

Whole-Person Health Course Syllabus

I. Course Structure and Schedule

This 8-week course will run from February 14, 2026, through April 4, 2026. The detailed schedule is outlined in the table below.

Course Code	Session Title	Assigned Faculty	Credits	Delivery	Prerequisites
WPH 501 Date: 2/14/26	Foundations of Whole-Person Health		3	Online	None
WPH 502 Date: 2/21/26	Faith, Culture, and Healing Traditions		3	Hybrid	None
WPH 503 Date: 2/28/26	Phytomedicine and Indigenous Healing Systems		3	Hybrid	None
WPH 504 Date: 3/7/26	*Mind–Body–Spirit Connections in Health		3	Hybrid	WPH 501
WPH 505 Date: 3/14/26	Lifestyle Medicine and Integrative Health		3	Online	WPH 501
WPH 506 Date: 3/21/26	Leadership, Systems, and AI for Whole-Person Health		3	Online	WPH 501
WPH 507 Date: 3/28-4/4, 2026	Practicum and Final Project	Assigned Faculty	6 hours	Experiential	Completion of WPH 501–506

I. Course Highlights

- **WPH 501 – Foundations of Whole-Person Health:** Introduces the science, evidence, and philosophy of Whole-Person Health, emphasizing the interconnectedness of physical, mental, social, and spiritual dimensions. Explores social determinants of health, systems biology, and holistic models used by the National Institute of Health (NIH), the World Health Organization (WHO), and either faith-based institutions or spiritual programs.
- **WPH 502 – Faith, Culture, and Healing Traditions:** Examines historic and contemporary analyses of theories and traditions of healing through interfaith-based approaches. Emphasizes the dialectical relation between faith, culture, and healing while

highlighting the role of ethics, respect, and interfaith collaboration across health and wellness platforms to enhance Whole Person Health.

- **WPH 503 – Phytomedicine and Traditional Healing Systems:** Provides a scientific and cultural exploration of medicinal plants and natural products used in traditional medicine. Reviews bioactive compounds, mechanisms of action, evidence for safety and efficacy, and their integration into modern healthcare.
- **WPH 504 – Mind–Body–Spirit Connections in Health:** Covers psychoneuroimmunology, stress physiology, trauma-informed care, experiential practices like mindfulness and gratitude, and the role of mental and spiritual well-being in disease prevention and recovery. Includes trauma-informed pedagogies and approaches to care and health, including experiential learning in spiritual disciplines such as prayer, mindfulness, gratitude practices, and resilience training.
- **WPH 505 – Lifestyle Medicine and Integrative Health:** Explores theories and concepts of lifestyle medicine and integrative health (adequate sleep, nutrition, exercise) for disease prevention and in the practice of medicine/care that is attuned to the whole body's capacity for healing with the aid of complementary modalities of care in a continuum of health and wellness spectrum.
- **WPH 506 – Leadership Systems, and AI for Whole-Person Health:** Discusses innovation in health systems transformation, focusing on the use of AI applications and digital health tools to enhance personalized care and Whole-Person Health approaches, including disease prevention, care, treatment, and healing options.
- **WPH 507 – Practicum and Final Project:** An applied project integrating faith, science, and community practice. In consultation with an assigned faculty, students design a Whole-Person Health initiative (for community implementation) in partnership with an accredited institution, programs center, summit, etc., of their choice.