

**STATE UNIVERSITY OF NEW YORK  
COLLEGE OF TECHNOLOGY  
CANTON, NEW YORK**



**COURSE OUTLINE**

**HLTH 110 – Survey of Complementary Medicine**

**Prepared By: Timothy J. Farrell**

**SCHOOL OF  
SCIENCE, HEALTH & CRIMINAL JUSTICE  
April 2015**

- A. **TITLE:** Survey of Complementary Medicine
- B. **COURSE NUMBER:** HLTH 110
- C. **CREDIT HOURS:** 3
- D. **WRITING INTENSIVE COURSE:** Yes
- E. **COURSE LENGTH:** (15 weeks)
- F. **SEMESTER(S) OFFERED:** Fall and Spring
- G. **HOURS OF LECTURE, LABORATORY, RECITATION, TUTORIAL, and ACTIVITY:** 3 hours lecture per week
- H. **CATALOG DESCRIPTION:** This is an introductory course, which surveys the eight major areas of complementary medicine. The eight major areas include Chinese Medicine, Ayurveda, Naturopathic Medicine, Homeopathy, Mind/Body Medicine, Osteopathic Medicine, Chiropractic Medicine, and Massage Therapy/Body works.

I. **PRE-REQUISITES/CO-REQUISITES:** None

J. **GOALS (STUDENT LEARNING OUTCOMES):**  
By the end of this course, the student will be able to:

<i>Course Objective</i>	<i>Institutional SLO</i>
1. Identify and discuss the different types of complementary medicine that includes allopathic, osteopathy, herbal therapies, Chinese medicine, Ayurveda, homeopathy, naturopathic, mind/body, massage, chiropractic, and faith/healing.	1. Communication 2. Crit. Thinking
2. Identify and discuss the different types of complementary medicine and how individuals use them.	2. Crit. Thinking 3. Prof. Competence
3. Develop and apply an understanding of complementary medicine.	2. Crit. Thinking 3. Prof. Competence

K. **TEXTS:** None

L. **REFERENCES:** Course notes, internet searches, and library.

M. **EQUIPMENT:** Access to a working computer with internet capability. Use of an operating system compatible with Angel such as a current version of Windows or a Mac.

N. **GRADING METHOD:** A-F

O. **MEASUREMENT CRITERIA/METHODS:**

- Worksheets
- Discussion Board
- Papers

**P. DETAILED COURSE OUTLINE: (must use the outline format listed below)**

- I. American Health Care Environment
  - A. Licensure
- II. Scientific Method
  - A. Hypothesis
  - B. Double Blind Studies
  - C. Reporting
- III. Osteopathy
  - A. Allopathic and Osteopathic Medicine
- IV. Herbal Therapies
  - A. History and current usage of Herbal Therapies
  - B. Herbal Therapies included in allopathic Medicine
  - C. Founder of Osteopathic Medicine
- V. Naturopathy
  - A. Benjamin Lust
  - B. Basic tenants of Naturopathy
  - C. Types of therapies integrated into Naturopathy
  - D. Educational and licensure status of Naturopathy
- VI. Chinese Medicine
  - A. Chi
  - B. Yin & Yang
  - C. Important Texts of Chinese Medicine
- VII. Ayurveda
  - A. History and development of Ayurveda
  - B. Doshas, Vata, Pitta, and Kapha
  - C. Guru
- VIII. Homeopathy
  - A. History of Homeopathy
  - B. Samuel Hahnemann
  - C. Laws of Similars
  - D. Succession
  - E. Licensure
  - F. Practice of Homeopathy.
- IX. Mind Body Medicine
  - A. Principles of Mind Body Medicine
  - B. Mind Body Therapies
  - C. Techniques used by Practitioners
- X. Shamanism
  - A. General Concepts
  - B. To become a Shaman
  - C. Tools and Techniques used.
- XI. Massage
  - A. Massage Therapy
  - B. Improve Health
  - C. Licensure Requirements

- XII. Chiropractic
  - A. History
  - B. Subluxation
  - C. Manipulation and other therapies
  - D. Straight vs Mixer Chiropractic
- XIII. Faith & Healing
  - A. Role of Faith in Healing
  - B. Component of Health
  - C. Mainstream Health accommodates faith

**Q. LABORATORY OUTLINE: N/A**