Syllabus

MAS 225 Complementary and Alternative Therapies

General Information

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Department
Physical Education and Integrated Health Care

Course Prefix
MAS

Course Number
225

Course Title
Complementary and Alternative Therapies

Course Information

Credit Hours
3

Lecture Contact Hours
3

Lab Contact Hours
0

Other Contact Hours
0

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.

Key Assessment
This course does not contain a Key Assessment for any programs

Prerequisites
None

Co-requisites
None

Grading Scheme
Letter

First Year Experience/Capstone Designation

This course DOES NOT satisfy the outcomes applicable for status as a FYE or Capstone.

SUNY General Education

This course is designated as satisfying a requirement in the following SUNY Gen Ed category
FLCC Values

Institutional Learning Outcomes Addressed by the Course

<table>
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<tr>
<th>Vitality</th>
<th>Inquiry</th>
<th>Interconnectedness</th>
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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/complementary 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

AAS Therapeutic Massage

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...