



WELL 880SA Syllabus

Instructor: Mary Anne Leary

Office Location: Online

Office Hours: Online

Class Duration: Online Semester- Length

Phone: 650-738-4366

Email: learym@smccd.edu

Website:

<http://www.skylinecollege.edu/wellness>

COURSE DESCRIPTION: WELL 880SA - Introduction to “Wholistic” Health

Units: 3. Three hours online lecture per week for seventeen weeks.

Introduction to a variety of “wholistic” health modalities, including massage therapy, yoga, breathwork, herbology, aromatherapy, flower essences, gem elixirs, and Ayurveda and Chinese medicine. May be repeated once for credit. WELL 880SA will be held online and on campus (optional). Classes will meet on campus on Saturdays, 8/20, 10/08 and 12/17 from 10:00 am to 12:00 pm in Building 4, Room 102. Remaining class time will be online. Students must have internet access and an email address. Orientation meeting on Saturday, August 20, from 10:00 am to 12:00 pm in Building 4, Room 102 – attendance recommended.

Instructor email: learym@smccd.edu.

STUDENT LEARNING OUTCOMES:

Upon successful completion of the course the student will be able to:

- Recognize and understand the various healing modalities and identify their similarities and differences
- Identify the various healing modalities and distinguish when they are best warranted for which conditions
- Understand compatibilities amongst the healing arts
- Determine what healing arts they resonate with in terms of further study or for personal use
- Distinguish between a variety of healing arts that clients may be using
- Be able to describe different healing modalities with some sense of knowledge and confidence
- Identify client’s needs and best healing art(s) to use

TEXTBOOK AND OTHER MATERIALS:

Required:

“Invitation to Holistic Health: A Guide to Living a Balanced Life” by Charlotte Eliopoulos, Second Edition, Jones and Bartlett Publishers

“The Complete Guide of Ayurvedic Home Remedies” by Vasant Lad, Three Rivers Press

“Chinese Medicine for Maximum Immunity” by Jason Elias, L.Ac., and Katherine Ketcham

ASSIGNMENTS:

Typical examples of assignments may include:

- Online research and written assignments
- Self Assessment papers
 - Initially to create the student’s own goals and the focus they wish to create for the class; and
 - Culminating in evaluating the progress the student made towards reaching those goals.
- Online open forum participation
- On campus class discussions

CLASS FORMAT: (lecture/lab/project, etc.)

Classes will be held in an online format with three on-campus meetings: an orientation along with mid-term and final exams. The class will consist of lecture, reading assignments and research with written assignments. Students will participate in an open forum giving assistance and support to fellow students. Pertinent research assignments will be posted.

CLASS PARTICIPATION:

Students will be expected to participate in the open forum in a respectful manner.

GRADING POLICY:

The course grading is **Pass/No Pass or Grade Option**.

Typical methods of evaluation may include:

- Midterm and Final Discussions or written assignment
- Mid-term and Final Research Papers
- Online class participation
- Self-Assessments & Class Evaluation

Withdrawal Policy

To withdraw from a class students should access WebSMART registration or obtain an Add/Drop form from the Office of Admissions and Records in Building 2. Official withdrawal is the responsibility of the student. A withdrawal with a refund is subject to refund deadlines. A student who does not withdraw in accordance with established procedures may receive a penalty grade. *Refer to the Student Handbook for more information.*

RESOURCES:

DSPS

The Disabled Student Program and Services is designed to equalize the educational opportunities for students with disabilities. Further information may be obtained from the DSPS office, Bldg 2, Room 2350. The telephone number is 650-738-4280 and Fax number is 650-738-4228.

Academic Integrity

Academic dishonesty occurs when a student attempts to show possession of a level of knowledge or skill, which he or she does not possess. The two most common kinds of academic dishonesty are "Cheating" and "Plagiarism." Cheating is the act of obtaining or attempting to obtain academic work through the use of dishonest, deceptive or fraudulent acts. Plagiarism is representing the work of someone else as his/her own and submitting it to fulfill academic requirements.

Student Services

Support services available to students include the Library and Learning Center (Bldg.5), Student Services, One Stop Center, Housing, Registration, Financial Aid, Placement Testing, Admissions, Counseling, DSPS, Special Programs, Health Center and CALT Labs. In coordination with the DSPS office, reasonable accommodation will be provided for eligible students with disabilities. If you do not yet have an accommodation letter, please contact the DSPS office at 650-738-4280.