

Minnesota State College Southeast

THPY 1468: Holistic Health

A. COURSE DESCRIPTION

Credits: 4

Lecture Hours/Week: 4

Lab Hours/Week: *.*

OJT Hours/Week: *.*

Prerequisites: None

Corequisites: None

MnTC Goals: None

This class focus is on understanding the basic concepts of holistic health and complementary medicine. This course provides students with a knowledge of various modalities that are used for healing the self and others. Students will learn how to perform and how to teach clients to apply these practices for increased overall health and well-being. Students will learn the importance of research literacy and will be expected to write a research paper on a modality. (Prerequisite: none) (4 credits: 4 lecture/ 0 lab)

B. COURSE EFFECTIVE DATES: 12/01/2017 - Present

C. OUTLINE OF MAJOR CONTENT AREAS

1. Experience various forms of wellness activities and journal on experience
2. Develop a self-care plan for own personal health
3. Identify ways in which to help clients obtain optimal health
4. Incorporate knowledge of essential oils into massage routine
5. Understand usage and contradictions of essential oils
6. Know quality oils and how to blend them with carrier oils
7. Understand the overall concepts of holistic health and complementary medicine
8. Explore various modalities of bodywork and complementary medicine
9. Understand the importance of research literacy and be able to write a research paper
10. Understand the overall concepts of energetic healing modalities
11. Understand the principles of Bach Flower Remedies
12. Understand the basic concepts of homeopathic medicine and how it applies to musculoskeletal injuries

D. LEARNING OUTCOMES (General)

1. Describe the difference between homeopathic & complementary medicine
2. Explain the overall concept of holistic health
3. Understand the relevance of various complementary therapies
4. Define acute and chronic situations
5. Determine when to refer to other health care providers
6. Reiterate the benefits of energetic healing
7. Explain the importance of research literacy and be able to apply knowledge in writing of a research paper
8. Incorporate knowledge of energetic healing into a massage session
9. Understand and demonstrate safe use of essential oils
10. Identify when to use aromatherapy
11. Demonstrate the proper blending of essential oils
12. Perform an aromatherapy massage
13. Differentiate between fitness modalities
14. Describe the benefits of yoga and Pilates
15. Explore personal health
16. Recount benefits of self-care
17. Explore various movement therapies
18. Investigate cultural traditions surrounding self-care

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

None

F. LEARNER OUTCOMES ASSESSMENT

As noted on course syllabus

G. SPECIAL INFORMATION

None noted