

# INTEGRATIVE HOLISTIC MEDICINE MAJOR

## Is Integrative Holistic Medicine For Me?

Find out by answering the following questions. If you answer yes to most of them, read on to learn more. If not, try one of the other **Major Profiles**.

	No	Yes
Do you enjoy working with people and analyzing information?	<input type="checkbox"/>	<input type="checkbox"/>
Do you enjoy assisting and caring for others?	<input type="checkbox"/>	<input type="checkbox"/>
Do you have strong communication and decision-making skills?	<input type="checkbox"/>	<input type="checkbox"/>
Do you value achievement, relationships and integrity?	<input type="checkbox"/>	<input type="checkbox"/>
Do you enjoy performing tasks that require physical activities?	<input type="checkbox"/>	<input type="checkbox"/>

## What is Integrative Holistic Medicine?

The integrative holistic medicine concentration area prepares students for many traditional and non-traditional health and service-oriented professions and graduate programs.

### What Courses Will I Take?

- General Chemistry
- Medical Physics
- Human Anatomy
- Health in Personal and Occupational Environment
- Community and Public Health

### What Are Some Related Majors?

- Health Sciences
- Exercise Science
- Physical Therapy
- Biochemistry

## What Skills Will I Develop?

Often in the field of health sciences, the ability to work with a diverse group of patients is required; therefore it's important to be flexible. Such areas of study will cover first aid, culture, ethnicity and well-being, and health program implementation, therefore skills within sciences, math, organization, and time management are key in these fields

## Where Could I Work?

Students who earn a B.S. in Health Sciences with an integrative holistic medicine concentration may find positions in communities and medical systems that are opening holistic care centers, initiating patient-oriented practices and adding complementary methods to augment traditional care.

## Related Careers

Health and Wellness Educator
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Recreation and Fitness Worker
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## Employment Outlook

Employment of massage therapists is expected to grow by 20 percent from 2010 to 2020, faster than the average for all occupations. Continued growth in the demand for massage services will lead to new openings for massage therapists. Massage also offers specific benefits to particular groups of people, whose continued demand for massage services will lead to overall growth for the occupation. For example, as workplaces try to distinguish themselves as employee-friendly, providing professional in-office, seated massages for employees is becoming a popular on-the-job benefit. Older people in nursing homes or assisted-living facilities also are finding benefits from massage, such as increased energy levels and reduced health problems. Demand for massage therapy should grow among older age groups because they increasingly are enjoying longer, more active lives (Occupational Outlook Handbook, 2012-13).

## Salary Expectations

The median annual wage of massage therapists was \$34,900 in May 2010. Most massage therapists earn a combination of wages and tips (Occupational Outlook Handbook, 2012-13).

## Where Can I Get More Information?

Oakland University School of Health Sciences	<a href="http://www.oakland.edu/shs">www.oakland.edu/shs</a>
Academic Advising at OU	<a href="http://www.oakland.edu/advising">www.oakland.edu/advising</a>
Major Exploration at OU	<a href="http://www.oakland.edu/firstyearadvising">www.oakland.edu/firstyearadvising</a>
American Massage Therapy Association	<a href="http://www.amtamassage.org">www.amtamassage.org</a>
National Certification Board for Therapeutic Massage & Bodywork	<a href="http://www.ncbtmb.org">www.ncbtmb.org</a>