

# **COURSE OUTLINE**

**HEED - 135**

**Introduction to Holistic Health**

3 semester hours

## **HOWARD COMMUNITY COLLEGE**

### **Description**

This course is designed to provide the student with an understanding of Holistic Health. Class participants will study the foundation of holistic health as well as systems of complementary and alternative medicine. The student will have the opportunity to discuss and experience various alternative healing modalities including foot reflexology, therapeutic touch, Reiki energy, visualization, and relaxation. The history and integration of complimentary and alternative medicine and allopathic medicine will be examined. Upon completion of this course the student will have a broad understanding of the role of complimentary and alternative medicine in maintaining optimal wellness.

### **Overall Course Objectives**

Upon completion of this course the student will be able to:

1. Define complementary and alternative medicine (CAM) and holistic health.
2. Identify various methods and systems of complementary and alternative medicine.
3. Describe Western Medicine (allopathic medicine)
4. Explain the history of holistic health and present day allopathic medicine.
5. Compare and contrast Western Medicine and health practices to CAM.
6. Identify the philosophical bases for CAM and Holistic Health.
7. Integrate Holistic Health with complimentary and allopathic medicine.

### **Major Topics**

- I. Perspectives of Complementary Medicine and Holistic Health
  - A. Definitions
  - B. Cultural and social perspectives
  - C. Historical development and foundations
- II. Exploration of Complementary and Holistic Health
  - A. Mind-body medicine
    1. Relaxation Therapy
    2. Breath, Visualization, and Meditation

- B. Alternative/holistic therapies
    - 1. Homeopathy
    - 2. Reiki
    - 3. Therapeutic Touch
    - 4. Foot Reflexology
    - 5. Acupuncture/Acupressure
    - 6. Chakra Balancing
    - 7. Massage Therapy
    - 8. Herbal Medicines in the USA
  - C. Self-Help Strategies
    - 1. Nutrition and Vitamins
    - 2. Exercise as Alternative Therapy
    - 3. Spirituality and Prayer as Medical Intervention
- III. Comparing the Allopathic Medicine with Holistic and Complementary Medicine
- A. Western Models/Eastern Models of healing
  - B. Lifestyle & disease prevention, East and West
  - C. A New Medical Vision: on the possibility of combining East and West for total health
- IV. Challenges of Complementary Medicine and Holistic Health
- A. Accountability & safety
  - B. Future use of Holistic Health and Complementary Medicine
  - C. Ethical dilemmas for professionals
  - D. Educating consumers

### **Course requirements**

#### Grading/exams

Grading procedures will be determined by the individual faculty member and may include the following:

- \*Attendance
- \*Participation
- \*Quizzes and cumulative final
- \*Written Assignments