

SPRINGFIELD TECHNICAL COMMUNITY COLLEGE

ACADEMIC AFFAIRS

Course Number: HCAR 430 Department: Interdisciplinary Health
Course Title: Complementary Medical Ther. Semester: Fall Year: 2002

Objectives/Competencies

Course Objective	Competencies
1. The historical framework of medicine, including natural and scientific medical systems and their use.	1. Describe methods of treatment in natural healing systems of ancient cultures. 2. Discuss the relationships between scientific theories and world views and the delivery of medicine. 3. Describe how the following scientists, scientific theories and historical events affected medical care trends and delivery: a. The Dark Ages b. The public health movement c. The renaissance d. Rene deCartes e. Isaac Newton f. The Catholic Church g. The Scientific Method h. Claude Bernard i. Koch j. Louis Pasteur

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<p>2. The National Institute of Health (NIH) and the National Office of Complementary and Alternative Medicine and their functions.</p>	<ul style="list-style-type: none"> k. Quantum Physics l. Frit Capra m. Steven Pepper/World Hypothesis Model n. Albert Einstein o. Walker Cannon p. Hans Seyle q. Robert Ader r. Fenton s. Candace Pert t. Psychoneuroimmunology u. Neuropeptides v. Bioenergetic analysis w. David Eisenberg. <ul style="list-style-type: none"> 1. Discuss the purpose and work of the NIH. 2. Discuss the purpose and work of the NCCAM. 3. List and give examples of the seven categories of alternative therapies researched by NCCAM including: <ul style="list-style-type: none"> a. Mind/body interventions b. Bioelectromagnetic therapies c. Alternative systems of medical practice d. Manual healing methods e. Pharmacological and biological treatments f. Herbal medicine g. Diet and nutrition 4. Define the following: <ul style="list-style-type: none"> a. Allopathic medicine

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<p>3. The meaning and applications of “Holistic Health.”</p> <p>4. The theories and practices that comprise natural methods of healing.</p>	<p>b. Alternative medicine c. Complementary medicine d. Integrative medicine</p> <p>1. Dine the distinguishing characteristics of the Holistic Health movement as discussed in lecture.</p> <p>1. Define the concepts of Chinese medicine, including the following concepts: a. Taoism b. Chi/Qiu c. Yin and Yang d. Five Element Theory e. Organ meridians f. The Eight Principles g. Blood h. Jing i. Shen j. Distractive</p> <p>2. Describe the use of diet, lifestyle, exercise, and herbal therapies in Chinese medicine.</p> <p>3. Define the concepts of ayurvedic medicine, including the following: a. Prana b. Doshas c. Vata d. Pilta</p>

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<p>5. The concepts, methods of treatment, and applications currently used in integrative health care modalities.</p>	<ul style="list-style-type: none"> e. Kapher f. The five elements g. Gunas h. Sahva i. Rajas j. Tamas k. Dosha time cycle l. Pulses <p>4. Describe the use of diet, lifestyle, exercise, and herbs in balancing the doshas for health.</p> <p>5. Describe the concepts of the ancient Greco-Roman natural healing methods of Hippocrates and Galen including:</p> <ul style="list-style-type: none"> a. Pneuma b. The four humours <p>1. Define the concepts, theories and applications of the following integrative therapy treatments as discussed in lecture and readings:</p> <ul style="list-style-type: none"> a. Acupuncture b. Chiropractic c. Herbal medicine d. Holistic nutrition e. Naturopathy f. Homeopathy g. Osteopathy h. Anthroposophic medicine i. Meditation

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	j. Hypnosis k. Imagery l. Yoga m. Tai Chi n. Qi Jong