



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

HLTH 112 Holistic Health and Healing

Fall 2015

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: Kristin Ross

Office: WT 219

Phone: 250-370-3203

Office Hours: as posted and by appointment

Email: kristin.ross11@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 (2015). *Health 112 - Holistic Health and Healing Resource Package*.

4. Course Content and Schedule

Students will be provided a detailed schedule of topics, due dates, and readings for class preparation.

It is expected that students arrive to class prepared to contribute their knowledge and insights, having completed pre-class expectations to create a positive learning environment. Students are expected to demonstrate positive interpersonal behavior in the classroom and online, including listening and acknowledging others, emotional maturity, respect, and teamwork.

Participation

Participation is an important aspect of integrated and experiential learning. Repeated absence from class will be discussed with the student and may jeopardize course completion if learning outcomes are not met. Students will be expected to complete learning activities to demonstrate outcomes for missed class content.

Participation includes:

- Pre-class preparation, including reading assignment materials before class
- Arriving to class on time and consistent attendance
- Constructive and appropriate comments in class and online
- Active participation in group work, online submissions, and classroom activities
- Active and respectful listening and online dialogue; considerate behavior towards others

5. Basis of Student Assessment (Weighting)

1. Weekly Content Applications – submit hardcopies in class 30%
2. Group Project: submit handout in Dropbox, presentation in-class 35%
3. Holistic Health & Healing paper – submit hardcopy in class 35%

Details of assignments will be provided in class and/or online.

Students are responsible for maintaining a hard or electronic copy of all submitted work.

All assignments must be submitted and achieve a grade of “**C**” or higher for successful completion of the course. This includes attendance and participation in group work and class presentations.

Late Policy

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 as negotiated with the instructor.

Assignments submitted in hardcopy must be in by the start of class on the due date. In fairness to all students, late assignments will be deducted 5% per day after the first five minutes of class.

If you anticipate a late arrival to class, ensure you have emailed the assignment to the instructor to meet the deadline and avoid a deduction for lateness (submit the hardcopy at the break). If an assignment is to be submitted online, it must be in by 11pm on the due date.

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>