

HLTH 126

Introduction to Holistic and Complementary Health

3 Credits

Community College of Baltimore County

Common Course Outline

Description

HLTH 126 – Introduction to Holistic and Complementary Health: a course in which students explore health and healing through the integrated and interdependent components of body, mind, and spirit. This course exposes students to a variety of ancient and modern healing traditions from different cultures around the globe, methods of prevention and self-care, and the paradigm of “whole person” medicine. Students investigate the similarities and differences among conventional, holistic, and complementary health care practices. Students also consider the factors that limit access to holistic and complementary health care in the United States.

Co-requisites: ACLT 053 or (ESOL 052 and ESOL 054)

Overall Course Objectives

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

1. investigate global and cultural perspectives of well-being, healing and holism as they compare to the allopathic method of health using technological resources;
2. examine various mind, body, spirit health care practices as well as their associated social-political constructs and group identities;
3. research the philosophical foundations of Traditional Chinese Medicine (TCM) as practiced in China;
4. research the philosophical foundations of Ayurveda as practiced in India;
5. compare and contrast a variety of mind-body and manipulative therapies from different cultures;
6. compare and contrast a variety of energy therapies from different cultures;
7. compare and contrast a variety of biological therapies from different cultures;
8. assess well-being using holistic principles and self-reflection;
9. create strategies for well-being that use holistic principles, including daily habits of self-care and stress reduction;
10. evaluate from personal experiences document holistic health products or services;
11. examine the purpose, practice, and efficacy of a holistic modality;
12. assess the ethical issues of the influence of pharmaceutical and insurance industries on health care around the world;
13. identify barriers that have served to marginalize Eastern or holistic health care such as social, political, and cultural forces;
14. analyze the impact of the environment on our health and well-being; and
15. find, evaluate, use, and cite academic resources related to holistic and contemporary health.

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

For more information, see your professor’s syllabus.

Major Topics

- I. Allopathic, holistic, and integrative perspectives of health
- II. Holistic lifestyle practices
- III. Health benefits of relaxation
- IV. Traditional Chinese medicine
 - a. Qi Gong/Tai Chi Chuan
 - b. Acupuncture
- V. Ayurvedic medicine
 - a. Yoga
- VI. Mind-body and manipulative therapies:
 - a. Biofeedback
 - b. Mindfulness
 - c. Meditation
 - d. Guided imagery
 - e. Chiropractic
 - f. Massage
- VII. Energy therapies:
 - a. Reiki
 - b. Reflexology
 - c. Healing Touch
- VIII. Biological therapies
 - a. Nutrition
 - b. Herbs
 - c. Essential oils
- IX. The impact of environment on health and well-being
- X. The impact of social, political, and cultural forces

Course Requirements

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

- One cumulative final exam
- One assessment per module such as discussion, journal, presentation, blog post, or quiz
- One major assignment and/or project, such as wellness self-assessments, self-reflection journals, review of literature, self-study, presentation, or kinesthetic demonstration
- One Common Graded Assignment: Holistic Perspectives which assess General Education Outcomes

Written assignments & 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 Wellness and Health.

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One or more assignments will infuse CCBC General Education Program outcomes and will account for a minimum of 10% of the total course grade. The assignment(s) will allow students to demonstrate at least 5 of the 7 General Education program outcomes

This course is approved for General Education Diversity and Global Education programs.

Date Revised: 2/4/2025

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