

CALIFORNIA STATE UNIVERSITY CHANNEL ISLANDS
NEW COURSE PROPOSAL

DATE NOVEMBER 15, 2006
PROGRAM AREA NURSING AND PSYCHOLOGY

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 acupuncture, 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 acupuncture, herbal remedies, relaxation, therapeutic massage, naturopathy, qigong, and yoga. Emphasis on individual and social lifestyle approaches, legal and ethical barriers, governmental status and support.

<input checked="" type="checkbox"/> Gen Ed	<input type="checkbox"/> Graded CR/NC	<input type="checkbox"/> Repeatable for up to units
Categories	<input checked="" type="checkbox"/> A - F	Total Completions Allowed 2
<input type="checkbox"/> Lab Fee Required	<input type="checkbox"/> Optional (Student's choice)	<input type="checkbox"/> Multiple Enrollment in same semester

2. Mode of Instruction.

	Units	Hours per Unit	Benchmark Enrollment	Graded Component	CS # (filled in by Dean)
Lecture	3	1	40	<input checked="" type="checkbox"/>	
Seminar				<input type="checkbox"/>	
Laboratory				<input type="checkbox"/>	
Activity				<input type="checkbox"/>	

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 ☒ 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)

☐
☐
☐

B-1 Physical Sciences	<input type="checkbox"/>
B-2 Life Sciences – Biology	<input type="checkbox"/>
B-3 Mathematics – Mathematics and Applications	<input type="checkbox"/>
B-4 Computers and Information Technology	<input type="checkbox"/>
C (Fine Arts, Literature, Languages & Cultures)	
C-1 Art	<input type="checkbox"/>
C-2 Literature Courses	<input type="checkbox"/>
C-3a Language	<input type="checkbox"/>
C-3b Multicultural	<input checked="" type="checkbox"/>
D (Social Perspectives)	<input type="checkbox"/>
E (Human Psychological and Physiological Perspectives)	<input checked="" type="checkbox"/>
UD Interdisciplinary	<input checked="" type="checkbox"/>

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.]*

Fontaine, K.L. (2005) Complementary and Alternative Therapies for Nursing Practice. 2nd edition. Upper Saddle River, N.J.: Pearson

Eliopoulos, C. (1999) Integrating Conventional & Alternative Therapies. St.Louis: Mosby

Cherniack, P. & Cherniack, N. (Eds.) (2003) Alternative Medicine for the Elderly. New York: Springer

Weil, A. (2005) Healthy Aging. New York: Alfred A. Knopf

Spector, R.E. (2004) Cultural Diversity in Health and Illness. Upper Saddle River, N.J.: Pearson

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

Blattner, B. (1981) Holistic Nursing. Englewood Cliffs, N.J.: Prentice Hall

8. List Faculty Qualified to Teach This Course.

Barbara Thorpe
Kevin Volkan
Kimmey Kee-Rose

9. Frequency.

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

Availability of: The Journal of Alternative & Complementary Medicine; Alternative Therapies in Health & Medicine; Journal of Holistic Nursing

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

Proposer of Course

10/13/2006

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
-----------------	------