

PROGRAM OVERVIEW

The College of Liberal Arts and Sciences (CLAS) Individually Designed Major (IDMA) Integrated Health Studies option is designed for students who are interested in health from the perspective of the liberal arts and sciences and who seek interdisciplinary training focused around particular health topics. An interdisciplinary approach to health through the liberal arts and sciences seeks to create broadly-educated citizens who can apply critical thinking, information literacy, analysis, and independent problem solving to a wide variety of situations. Students can choose from a selection of health-focused minors and certificates that they combine with interdisciplinary clusters, which permits deeper understanding of a focused health topic. The track supports students seeking positions in health education and administration; community health; non-profit health organizations; environmental health; community organizing; social work; occupational health; health policy; gerontology, and more.

ACADEMIC ADVISING

The College of Liberal Arts and Sciences (CLAS) supports students to graduation using a shared advising system. CLAS students have two academic advisors with whom they should meet regularly to discuss academic and degree progress: a CLAS Academic Advisor and a major advisor.

For questions related to CU Denver Core Curriculum, CLAS, general graduation requirements, university/college academic policies, or campus resources contact:

CLAS Academic Advising

clas_advising@ucdenver.edu

Visit the CLAS Advising website [here](#)

North Classroom (NC) 1030

303-315-7100

For questions related to major requirements, major course prerequisites, or evaluation of transfer coursework in your major contact:

Individually Designed Major – Integrated Health Studies Advising

[CLAS Major Advisor Contact Information](#)

Visit the program website [here](#)

North Classroom (NC) 5014 C

303-315-7010

GENERAL GRADUATION REQUIREMENTS & POLICIES

All CU Denver CLAS students are required to complete the following minimum general graduation requirements to be eligible to apply for graduation:

1. Complete a minimum of 120 credit hours
2. Achieve a minimum 2.0 CU cumulative grade point average (GPA)
3. Complete a minimum of 45 upper-division (3000- to 4000-level) credit hours
4. Complete all CU Denver Core, CLAS, and major requirements
5. Complete a minimum of 30 CLAS credit hours with letter grades at CU Denver

*The following are **maximum** credit hours that can apply toward the minimum 120 hours required for graduation:*

- 16 credit hours Pass/Fail
- 12 credit hours of Independent Study/Directed Research
- 12 credit hours of internship credit
- 8 credit hours of physical education credit

PROGRAM REQUIREMENTS & POLICIES

Students are responsible for meeting with the major advisor to confirm major requirements. In addition to completing all CU Denver Core and CLAS requirements, students completing the Individually Designed Major - Integrated Health Studies B.A. Degree are required to complete the following minimum program requirements:

1. Students must complete a minimum of 39 credit hours from the approved courses.
2. Students must complete a minimum of 9 upper-division (3000-level and above) credit hours in the approved cluster area and must complete all of the upper-division requirements for the minor or certificate they choose to pair with the cluster.
3. Students must earn a minimum grade of C- (1.7) in all courses that apply to the major and must achieve a minimum cumulative major GPA of 2.0. Courses taken using P+/P/F or S/U grading cannot apply to major requirements.
4. Students must complete a minimum of 15 credit hours with CU Denver faculty from the approved cluster area and must complete all of the residency requirements for the minor or certificate they choose to pair with the cluster.
5. Students combine **one** of the identified CLAS minors or certificates with **one** of the topical clusters to make up their **major areas**. Students will earn the minor/certificate they use to form a cluster for their major, as long as they have completed all of the requirements for that program.
6. Students can double-count a maximum of one course across their areas (in addition to an introductory course).
7. Students must take courses from at least **two** different disciplines in their topical cluster.
8. Students are required to take **two** courses as an introduction to their major. If an introductory course is also part of a student's topical cluster, a student may count one introductory course as part of that area's credits. Note: Some courses in each cluster require prerequisites that must be met making them a 21 credit cluster. Please see course descriptions.

LYNXCONNECT RESOURCES

Are you interested in learning about internship, study abroad, career, and research opportunities for this major? Visit the CU Denver LynxConnect, located in Tivoli Student Union (TV) Suite 339, and browse the LynxConnect [website](#) for more information.



