COLLEGEWIDE COURSE OUTLINE OF RECORD

TMAS 204, HERBAL REMEDIES

COURSE TITLE: Herbal Remedies
COURSE NUMBER: TMAS 204
PREREQUISITES: None
SCHOOL: Health Sciences
PROGRAM: Therapeutic Massage
CREDIT HOURS: 3
CONTACT HOURS: Lecture: 3
DATE OF LAST REVISION: Fall, 2011
EFFECTIVE DATE OF THIS REVISION: Fall, 2012

CATALOG DESCRIPTION: This course will cover the common medical conditions, and the herbal remedies that are used to supplement healthcare. The most common herbal remedies will be discussed as well as the traditional indications, dose ranges, side effects, and contraindications. The student will gain a more in depth knowledge of herbal remedies being utilized in healthcare today, and know how to research more knowledge on medical conditions and herbal remedies.

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

1. Identify sources of reputable information regarding herbal remedies.
2. Have a working knowledge of the most widely used herbal remedies.
3. Understand the limits and the role of herbal remedies in Western Medicine in the US.
4. Understand the role that cultural diversity and herbal remedies may play.
5. Identify a means of obtaining herbal remedy information about a particular disease state.

COURSE CONTENT: Topical areas of study include –

Herb actions and interactions
Side effects of herbs
Common herbs used for disease conditions of body systems
Role of herbal remedies in Western medicine
Herbal research techniques
Traditional indications and contraindications for herb use

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