



# CAMOSUN COLLEGE

School of Health and Human Services (HHS)

Department: Community, Family &  
Child Studies – Health UT



[Camosun.ca/hhs-handbook](http://camosun.ca/hhs-handbook)

HLTH 112 Holistic Health & Healing  
Winter 2019

## COURSE OUTLINE

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The course description is available on the web:  
<http://camosun.ca/learn/calendar/current/web/hlth.html#hlth112>

Ω 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.

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### 1. Instructor Information

- (a) **Instructor** Sheryl Haynes B.Ed., M.Ed., IMC
- (b) **Office hours** As posted or arranged by appointment
- (c) **Location** WT 222
- (d) **Phone** 250-370-3222 **Alternative:**
- (e) **E-mail** [sheryl.haynes29@online.camosun.ca](mailto:sheryl.haynes29@online.camosun.ca)
- (f) **Website**

### 2. Course Description & Intended Learning Outcomes

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.

At the end of this course students will be able to:

- a) describe the social determinants of health and their impact on holistic health and wellness.
- b) describe and explain select cultural, indigenous, complementary, and alternative perspectives and practices of holistic health.
- c) use existing research to critically examine the use and effectiveness of holistic health practices.
- d) apply select health and wellness practices to enhance one's own personal well-being.

### 3. Required Materials

- (a) Text: Fontaine, K. L. (2019). *Complementary & alternative therapies for nursing practice*. (5<sup>th</sup> ed.) Upper Saddle River, N.J.: Pearson Prentice Hall.
- Other option: you can rent this book from the bookstore if available.

(b) Other: Health 112 - Holistic Health and Healing Coursepack (purchased at the bookstore).

#### 4. Course Content and Schedule (subject to change)

**Please Bring Text and Coursepack (CP) to All Classes**

Dates	Topics	Readings	Due Dates
<b>Week #1</b> <b>Jan. 10</b>	Introduction to Health 112-Holistic Health & Healing  Introduction to Critical Thinking  <b>CCA #1 Hand-out</b>	"What It Is and Why It Counts" (hand-out will be provided)  <b>CP</b> Introduction to Critical Thinking in Health-Care <b>CP</b> Donatelle & Kolen-Thompson "Making Informed Health-Care Choices"	
<b>Week #2</b> <b>Jan. 17</b>	Introduction to the Social Determinants of Health  Integrative Health: A Holistic Approach          Self-Care  <b>CCA #2 Hand-out</b>	<b>CP</b> Hales & Lauzon "Social Determinants"  <b>Txt</b> Preface <b>Txt</b> Ch.1 Integrative Healing <b>CP</b> "Paradigm Shift...Everything Old is New Again" <b>CP</b> Keegan "Healing with Complementary and Alternative Practices" Chapter 2 "History and Future of Healing" <b>CP</b> "Traditional and Complementary Healthcare Approaches" <b>CP</b> "The Biomedical and the Bio-Psycho-Social-Spiritual Health Models comparison charts"  <b>Txt</b> Ch.2 Basic Concepts Guiding Alternative Therapies <b>Txt</b> pp. 16-17 & 66-67 <b>CP</b> Whole Person "Lifestyle Assessments, Appraisals, & Inventories" <b>CP</b> "Planning Your Journey to Wellness: A Road Map"	<b>CCA #1</b>
<b>Week #3</b> <b>Jan. 24</b>	Evidence-Based Health Care in Complementary and Alternative Therapies  Integrative Medicine: Basic Principles & Holistic Health: Philosophy  <b>HH&amp;H Research Paper Details</b>  <b>CCA #3 Hand-out</b>	<b>Txt</b> Ch. 3 The Role of Evidence-Based Health Care in Complementary and Alternative Therapies  <b>CP</b> Lee, Kigler & Shiflett Chapter 1 "Integrative Medicine: Basic Principles" <b>Txt</b> Ch.1 Integrative Healing <b>CP</b> Holistic Health: Philosophy <b>CP</b> Koopsen & Young "Concepts of Complementary and Alternative Medicine" <b>CP</b> Bensoussan "The holistic health model put into practice"	<b>CCA #2</b>
<b>Week #4</b> <b>Jan. 31</b>	Health and The Environment  <b>Group Presentation Details</b>	<b>CP</b> Health and The Environment: Introduction <b>CP</b> EcoMall "Non-toxic Household Products" <b>CP</b> "Choosing Healthy Living for the Environment" <b>Txt</b> Ch. 1 Integrative Healing	<b>CCA #3</b>

