1. Catalog Description of the Course. [Follow accepted catalog format.]

Prefix NRS  Course# 342  Title COMPLEMENTARY & ALTERNATIVE HEALTH  Units (3)
3 hours  lecture per week
         hours  lecture per week
Prerequisites
Corequisites
Description
NRS 342 Examines alternatives to conventional health approaches such as acupressure, herbal remedies, relaxation, therapeutic massage, naturopathy, qigong, and yoga. Emphasis on individual and social lifestyle approaches, legal and ethical barriers, governmental status and support.

PSY 342 Examines alternatives to conventional health approaches such as acupressure, herbal remedies, relaxation, therapeutic massage, naturopathy, qigong, and yoga. Emphasis on individual and social lifestyle approaches, legal and ethical barriers, governmental status and support.

Graded
Categories
Lab Fee Required
A - F Total Completions Allowed 2
Optional (Student’s choice) Multiple Enrollment in same semester

2. Mode of Instruction.

<table>
<thead>
<tr>
<th>Component</th>
<th>Units</th>
<th>Hours per Unit</th>
<th>Benchmark Enrollment</th>
<th>Graded Component</th>
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</thead>
<tbody>
<tr>
<td>Lecture</td>
<td>3</td>
<td>1</td>
<td>40</td>
<td>X</td>
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<td>Seminar</td>
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<tr>
<td>Laboratory</td>
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<tr>
<td>Activity</td>
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3. Justification and Learning Objectives for the Course. (Indicate whether required or elective, and whether it meets University Writing, and/or Language requirements) [Use as much space as necessary]

This is an elective upper division general education course (C3b,E) satisfying the writing requirement. The course addresses an increasingly accepted adjunct to the conventional health care system.

Upon completion of the course, students will be able to:
• Compare and contrast complementary and alternative approaches to health (CAH) with allopathic and biomedical health care practice.
• Research and collect information on one CAH modality
• Reflect on a series of questions related to a CAH site visit and report findings to a discussion group
• Describe the reaction, following demonstration of a CAH therapy/practice
• Analyze a CAH practice or therapy using reputable, evidence-based literature and based on a set of categories
• Identify potential legal and ethical barriers to the use of CAH therapies
• Explain the status of government regulation of CAH.

4. Is this a General Education Course  YES X  NO □
If Yes, indicate GE category and attach GE Criteria Form:

A (English Language, Communication, Critical Thinking)
A-1 Oral Communication □
A-2 English Writing □
A-3 Critical Thinking □

B (Mathematics, Sciences & Technology)
5. **Course Content in Outline Form.** [Be as brief as possible, but use as much space as necessary]

   I. Introduction to CAH, integrative medicine, holistic health, alternative medical systems and allopathic/Western medicine  
      A. Homeopathic medicine  
      B. Ayurvedic medicine  
      C. Tibetan and Traditional Chinese medicine  
      D. Creating lenses through which to view and respect different approaches to health  
      E. Scientific, ethical and legal issues surrounding alternative health systems  
      F. Critical consumerism, managing your health and helping others  
   II. Mind-body interventions  
   III. Biologically-based interventions  
   IV. Manipulative and body-based therapies  
   V. Energy therapies  
   VI. Lifestyle changes  
   VII. Self as laboratory, group as support system

   Does this course overlap a course offered in your academic program? **YES** ☐ NO ✗  
   If YES, what course(s) and provide a justification of the overlap?

   Does this course overlap a course offered in another academic area? **YES** ☐ NO ✗  
   If YES, what course(s) and provide a justification of the overlap?  
   Signature of Academic Chair(s) of the other academic area(s) is required on the signature sheet below.

6. **Cross-listed Courses (Please fill out separate form for each PREFIX)**  
   List Cross-listed Courses  
   Psychology  
   Signature of Academic Chair(s) of the other academic area(s) is required on the signature sheet below.

   Department responsible for staffing: Nursing and Psychology Faculty

7. **References.** [Provide 3 - 5 references on which this course is based and/or support it.]


Loustauau, M.O., & Sobo, E.J. (1997) The cultural context of health, illness, and medicine. Westport, CT: Bergin & Garvey


8. List Faculty Qualified to Teach This Course.

   Barbara Thorpe
   Kevin Volkan
   Kimmey Kee-Rose

   a. Projected semesters to be offered: Fall ☒ Spring ☒ Summer ☐

10. New Resources Required. YES ☐ NO ☒
    If YES, list the resources needed and obtain signatures from the appropriate programs/units on the sheet below.

   a. Computer (data processing), audio visual, broadcasting needs, other equipment)

   b. Library needs

   c. Facility/space needs

11. Will this new course alter any degree, credential, certificate, or minor in your program? YES ☐ NO ☒
    If, YES attach a program modification form for all programs affected.

Karen Jensen 10/13/2006
Proposer of Course Date
Approval Sheet
Program/Course: NRS 342

________________________________________________________
Program Chair(s)    Date

________________________________________________________
Program Chair(s)    Date

________________________________________________________
General Education Chair(s)    Date

________________________________________________________
Curriculum Committee Chair(s)    Date

________________________________________________________
Dean of Faculty    Date