

CLASS SYLLABUS



COURSE TITLE: HLTH 112 – Holistic Health & Healing
CLASS SECTION: D01
TERM: F2021
COURSE CREDITS: 3
DELIVERY METHOD(S): Synchronous

Camosun College campuses are located on the traditional territories of the Ləkʷəŋən and W̱SÁNEĆ peoples. We acknowledge their welcome and graciousness to the students who seek knowledge here. Learn more about Camosun's [Territorial Acknowledgement](#).

<https://camosun.ca/about/covid-19-updates>

Camosun College requires mandatory attendance for the first class meeting of each course. If you do not attend, and do not provide your instructor with a reasonable explanation in advance, you will be removed from the course and the space offered to the next waitlisted student.

INSTRUCTOR DETAILS

NAME: Sheryl Haynes B.Ed., M.Ed., IMC, TT-MBSR
EMAIL: HaynesS@camosun.bc.ca
OFFICE: N/A at this time
HOURS: Virtual office hours via appointment

As your course instructor, I endeavour to provide an inclusive learning environment. However, if you experience barriers to learning in this course, do not hesitate to discuss them with me. Camosun College is committed to identifying and removing institutional and social barriers that prevent access and impede success.

CALENDAR 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.

PREREQUISITE(S): **One of:** C in English 12; C in English First Peoples 12; C in ENGL 091 and ENGL 093; C in ENGL 092; C in ENGL 103; C in ENGL 142; C in ELD 092; C in ELD 097; C in ELD 103

CO-REQUISITE(S): N/A

PRE/CO-REQUISITE(S): N/A

COURSE DELIVERY

ACTIVITY	HOURS / WEEK	# OF WEEKS	ACTIVITY HOURS
Lecture	3	14	
Seminar			
Lab / Collaborative Learning			

Supervised Field Practice
 Workplace Integrated Learning
 Online

TOTAL HOURS		42

COURSE LEARNING OUTCOMES

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.

REQUIRED MATERIALS & RECOMMENDED PREPARATION / INFORMATION

Text: Fontaine, K. L. (2019). Complementary & alternative therapies for nursing practice. (5th ed.). Upper Saddle River, NJ: Pearson Prentice Hall.

Other: Health 112: Holistic Health & Healing Coursepack (CP may be purchased at the bookstore. It will also be available on D2L.

Technology: USB flashdrive, internal or external Web-cam, headset/microphone, scan & upload software.

COURSE SCHEDULE, TOPICS, AND ASSOCIATED PREPARATION / ACTIVITY / EVALUATION

The following schedule and course components are subject to change with reasonable advance notice, as deemed appropriate by the instructor.

CLASS DATES & TIME	ACTIVITY/TOPIC	READINGS	DUE DATES
WK #2 Sept. 13 8:30-11:20am	Introduction to HLTH 112 Critical Thinking & Health Literacy CCA #1- located on D2L	“What It Is and Why It Counts” (posted on D2L) CP Critical Thinking & Health Literacy CP Welcome to HLTH 112 & Making Informed Health-Care Choices CP Scientific Method Txt Ch. 3	
WK #3 Sept. 20 8:30-11:20am	Health Challenges & the Social Determinants of Health Traditional & Complementary Healthcare Approaches CCA #2- located on D2L	CP Introduction & Health Challenges & Social Determinants of Health CP Traditional & Complementary Healthcare Approaches Txt Preface Txt Ch.1 Integrative Healing Txt Ch.2 Basic Concepts Guiding Alternative Therapies Txt pp. 16-17 & 66-67	CCA #1

CLASS DATES & TIME	ACTIVITY/TOPIC	READINGS	DUE DATES
WK #4 Sept. 27 8:30-11:20am	<p>Complementary & Alternative Health Care: Historical Foundations of Holistic Healing</p> <p>Integrative Medicine: Basic Principles</p> <p>HH&H Research Paper Details-all instructions located on D2L</p> <p>CCA #3- located on D2L</p>	<p>CP Paradigm shift- Everything Old is New Again</p> <p>CP Complementary & Alternative Health Care: Historical Foundations of Holistic Healing</p> <p>CP Integrative Medicine: Basic Principles</p>	CCA #2
WK #5 Oct. 4 8:30-11:20am	<p>Holistic Stress Management & Self-Care</p> <p>Health & The Environment</p> <p>Group Presentation Details- all instructions located on D2L</p> <p>CCA #4- located on D2L</p>	<p>CP The Holmes-Rahe Life Stress Inventory</p> <p>CP Coping with Stress: Responding vs. Reacting</p> <p>CP Holistic Stress Management</p> <p>Txt Ch.2 Basic Concepts Guiding Alternative Therapies</p> <p>Txt Ch.17 Meditation</p> <p>CP Self-Care-Whole Person Health Appraisal, My State of Health & Personal Risk Factors</p> <p>CP Planning Your Journey to Wellness: A Road Map</p> <p>CP Health and The Environment: Introduction</p> <p>CP EcoMall Non-toxic Household Products</p> <p>CP Choosing Healthy Living for the Environment</p>	CCA #3
WK #6 Oct. 11	Thanksgiving		
WK #7 Oct. 18 8:30-11:20am	<p>Healthy Thinking Mind-Body-Spirit: Therapeutic Modalities of Healing</p> <p>Guest Presenter: Healthy Thinking, Hypnotherapy, and Guided Imagery</p> <p>CCA #5- located on D2L</p>	<p>Txt Ch.20 p.310 "Positive attitudes" & "Body scanning"</p> <p>CP Explanatory Style & Health</p> <p>CP Wellness Module 8</p> <p>Txt Ch. 8 Aromatherapy & p. 84</p> <p>Txt Ch.12 Massage & p. 84</p> <p>TXT Ch.18 Hypnotherapy and Guided Imagery</p>	CCA #4

