

Behavioral Sciences

DEGREE PROGRAMS

B.A. Anthropology and Sociology
B.A. Psychology
B.S. Wellness and Alternative Medicine

Minors:

Anthropology and Sociology, Psychology

Other:

Massage Therapy and Bodywork
Certificate Program through CCV
(See Wellness and Alternative Medicine Program)

FACULTY / STAFF

- David Fink, *Professor*
- Susan Green, *Professor*
- David Hutchinson, *Professor*
- Gina Mireault, *Professor*
- Eleanor Webber, *Professor*
- William Brower, *Associate Professor*
- Shellie Levine, *Associate Professor*
- Jerry Himmelstein, *Assistant Professor*
- Vicky Sanborn, *Administrative Assistant*

Bachelor of Arts in Anthropology and Sociology

With integrative study in anthropology and sociology, students learn to appreciate, understand, and investigate how diversities and social structural arrangements among people affect the distribution of power around the globe and subsequent possibilities for people to co-exist in a fair, socially just world and to personally live robust and ecologically sustainable lives. Anthropology explores the range of cultural and biological differences and similarities among all peoples. Some topics include: evolution, environment, symbolism, values, art, healing, religion, and consciousness. Anthropology's emphasis upon cultural relativism reveals the rich diversity of human life within the global setting. Sociology investigates social interaction, the societal forces of inequality, power, and the role of social structure including the family, economics, politics, education, religion, and the media that collectively organize the lens through which we organize, and makes sense of, our behavior and relationships. Students combine unique understandings of how and why people behave the way they do with knowledge of the impact of technology, globalization and diversity toward careers in the service industry, social work, police and correction agencies, personnel management in corporations, and in the non-profit management sector.

LEARNING OUTCOMES FOR ANTHROPOLOGY/ SOCIOLOGY MAJORS

- Anthropology and Sociology graduates should be able to demonstrate their:**
1. Knowledge of the concepts, theories, and methodologies of cultural and social forces and their impact on personal life choices, community relationships, national issues, and globalization.
 2. Holistic, interdisciplinary critical thinking in a way that integrates oral, written, visual, geographic, computer-based, and media literacy skills, to evaluate and communicate the "bigger picture" of societal institutions and multi-cultural forces on our personal choices, our societal arrangements, and our global involvements.
 3. Cultural diversity skills that acknowledge the many beliefs, values, languages, norms, sanctions, symbols, and technologies that inform lifestyles across the globe.
 4. Informed knowledge of the power of social and cultural forces to bear upon both personal life choices and on civic responsibility and accountability to co-create a socially just, diverse and sustainable world.
 5. Preparedness to further their education or enter careers that require interpersonal, multi-cultural knowledge, and "people skills" in diversity, global awareness, and social justice. Careers include education, personnel management, social service agencies, government positions doing research and training, criminal justice, and international intelligence agencies.

REQUIRED COURSES	CREDITS	SEMESTER
Core Courses (15 credits)		
ANT-1010 Introduction to Cultural Anthropology	3	_____
SOC-1010 Introduction to Sociology	3	_____
ANT-3110 Development of Anthropological Thinking OR		
SOC-4020 Sociological Theory	3	_____
ANT-3120 Science, Research Methods, and Ethics	3	_____
ANT-4720 Senior Seminar in Anthropology and Sociology	3	_____
Electives (18 credits required)		
At least 6 credits from ANT courses:		
ANT-3020 Global Healing, Consciousness, and Religion	3	_____
ANT-3040 Culture Change in the Modern World	3	_____
ANT-3130 Culture and Personality	3	_____
ANT-4010 Anthropology of Death	3	_____
ANT-4020 Multicultural Studies of Healing	3	_____
ANT-4730 Topical Seminar in Anthropology	3	_____
At least 6 credits from SOC courses:		
SOC-2040 Race, Ethnicity, Class, and Gender	3	_____
SOC-2050 Drugs, Herbs, and Society	3	_____
SOC-2140 Sociolinguistics	3	_____
SOC-2150 Social Solutions	3	_____
SOC-3020 Environment and Society	3	_____
SOC-3040 Social Movements, Culture, and Activism	3	_____
SOC-3050 Gender and Society	3	_____
SOC-3060 Sexuality and Intimacy	3	_____
SOC-3080 Wellness and Alternative Medicine	3	_____
SOC-3130 Mass Media and Society	3	_____
SOC-3230 Alternative Medicine, Science, and Disease	3	_____
SOC-4010 Family Violence	3	_____
SOC-4030 Global Health, Diversity, and Policy	3	_____
SOC-4730 Topical Seminar in Sociology	3	_____
Up to 6 credits of optional, related disciplinary options:		
CSV-1011 Principles in Community Service Learning	2	_____
CSV-1012 Community Service Learning	1	_____
CSV-3010 Leadership Through Volunteer Service Learning	1	_____
FRE-1111 French I w/lab	4	_____

