

Common Course Outline

PSYC 225

Holistic Wellness

3 Semester Hours

The Community College of Baltimore County

Description

Holistic Wellness

Explores the interaction of mental and emotional states and physical wellness; emphasizes therapeutic techniques such as biofeedback, acupuncture, meditation, physical exercise, yoga, autogenic training, self-hypnosis, herbal medicine and coping skills; enables students to become proficient in at least one health maintenance or improvement technique.

Overall Course Objectives

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

1. Describe the human nervous, endocrine and immune systems, including principal components and their functions.
2. Explain basic principles of health psychology and stress management.
3. Describe the general and specific interactions of the body's mental, physical and emotional states, i.e., the holistic mind-body connection.
4. Describe the historical and contemporary approaches of different cultures to basic concepts in health and health maintenance, with particular emphasis on the health approaches of Eastern vs. Western cultures.
5. Describe and critically evaluate scientific research methods currently used to assess the effectiveness of traditional versus alternative medical treatment and/or health promotion, and on the connection of mental and emotional states with wellness.
6. Critically analyze, and evaluate information on holistic health and healing found in film, television, radio, print, or information technology resources.
7. Describe at least 5 specific alternative holistic health techniques, including history, current use, effectiveness and any possible risks.
8. Demonstrate health empowerment and responsibility for health maintenance by attaining proficiency in at least one additional health promotion and/or stress reduction technique.
9. Apply general concepts learned in holistic wellness to their own (and/or that of other people) mind-body connection and their health and health maintenance.
10. Describe informational technology tools for accessing, interpreting, and expressing knowledge of traditional and alternative health concepts in a rapidly changing world.
11. Describe how information pertaining to wellness and health maintenance is continually evolving, which requires the ability to pursue lifelong learning both independently and collaboratively.

Major Topics

1. The nervous system.
2. The endocrine system .
3. The immune system
4. Principles of health psychology and cognitive psychology
5. The mind/body connection
6. Historical/ intercultural perspectives on health and health maintenance
7. Contemporary/ intercultural perspectives on health and health maintenance
8. Stress and stress management
9. Empowerment - active versus passive health
10. Evaluating health research
11. Alternative health methods

Course Requirements

Evaluation and student feedback in this course will combine several of the following formats:

1. Tests/Quizzes
2. Research papers
3. Oral presentations
4. Cooperative learning group assignments
5. On-site observations in appropriate settings.
6. Written observation reports applying course material
7. Classroom participation

Revised: 05/05/00