

Course discipline/number/title: HLTH 1135: Holistic Health-Introduction to Complementary Health

A. CATALOG DESCRIPTION

1. Credits: 3
2. Hours/Week: 3
3. Prerequisites (Course discipline/number): None
4. Other requirements: None
4. MnTC Goals (if any): NA

B. COURSE DESCRIPTION: This introductory course to holistic health allows students to explore complementary/alternative therapies such as acupuncture, chiropractic, herbal remedies, homeopathy, aromatherapy and bio magnetic therapy. Discussions will include the social, political and economic aspects of holistic health care, and the healing aspects of humor, exercise and nutrition. Updated research and the insurance industry's views on alternative therapies will also be discussed.

C. DATE LAST REVISED (Month, year): February, 2021

D. OUTLINE OF MAJOR CONTENT AREAS:

1. History and Philosophy of Holistic Medicine
2. Holistic Self Care Programming: Nutrition, Physical Activity, Stress Management
3. Chiropractic and Osteopathy
4. Food as Medicine
5. Ayurveda
6. Homeopathy
7. Traditional Chinese Medicine Modalities
8. Aromatherapy
9. Yoga
10. Naturopathy
11. Mindy-Body Medicine
12. Healing Touch Modalities

E. LEARNING OUTCOMES (GENERAL): The student will be able to:

1. Define and distinguish the terms allopathic and complementary/alternative/integrative medicine.
2. Discuss the philosophy of holistic health.
3. Demonstrate an understanding of the concepts of holistic health.
4. Discuss and explore the differences between holistic health and other forms of practice.
5. Discuss some of the controversies surrounding attempts to mainstream alternative therapies.
6. Discuss the process of matching client needs and perspectives with specific alternative health care techniques.
7. Identify the cautions and contraindications in using alternative therapies.
8. Explain the legal, social, political and economic context for alternative health care approaches.
9. Express an attitude regarding the potential value of alternative health care techniques for promoting health and wellness.
10. Explain how mind/body techniques improve health.
11. Explain the use of homeopathic remedies for home use.
12. Discuss the process of how acupuncture/acupressure works.
13. Explore a variety of relaxation techniques to utilize as stress relievers.
14. Discuss preventive methods to enhance/maintain health.
15. Discuss what the insurance industry is reimbursing for alternative therapies.
16. Explain the medicinal uses of essential oils.
17. Explain the current status of our nation's health care system.
18. Explain key concepts of Homeopathy, Ayurveda, Naturopathy, and Traditional Chinese Medicine and how they differ from and/or complement Allopathic Medicine.

F. LEARNING OUTCOMES (MNTC): NA

- G. METHODS FOR EVALUATION OF STUDENT LEARNING: Methods may include but are not limited to:
1. Participation/Attendance
  2. Written Assignments
  3. Discussion
  4. Quizzes/Written exams
- H. RCTC CORE OUTCOME(S): This course contributes to meeting the following RCTC Core Outcome(s):  
Critical Thinking. Students will think systematically and explore information thoroughly before accepting or formulating a position or conclusion.
- I. SPECIAL INFORMATION (if any): None