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BEHAVIORAL SCIENCES

REQUIRED COURSES		CREDITS	SEMESTER
FRE-3010	Culture and Civilization Through Correspondence and Conversation	3	_____
HIS-2210	Women in U.S. History	3	_____
HIS-2410	Latin American History and Culture	3	_____
HIS-2440	African Civilization	3	_____
HIS-3450	Women in European History	3	_____
HUM-3150	People and Cultures of the Middle East and North Africa	3	_____
MUS-3050	The Social History of Rock and Roll	3	_____
POS-3040	Politics of Gender	3	_____
POS-3220	Genocide: Inhumanity Across the Ages	3	_____
PSY-3230	Psychology of Gender	3	_____
SPA-1011	Spanish I w/lab	4	_____
TOTAL		33	

Bachelor of Arts in Psychology

Psychology majors explore a wide range of theories concerning human behavior, development, thought, emotion, learning, intelligence, personality, group dynamics and abnormal behavior. Through course work and a variety of fieldwork opportunities, students are encouraged to use what they learn toward understanding themselves and their relationships. Although many careers in psychology require a graduate degree, the major is valuable as a basis for any career.

Acceptance of transfer credits for purposes of satisfying major and minor program requirements is subject to the discretion of the department. This includes, but is not limited to, the length of time that has elapsed since the credits were earned.

LEARNING OUTCOMES FOR PSYCHOLOGY MAJORS

Students majoring in psychology will be provided the opportunity to learn content knowledge basic to understanding the field of psychology, interpersonal communication skills, and the practical application of this knowledge and these skills.

REQUIRED COURSES		CREDITS	SEMESTER
Core Courses			
PSY-1010	Introduction to Psychology	3	_____
PSY-2040	Social Psychology	3	_____
PSY-2070	Developmental Psychology	3	_____
MAT-2030	Probability and Statistics	3	_____
PSY-2410	Research Methods in Psychology	3	_____
PSY-2420	Group Process: Theory and Practice	3	_____
PSY-3010	Theories of Personality	3	_____
PSY-3065	Abnormal Behavior	3	_____
PSY-4010	Biological Psychology	3	_____
PSY-4770	Senior Seminar*	1	_____
PSY-4810	Internship in Psychology*	3	_____
Electives (15 credits required)			
PSY-3030	Organizational Psychology	3	_____
PSY-3120	Philosophical Psychology	3	_____
PSY-3230	Psychology of Gender	3	_____
PSY-3250	Multicultural Psychology	3	_____
PSY-3320	Psychology of Religion	3	_____
PSY-3330	Psychology of Addictions	3	_____
PSY-4040	Cognition, Creativity and Language	3	_____
PSY-4080	Psychology and the Civil War	3	_____
PSY-4090	Controversial Issues in Psychology	3	_____

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BEHAVIORAL SCIENCES

REQUIRED COURSES		CREDITS	SEMESTER
PSY-4125	The Evolution of Psychology	3	_____
PSY-4220	Seminar in Jungian Personality Type	3	_____
PSY-4760	Topical Seminar in Psychology	3	_____
PSY-4810	Internship in Psychology*	1-3	_____
PSY-4910	Independent Research	3	_____
SOC-3060	Sexuality and Intimacy	3	_____
AHS-4030	Psychology of Sports and Exercise	3	_____
ANT-3130	Culture and Personality	3	_____
ANT-4010	Anthropology of Death	3	_____
BIO-3160	Animal Behavior	4	_____
TOTAL		46	

*Psychology internships must be arranged the semester prior to which they are to occur and must be included in the Plan of Study. The required internship must be taken concurrently with the Senior Seminar.

