

Common Course Outline

HLTH 199

Holistic Health

2 Semester Hours:

The Community College of Baltimore County

Description

Holistic Health exposes the student to various healing modalities; Holism will be presented and the prevention of illness will be emphasized throughout.

Corequisite: (RDNG 052 or LVR 2). This course may be used to fulfill two credits of the General Education requirement in the Interdisciplinary and Emerging Issues category

Overall Course Objectives

Upon completion of this course the student will be able to:

1. summarize the historical evolution of Holism and Holistic Health (I, 1,2);
2. recognize his/her physiological and psychological reaction to the stress response (I, II, V, 1,2,3,4);
3. explain the healing effects of food as experienced in different cultures (I, IV, 1,2,3);
4. explain the difference between the inner and outer Locus of control (I, IV, V, VII, 1,2,4);
5. analyze critically and objectively the various holistic modalities (I, 1,2);
6. explain the concept of AMindfulness≅ and its benefit on the body/mind (II, V, VII, 4);
7. apply information technology in order to research Holistic health methods around the globe (III, VI, 3);
8. construct imagery exercises for their own use (III, IV, VI, 3,4);
9. list the benefits of mind/body activities such as Tai Chi and Yoga (III, V, VI, 3,4);
10. perform therapeutic touch (III, V, VI, 3,4);
11. identify the concepts of human diversity as it pertains to Holistic Health around the globe (I, 1,2);
12. explain the significance of stress in relationship to the development of disease (I, II, V, 1,2,3,4).

Major Topics

1. Stress as a Factor in Illness
2. Imagery to Relax and Heal
3. Body Work X Massage, Rolfing, Chiropractic Care
4. Energy Healing X Therapeutic Touch
5. Hypnosis - Biofeedback
6. Acupuncture
7. Tai Chi
8. Yoga
9. Nutrition as Healing
10. Mindfulness/Spirituality
11. Critical Research of Alternative Health Methods

Course Requirements (General Education Criteria #VII)

1. A minimum of two written exams
2. A course related project (an investigative paper, critique of a journal, article, comparative report with an oral component)
3. A minimum of two supplementary readings and two writing assignments
4. A minimum of two individual assessment and personal profiles

Other Course Information

The Community College of Baltimore County is committed to providing a high-quality learning experience that results in a growth in knowledge, attitudes, and skills necessary to function successfully as a transfer student, in a career and as a citizen. To accomplish this goal, we maintain high academic standards and expect students to accept responsibility for their individual growth by attending class, completing all homework and other assignments, participating in class activities and preparing for tests.

GENERAL EDUCATION RATIONALE

HLTH 199

Holistic Health

A Multidisciplinary Perspective

HLTH 199 is based on the fact that Holism is a historical, philosophical, biological concept which implies relationships, processes, interactions, freedom and creativity in living. People are adapting, striving, living in the present and thrusting themselves into the future, alternative health is an ongoing process toward an ever higher potential of human functioning. Today, Holism is assuming a phenomenal popularity and importance. This course aims toward enhancing one's well being through self awareness. This course encourages self assessment, self care, and self direction on the part of the student. It works away from the mainstream of medical research and develops understandings of the body/mind and how to improve its functioning. The Alternative Health course is an integrated process with an approach oriented to promoting well being in a variety of populations, and includes exercises to be practiced by the student which greatly enhance understanding by adding the dimension of personal experience. 2 credits: 2 lecture /laboratory hours per week.