Degree Requirements	Credits	Notes
* Course prerequisites change regularly. Students are responsible for consulting advisors and the class schedule in the student portal for prerequisite information. *		
CU Denver Core Curriculum Requirements	34 - 40	CU Denver Core Curriculum Requirements
CLAS Graduation Requirements	15 - 29	CLAS Graduation Requirements
IDMA Major Requirements	39	
Introductory Courses (must take two) Complete COMM 2500 Introduction to Health Communication or HEHM 3100 Introduction to Health Humanities or PBHL 2001 Introduction to Public Health or SOCY 3440 Medical Sociology	6	<i>If an introductory course is also part of a student's topical cluster, a student may count one introductory course as part of that area's credits.</i> *Prerequisite: Sophomore standing or instructor permission (for HEHM 3100 and SOCY 3440) <i>PBHL 2001 can fulfill CU Denver Core Social Sciences</i>
CLAS Minor or Certificate Choose and complete one of the following CLAS minors or certificates: - Public Health Minor - Health Humanities Minor - Health Communication Undergraduate Certificate - Community Health and Medicine Undergraduate Certificate	15 - 21	<i>See the CU Denver Catalog for complete minor or certificate requirements. Some courses in each minor or certificate require prerequisites that must be met. Please see course descriptions.</i>
Topical Cluster Choose and complete 15 hours in one of the following topical clusters: - Aging and End of Life - Biology and Society - Environmental Health - Drugs and Addiction - Family Health Issues - Food and Nutrition - Sexuality and Reproduction	15 - 21	<i>Students must take courses from at least two different disciplines in their topical cluster. See the CU Denver Catalog for complete topical cluster descriptions and approved courses. Some courses in each cluster require prerequisites that must be met making them a 21 credit cluster. Please see course descriptions.</i>
IDMA 4900 Interdisciplinary Studies Capstone	3	*Prerequisite: C- or higher in COMM 2500 or HEHM 3100 or IDMA 3100 or PBHL 2001 or SOCY 3440
Estimated General Electives	12 - 32	<i>General Elective credits will vary based on Core, CLAS and major requirements. Consult with CLAS Advisor.</i>
Total Minimum Credit Hours:	120	<i>45 credit hours must be upper-division</i>



INDIVIDUALLY DESIGNED MAJOR

INTEGRATED HEALTH STUDIES

Bachelor of Arts (B.A.) – Catalog Year Fall 2024

The following academic plan is a *sample* pathway to completing degree requirements for this major. Students should tailor this plan based on previously completed college coursework (e.g., AP, IB, CLEP, dual/concurrent enrollment, and transfer credit), course availability, and individual preferences related to course load, schedules, or add-on programs such as minors or double-majors.

Year One	Fall	CRS
	ENGL 1020 – Core Composition I	3
	CU Denver Core Mathematics	3
	CU Denver Core Arts / First-Year Seminar	3
	CU Denver Core Social Science	3
	General Elective	3
	Total Credit Hours	15

Spring	CRS
ENGL 2030 – Core Composition II	3
CU Denver Core Humanities	3
CU Denver Core Behavioral Science	3
CU Denver Core Nat/Phys Science with lab	4
General Elective	3
Total Credit Hours	16

Year Two	Fall	CRS
	CLAS Communicative Skills	3
	CU Denver Core Nat/Phys Science without lab	3
	COMM 2500 or HEHM 3100 or PBHL 2001 or SOCY 3440 ^{PE}	3
	CU Denver Core International Perspectives	3
	Upper-Division General Elective	3
Total Credit Hours	15	

Spring	CRS
CU Denver Core Cultural Diversity	3
COMM 2500 or HEHM 3100 or PBHL 2001 or SOCY 3440 ^{PE}	3
CLAS Minor or Certificate Course	3
Topical Cluster Course	3
Upper-Division General Elective	3
Total Credit Hours	15

Year Three	Fall	CRS
	CLAS Minor or Certificate Course	3
	Topical Cluster Course	3
	CLAS Second Language Semester I	5
	CLAS Social Science	3
Total Credit Hours	14	

Spring	CRS
CLAS Minor or Certificate Upper-Division Course	3
Topical Cluster Upper-Division Course	3
CLAS Second Language Semester II	5
CLAS Behavioral Science (Upper-Division)	3
Total Credit Hours	14

Year Four	Fall	CRS
	CLAS Minor or Certificate Upper-Division Course	3
	Topical Cluster Upper-Division Course	3
	CLAS Nat/Phys Science with lab	4
	CLAS Humanities (Upper-Division)	3
	Upper-Division General Elective	3
Total Credit Hours	16	

Spring	CRS
IDMA 4900 ^{PE}	3
CLAS Minor or Certificate Upper-Division Course	3
Topical Cluster Upper-Division Course	3
Upper-Division General Elective	3
Upper-Division General Elective	3
Total Credit Hours	15

^M Major Course Available ^C CU Denver Core Course ^{PE} Prerequisite Enforced ^{PR} Prerequisite Recommended