

PUBH A206: HOLISTIC HEALTH: HEALTH AND HEALING SYSTEMS

Item	Value
Curriculum Committee Approval Date	02/26/2025
Top Code	083700 - Health Education
Units	3 Total Units
Hours	54 Total Hours (Lecture Hours 54)
Total Outside of Class Hours	0
Course Credit Status	Credit: Degree Applicable (D)
Material Fee	No
Basic Skills	Not Basic Skills (N)
Repeatable	No
Open Entry/Open Exit	No
Grading Policy	Standard Letter (S)

Course Description

This course explores the holistic nature of health. Health, disease, healing, and healers will be examined from a cultural perspective, comparing the perspectives, approaches, and practices of Western and non-Western medicine. The role of a variety of factors that influence disease risk and health outcomes will be addressed. ADVISORY: English, one level below transfer (ie, eligibility for English composition (CID ENGL 100) and reading a course with an existing skill of ability to read a college level text. Transfer Credit: CSU; UC. C-ID: PH106.C-ID: PH106.

Course Level Student Learning Outcome(s)

1. Explain the differences between Western and Eastern approaches to health, disease, and medicine.
2. Analyze different forms of complementary and alternative medicine to discern their application within Western medicine treatment prescriptions.
3. Explain how different social, psychological, biological factors influence disease risk and health outcomes.

Course Objectives

- 1. Describe how the concepts of health and disease are culturally defined.
- 2. Explain the historical events that influenced the emphasis on physical health in Western medicine
- 3. Distinguish the difference between complementary medicine and alternative medicine.
- 4. Describe the main principles of healing from a non-western, Whole Medical System, such as traditional Chinese medicine or ayurvedic medicine.
- 5. Compare and contrast the underlying principles of western medicine to other non-western healing, such as shamanic and traditional Chinese medicine.
- 6. Analyze the scientific research on the role of emotions in heart health and disease.
- 7. Describe the role of energy in disease according to a non-western healing system and apply that to a prevalent disease in the United States.

- 8. Describe the concept and importance of spirituality in multiple healing systems and perspectives.
- 9. Describe the role of women as healers in contemporary western medicine and non-western healing perspectives.
- 10. Compare and contrast the principles behind using pharmaceuticals as healing agents and other healing alternatives, such as plants, herbs, and oils.

Lecture Content

Cultural definitions Health Disease Healing Doctor Contemporary western medicine Health perspective Etiology of disease Principles Cartesian Mechanistic Scientific method Biomedical model and approach: Healing/curing Medical interventions and treatment, including the Placebo effect Non-western healing systems Shamanic healing Health perspectives Etiology of disease Principles Philosophy of healing/ curing Healing techniques and therapies Healing traditions Eastern healing systems Health perspectives Etiology of disease Principles Philosophy Whole Medical Systems Traditional Chinese medicine Ayurveda Integrative medicine/Complementary and Alternative Medicine (CAM) Complementary: Practices used together with conventional medicine Alternative Practices and the used to replace conventional medicine Factors that influence disease risk and health outcomes Social Support systems Psychological Personality types Emotional Stress and relaxation Role of energy Disease risk Health outcomes Eastern healing philosophies Shamanic healing perspectives Scientific perspective Role of spirituality/faith/religion Disease risk Health outcomes Eastern healing philosophies Shamanic healing perspectives Scientific perspective Role of gender Women healers and scientists in Western societies Women healers in non-western, Whole Medical Systems Disease risk Health outcomes Healing agents Pharmaceuticals Synthetics Plants, herbs, and oils

Method(s) of Instruction

- Lecture (02)
- DE Live Online Lecture (02S)
- DE Online Lecture (02X)

Instructional Techniques

Instruction will be delivered via lecture, video, class discussion, class projects, and demonstration of techniques. Guest lectures and practitioners may also be invited to share their knowledge.

Reading Assignments

Students will be required to read from the textbook and additional articles and information provided by the instructor. (3 hours/week)

Writing Assignments

Students will write a topic paper related to holistic health. Peer reviews will also be incorporated to allow students to read, learn from, and provide feedback on other student's work. Student journaling will provide an avenue for reflection on the different approaches to medicine and healing, tying in their own lived experiences. (3 - 4 hours/week)

Out-of-class Assignments

Students will spend 6 - 7 hours a week completing the writing and reading assignments, along with possible group projects and site visits.

Demonstration of Critical Thinking

Students will compare Western medicine to Traditional medicine, gaining a better understanding of ways to incorporate traditional therapies within Western treatment regimes. Students, through reflection and consideration, gain an improved understanding of the holistic and dynamic nature of health.

Required Writing, Problem Solving, Skills Demonstration

Students will write reports on holistic health, CAM, and Western medicine topics. They will complete short written assignments, tests, and evaluations. They will navigate websites like the National Institutes of Health's National Center for Complementary and Integrative Health (<https://nccih.nih.gov/>) to research current CAM therapies.

Eligible Disciplines

Health: Master's degree in health science, health education, biology, nursing, physical education, kinesiology, exercise science, dietetics, or nutrition OR bachelor's degree in any of the above AND master's degree in public health, or any biological science OR the equivalent. Master's degree required.

Textbooks Resources

1. Required Karren, K., et. al. . Mind/Body/Health: The Effects of Attitudes, Emotions, and Relationships, 5th ed. Pearson, 2021 2. Required Eliopoulos, C.. An Invitation to Holistic Health: A Guide to Living a Balanced Life, 4 ed. Jones Bartlett, 2018 Rationale: This is the most current edition - textbook listed on CID descriptor.

Other Resources

1. Website: U.S. Department of Health Human Services: National Institutes of Health National Center for Complementary and Integrative Health. (<https://nccih.nih.gov/>)