

Common Course Outline
HLTH 126
Introduction to Holistic and Complementary Health
3 Credits

Community College of Baltimore County

Description

HLTH 126 – 3 Credits – Introduction to Holistic and Complementary Health explores the interdependent relationship between the body, mind and spirit and its impact on well-being and healing. The course exposes students to a variety of ancient and modern systems of medicine from around the globe, methods of prevention and self-care, and the paradigm of integrative medicine. A wide range of holistic methods are presented including meditation, massage and bodywork, nutrition and herbs, homeopathy, naturopathy, energy therapies, traditional Chinese medicine and Ayurveda. Students examine current research in the field of complementary and integrated medicine and experience a range of holistic health practices.

3 Credits

Co-requisite: ACLT 053

Overall Course Objectives

Upon completion of this course students will be able to:

1. investigate various global perspectives of well-being, healing and holism;
2. examine and engage in various mind, body, spirit lifestyle practices that enhance holistic well-being;
3. recognize the sources of stress in self and others, and how the mind and body react;
4. describe the significance of stress in relationship to the development of chronic disease and immune system response;
5. identify the characteristics of the relaxation response and practice modalities from around the globe to induce it;
6. practice mind/body modalities from around the globe and explain their purpose and impact on wellness and resilience;
7. explain the philosophical foundations and practices of traditional Chinese medicine and Ayurvedic medicine;
8. compare and contrast a variety of energy therapies from different cultures;
9. explain the origins and principles of homeopathy;
10. compare and contrast a variety of manipulative therapies from around the globe;
11. compare and contrast a variety of movement therapies originating in different parts of the world;
12. identify and utilize foods, botanicals and herbs for their healing properties;
13. explain how naturopathy offers a model for holistic living;
14. assess personal wellness and the impact of environmental factors on health and well-being;
15. demonstrate personal responsibility, self-care, and self-reflection in the practice of holistic health methods and create a plan for lifelong well-being;

16. discuss the impact chemicals and pharmaceuticals have on our bodies and in our environment;
17. access, evaluate, utilize, and document holistic health information found in the media, in print and online;
18. analyze the credibility of health care advertising; and
19. present the purpose, practice, and efficacy of holistic modalities from around the globe.

Major Topics

- I. Allopathic, holistic and integrative perspectives of health
- II. Shamanic and Native American healing practices
- III. Holistic lifestyle practices
- IV. Relationship of stress to illness and disease
- V. Health benefits of relaxation
- VI. Mind-body therapies: biofeedback, hypnotherapy, mindfulness, meditation, imagery, expressive therapies, prayer and other spiritual practices
- VII. Traditional Chinese medicine including acupuncture, tai chi, qi gong
- VIII. Ayurvedic medicine including yoga
- IX. Energy therapies: Reiki, reflexology, magnet therapy, Healing Touch
- X. Homeopathy
- XI. Hands on therapies: chiropractic, osteopathy, massage, and body work
- XII. Movement therapies: Pilates, Alexander Technique, Feldenkrais Method
- XIII. Biological therapies including nutrition, herbs, aromatherapy and supplements
- XIV. Risks and benefits of over-the-counter and prescription medicine
- XV. Environmental toxins
- XVI. Naturopathy
- XVII. Effective research skills and information literacy

Course Requirements

Multiple assignments will infuse CCBC General Education Program objectives; at least one assignment worth a minimum 10% of the total course grade (the plan for well-being) will allow students to demonstrate at least five of the seven General Education Program outcomes as follows: Written Communication; Critical Analysis and Reasoning; Information Literacy; Personal and Professional Ethics; and Local and Global Diversity.

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

- Participation in class activities and discussion is required to meet course objectives
- A minimum of two (2) exams
- A minimum of four (4) article summaries on course-related topics
- A minimum of three (3) assignments such as individual assessments and profiles (Personal Health and Wellness, TCM, Ayurveda, Stress, Environmental Awareness, etc.), a lifestyle plan, or a journal of wellness practices
- A minimum of one (1) course-related oral presentation on an approved topic
- A plan for well-being

Students are required to utilize appropriate academic resources.

Other Course Information

This course is an approved General Education course in the Health and Wellness category. Please refer to the current CCBC Catalog for General Education course criteria and outcomes.

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