FLCC Course Syllabus

General Information

Date
11/12/2016

Department
Physical Education & Integrated Health Care

Course Prefix:
MAS

Course Number:
225

Course Title:
Complementary and Alternative Therapies

Course Information

Credit Hours
3

Lecture Contact Hours
3

Catalog Description
This course explores the variety of options available for use in the pursuit of holistic health to prepare students intending to work in careers related to complementary/alternative (CAM) therapies. These therapies will be viewed as alternative or complementary to the existing Western medical system. This course will explore the theories, clinical research, politics and controversies surrounding the use of various CAM healing modalities. It will also provide the student with information to evaluate the use of CAM therapies for healing and health maintenance. This course is open to any student interested in alternative or complementary healing practices. Students who are enrolled in the massage therapy program must obtain a C or better in this course.

Grading Scheme
Letter Grade

FLCC Values

College Learning Outcomes Addressed by the Course
Inquiry
Interconnectedness
Vitality

Course Learning Outcomes
Course Learning Outcomes

1. Evaluate theories and cultural and/or religious beliefs of various complementary/alternative therapies.
2. Evaluate current writings and research on complementary/alternative therapies.
3. Analyze controversies regarding the use of complementary/alternative therapies in terms of political concerns and consumer issues.
4. Write and present a research project to fellow classmates on an alternative/complimentary healing topic, including research and implications for self-care and/or professional practice.

Program Affiliation

This course is required as a core program course in the following program(s)

- AAS Massage Therapy

Outline of Topics Covered

1. Definitions of Alternative and Complimentary (CAM) therapies, and Integrative medicine
2. History and theoretical foundations of alternative and complimentary therapies and Western allopathic medicine
3. Discuss definitions of Health, Wellness, and Disease
4. US Government agencies important in CAM therapies: NIH/NCCIH, USDA...
5. Cultural, religious, political and ethical considerations in the use of CAM therapies
6. Controversies around the use of CAM therapies (e.g. regulation of nutritional supplements)
7. Evaluating CAM therapies for personal use and professional practice in the health care field
8. Research on CAM therapies: evaluating clinical research studies/methods, clinical trials...
9. Presentations by students and health care practitioners or therapists on a variety of CAM therapies, often including demonstrations of the therapy and/or active participation
10. Examples of CAM therapies covered in the course: Yoga, Chiropractic, Osteopathy, Massage & Bodywork modalities (e.g. Craniosacral Therapy, Applied Kinesiology), Meditation, Stress & Stress Management, Herbal/Botanical Medicine, Nutritional Therapies, Acupuncture/Traditional Chinese Medicine, Ayurvedic Medicine, Naturopathy, Homeopathy, Energetic Therapies (e.g. Reiki), Shamanism, Art Therapy, Music Therapy, Dance/Movement Therapy, Animal-Assisted/Pet Therapy, Aromatherapy...