

# DEPARTMENT OF BEHAVIORAL SCIENCES

*Bachelor of Arts:* Anthropology and Sociology, Psychology

*Bachelor of Science:* Wellness and Alternative Medicine

*Minors:* Anthropology and Sociology, Psychology

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

Through an agreement with Community College of Vermont (CCV), students in Johnson State College's B.S. in Wellness and Alternative Medicine (WAM) program can complete CCV's Massage Therapy and Bodywork Certificate program. This agreement applies to both JSC campus 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. Please see specific information following the degree requirements for the Wellness and Alternative Medicine program below.

## *Bachelor's Degree Programs*

### • 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.

#### **Required Core Courses (15 credits)**

	<b>Credits</b>
ANT-1010 Introduction to Cultural Anthropology	3
SOC-1010 Introduction to Sociology	3
ANT-3110 Development of Anthropological Thinking	3
or	
SOC-4020 Sociological Theory	3
ANT-3120 Science, Research Methods, and Ethics	3
ANT-4720 Senior Seminar in Anthropology and Sociology	3

#### **Elective Courses (18 credits)**

##### 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
<b>Up to 6 credits of optional, related disciplinary options:</b>		
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
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
<b>Total</b>		<b>33</b>

### 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.

### • 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.

<b>Required Core Courses</b>	<b>Credits</b>	
PSY-1010	Introduction to Psychology	3
PSY-2040	Social Psychology	3
PSY-2070	Developmental Psychology	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*	2
MAT-2030	Probability and Statistics	3
<b>Electives (15 credits required)</b>		
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
PSY-4125	Historical Readings in Psychology	3
PSY-4220	Seminar in Jungian Personality Type	3
PSY-4760	Topical Seminar in Psychology	3
PSY-4810	Internship in Psychology*	1-6
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

\*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.

**Total** 45

### 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 skills.

### • 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 healthcare 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.

### Required Core Courses

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

	Credits	
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 Healthcare Seminar	1

<b>Behavioral Sciences*</b> (Choose one: ANT-1010 or PSY-1010 or SOC-1010)	
ANT-1010 Introduction to Cultural Anthropology	3
or	
PSY-1010 Introduction to Psychology	3
or	
SOC-1010 Introduction to Sociology	3

<b>Biological Sciences*</b> (Choose either BIO-1210 or BIO-1211, and BIO-1212)	
BIO-1210 Introduction to Biology	4
or	
BIO-1211 Introduction to Biology: Ecology and Evolution	4
BIO-1212 Introduction to Biology: Cells & Genetic Basis of Life	4

<b>Drugs, Herbs and Pharmacology*</b> (Choose either SOC-2050 or AHS-3050)	
SOC-2050 Drugs, Herbs and Society	3
or	
AHS-3050 Introduction to Pharmacology	3

<b>Health Diversity, Global Health Policy, Spirituality and Consciousness*</b> (Choose one: SOC-4030 or ANT-3020)	
SOC-4030 Global Health, Diversity and Policy	3
or	
ANT-3020 Global Healing, Consciousness and Religion	3

**CORE TOTAL** **46-47**

**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.

	Credits
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	3
OER-1060 Ropes Course	1
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 (If not taken as A Core class)	3

**Massage Therapy and Bodywork Certification (MTB)**

This agreement is intended to promote the transfer of Community College of Vermont graduates of the Massage Therapy and Bodywork (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.

#### 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, 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 multi-cultural models of health care and 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.

## Minors

#### • Anthropology and Sociology

The minor in anthropology and sociology consists of:

Required Courses	Credits
ANT-1010 Introduction to Cultural Anthropology	3
SOC-1010 Introduction to Sociology	3
SOC-4020 Sociological Theory	3
or	
ANT-3110 Development of Anthropological Thinking	3

#### Electives

Three ANT/SOC- courses, at least 2 must be 3000 or 4000 level	9
<b>Total</b>	<b>18</b>

#### • Psychology

The minor in psychology requires 24 credits and consists of:

Required Core Courses	Credits
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.	
<b>Total</b>	<b>24</b>

*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 65. The department also offers a Master of Arts program in counseling. For further information, see the Johnson State College graduate catalogue.*