CLASS DATES & TIME	ACTIVITY/TOPIC	READINGS	DUE DATES
WK #8 Oct. 25 8:30-11:20am	Spiritual Well-Being Mindfulness Mind-Body-Spirit: Therapeutic Modalities of Healing Guest Presenter: Yoga & Mental Health CCA #6- located on D2L	Txt Ch.2 pp. 21-22 Txt Ch.25 Faith & Prayer CP The Biomedical and the Bio-Psycho-Social-Spiritual Health Models comparison charts CP Cultivating Your Spiritual Health CP Spiritual Rituals CP What Is Mindfulness? CP Simple but Not Easy Txt Ch.17 Meditation & p. 84 Txt Ch.16 Yoga & p. 82-83	CCA #5
WK #9 Nov. 1 8:30-11:20am	Naturopathic Medicine Guest Presenter CCA #7- located on D2L	Txt Ch.10 Naturopathy CP About Naturopathic Medicine: History of Naturopathic Medicine in BC	CCA #6 & Research Paper Titles and 3 Categories
WK #10 Nov. 8 8:30-11:20am	Traditional Chinese Medicine Guest Presenter CCA #8- located on D2L	CP Traditional Chinese Medicine: What You Need To Know Txt Ch.4 Traditional Chinese Medicine Txt Ch.2 Basic Concepts Guiding Alternative Therapies	CCA #7
WK #11 Nov. 15 8:30-11:20am	Ayurvedic Medicine Guest Presenter CCA #9- 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 #8
WK #12 Nov. 22 8:30-11:20am	Indigenous Peoples' Healing Traditions Guest Presenter	CP Indigenous Peoples' Healing Traditions: Introduction CP Audlin "Healing" Txt Ch.6 Native American Healing & Curanderismo	CCA #9 & Group Presentation Summary-email instructor

CLASS DATES & TIME	ACTIVITY/TOPIC	READINGS	DUE DATES
WK #13 Nov. 29 8:30-11:20am	Group Presentations		Group Presentation Participation & Self-Evaluation
WK #14 Dec. 6 8:30-11:20am	Research Paper Highlights Presentations		HH&H Research Paper

STUDENT EVALUATION

DESCRIPTION	WEIGHTING
1. Class Content Application (CCA) Assignments	40%
2. Group Presentation Assignment (virtual 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 Presentation Assignment	5%
TOTAL	100%

If you have a concern about a grade you have received for an evaluation, please come and see me as soon as possible. Refer to the [Grade Review and Appeals](http://camosun.ca/about/policies/education-academic/e-1-programming-and-instruction/e-1.14.pdf) policy for more information.
<http://camosun.ca/about/policies/education-academic/e-1-programming-and-instruction/e-1.14.pdf>

COURSE GUIDELINES & EXPECTATIONS

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

- All of the above noted assignments under the title “Student Evaluation” must be done in order to complete the HLTH 112 course. Refer to the following sections regarding the grade to achieve for the course assessments. Instructions for all assignments will be provided 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. Refer to the weekly schedule for the total number of CCAs and their due dates.
- Scheduled CCA assignments are due prior to 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 if 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 class.

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.
- 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 an assignment due date.

SCHOOL OR DEPARTMENTAL INFORMATION

School of Health & Human Services: Community, Family & Child Studies Department

<https://legacy.camosun.ca/learn/school/health-human-services/programs.html>

STUDENT RESPONSIBILITY

Enrolment at Camosun assumes that the student will become a responsible member of the College community. As such, each student will display a positive work ethic, assist in the preservation of College property, and assume responsibility for their education by researching academic requirements and policies; demonstrating courtesy and respect toward others; and respecting expectations concerning attendance, assignments, deadlines, and appointments.

SUPPORTS AND SERVICES FOR STUDENTS

Camosun College offers a number of services to help you succeed in and out of the classroom. For a detailed overview of the supports and services visit <http://camosun.ca/students/>.

