

Common Course Outline

HLTH 125

Holistic Health

2 Credits

The Community College of Baltimore County

Description

HLTH 125 – 2 Credits – Holistic Health exposes the student to various healing traditions and modalities. The concept of holism will be presented and the prevention of illness will be emphasized.

2 Credits

Co-requisite: RDNG 052

Overall Course Objectives

Upon completion of this course students will be able to:

1. identify lifestyle practices that enhance wellness;
2. identify the characteristics of healing and holism;
3. recognize the physiological and psychological reactions to stress;
4. describe the significance of stress in relationship to the development of disease;
5. identify the characteristics of the relaxation response and practice modalities to induce it;
6. practice mind/body modalities and explain their purpose and impact on wellness;
7. explain the philosophical foundations and practices of Traditional Chinese Medicine and Ayurvedic Medicine;
8. compare and contrast a variety of energy therapies;
9. explain the origins and principles of Homeopathy;
10. compare and contrast a variety of hands-on and movement therapies;
11. identify the healing effects of food and herbs;
12. explain how naturopathy offers a model for holistic living;
13. utilize discipline appropriate resources to research holistic health practices around the globe; and
14. present the purpose, practice, and efficacy of holistic modalities.

Major Topics

- I. Allopathic, holistic and integrative perspectives of health
- II. Lifestyle practices
- III. Relationship of stress to illness and disease
- IV. Health benefits of relaxation

- V. Mind-body therapies: Hypnosis, Mindfulness, Meditation, Imagery, Expressive Therapies
- VI. Traditional Chinese Medicine including Acupuncture, Tai Chi, Qi Gong
- VII. Ayurvedic Medicine including Yoga
- VIII. Energy therapies: Reiki, Reflexology, Magnet Therapy
- IX. Homeopathy
- X. Touch therapies/bodywork: Chiropractic, Massage, Rolfing
- XI. Movement therapies: Pilates, Alexander Method
- XII. Nutrition, herbs, and supplements
- XIII. Naturopathy
- XIV. Effective research skills and information literacy

Course Requirements

Students are required to utilize appropriate academic resources.

Grading procedures will be determined by the individual faculty member but will include the following:

A minimum of two (2) exams

A course-related project such as a research assignment or summary/critique of a minimum of four (4) articles on specified topics

A minimum of two (2) assignments such as individual assessments, personal profiles, or a lifestyle plan

A minimum of one (1) course-related oral presentation on an approved topic

Other Course Information

This course satisfies the General Education requirement in the Category VI Interdisciplinary and Emerging Issues, Global, Historical and Cultural Perspectives.