



Health 112
Holistic Health and Healing
Winter 2013

COURSE OUTLINE

Course Description

This course is an introduction to the philosophy and practices of holistic health and healing. This knowledge can be used as an adjunct to professional practice and as a basis for self-care. This course is theoretical and experientially based. It does not prepare participants to practice as holistic health practitioners.

⚡ *Please note: This outline will not be kept indefinitely. It is recommended students keep this outline for their records, especially to assist in transfer credit to post-secondary institutions.*

1. Instructor Information

Instructor: Tina Dunkley
Office Hours:
Location:
Phone: 250-370-3486
Email: Dunkley@camosun.bc.ca

2. Intended Learning Outcomes

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

Students will learn about the philosophy and beliefs about health and healing that form the basis of a holistic health perspective. This knowledge will increase their understanding of the underlying principles of selected holistic health practices. Following this course, students will be able to use these practices in promoting and maintaining their own health and well-being. It does not prepare students to practice as holistic health practitioners.

3. Required Materials

Fontaine, K. L. (2011). Healing practices: Alternative therapies for nursing. Upper Saddle River, N.J.: Prentice Hall.

Selected readings

Audio-visual resources

Internet resources

Guest speakers

Community resources

Course Content and Schedule

Course content will be organized around the following concepts:

1. Health as wholeness
2. Traditional healing Systems
3. Holistic Health and Healing Practices
4. Self-care
6. Basis of Student Assessment (Weighting)
 - (a) Research paper 45%
 - (b) Healing Modalities summary 40%

 - (c) Learning Summary 15%

GRADING:

Grades will be assigned as follows:

A+	90 - 100	B-	70 - 72
A	85 - 89	C+	65 - 69
A-	80 - 84	C	60 - 64
B+	77 - 79	D	50 - 59
B	73 - 76	F	0 - 49

NOTE: Students must complete work in all areas to be eligible for a grade of "A+", "A", "A-", "B+", "B", "B-", "C+", "C", or "D", or "F". This course must be passed with a "C+" 65% average or it must be repeated to complete the program.

LATE POLICY

4. Grading System

- Standard Grading System (GPA)
- Competency Based Grading System

GRADING SYSTEMS <http://www.camosun.bc.ca/policies/policies.php>

The following two grading systems are used at Camosun College:

1. Standard Grading System (GPA)

Percentage	Grade	Description	Grade Point Equivalency
90-100	A+		9
85-89	A		8
80-84	A-		7
77-79	B+		6
73-76	B		5
70-72	B-		4
65-69	C+		3

60-64	C		2
50-59	D		1
0-49	F	Minimum level has not been achieved.	0

2. Competency Based Grading System (Non GPA)

This grading system is based on satisfactory acquisition of defined skills or successful completion of the course learning outcomes

Grade	Description
COM	The student has met the goals, criteria, or competencies established for this course, practicum or field placement.
DST	The student has met and exceeded, above and beyond expectation, the goals, criteria, or competencies established for this course, practicum or field placement.
NC	The student has not met the goals, criteria or competencies established for this course, practicum or field placement.

5. Recommended Materials or Services to Assist Students to Succeed Throughout the Course

LEARNING SUPPORT AND SERVICES FOR STUDENTS

There are a variety of services available for students to assist them throughout their learning. This information is available in the College Calendar, Student Services or the College web site at <http://www.camosun.bc.ca>

STUDENT CONDUCT POLICY

There is a Student Conduct Policy. It is the student's responsibility to become familiar with the content of this policy. The policy is available in each School Administration Office, Registration, and on the College web site in the Policy Section.
<http://www.camosun.bc.ca/policies/policies.html>

The Department of Community, Family & Child Studies is committed to promoting competence, professionalism and integrity in our students and developing their core skills to succeed throughout their academic programs and in their careers. The purpose of Academic Honesty Guidelines is to provide clear expectations of appropriate academic conduct and to establish processes for discipline in appropriate circumstances. It is the student's responsibility to become familiar with the content and the consequences of academic dishonesty. Before you begin your assignments, review the Academic Policies on the Camosun College website: <http://camosun.ca/learn/becoming/policies.html>