	<b>CCA #4 Hand-out</b>	<b>Txt</b> Ch.2 Basic Concepts Guiding Alternative Therapies	
<b>Week #5 Feb. 7</b>	Holistic Stress Management & Mindfulness  <b>CCA #5 Hand-out</b>	<b>CP</b> The Holmes-Rahe Life Stress Inventory <b>CP</b> Koopsen & Young Chapter 1 "Holistic Stress Management" <b>CP</b> Kabat-Zinn "Coping with Stress: Responding vs. Reacting" <b>CP</b> Kabat-Zinn "Wherever you go, there you are" <b>Txt</b> Ch.2 Basic Concepts Guiding Alternative Therapies <b>Txt</b> Ch.17 Meditation	<b>CCA #4</b>
<b>Week #6 Feb. 14</b>	Healthy Thinking  Mind-Body-Spirit: Therapeutic Modalities of Healing  <b>CCA #6 Hand-out</b>	<b>Txt</b> Ch.20 p.310 "Positive attitudes" & "Body scanning" <b>CP</b> "Explanatory Style & Health" <b>CP</b> Healthy Thinking "Wellness Module 8"  <b>TXT</b> Ch.18 Hypnotherapy and Guided Imagery <b>Txt</b> Ch.2 Basic Concepts Guiding Alternative Therapies <b>Txt</b> Ch. 8 Aromatherapy & p. 84 <b>Txt</b> Ch.12 Massage & p. 84 <b>Txt</b> Ch.16 Yoga & p. 82-83 <b>Txt</b> Ch.17 Meditation & p. 84	<b>CCA #5</b>
<b>Week #7 Feb. 21</b>	<b>Camosun College Reading Week</b>		
<b>Week #8 Feb. 28</b>	Spiritual Well-Being  <b>CCA #7 Hand-out</b>	<b>Txt</b> Ch.2 pp. 21-22 <b>Txt</b> Ch.25 Faith & Prayer <b>CP</b> Donatelle "Focus On Cultivating Your Spiritual Health" <b>CP</b> Young & Koopsen "Spiritual Rituals"	<b>CCA #6</b>
<b>Week #9 Mar. 7</b>	Ayurvedic Medicine  <b>CCA #8 Hand-out</b>	<b>CP</b> Ayurvedic Medicine: Wisdom From Indian Medicine <b>CP</b> Guidelines for Determining Your Constitution <b>CP</b> Guidelines for Determining Your Vikruti (Current State) <b>Txt</b> Ch.5 Ayurvedic <b>Txt</b> Ch.2 Basic Concepts Guiding Alternative Therapies <b>Txt</b> p.83	<b>CCA #7</b>
<b>Week #10 Mar. 14</b>	Naturopathic Medicine <b>CCA #9 Hand-out</b>	<b>Txt</b> Ch.10 Naturopathy <b>CP</b> "History of Naturopathic Medicine in BC"	<b>CCA #8</b>
<b>Week #11 Mar. 21</b>	Traditional Chinese Medicine  <b>CCA #10 Hand-out</b>	<b>CP</b> Traditional Chinese Medicine: Wisdom Through the Ages <b>Txt</b> Ch.4 Traditional Chinese Medicine <b>Txt</b> Ch.2 Basic Concepts Guiding Alternative Therapies	<b>CCA #9</b>
<b>Week #12 Mar. 28</b>	Indigenous Peoples' Healing Traditions	<b>CP</b> Indigenous Peoples' Healing Traditions: Introduction <b>RP</b> Audlin "Healing" <b>Txt</b> Ch.6 Native American Healing <b>Txt</b> Ch.2 Basic Concepts Guiding Alternative Therapies	<b>CCA #10 Group Presentation Hand-out Due</b>
<b>Week #13 April 4</b>	<b>Group Presentations</b>		<b>Group Presentation Self-Eval.</b>

<b>Week #14 April 11</b>	<b>Individual Research Paper Highlights</b>	<b>Ensure to bring your Research paper Highlights Grade form.</b>	<b>Research Paper Due</b>
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## 5. Basis of Student Assessment (Weighting)

### (a) Assignments

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|---|-----|
| 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 Assignment                             | 5%  |

**Total= 100%**

### (b) Tests: no tests

## Course Policies & Conditions

### Student Attendance, Participation & Conduct

- Students are expected to: attend classes-meaning the full block of time, arrive at scheduled start time and return from all breaks on time; and have done the assigned readings/assignments.
- Students are expected to actively participate in all planned activities, including the mindfulness practices that will occur at the beginning of class.
- Repeated absences, including not attending the full block of time as per the previous bullet, will jeopardize successful completion of the course. Students will not pass this course if absent for more than 3 classes or 9 hours of instruction.
- Late arrivals and all absences must be communicated prior to the beginning of the class.
- Students are required to demonstrate positive interpersonal behaviour in the classroom, including listening and acknowledging others. Students are also required to demonstrate emotional maturity, respect, and teamwork. Students are also required to be respectful in all email communications.

