

**NOW ENROLLING**

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# Individual Academic Courses

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Tai Sophia Institute is pleased to offer a special selection of graduate-level academic courses that members of the general public may take as Advanced Special Students.

## Current Individual Course Offerings

### **APP 632: Foundations of Health and Wellness (3 credits)**

**Dates:** April 8-10 and April 15-17, 2011  
**Class Hours:** Fridays from 3:30 p.m. to 8:00 p.m.,  
Saturdays and Sundays from 8:30 a.m. to 5:30 p.m.  
**Faculty:** Robert Duggan, Marta Hanson, James Snow, Rebecca Snow, Kevin Spelman,  
and Cheryl Walker  
**Cost:** \$1,750

This course addresses modern, historical, and cross-cultural perspectives on health, wellness, and sickness. Health and wellness of the individual is discussed in a context ranging from the planetary level to the molecular level. Emphasis is placed on understanding the biological basis of health and wellness practices as well as the use of language in creating health-supportive narratives. As part of this course, students will engage in their own health-supportive practices and develop a deeper personal commitment to wellness.

*This course is the first course offered in the Herbal Studies, Health Coaching, Medical Herbalism, and Wellness Coaching graduate certificate programs.*

### **COA 601: Becoming a Healing Presence (3 credits)**

**Dates:** May 14-15, June 4-5, and July 9, 2011  
**Class Hours:** 8:30 a.m. to 5:30 p.m.  
**Faculty:** Tom Balles  
**Cost:** \$1,750

This course focuses on exploring the implications that the rhythms of nature, life skills and language have on health and wellness. By observing their own ways of being, doing and speaking, students begin to embody the practices that guide them in becoming a powerful healing presence and a catalyst for change in others.

*This course is the second course in the Health Coaching and Wellness Coaching graduate certificate programs.*



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(continued)

**HRB 530: Fundamentals of Herbal Medicine: Past to Present & Soil to Clinic** (3 credits)

**Dates:** May 21-22, June 25-26, and July 23, 2011  
**Class Hours:** 8:30 a.m. to 5:30 p.m.  
**Faculty:** James Snow, Rebecca Snow, Helen Metzman, Jim Duke, Jamiel Hafiz, David Blawais, Paige Lescure  
**Cost:** \$1,750

This survey course begins by looking at the past and present use of herbal medicine around the world, exploring how traditional systems influence modern herbal practice in the United States. The second part of this course introduces the foundational sciences relevant to researching and understanding herbal remedies. Students will learn taxonomy and hands-on botanical identification during visits to Jim Duke's Green Pharmacy Garden. Classroom work will provide an introduction to materia medica, phytochemistry, pharmacology, ethnobotany, clinical trials, posology (the study of dosage), herbal preparations, and safety issues.

*This course is the second course in the Herbal Studies and Medical Herbalism graduate certificate programs.*

**ISci 521: Foundational Chemistry for Health Sciences (3 credits)**

**Dates:** August 26 - 28, 2011 and September 16 - 18, 2011  
**Class Hours:** Fridays, 6:00 p.m. to 9:00 p.m.;  
Saturdays and Sundays, 8:00 a.m. to 5:30 p.m.  
**Faculty:** Ed Rohde  
**Cost:** \$1,800

This course is designed as a basic college-level chemistry course. The general chemistry portion covers energy, atom composition, the periodic table, chemical bonding, acids and bases, thermodynamics, and kinetics. The organic chemistry portion covers isomers and the structure and functions of organic functional groups. The biochemistry portion introduces the structure, function, and metabolism of macronutrients (carbohydrates, lipids, and proteins).

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## Registration Details

The registration deadline for each class is five (5) business days prior to the start date of the respective course. Participation in individual courses is offered on a **space-available basis**. All enrollees must verify completion of a bachelor's degree to be eligible for admission.

New students register as Advanced Special Students through the Office of Graduate Admissions at ext. 6647 or [admissions@tai.edu](mailto:admissions@tai.edu). Current Tai Sophia Institute students also are eligible to take individual courses and register through the Office of the Registrar at ext. 6620.



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**Tai Sophia Institute** is a nonprofit, accredited academic institution for wellness-based studies. The Institute is accredited by the Middle States Commission on Higher Education ([www.msche.org](http://www.msche.org)). Tai Sophia offers graduate-level academic programs in Acupuncture, Health and Wellness Coaching, Herbal Medicine, Nutrition and Integrative Health, and Transformative Leadership and Social Change, as well as community wellness programs, continuing professional education, and clinical care. Tai Sophia's 12-acre main campus houses the Natural Care Center, The Meeting Point Bookstore, a library, the Himmelfarb Gallery, and herb and meditation gardens – all of which are open to the public.