Bachelor of Science in Wellness and Alternative Medicine

This interdisciplinary major uses a societal, cultural, biochemical, and global framework to investigate the history, principles, and scientific evidence for the safety and effectiveness of diverse modalities to heal disease and to create wellness. Alternative medicine is defined as “healing practices and health care systems not routinely studied in our conventional allopathic medical schools that train our physicians.” Examples include Chinese medicine, Naturopathy, Acupuncture, Herbalism, Homeopathy, Ayurveda, Massage, Meditation, Yoga, Biofeedback, Chiropractic, Native American Healing, Shamanism, Nutrition, Self-Care, Lifestyle, Exercise, and Energy medicine. Alternative medicine is also called Complementary, Folk, Natural, Holistic, Mind/Body, Integrative, and Functional medicine – each term suggesting a unique approach to this exciting field of “new medicine.” Students begin with the study of conventional allopathic medicine in the U.S. and then explore alternative medical models from around the world. Curricular guidelines follow protocols set by the National Institutes of Health National Center for Complementary and Alternative Medicine, by

allopathic medical school pre-entry requirements for future physicians, and by pre-entry requirements for students going on to alternative medical careers. This curriculum is flexible, allowing students to focus their degree on personal and career goals. Students graduate with career options to work in entry-level careers in the wellness and fitness industry, in hospital employee assistance programs, in social assistance programs, in the diet and supplements industry, and as assistants to alternative medical practitioners. While completing their degree, students may also elect to co-enroll in certification programs to become a massage therapist, yoga instructor, reiki master, or Ayurvedic consultant. Other students go on to medical school to become physicians and nurses or go on to alternative medical graduate study for over 150 alternative medical careers that include chiropractors, Naturopathic physicians, Chinese medical doctors, Ayurvedic physicians, or Homeopathic doctors.

LEARNING OUTCOMES FOR WELLNESS AND ALTERNATIVE MEDICINE MAJORS

1. Students will demonstrate interdisciplinary knowledge of the behavioral and biological evolution, principles, and scientific evidence for the healing claims of conventional allopathic medicine and of diverse multicultural alternative health care systems.
2. Students will develop integrative critical thinking and investigative and evaluative skills for making optimal health care choices through scientific comparison of healing and wellness claims of diverse health care models.
3. Students will demonstrate their competency as multilingual integrative health care translators who

are fluent in the concepts, principles, and integration of multicultural models of health care and who assist professionals in the comparison of diverse sources of evidence for healing claims.

4. Students will prepare for alternative and allopathic medical careers as integrative physicians, nurses, nurse practitioners, Chinese medical doctors, naturopaths, chiropractors, massage therapists, health research scientists, epidemiologists, and health policy planners.

REQUIRED COURSES	CREDITS	SEMESTER
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Core Courses

Students take all courses in the Core with the exception of those grouped courses marked with an asterisk* below where students generally choose one course.

AHS-1010	Contemporary Health Issues	3	_____
AHS-4110	Psychophysiology of Stress	3	_____
ANT-4020	Multicultural Studies of Healing	3	_____
BIO-2011	Human Anatomy & Physiology I	4	_____
BIO-2012	Human Anatomy & Physiology II	4	_____
BIO-3180	Nutrition	3	_____
CHE-1031	General Chemistry I	4	_____
SOC-1040	Integrative Wellness & Health Professional Series	1	_____
SOC-3080	Wellness & Alternative Medicine	3	_____
SOC-3230	Alternative Medicine, Science, and Disease	3	_____

ANT/SOC/AHS

SOC-2810/4810	Internship	1	_____
SOC-4740	Senior Integrative Health care Seminar	1	_____

Behavioral Sciences* (Choose one of the following)

ANT-1010	Introduction to Cultural Anthropology	3	_____
PSY-1010	Introduction to Psychology	3	_____
SOC-1010	Introduction to Sociology	3	_____

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BEHAVIORAL SCIENCES

REQUIRED COURSES	CREDITS	SEMESTER	
Biological Sciences* (Choose either BIO-1210 or BIO-1211, and BIO-1212)			
BIO-1210	Introduction to Biology	OR	
BIO-1211	Introduction to Biology: Ecology and Evolution	4	_____
BIO-1212	Introduction to Biology: Cells & Genetic Basis of Life	4	_____
Drugs, Herbs, and Pharmacology* (Choose one of the following)			
SOC-2050	Drugs, Herbs, and Society	3	_____
AHS-3050	Introduction to Pharmacology	3	_____
Health Diversity, Global Health Policy, Spirituality, and Consciousness* (Choose one of the following)			
SOC-4030	Global Health, Diversity and Policy	3	_____
ANT-3020	Global Healing, Consciousness and Religion	3	_____
CORE TOTAL		50	

The WAM Electives (Take Any 12 Credits)

Note: Students may elect to design their own course of study through co-enrolling in certifications or taking related courses that meet their WAM program goals with their advisor. Also, students who require classes not shown below for post-graduate or certification requirements may request appropriate substitutions from their advisor.

