

Anoka-Ramsey Community College

IHH 2100: Holistic Healing Systems

A. COURSE DESCRIPTION

Credits: 3

Lecture Hours/Week: 3

Lab Hours/Week: *.*

OJT Hours/Week: *.*

Prerequisites: None

Corequisites: None

MnTC Goals: None

Recommended Skills, Abilities, or Coursework: IHH 1100

This course provides an understanding of various holistic healing systems such as Traditional Chinese Medicine, Ayurveda, Homeopathy, Naturopathy, Native American, Aboriginal, and others. Students will identify and describe the key beliefs, underlying principles and theoretical basis for each. Students will also examine social, cultural, environmental and global perspectives of healing within these systems.

B. COURSE EFFECTIVE DATES: 01/09/2006 - Present

C. OUTLINE OF MAJOR CONTENT AREAS

1. The concept of holistic healing systems
2. Various holistic healing systems: Traditional Chinese Medicine, Ayurveda, Homeopathy, Naturopathy, Native American, Aboriginal, and others. The key beliefs, underlying principles and theoretical basis for each.
3. Ayurveda including doshas and how to balance the system using Ayurvedic principles
4. Components and cultural aspects of Traditional Chinese Medicine
5. The history and healing components of Homeopathy and Naturopath
6. The evolution of holistic healing systems
7. Native American healing systems and Aboriginal practices and the similarities with the other holistic healing systems
8. Social, cultural, environmental and global perspectives of healing
9. Personal thoughts and/or biases about each of the healing systems
10. Concepts of holistic healing systems within the global healthcare system
11. Scientific research within the field of holistic healing systems

D. LEARNING OUTCOMES (General)

1. Define the concept of holistic healing systems
2. Demonstrate an understanding of and assess the various holistic healing systems: Traditional Chinese Medicine, Ayurveda, Homeopathy, Naturopathy, Native American, Aboriginal, and others and describe the key beliefs, underlying principles and theoretical basis for each
3. Describe Ayurveda including the doshas and how to balance the system using Ayurvedic principles
4. Describe the components and cultural aspects of Traditional Chinese Medicine
5. Compare and contrast the history and healing components of Homeopathy and Naturopathy
6. Demonstrate an understanding of the evolution of holistic healing systems
7. Examine Native American healing systems and Aboriginal practices and the similarities with the other holistic healing systems
8. Identify social, cultural, environmental and global perspectives of healing within identified healing systems
9. Explore personal thoughts and/or biases about each of the healing systems

E. Minnesota Transfer Curriculum Goal Area(s) and Competencies

None

F. LEARNER OUTCOMES ASSESSMENT

As noted on course syllabus

G. SPECIAL INFORMATION

None noted