

# **PSYC 225**

## **Holistic Wellness**

3 Credits

Community College of Baltimore County  
Common Course Outline

### **Description**

**PSYC 225 – Holistic Wellness:** Explores the interaction of mental and emotional states and physical wellness; emphasizes therapeutic techniques such as biofeedback, acupuncture, mediation, physical exercise, yoga, autogenic training, self-hypnosis, herbal medicine and coping skills; enables students to become proficient in at least one health maintenance or improvement technique.

### **Overall Course Objectives**

Upon completion of this course, students will be able to:

1. Describe the human nervous, endocrine, and immune systems, including principal components and their functions;
2. Explain basic principles of health psychology and stress management;
3. Describe the general and specific interactions of the body's mental, physical, and emotional states, i.e., the holistic mind-body connection;
4. Describe the historical and contemporary approaches of different cultures to basic concepts in health and health maintenance, with particular emphasis on the health approaches of Eastern vs. Western cultures;
5. Describe and critically evaluate scientific research methods currently used to assess the effectiveness of transitional versus alternative medical treatment and/or health promotion, and on the connection of mental and emotional states with wellness;
6. Critically analyze and evaluate information on holistic health and healing found in film, television, radio, print or information technology resources;
7. Describe at least 5 specific alternative holistic health techniques, including history, current use, effectiveness, and any possible risks;
8. Demonstrate health empowerment and responsibility for health maintenance by attaining proficiency in at least one additional health promotion and/or stress reduction technique;
9. Apply general concepts learned in holistic wellness to their own (and/or that of other people) mind-body connection and their health and health maintenance;
10. Describe informational technology tools for accessing, interpreting, and expressing knowledge of traditional and alternative health concepts in a rapidly changing world; and
11. Describe how information pertaining to wellness and health maintenance is continually evolving, which requires the ability to pursue lifelong learning both independently and collaboratively.

### **Major Topics**

- I. The nervous system

The Common Course Outline (CCO) determines the essential nature of each course.

For more information, see your professor's syllabus.

- II. The endocrine system
- III. The immune system
- IV. Principles of health psychology and cognitive psychology
- V. The mind/body connection
- VI. Historical/intercultural perspectives on health and health maintenance
- VII. Contemporary/intercultural perspectives on health and health maintenance
- VIII. Stress and stress management
- IX. Empowerment – active versus passive health
- X. Evaluating health research
- XI. Alternative health methods

### **Course Requirements**

Grading will be determined by the individual faculty member, but shall include the following, at minimum:

- Tests/Quizzes
- Research papers
- Oral presentations
- Cooperative learning group assignments
- On-site observation in appropriate settings
- Written observation reports applying course material
- Classroom participation

Written assignments and research projects: Students are required to use appropriate academic resources in their research and cite sources according to the style selected by their professor.

### **Other Course Information**

This course is an approved 3–credit General Education course in [Choose a discipline.].

[Is this course a Gen Ed class? Choose an Option.]

[Does this class fulfill Diversity and Global Ed requirements? Choose an option.]

Enter additional course information over this text.

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