AHS-2010	Mindfulness Meditation	3	_____
AHS-2130	Programs for Lifetime Health and Fitness	3	_____
AHS-3010	Therapeutic Massage	3	_____
AHS-3050	Introduction to Pharmacology (If not taken as a Core class)	3	_____
AHS-3230	Physiology of Exercise	4	_____
ANT-3020	Global Healing, Consciousness, and Religion (If not taken as a Core class)	3	_____
ANT-4010	Anthropology of Death	3	_____
BIO-3130	Cellular Biology: A Molecular Approach	4	_____
BIO-3280	Environmental Toxicology	4	_____
CHE-1032	General Chemistry II	4	_____
CHE-3111	Organic Chemistry I	4	_____
CHE-3112	Organic Chemistry II	4	_____
DAN-1030	Body Awareness	3	_____
DAN-3032	Body Awareness (EDP)	3	_____
ENV-4010	Global Environmental Issue	3	_____
INT-3130	Compassion and You: An Intro. to Mahayana Buddhism	3	_____
OER-1060	Ropes Course	1	_____

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REQUIRED COURSES	CREDITS	SEMESTER
OER-2060 Wilderness First Responder	4	_____
PHY-1041 Physics I	4	_____
POS-3050 Environmental Ethics and Politics	3	_____
PSY-2070 Developmental Psychology	3	_____
PSY-3330 Psychology of Addictions	3	_____
PSY- 4010 Biological Psychology	3	_____
SOC-3020 Environment and Society	3	_____
SOC-3060 Sexuality and Intimacy	3	_____
SOC-4010 Family Violence	3	_____
SOC-4030 Global Health, Diversity, and Policy	3	_____
(If not taken as a Core class)		
TOTAL	62	

**MESSAGE THERAPY AND BODYWORK
CERTIFICATION (MTB)**

Through an agreement with the Community College of Vermont (CCV), students in Johnson State College's B.S. Wellness and Alternative Medicine (WAM) program can complete CCV's Massage Therapy and Bodywork Certificate Program.

This agreement is intended to promote the transfer of Community College of Vermont graduates of the Massage Therapy and Body work (MTB) program to Johnson State College's Bachelor of Science degree in Wellness & Alternative Medicine (WAM) and to provide a pathway for JSC students in the WAM program to complete CCV's MTB certificate program. This agreement applies to both JSC campus-based students and External Degree Program students.

- CCV will make the Massage Therapy and Bodywork program available at no more than one hour's travel from Johnson, most likely at the Burlington and Morrisville sites. Core massage courses must meet the minimum enrollment requirements of CCV courses.
- All CCV and JSC credits successfully completed as part of the MTB and WAM programs will be accepted by Johnson and CCV and applied to their respective programs as approved within the agreement.

BEHAVIORAL SCIENCES

Minors

ANTHROPOLOGY AND SOCIOLOGY

REQUIRED COURSES	CREDITS	SEMESTER
ANT-1010 Introduction to Cultural Anthropology	3	_____
SOC-1010 Introduction to Sociology	3	_____
SOC-4020 Sociological Theory OR		
ANT-3110 Development of Anthropological Thinking	3	_____
Electives		
Three ANT/SOC- courses, at least 2 must be 3000 or 4000 level	9	
TOTAL	18	

PSYCHOLOGY

REQUIRED COURSES	CREDITS	SEMESTER
Core Courses		
PSY-1010 Introductory Psychology	3	_____
PSY-2040 Social Psychology	3	_____
PSY-2070 Developmental Psychology	3	_____
PSY-3010 Theories of Personality	3	_____
PSY-3065 Abnormal Behavior	3	_____
Electives		
Nine psychology credits at the 3000 level and above to be chosen at the discretion of the student and advisor.		
TOTAL	24	

The Behavioral Sciences Department offers courses with the following designators: ANT (anthropology), CSV (community service/volunteer), PSY (psychology), SSC (social science), and SOC (sociology). See full course descriptions beginning on page 97. The department also offers a Master of Arts program in counseling. For further information, see the Johnson State College graduate catalogue.