



MASTER SYLLABUS

WELL 104: Alternative Approaches to Mental and Physical Wellness

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**SCHOOL OF BUSINESS AND LIBERAL ARTS
SOCIAL SCIENCES DEPARTMENT
FALL 2021**

- A. TITLE: Alternative Approaches to Mental and Physical Wellness**

- B. COURSE NUMBER: WELL 104**

KEY	<u>Institutional Student Learning Outcomes [ISLO 1 – 5]</u>
ISLO #	ISLO & Subsets
1	Communication Skills Oral [O], Written [W]
2	Critical Thinking <i>Critical Analysis [CA] , Inquiry & Analysis [IA] , Problem Solving [PS]</i>
3	Foundational Skills <i>Information Management [IM], Quantitative Lit./Reasoning [QTR]</i>
4	Social Responsibility

C. **CREDIT HOURS: 1**

D. **WRITING INTENSIVE COURSE: No**

E. **GER CATEGORY:**

F. **SEMESTER(S) OFFERED: Fall and Spring**

G. **COURSE DESCRIPTION:**

In this course, students will learn about the various mind-

body approaches to mental and physical wellness. The course will provide a comprehensive overview of fundamental concepts of theory and philosophy and common applications of each practice. Students will gain understanding of the terms “holistic” and “alternative” in the context of health and wellness practices and approaches. The practices reviewed are often integrated into a larger health-care plan for individuals, so students will gain understanding into their most common complementary roles. Topics will be presented* by professionals in the field, giving students firsthand access to discuss the practice with highly experienced individuals. Reading material prior to class will be based on recommendations by the presenting practitioner. The course is designed to expand the students’ knowledge of practices associated with psychological and physical wellness. This course is **not** intended, nor designed, to train or certify individuals to practice any of the covered topics.

H. **PRE-REQUISITES/CO-REQUISITES:**

<u>Course Student Learning Outcome [SLO]</u>	<u>ISLO</u>
a. Learn the theory and concepts of alternative approaches to mental and physical wellness (commonly referred to as “complementary and alternative approaches”	5
b. Describe the roles of alternative approaches in managing mental and physical wellness	1 [W]
c. Discuss alternative approaches and their value with credentialed practitioners	2 [CA]

- a. Pre-requisite(s):
- b. Co-requisite(s):
- c. Pre- or co-requisite(s):

I. **STUDENT LEARNING OUTCOMES:**

	<i>Ethical Reasoning [ER], Global Learning [GL], Intercultural Knowledge [IK], Teamwork [T]</i>
5	Industry, Professional, Discipline Specific Knowledge and Skills

J. **APPLIED LEARNING COMPONENT:** Yes ___ No X

K. TEXTS:

Shannon, Scott. *Handbook of Complementary and Alternative Therapies in Mental Health*. Academic Press, 2001.

As required

L. REFERENCES:

M. EQUIPMENT:

N. GRADING METHOD: A-F

O. SUGGESTED MEASUREMENT CRITERIA/METHODS:

Quizzes, written assignments, discussion, reflection, presentations

P. DETAILED COURSE OUTLINE:

- I. Acupuncture (Amy Clemens, Lac)
- II. Acupressure
- III. Reflexology (Anne Drake, Certified Reflexologist)
- IV. Massage and Cranial Sacral Therapy (Krista King, LMT)
- V. Chiropractic work (Malorie Farrell, DC)
- VI. Energy Healing, Reiki, Healing Touch (Erin Lassial, RMP and Johanna Lee, RMT)
- VII. Sound Healing (Beck Harblin)
- VIII. Aromatherapy (Blue Lotus Aromatics)
- IX. Movement Based Practices
 - a. Yoga (Kelly Newman Burnham)
 - b. Tai Chi (Sean Boutin)
- X. Nutritional and Herbal Support (Debbie Miller, Holistic Health Coach and Certified Shamanic Practitioner and Elisabeth Bergman, RN)

Q. LABORATORY OUTLINE: