



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

HLTH 112 Holistic Health and Healing
Winter 2018 Section-001 Course Outline

Description:

This course introduces students to the history, principles, and approaches of holistic health practices. Concepts and research related to holistic health and healing, along with specific modalities of complementary, traditional, and alternative health practices will be explored. Students will apply a holistic lens to health that can be used as a foundation for self-care and personal well-being.

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 B.Ed., M.Ed.

Office: WT 222

Phone: 250-370-3222

Office Hours: Arranged 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. Describe the social determinants of health and their impact on holistic health and wellness.
2. Describe and explain select cultural, indigenous, complementary, and alternative perspectives and practices of holistic health.
3. Use existing research to critically examine the use and effectiveness of holistic health practices.
4. Apply select health and wellness practices to enhance one's own personal 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 (2017-2018). *Health 112 - Holistic Health and Healing Coursepack*.

4. Course Content and Schedule

Weekly Topic Schedule is subject to change.

Please Bring Text and Coursepack (CP) to All Classes

Dates	Topics	Readings	Assignment Due Dates
WK #1 Jan. 8	Introduction to Health 112- Holistic Health & Healing Introduction to Critical Thinking: What It Is and Why It Counts (hand-out will be provided) CCA #1 Hand-out	Txt Fontaine, K. L. (2015). Complementary & Alternative Therapies for Nursing Practice. (4 th ed.). Upper Saddle River, N. J.: Pearson Prentice Hall. CP Camosun College (2016). Health 112 Holistic Health and Healing Coursepack	
WK #2 Jan. 15	Introduction to the Social Determinants of Health Integrative Health: A Holistic Approach Self-Care CCA #2 Hand-out	CP Social Determinants Txt Preface Txt Ch.1 Integrative Healing CP "Paradigm Shift...Everything Old is New Again" CP Keegan "Healing with Complementary and Alternative Practices" Chapter 2 "History and Future of Healing" CP "The Biomedical and the Bio-Psycho-Social- Spiritual Health Models comparison charts" Txt pp. 16-17 & 66-67 CP Whole Person "Lifestyle Assessments, Appraisals, & Inventories"	CCA #1
WK #3 Jan. 22	Evidence-Based Health Care in Complementary and Alternative Therapies Integrative Medicine: Basic Principles & Holistic Health: Philosophy HH&H Research Paper Details CCA #3 Hand-out	Txt Ch. 3 The Role of Evidence-Based Health Care in Complementary and Alternative Therapies CP Lee, Kigler & Shiflett Chapter 1 "Integrative Medicine: Basic Principles" Txt Ch.1 Integrative Healing CP Holistic Health: Philosophy CP Koopsen & Young "Concepts of Complementary and Alternative Medicine" CP Bensoussan "The holistic health model put into practice"	CCA #2
WK #4 Jan. 29	Health and The Environment Group Presentation Details CCA #4 Hand-out	CP Health and The Environment: Introduction CP EcoMall "Non-toxic Household Products" CP Donatelle Chapter 14 "Choosing Healthy Living for the Environment" Txt Ch. 1 & see index for other text pages	CCA #3
WK #5 Feb. 5	Holistic Stress Management & Mindfulness CCA #5 Hand-out	CP The Holmes-Rahe Life Stress Inventory CP Koopsen & Young Chapter 1 "Holistic Stress Management" CP Kabat-Zinn "Coping with Stress: Responding vs. Reacting" CP Kabat-Zinn "Wherever you go, there you are" Txt Ch.2 Basic Concepts Guiding Alternative Therapies Txt Ch.17 Meditation	CCA #4

WK #6 Feb. 12	Family Day & Reading Break		
WK #7 Feb. 19	Ayurvedic Medicine CCA #6 Hand-out	CP Ayurvedic Medicine: Wisdom From Indian Medicine CP Guidelines for Determining Your Constitution CP Guidelines for Determining Your Vikruti (Current State) Txt Ch.5 Ayurvedic	CCA #5
WK #8 Feb. 26	Naturopathic Medicine CCA #7 Hand-out	Txt Ch.10 Naturopathy CP "History of Naturopathic Medicine in BC"	CCA #6
WK #9 Mar. 5	Traditional Chinese Medicine CCA #8 Hand-out	CP Traditional Chinese Medicine: Wisdom Through the Ages Txt Ch.4 Traditional Chinese Medicine	CCA #7
WK #10 Mar. 12	Indigenous Peoples' Healing Traditions CCA #9 Hand-out	CP Indigenous Peoples' Healing Traditions: Introduction RP Audlin "Healing" Txt Ch.6 Native American Healing	CCA #8
WK #11 Mar. 19	Healthy Thinking Mind-Body-Spirit: Therapeutic Modalities of Healing CCA #10 Hand-out Affirmations Hand-out	Txt Ch.20 p.306 "Positive attitudes" CP Karren, K. et al Chapter 5 "Explanatory Style & Health" CP Healthy Thinking "Wellness Module 8" TXT Ch.18 Hypnotherapy and Guided Imagery Txt Ch.2 Basic Concepts Guiding Alternative Therapies Txt Ch. 8 Aromatherapy & p. 84 Txt Ch.12 Massage & p. 82 Txt Ch.16 Yoga & p. 82 Txt Ch.17 Meditation & p. 83	CCA #9 Group Project Hand-out
WK #12 Mar. 26	Group Presentations		
WK #13 April 2	Easter Monday		
WK #14 April 9	Spiritual Well-Being Individual Research Paper Highlights	Txt Ch.2 pp. 21-22 Txt Ch.25 Faith & Prayer CP Donatelle "Focus On Cultivating Your Spiritual Health" CP Young & Koopsen "Spiritual Rituals"	CCA #10 Research Paper Due

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 & Self-Evaluation Assignment	10%
4. Holistic Health & Healing Research Paper Assignment	25%
5. Research Paper Highlights	5%

Total= 100%

Policies

- Students are expected to: attend classes meaning the full block of time, arrive on time, have done the assigned readings/assignments, and actively participate in all planned activities. Participation is an important aspect of the integrated and experiential learning in this course.
- Repeated absences, which include not attending the full block of time, will jeopardize successful completion of this 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. All other items of distraction are not permitted (i.e. fidget spinners).
- All scheduled assignments are due at the beginning of class. In fairness to all students, assignments handed in after the first 5 minutes of class will be deducted 5%.
- Classroom Content Applications (CCA) will not be granted a grade if absent from the class in which is due, but it still must be completed to demonstrate the learning outcomes.
- Classroom Content Applications (CCA) will not be granted a grade after a class has been completed in which the student is present. Details of this will be provided on the first day of classes.
- All assignments must be completed to a minimum of a “C” grade in order to be successful in this course, and to receive an overall letter grade of “C” or higher. A minimum of a “C” grade of the cumulative CCA marks must be achieved in order to be successful in this course.
- If an absence is due to illness, the assignment that is due that day must be emailed to the instructor by the start time of the class to demonstrate completion of the assignment, and a doctor’s note will be required. A hard copy will need to be handed in upon returning to class.
- Students who have a *Letter of Accommodation* from the Centre for Accessible Learning (CAL) must provide a copy of this letter to the instructor at the beginning of the term, or when it is received from CAL. Any identified arrangements by the Centre for Accessible Learning regarding assignment submissions must be negotiated with the instructor prior to the assignment due date.

- Final grades on all assignments are non-negotiable.
- No outstanding assignments will be accepted after the last day of classes.

**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>