

## CUMBERLAND COUNTY COLLEGE

**Course: HS 109 Holistic Health**

**Credits: 3**

**Prerequisites**

None

**Course Description**

This survey course investigates the nature of stress, physiology of stress, ancient healing concepts and modern healing theory. Students experience a variety of complementary interventions such as journaling, meditation, progressive relaxation, imagery, yoga, therapeutic touch, as well as music, art, breath and humor therapy.

**Learning Outcomes**

At the completion of this course, students should be able to:

- List cultures that have contributed to the healing arts and sciences.
- Discuss theories of holism and scientific evidence of mind-body physiology.
- Outline physiology of healing and energy anatomy.
- Describe the usefulness of keeping a journal of self-reflections.
- Discuss a variety of techniques for stress management.
- Apply relaxation and guided imagery techniques.
- Choose a music or relaxing sound intervention technique and utilize it.
- Apply playfulness and humor to reduce tension, anxiety, and fatigue.
- Discuss two types of touch therapy.
- Apply self-reflection and meditation as ways of knowing.
- Utilize appropriate Internet sites to research topics in complementary therapy.
- Explore the use of herbs, side effects associated with herbs, and interaction of herbs with medication.

**Topical Outline**

- Nature of Stress
- Introduction to Meditation
- Human Energy Field
- Chakras
- Physiology of Stress
- Journaling
- Dream Therapy
- Yoga
- T'ai Chi Ch'uan
- Stress and Disease
- Humor Therapy
- Mindfulness
- Walking Meditation

- Feng Shui
- Breath Work
- Herbs
- Therapeutic Touch
- Reiki
- Massage
- Music and Sound Therapy
- Earth Medicine
- Ayurvedic Medicine
- Animal Totems

**Required Texts and Other Materials**

Seaward, B. L. *Managing Stress: Principles and Strategies for Health and Wellbeing*. Boston: Jones and Bartlett.

**Student Assessment**

Student Presentations (2 X 20%)	40 %
Class Participation	30%
Research Paper	30%

In order to receive a passing grade, students must have assignments in on specified dates, show original work based on research, and provide a bibliography. Students will be required to make two in-class presentations and write one research paper. Student participation in discussion and activities will be graded. Meeting the basic criteria for each assignment, the student may be able to achieve a grade of C. Demonstration of above average understanding of the basic criteria, the student may be able to achieve a grade of B. Demonstration of in-depth knowledge beyond the basic criteria, the student may be able to achieve a grade of A. Please note that each assignment includes separate grading criteria. Active participation and regular attendance will result in the student receiving maximum points toward their final class grade. Arriving to class late and leaving class early will result in a loss of participation points.

**Academic Integrity**

Plagiarism is cheating. Plagiarism is presenting in written work, in public speaking, and in oral reports the ideas or exact words of someone else without proper documentation. Whether the act of plagiarism is deliberate or accidental [ignorance of the proper rules for handling material is no excuse], plagiarism is, indeed, a “criminal” offense. As such, a plagiarized paper or report automatically receives a grade of ZERO and the student may receive a grade of F for the semester at the discretion of the instructor.

**Available Resources**

If you are having difficulty with work in this class, tutoring is available through the Success Center. If you think that you might have a learning disability, contact Project Assist at 856.691.8600, x1282 for information on assistance that can be provided to eligible students.

**(List availability of open labs and/or writing center)**

**Before Withdrawing From This Course**

If a student experiences adverse circumstances while enrolled in this course and considers withdrawing, s/he should see an advisor (division or advisement center) BEFORE withdrawing from the class. A withdrawal may cause harmful repercussions to completion rate standards and overall GPA which can limit or eliminate future financial aid in addition to causing academic suspension.