



CAMOSUN COLLEGE
School of Health & Human Services
Community, Family & Child Studies

HLTH 112 Holistic Health and Healing
Spring 2016 Course Outline

Description:

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: Sheryl Haynes CDA, B.Ed., M.Ed.

Office: WT 222

Phone: 250-370-3222

Office Hours: as posted and by appointment

Email: sheryl.haynes29@online.camosun.ca

2. Intended Learning Outcomes

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

1. Identify philosophy and beliefs about health and healing that form the basis of a holistic health perspective.
2. Demonstrate understanding of the underlying principles of selected holistic health practices.
3. Apply practices of promoting and maintaining their own health and well-being.

3. Required Materials

Fontaine, K. L. (2015). *Complementary & alternative therapies for nursing practice*. (4th ed.)

Upper Saddle River, N.J.: Pearson Prentice Hall.

Camosun College (2016). *Health 112 - Holistic Health and Healing Resource Package*.

4. Course Content and Schedule

Students will be provided details of: topics, assigned readings, and assignment details, and due dates in class.

5. Basis of Student Assessment (Weighting)

1. Class Content Application (CCA) Assignments	40%
2. Group Presentation Assignment (in-class presentation & write-up)	20%
3. Group Presentation Participation Assignment	5%
4. Presentation Reports Assignment	10%
5. Holistic Health & Healing Research Paper Assignment	20%
6. Research Paper Highlights	5%

Policies

- Students **are expected** to: attend classes, arrive on time, have done the assigned readings, and actively participate in all planned activities.
- Repeated absences may jeopardize successful completion of the course.
- Students **are expected** to demonstrate positive interpersonal behavior in the classroom, including listening and acknowledging others. Students are also expected to demonstrate emotional maturity, respect, and teamwork.
- Students may **not** use cell phones during class. The use of any electronics (laptop, iPad, tablet) **must** be approved by the instructor and may **only** be used for note taking when necessary.
- Scheduled assignments are due at the **beginning of class**. In fairness to all students, any assignment handed in after the first 15 minutes of class will be deducted 5% per day. If you anticipate a late arrival, in order to not be deducted 5%, assignments must be emailed to the instructor.
- Assignments will **not** be accepted by email except in exceptional circumstances. **If a student is sick**, assignments **must** be emailed to the instructor **by the class starting time** to demonstrate completion of the homework or assignment, and a doctor's note **will be required**. A hard copy will need to be handed in upon returning to class.
- Late assignments after a class has occurred **will not** be accepted without a professional's note.
- Classroom Content Applications (CCA) **will not** be granted a grade if absent from that class but it must still be completed to demonstrate the learning outcomes.
- In exceptional circumstances, students may arrange with the instructor for an extension of an assignment **before** the due date. A professional's note **will** be required.
- Students who have a *Letter of Accommodation* from the Disability Resource Centre may have previously identified arrangements regarding assignment submissions and these **must be** negotiated with the instructor **prior** to the assignment due date.
- **Participation** is an important aspect of integrated and experiential learning in this course.

6. Grading System: Standard (GPA)

Percentage	Grade	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 min. level	1
0-49	F	0

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

There are a variety of services available for students to assist them throughout their learning. This information is available in the College Calendar, through Student Services or on the College website at www.camosun.ca.

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, Enrolment Services, and on the College website at www.camosun.ca/about/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>