### Technology Usage

- Students may not use cell phones during scheduled class time.
- The use of any electronics (laptop, iPad, tablets) must be approved by the instructor. These may only be used for note taking and may not be used if they are a distraction to the instructor or any of the other students. All other items of distraction are not permitted.

### Student Assessments: Assignments

- The following assessments must be done in order to complete the HLTH 112 course: Group Presentation Assignment and the Holistic Health & Healing Research paper. Refer to the following sections regarding minimum grades. Instructions for all assignments will be handed out in class and posted on D2L.
- Final grades on all assignments are non-negotiable.

## **Classroom Content Application (CCA) Assignments**

- A minimum of a “C” grade of the cumulative CCA marks must be achieved in order to be successful in this course and to receive an overall letter grade for the course. Please refer to #5. Student Assessment (Weighting). (there are a total of 10 CCAs)
- Scheduled CCA 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% and after 15 minutes or more late marks will be 10%. Assignments will not be accepted once the class has been in session for one hour for a grade; these assignments will be recorded as completed.
- CCA assignments 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.
- In the case of an absence due to illness, or an exceptional circumstance, the assignment must be emailed to the instructor by the start time of the class to demonstrate that it has been completed, otherwise it will accumulate late marks as noted in the second bullet, and a note from a doctor or a professional will be required. A hard copy will need to be handed in upon returning to the college.
- All missed CCA assignments must be completed in order to demonstrate the learning outcomes. No outstanding CCA assignments will be accepted after the last day of classes.

## **Group Presentation Assignment**

- Full participation in the planning and implementation of the group presentation. Group presentation details and topics will be discussed in class.

## **Holistic Health & Healing Research Paper Assignment**

- A minimum of a “C” grade or higher must be achieved on the Holistic Health & Healing Research Paper assignment in order to be successful in this course, and to receive an overall letter grade for the course. Please refer to #5. Student Assessment (Weighting).
- In fairness to all students, assignments handed in after the first 5 minutes of class will be deducted 5% and after 15 minutes or more late marks will be 10%, followed by 10% per day.

## **Letter of Accommodation from the Centre for Accessible Learning (CAL)**

- 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.
- Any identified arrangements by the Centre for Accessible Learning regarding assignment submissions must be discussed and negotiated with the instructor prior to the assignment due date. There are no exceptions to this policy.
- Any other special accommodations (i.e. note taking, audio recording) must be discussed with the instructor.

## **6. Grading System**

Standard Grading System (GPA)

## 7. Recommended Materials to Assist Students to Succeed Throughout the Course

## 8. College Supports, Services and Policies

### Immediate, Urgent, or Emergency Support



If you or someone you know requires immediate, urgent, or emergency support (e.g., illness, injury, thoughts of suicide, sexual assault, etc.), **SEEK HELP**. Resource contacts:

<http://camosun.ca/about/mental-health/emergency.html> or  
<http://camosun.ca/services/sexual-violence/get-support.html#urgent>

### College Services

Camosun offers a variety of health and academic support services, including counselling, dental, centre for accessibility, help centre, learning skills, sexual violence support & education, library, and writing centre. For more information on each of these services, visit Student Services at <http://camosun.ca/services/>

### College Policies

Policies are available on the College website at <http://camosun.ca/about/policies/>

Camosun strives to provide clear, transparent, and easily accessible policies that exemplify the college's commitment to life-changing learning. It is the student's responsibility to become familiar with the content of College policies.

Education and academic policies include, but are not limited to, [Academic Progress](#), [Admission](#), [Course Withdrawals](#), [Student Appeals](#), Medical/Compassionate Withdrawal, Sexual Violence and Misconduct, Student Ancillary Fees, and Student Penalties and Fines.

### 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 website.

## A. GRADING SYSTEMS

<http://camosun.ca/about/policies/education-academic/e-1-programming-and-instruction/e-1.5.pdf#page=2>

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.

## B. Temporary Grades

Temporary grades are assigned for specific circumstances and will convert to a final grade according to the grading scheme being used in the course. See Grading Policy at <http://www.camosun.bc.ca/policies/E-1.5.pdf#page=4> for information on conversion to final grades, and for additional information on student record and transcript notations.

Temporary Grade	Description
I	<i>Incomplete:</i> A temporary grade assigned when the requirements of a course have not yet been completed due to hardship or extenuating circumstances, such as illness or death in the family.
IP	<i>In progress:</i> A temporary grade assigned for courses that are designed to have an anticipated enrollment that extends beyond one term. No more than two IP grades will be assigned for the same course.
CW	<i>Compulsory Withdrawal:</i> A temporary grade assigned by a Dean when an instructor, after documenting the prescriptive strategies applied and consulting with peers, deems that a student is unsafe to self or others and must be removed from the lab, practicum, worksite, or field placement.