

San Bernardino Valley College

Curriculum Approved: April 05, 2004

Last Updated: March 2, 2004

I. CATALOG DESCRIPTION

A. Department Information:

Division: Physical Education, Athletics and Health
Department: N/A
Course ID: Health 103
Course Title: Introduction to Holistic Health
Units: 3
Lecture: 3 hours
Prerequisite: None

B. Catalog and Schedule Description:

An introduction to health and healing practices involving the integration of physical, mental, spiritual, and social resources. Students explore ancient disciplines of Ayurveda, Yoga, and Chinese Medicine, as well as modern Western health systems like Biofeedback, Swedish Massage, Reiki, Meditation, Guided Imagery, Herbalism, Humor and Music Therapy. Emphasis is placed on health promotion and prevention of disease, and how we become self-advocates in promoting our own well being with the assistance of health care professionals.

II. NUMBER OF TIMES COURSE MAY BE TAKEN FOR CREDIT: one

III. EXPECTED OUTCOMES FOR STUDENTS

On successful completion of the course, the students should be able to do the following:

- A. Recognize health as a complex, positive, integrative state of well-being (rather than the mere absence of detectable illness) involving physical, mental, psychological, social, and spiritual aspects, which can be optimized through life style management and use of community health and resources.
- B. Compare and contrast Eastern and Western alternative systems of health and healing and the impact on society
- C. Examine Eastern and Western alternative health system theories and practices
- D. Assess how alternative health systems can complement allopathic medicine
- E. Examine the role of regulatory agencies, public health policy, and health insurance in establishing health care standards and priorities.
- F. Analyze and discuss some alternative health systems and the cultural pros and cons of each.

IV. CONTENT

A. Introduction to Holistic Health

1. Overview of alternative health practices
2. History and philosophy of holistic health
3. Psychological and Social benefits of holistic health

B. Definition of Holistic Health Systems

1. Cultural background, future perspectives, and impact on society, and local community supports of:
 - Acupuncture
 - Acupressure
 - Aromatherapy
 - Bach flower remedies
 - Biofeedback
 - Chiropractic
 - Colon therapy
 - Fasting
 - Guided Imagery
 - Herbs

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- Homeopathy
- Hormone Replacement Therapy
- Hypnosis
- Iridology
- Massage
- Meditation
- Music Therapy
- Nutrition and Nutrition therapy
- Regression therapy
- Polarity therapy
- Psychotherapy
- Psychic awareness and healers
- Reflexology
- Shamanism
- Therapeutic touch
- Yoga and other Martial Arts

- C. Public health policy and health care reform and effect on health care and alternative systems
 - a. Comparison of California and other states with alternative health care and other practices
 - b. Alternative health care and health insurance policies
 - c. Long term care
- D. Examination of Lifespan Issues
 - 1. Beliefs
 - 2. Lifestyles
 - 3. Work
 - 4. Family
- E. Analysis of Conventional Medical Treatments
 - 1. Advantages
 - 2. Disadvantages

V. METHODS OF INSTRUCTION

- A. Lectures
- B. Guest lecturers
- C. Demonstrations
- D. Group discussions
- E. Multi-media and videos

VI. TYPICAL ASSIGNMENTS

- A. Locate, experience, discuss, and evaluate a practitioner in the community that practices an alternative health system.
- B. Read the chapter on hypnosis and write a summary of the psychological, social, and physical benefits
- C. Research and write a paper and critically evaluate one of the alternative health systems.

VII. EVALUATION

- A. Methods of evaluation:
Examinations: There will be a test on each section of the book. These tests will be true and false, multiple choice, and short answer.
Example:
 - B. (True or False) _____ Garlic acts as a powerful antiseptic and antibiotic, counteracts the growth of many kind of bacteria and fungi.
 - C. Which herbs could be used for anxiety? _____
 - D. Allopathic medicine can treat _____

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- a. viral infections
 - b. cure most chronic degenerative diseases
 - c. manage trauma better than any other system of medicine
 - d. cure most forms of cancer
- B. Student Projects and Presentations: A paper selected with approval of instructor and presented in class.
- C. Frequency of evaluation:
- 1. Weekly quizzes
 - 2. Two exams, one at the beginning on the health systems and a final exam on course content.
 - 3. One final paper, written and presented in class

VIII. TYPICAL TEXT(S)

Donna Eden, Energy Medicine, 2001, Publisher: Penguin Putnam Inc.
Weils, Andrew, et., Spontaneous Healing, 1996, Publisher: Alfred A. Knopf, Inc.
Weils, Andrew, et., Natural Health, Natural Medicine, Houghton Mifflin Company, 1995
Chopra, Deepak, et., Ageless Body, Timeless Mind, Harmony Books, 1993
Chopra, Deepak, et., Perfect Health, Harmony Books, 1991
Rosenfeld, Isadore, et., Prevention, The New Medicine, Linden Press/Simon and Schuster, 1986

Supplemental Reading:

Eight Weeks to Optimum Health: A Proven Program for Taking Full Advantage of Your Body's Natural Healing Power:
ISBN: 0449000265
Format: Paperback, 276pp
Pub. Date: July 1998 Publisher: Ballantine Books, Inc.

Natural Health, Natural Medicine: A Comprehensive Manual for Wellness & Self-Care
Product Details:
ISBN: 0395911559
Format: Paperback, 370pp
Pub. Date: April 1998 Publisher: Houghton Mifflin Company

Vitamins and Minerals: A Guide to Supplements from America's Most Trusted Medical Expert
Product Details:
ISBN: 0804116725
Format: Mass Market Paperback, 83pp
Pub. Date: September 1997 Publisher: Random House, Incorporated

ProduAlternative Cures: The Most Effective Natural Home Remedies for 160 Health Problems
ISBN: 1579545920
Format: Paperback, 736pp
Pub. Date: August 2002 Publisher: Rodale press

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The Reflexology Manual: An Easy-to-Use Illustrated Guide to Healing Zones of the Hands & Feet

Product Details:

ISBN: 0892815477

Format: Paperback, 144pp

Pub. Date: October 1995 Publisher: Inner Traditions International, Limited

Reflexology: A Step-by-Step Guide

Product Details:

ISBN: 140288964X

Format: Hardcover, 64pp

Pub. Date: March 1997 Publisher: Element Books, Ltd

American Holistic Medical Association Guide to Holistic Health: Healing Therapies for Optimal Wellness

Product Details:

ISBN: 0471327433

Format: Hardcover, 448pp

Pub. Date: May 2001 Publisher: Wiley, John & Sons, Incorporated

Edition Number: 1

Oxygen Healing Therapies: For Optimum Health and Vitality

Product Details:

ISBN: 0892817933

Format: Paperback, 254pp

Pub. Date: September 1998 Publisher: Inner Traditions International, Limited

Holistic Healing in Nursing and Health Care!

Product Details:

ISBN: 0803607962

Format: Paperback, 336pp

Pub. Date: October 2001 Publisher: Davis F A

The Book of Chakra Healing

Product Details:

ISBN: 0806920971

Format: Paperback, 143pp

Pub. Date: March 1999 Publisher: Sterling Publishing Company, Incorporated

Caring and Responsibility: The Crossroads between Holistic Practice and Traditional Medicine

Product Details:

ISBN: 0812281748

Format: Hardcover, 306pp

Pub. Date: July 1989 Publisher: University of Pennsylvania Press

IX. OTHER SUPPLIES REQUIRED OF STUDENTS: None