

Prepared by the Department of Health Sciences
Date of Departmental Approval: January 23, 2010
Date approved by Curriculum and Programs: March 3, 2010

Effective: Fall 2010

1. **Course Number: HEA135**
Course Title: Introduction to Complementary Healing Practices
2. **Description:** In an experiential teaching/learning format, this course provides an overview of complementary and alternative medicine (CAM) health practices now being utilized by a growing number of health-care consumers. Presentations and demonstrations by practitioners in areas such as herbal medicine, traditional Chinese medicine/acupuncture, chiropractic, and massage therapy, are an integral part of the course. The history and development of selected CAM practices and systems, how they work, and their relationship to traditional Western medicine are discussed. The concept of “wellness” versus disease treatment, and the mind-body connection are explored.
3. **Student Learning Outcomes:** Upon successful completion of this course, students are able to do the following:
 - Discuss the strengths, weaknesses, treatment goals and methods of complementary and alternative medicine versus traditional Western medicine.
 - Discuss the history, effectiveness, special language, and contraindications for selected CAM practices.
 - Demonstrate an understanding and apply CAM principles through exercises and assignments.
 - Describe the mind-body connection, especially as it pertains to wellness, and identify mind-body practices which may optimize health.
4. **Credits:** Three credits
5. **Satisfies General Education Requirement:** No
6. **Prerequisite:** None
7. **Semester(s) Offered:** Fall, Spring
8. **Suggested General Guidelines for Evaluation:** Each student’s final grade is based on the following: weekly response papers or other assigned homework, written research project and class presentation, written examinations, as well as class attendance and participation.
9. **General Topical Outline (Optional):** Attached
 - Introductions, personal and course goals, requirements, schedule, etc.
 - Context setting: allopathic medicine, complementary health practices – history, treatment, goals, etc. “Wellness,” illness-prevention vs. disease treatment
 - Holistic Self-care
 - Nutritional Medicine
 - Mind-Body Connection: Psychoneuroimmunology
 - Selected Mind-Body Practices
 - Autogenic Training
 - Journaling
 - Relaxation Response
 - Meditation/Affirmations
 - Selected CAM Practices
 - Traditional Chinese Medicine/Acupuncture
 - Yoga/Breathwork Therapy
 - Bodywork/Therapeutic Massage
 - Botanical Medicine/Aromatherapy
 - Chiropractic