Support Service	Website
Academic Advising	http://camosun.ca/advising
Accessible Learning	http://camosun.ca/accessible-learning
Counselling	http://camosun.ca/counselling
Career Services	http://camosun.ca/coop
Financial Aid and Awards	http://camosun.ca/financialaid
Help Centres (Math/English/Science)	http://camosun.ca/help-centres
Indigenous Student Support	http://camosun.ca/indigenous

Support Service	Website
International Student Support	http://camosun.ca/international/
Learning Skills	http://camosun.ca/learningskills
Library	http://camosun.ca/services/library/
Office of Student Support	http://camosun.ca/oss
Ombudsperson	http://camosun.ca/ombuds
Registration	http://camosun.ca/registration
Technology Support	http://camosun.ca/its
Writing Centre	http://camosun.ca/writing-centre

If you have a mental health concern, please contact Counselling to arrange an appointment as soon as possible. Counselling sessions are available at both campuses during business hours. If you need urgent support after-hours, please contact the Vancouver Island Crisis Line at 1-888-494-3888 or call 911.

COLLEGE-WIDE POLICIES, PROCEDURES, REQUIREMENTS, AND STANDARDS

Academic Accommodations for Students with Disabilities

The College is committed to providing appropriate and reasonable academic accommodations to students with disabilities (i.e. physical, depression, learning, etc). If you have a disability, the [Centre for Accessible Learning](#) (CAL) can help you document your needs, and where disability-related barriers to access in your courses exist, create an accommodation plan. By making a plan through CAL, you can ensure you have the appropriate academic accommodations you need without disclosing your diagnosis or condition to course instructors. Please visit the CAL website for contacts and to learn how to get started:

<http://camosun.ca/services/accessible-learning/>

Academic Integrity

Please visit <http://camosun.ca/about/policies/education-academic/e-1-programming-and-instruction/e-1.13.pdf> for policy regarding academic expectations and details for addressing and resolving matters of academic misconduct.

Academic Progress

Please visit <http://camosun.ca/about/policies/education-academic/e-1-programming-and-instruction/e-1.1.pdf> for further details on how Camosun College monitors students' academic progress and what steps can be taken if a student is at risk of not meeting the College's academic progress standards.

Course Withdrawals Policy

Please visit <http://camosun.ca/about/policies/education-academic/e-2-student-services-and-support/e-2.2.pdf> for further details about course withdrawals. For deadline for fees, course drop dates, and tuition refund, please visit <http://camosun.ca/learn/fees/#deadlines>.

Grading Policy

Please visit <http://camosun.ca/about/policies/education-academic/e-1-programming-and-instruction/e-1.5.pdf> for further details about grading.

Grade Review and Appeals

Please visit <http://camosun.ca/about/policies/education-academic/e-1-programming-and-instruction/e-1.14.pdf> for policy relating to requests for review and appeal of grades.

Mandatory Attendance for First Class Meeting of Each Course

Camosun College requires mandatory attendance for the first class meeting of each course. If you do not attend, and do not provide your instructor with a reasonable reason in advance, you will be removed from the course and the space offered to the next waitlisted student. For more information, please see the “Attendance” section under “Registration Policies and Procedures” (<http://camosun.ca/learn/calendar/current/procedures.html>) and the Grading Policy at <http://camosun.ca/about/policies/education-academic/e-1-programming-and-instruction/e-1.5.pdf>.

Medical / Compassionate Withdrawals

Students who are incapacitated and unable to complete or succeed in their studies by virtue of serious and demonstrated exceptional circumstances may be eligible for a medical/compassionate withdrawal. Please visit <http://camosun.ca/about/policies/education-academic/e-2-student-services-and-support/e-2.8.pdf> to learn more about the process involved in a medical/compassionate withdrawal.

Sexual Violence and Misconduct

Camosun is committed to creating a campus culture of safety, respect, and consent. Camosun’s Office of Student Support is responsible for offering support to students impacted by sexual violence. Regardless of when or where the sexual violence or misconduct occurred, students can access support at Camosun. The Office of Student Support will make sure students have a safe and private place to talk and will help them understand what supports are available and their options for next steps. The Office of Student Support respects a student’s right to choose what is right for them. For more information see Camosun’s Sexualized Violence and Misconduct Policy: <http://camosun.ca/about/policies/education-academic/e-2-student-services-and-support/e-2.9.pdf> and camosun.ca/sexual-violence. To contact the Office of Student Support: oss@camosun.ca or by phone: 250-370-3046 or 250-370-3841

Student Misconduct (Non-Academic)

Camosun College is committed to building the academic competency of all students, seeks to empower students to become agents of their own learning, and promotes academic belonging for everyone. Camosun also expects that all students to conduct themselves in a manner that contributes to a positive, supportive, and safe learning environment. Please review Camosun College’s Student Misconduct Policy at <http://camosun.ca/about/policies/education-academic/e-2-student-services-and-support/e-2.5.pdf> to understand the College’s expectations of academic integrity and student behavioural conduct.

Changes to this Syllabus: Every effort has been made to ensure that information in this syllabus is accurate at the time of publication. The College reserves the right to change courses if it becomes necessary so that course content remains relevant. In such cases, the instructor will give the students clear and timely notice of the changes.