

Master Syllabus

ALH 1105 - Overview of Holistic Health

Division: Health Sciences

Department: Allied Health

Credit Hour Total: 2.0

Lecture Hrs: 2.0

Date Revised: August 2014

Course Description:

Holistic models of health and wellness; value of integrating holistic models in traditional healthcare settings; overview of specific holistic health models such as aromatherapy, reflexology, guided imagery, supplements, and neuro linguistic programming; efficacy data; indications and contraindications.

General Education Outcomes:

- Written Communication Competency
- Critical Thinking/Problem Solving Competency

Course Outcomes:

Knowledge of Holistic Health and Wellness

Explain the basic principles of holistic health models in wellness, prevention and self-care.

Assessment Method: Locally developed exams

Performance Criteria:

80% or better on a given exam.

Principles of Integrating Systems

Compare and contrast holistic healthcare with traditional healthcare for the purpose of integration in a wellness plan.

Assessment Method: Locally developed exams

Performance Criteria:

80% or better on a given exam.

Models of Holistic Healthcare

Demonstrate knowledge of various models of holistic healthcare with awareness of indications and contraindications.

Assessment Method: Locally developed exams

Performance Criteria:

80% or better on a given exam.

Outline:

Knowledge of Holistic Health and Wellness

Principles of Integrating Holistic Healthcare and Traditional Healthcare System

Models of Holistic Healthcare