

COLLEGEWIDE COURSE OUTLINE OF RECORD

TMAS 101, HOLISTIC APPROACH TO WELLNESS

COURSE TITLE: Holistic Approach to Wellness

COURSE NUMBER: TMAS 101

PREREQUISITES: Demonstrated competency through appropriate assessment or earning a grade of "C" or better in ENGL 093 Introduction to College Writing and ENGL 083 Reading Strategies for College or ENGL 095 Integrated Reading and Writing

SCHOOL: Health Sciences

PROGRAM: Therapeutic Massage

CREDIT HOURS: 3

CONTACT HOURS: Lecture: 3

DATE OF LAST REVISION: Fall, 2016

EFFECTIVE DATE OF THIS REVISION: Fall, 2017

CATALOG DESCRIPTION: Considers the holistic approach to wellness with discussion including the connection of disease, the autonomic nervous system, and the emotions. Holistic Approach explores the importance of the mind-body connection and integrative health care. Teaches the role wellness plays in our own lives and the importance of massage therapy in relation to health and wellness.

MAJOR COURSE LEARNING OBJECTIVES: Upon successful completion of this course the student will be expected to:

1. Demonstrate an understanding of the relationship of the total person.
2. Discuss how Western medicine differs from the holistic approach.
3. Compare and contrast the differences between alternative, complementary and integrative health care.
4. Discuss the connection between emotions and wellness.
5. Identify and describe how life style habits affect health.
6. Discuss the positive approach to health and integrative health care.
7. Discuss the role wellness plays in one's own life.
8. Identify the physiological and psychological effects of stress and various stress reduction techniques and their benefits.
9. Identify the scope and practice of massage therapy and bodywork in relation to wellness.
10. Discuss psychological components of massage therapy.
11. Compare and contrast the roles of relationships and a positive approach to wellness.
12. Discuss principles of conflict resolution and the importance of active listening and interpersonal skills.
13. Discuss types of integrative health care and the theories behind them. Ex. Acupuncture/acupressure, chiropractic care, iridology, reflexology, aroma therapy, homeopathy, herbology, etc.
14. Discuss the importance of nutrition and the meaning of organics and whole foods.
15. Discuss the role and limits of herbal remedies in Western medicine.

16. Evaluate and identify sources of reputable information regarding integrative healthcare, herbal remedies, and holistic approaches to wellness.

COURSE CONTENT: Topical areas of study include –

Personal wellness
Lifestyle habits
Concept of integrative healthcare
Emotions and wellness
Relationships and wellness
Conflict resolution
Interpersonal skills
Stress effects and management
Nutrition
Western medicine vs the holistic approach
Psychological issues of massage
Critical evaluation of research related to integrative healthcare

ATTENDANCE

Detailed attendance verification for students including hours attended will be required in this course. The Indiana Professional Licensing Agency may require submission of documented hours of attendance upon application for state certification, which is required to practice massage therapy in Indiana. Students must complete at least 500 hours of supervised instruction to meet the state requirement.

HOW TO ACCESS THE IVY TECH COMMUNITY COLLEGE LIBRARY:

The Ivy Tech Library is available to students' on- and off-campus, offering full text journals and books and other resources essential for course assignments. Go to <http://www.ivytech.edu/library/> and choose the link for your campus.

ACADEMIC HONESTY STATEMENT:

The College is committed to academic integrity in all its practices. The faculty value intellectual integrity and a high standard of academic conduct. Activities that violate academic integrity undermine the quality and diminish the value of educational achievement.

Cheating on papers, tests or other academic works is a violation of College rules. No student shall engage in behavior that, in the judgment of the instructor of the class, may be construed as cheating. This may include, but is not limited to, plagiarism or other forms of academic dishonesty such as the acquisition without permission of tests or other academic materials and/or distribution of these materials and other academic work. This includes students who aid and abet as well as those who attempt such behavior.

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If you will require assistance during an emergency evacuation, notify your instructor immediately. Look for evacuation procedures posted in your classroom.