

## 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

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### 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