



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 2021 D02

COURSE OUTLINE

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.

1. Instructor Information

- (a) **Instructor** Sheryl Haynes B.Ed., M.Ed., IMC, MBSR-TT
- (b) **Office hours** Virtual office hours
- (c) **Location** N/A at this time
- (d) **Phone** N/A **Alternative:** N/A
- (e) **E-mail** sheryl.haynes29@online.camosun.ca
- (f) **Website** <http://camosun.ca/learn/calendar/current/web/hlth.html>

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:

- 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

- (a) Text: Fontaine, K. L. (2019). *Complementary & alternative therapies for nursing practice*. (5th ed.) Upper Saddle River, N.J.: Pearson Prentice Hall.
- (b) Other: Health 112 - Holistic Health and Healing Coursepack (CP may be purchased at the bookstore. It will also be available on D2L).
- (c) Technology: USB flashdrive, integrated computer Web-cam, headset/microphone, scan & upload software. Please contact library services if you require a loaner laptop.

4. Course Content and Schedule (Subject to change)

Please have access to your text and coursepack CP) readings for all online sessions. Note: the CP is available through the bookstore and it is also available on D2L.

Dates	Topics	Readings	Due Dates
Week #1 Thurs. Jan. 14	Introduction to Health 112- Holistic Health & Healing Introduction to Critical Thinking CCA #1-located on D2L	“What It Is and Why It Counts” (hand-out will be provided) CP Introduction to Critical Thinking in Health-Care CP Donatelle & Kolen-Thompson “Making Informed Health-Care Choices”	
Week #2 Thurs. Jan. 21	Introduction to the Social Determinants of Health Integrative Health: A Holistic Approach Self-Care CCA #2-located on D2L	CP Hales & Lauzon “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 “Traditional and Complementary Healthcare Approaches” CP “The Biomedical and the Bio-Psycho- Social-Spiritual Health Models comparison charts” Txt Ch.2 Basic Concepts Guiding Alternative Therapies Txt pp. 16-17 & 66-67 CP Whole Person “Lifestyle Assessments, Appraisals, & Inventories” CP “Planning Your Journey to Wellness: A Road Map”	CCA #1
Week #3 Thurs. Jan. 28	Evidence-Based Health Care in Complementary and Alternative Therapies Integrative Medicine: Basic Principles & Holistic Health: Philosophy HH&H Research Paper Details-all instructions located on D2L CCA #3-located on D2L	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
Week #4 Thurs. Feb.4	Health and The Environment Group Presentation Details- all instructions located on D2L CCA #4-located on D2L	CP Health and The Environment: Introduction CP EcoMall “Non-toxic Household Products” CP “Choosing Healthy Living for the Environment” Txt Ch. 1 Integrative Healing Txt Ch.2 Basic Concepts Guiding Alternative Therapies	CCA #3

Week #5 Thurs. Feb. 11	Holistic Stress Management & Mindfulness CCA #5-located on D2L	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
Week #6 Feb. 18	Reading Week		
Week #7 Thurs. Feb. 25	Healthy Thinking Mind-Body-Spirit: Therapeutic Modalities of Healing CCA #6-located on D2L	Txt Ch.20 p.310 “Positive attitudes” & “Body scanning” CP “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. 84 Txt Ch.16 Yoga & p. 82-83 Txt Ch.17 Meditation & p. 84	CCA #5
Week #8 Thurs. March 4	Spiritual Well-Being CCA #7-located on D2L	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 #6
Week #9 Thurs. March 11	Ayurvedic Medicine CCA #8-located on D2L	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 Txt Ch.2 Basic Concepts Guiding Alternative Therapies Txt p.83	CCA #7 & Research Paper Title/Topic and 3 Categories
Week #10 Thurs. March 18	Naturopathic Medicine CCA #9-located on D2L	Txt Ch.10 Naturopathy CP “History of Naturopathic Medicine in BC”	CCA #8
Week #11 Thurs. March 25	Traditional Chinese Medicine CCA #10-located on D2L	CP Traditional Chinese Medicine: Wisdom Through the Ages Txt Ch.4 Traditional Chinese Medicine Txt Ch.2 Basic Concepts Guiding Alternative Therapies	CCA #9
Week #12 Thurs. April 1	Indigenous Peoples’ Healing Traditions	CP Indigenous Peoples’ Healing Traditions: Introduction RP Audlin “Healing” Txt Ch.6 Native American Healing Txt Ch.2 Basic Concepts Guiding Alternative Therapies	CCA #10 & Group Presentation Hand-out posted to D2L
Week #13 Thurs. April 8	Group Presentations		Group Presentation Self-Eval.

Week #14 Thurs. April 15	Individual Research Paper Highlights		Research Paper Due
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5. Basis of Student Assessment (Weighting)

Assignments

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%

Course Expectations & Conditions

Student Attendance, Participation & Conduct

- Students are expected to: attend all the scheduled online classes-meaning the full block of time, arrive online 5-10 minutes prior to the 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 first bullet, will jeopardize successful completion of the course. Students will not pass this course if absent for more than 2 classes of instruction, or the equivalent of 2 classes.
- Late arrivals to the online classes and all absences must be communicated to the instructor 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 online and email communications.

Technology Usage

- During class times, cameras are to be on. Microphones are to be muted at the start of the session. Guidance in the use of the technology functions will be reviewed.
- While engaged in the online sessions, and learning activities with others, cell phones must be out-of-sight with alerts and ringers off. All other electronics should have push notifications disabled during the online sessions to limit distractions.

Student Assessments: Assignments

- The following assessments must be done in order to complete the HLTH 112 course: Group Presentation Assignment, the Holistic Health & Healing Research paper, and presentations of the Research paper Highlights. Refer to the following sections regarding minimum grades. Instructions for all assignments will be 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 “Basis of Student Assessment (Weighting)”. Refer to the weekly schedule for the total number of CCAs.
- Scheduled CCA assignments are due at the beginning of class and must be uploaded to the designated D2L-CCA folder. In fairness to all students, assignments uploaded 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 receive a mark once the class has been in session for one hour; 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 illness, or an exceptional circumstance, the assignment must be uploaded to D2L 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. Documentation from a doctor/professional might be required of the CCA cannot be submitted on the due date according to the topic schedule.
- 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 is expected. 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, and it must meet the course learning outcomes, in order to be successful in this course, and to receive an overall letter grade for the course. Please refer to #5 “Basis of 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 inform the instructor at the beginning of the term. Students must arrange to have their accommodation letter emailed to the instructor as soon as possible.
- 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.

6. Grading System

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

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

Review the School of Health and Human Services [Student Handbook](#).

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		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.