)**

SSCI 210 Statistical Analysis I

PUBA 341 Statistics for Decision-Making in Public Administration

HLTH 450 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	PUBA 338 Cultural Competence in Health Care <b>OR</b> HLTH 450 Theories of Disease Distribution Across Cultures (In Development)

**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 (in development)

HLTH 405 Lā'au Lapa'au Novice Level B (in development)

HLTH 410 Lomilomi Novice Level B (in development)

Credits	Course Alpha / Number / Title
3	
3	
3	

**Hawaiian & Indigenous Health & Healing Concentration Electives: 12 credits****Select four courses from the list below:**

ANTH 350 Pacific Island Cultures

ANTH 480 Land, Culture &amp; Social Justice

ANTH 481 Anthropology in Action and Building a Career

EDUC 210 Hawaiian Ways of Knowing and Education

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 &amp; 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 Archeology (xlst ANTH, HIST)
- HPST 440 Kānāwai Hawai'i: Native Hawaiian Law
- 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)

**HAWAIIAN LANGUAGE (ONLY 3 CREDITS ALLOWED):**

- 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

Credits	Course Alpha / Number / Title
3	
3	
3	
3	

**Health, Culture & Food Elective Courses: 9 credits**

**Select three courses from the list below:**

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|--|--|
| <ul style="list-style-type: none"> <li>BIOC 141 Fundamental Biochemistry</li> <li>BIOL 171/L Introduction to Biology I and Lab</li> <li>BIOL 172/L Introduction to Biology I and Lab</li> <li>BIOL 275/L Cell and Molecular Biology and Lab</li> <li>CHEM 161/L General Chemistry I and Lab</li> <li>CHEM 162/L General Chemistry II and Lab</li> <li>CHEM 272/L Organic Chemistry I and Lab</li> <li>CHEM 273/L Organic Chemistry II (3) and Lab (2)</li> <li>HLTH 202 Healing Practices Across Cultures</li> <li>HLTH 395 Health and Wellness for Life</li> <li>HPST 328 Culture &amp; Environment (xlst GEOG)</li> <li>PHYL 141/L Human Anatomy &amp; Physiology &amp; Lab I</li> <li>PHYL 142/L Human Anatomy &amp; Physiology &amp; Lab II</li> <li>PHYS 151/L College Physics I and Lab</li> <li>PHYS 152/L College Physics II and lab</li> <li>PSY 474 Culture &amp; Mental Illness</li> <li>PUBA 307 Community Health Analysis</li> <li>PUBA 319 Long Term Care</li> <li>PUBA 327 Indigenous Governance</li> <li>PUBA 334 The Intersection of Community &amp; Global Health</li> <li>PUBA 354 Program Planning and Evaluation in Health Care</li> <li>PUBA 368 Foundations in Community Health &amp; Health Behavior</li> <li>PUBA 435 Domestic Violence</li> <li>PUBA 436 Sex Crimes and Offenders</li> <li>PUBA 446 Contemporary Issues in Health Care</li> <li>PUBA 461 Social Dimensions of Disaster Response</li> </ul> | <ul style="list-style-type: none"> <li>SCFS 300 Survey of Sustainable Food Systems in Hawai'i</li> <li>SCFS 335 Politics of Food (xlst POLS)</li> <li>SCFS 336 Politics of Water (xlst POLS)</li> <li>SCFS 340 Food Sovereignty, Nutrition &amp; Human Well Being: Reconnecting Food, Nature &amp; Community</li> <li>SCFS 345 Native Plants &amp; Indigenous Natural Resource Management (xlst POLS)</li> <li>SCFS 360 Survey of Literature on Agriculture Food &amp; the Environment</li> <li>SCFS 370 Ahupua'a – Hawaiian Natural Resource Management from Mountain to Sea</li> <li>SCFS 385 Loko I'a &amp; Near Shore Fisheries Management of Hawai'i</li> <li>SCFS 415 Mahi'ai Kalo: Hawaiian Taro Production</li> <li>SCFS 450 Climate Change, Food Security &amp; Resilience</li> <li>SCFS 455 Indigenous &amp; Western Environmental Worldviews</li> <li>SCFS 484 Agriculture, Food &amp; Human Values</li> <li>SOC 324 Sociology of Race &amp; Ethnic Relations</li> <li>SOC 353 Sociology of Aging</li> <li>SOC 354 Medical Sociology</li> <li>SOC 369 Sociology of Men and Masculinities</li> <li>SOC 431 Juvenile Delinquency (xlst PUBA)</li> <li>SOC 451 Analysis of Marriage and Family</li> <li>SOC 456 Peoples of Hawai'i (xlst HPST)</li> <li>SOC 479 Applied Sociology: Community-Based Participatory Research in Health</li> <li>SSCI 326 Hawaiian and Pacific Environments</li> </ul> |
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Credits	Course Alpha / Number / Title
3	
3	
3	

**Capstone: 3 credits**

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

**Elective Requirements: 23-26 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	
3	
3	
2	

**NOTES:**

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