

**Anoka - Ramsey Community College
and Metropolitan State University
First College
Articulation Agreement Regarding:
Integrative Health & Healing, A.S. Degree**

This agreement has been entered into by Anoka - Ramsey Community College and Metropolitan State University (First College) for the benefit of students and prospective students at the two institutions. The purpose of the agreement is to insure programs of high academic quality, to encourage student achievement, to facilitate the transfer of course credits and to provide a smooth transition from one related degree program to the other.

Program Articulation

1. For graduation, students will need to complete a total of 124 semester credits including at least 40 upper division credits. A minimum of 30 semester credits must be completed while at Metropolitan State University.
2. The courses required for the Integrative Health & Healing, A.S. Degree Program at Anoka - Ramsey Community College and their relationship to Metropolitan State requirements are listed in Attachment A.
3. Community college courses will be accepted toward meeting Metropolitan State University general education requirements consistent with Minnesota Transfer curriculum and goal areas.
4. All Metropolitan State students must complete eight upper-division credits of liberal studies course work.

Duration of Agreement

This agreement becomes effective upon the date it is signed and remains in effect until terminated by either party. It may be terminated or amended for succeeding academic years by either institution on or before June 30 of each year.

Persons Responsible/Evaluation

The Dean of First College at Metropolitan State University and the Vice President of Educational Services at Anoka - Ramsey Community College will be responsible for implementing this articulation agreement. Each institution will conduct an outcomes assessment, and the persons responsible will meet regularly to review the agreements.

Metropolitan State University

Anoka - Ramsey Community College

Wilson Bradshaw, President Date

Pat Johns, President Date

William Lowe, Provost & Vice
President, Academic Affairs Date

Susan Tarnowski, Vice
President, Educational Services Date

Daniel Abebe, Dean,
First College Date

Rosie Mortenson, Dean,
Continuing Education &
Customized Training Date

John Burton, Department
Chair Date

Sheila Judd, Director,
Continuing Education &
Customized Training Date

Integrative Health & Healing, A.S. Degree Anoka - Ramsey Community College

Program Core Requirements:

IHH 1100 Intro to Holistic Healing – 2 cr.
BIOL 1104 The Human Body – 4 cr.
IHH 1102 Energy Healing – 3 cr.
IHH 1103 Movement and Body Manipulation Therapies – 3 cr.
IHH 2100 Holistic Healing Systems – 3 cr.
IHH 2101 Mind/Body Connections – 3 cr.
IHH 2102 Food as Medicine/Biologically Based Therapies – 3 cr.
IHH 2103 Spirituality & Healing – 3 cr.
IHH 2104 Health & Wellness Coaching Skills – 2 cr.
IHH 2297 Internship – 3 cr.

Program Electives (Choose one of the following):

IHH 2105 Developing Your Healing Business – 3 cr.
IHH 2106 Introduction to Qigong – 3 cr.
IHH 2107 Healing Touch – 3 cr.

Total Requirements and Electives: 32 Credits

General Education/MnTC Requirements/Wellness:

(A minimum of 30 credits from the Minnesota Transfer Curriculum and at least six of the ten emphasis areas must be completed. Students must also select any HPER courses totaling at least 2 credits for Wellness.)

1. Communication
ENGL 1121 College Writing and Critical Reading – 4 cr.
SPCH 2220 Interpersonal Communication – 3 cr.
2. Critical Thinking
3. Natural Science
4. Mathematics/Logical Reasoning
5. History/Social/Behavioral Science
6. Humanities/Fine Arts
7. Human Diversity
PSYC 1110 General Psychology
8. Global Perspective
9. Ethical/Civic Responsibility
10. People and the Environment
Wellness/HPER – 2 credits

Total General Education/Wellness: 32 Credits

Transfer of credits to Metropolitan State University will be accepted as follows:

- **32 credits from the program core and elective requirements to be included in the First College individualized degree plan.**
- **32 General Education/Wellness credits.**
- **Total accepted in transfer for the Associate of Science Degree is 64 credits.**

Students admitted to First College must complete PRSP 301 Perspectives: Educational Philosophy and Planning and PRSP 499 First College Capstone as a part of their degree program.