

HLTH 145: EASTERN APPROACHES TO HEALTH AND WELLNESS

In Workflow

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Approval Path

1. Wed, 19 Feb 2025 04:53:56 GMT
Andrea Becker (andrea.becker): Approved for HHS College Committee Chair
2. Wed, 19 Feb 2025 05:20:02 GMT
Robert Pieretti (sac19804): Approved for HHS Dean

New Course Proposal

Date Submitted: Tue, 11 Feb 2025 01:21:24 GMT

Viewing: HLTH 145 : Eastern Approaches to Health and Wellness

Last edit: Wed, 19 Feb 2025 04:53:43 GMT

Changes proposed by: Andrea Becker (101053364)

Contact(s):

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|-------------------|------------------------|--------------------|
| Andrea Becker | andrea.becker@csus.edu | 916-278-2637 |

Catalog Title:

Eastern Approaches to Health and Wellness

Class Schedule Title:

Eastern Approaches to Health

Academic Group: (College)

HHS - Health & Human Services

Academic Organization: (Department)

Health & Human Services

Will this course be offered through the College of Continuing Education (CCE)?

Yes

Please specify:

CCE and Stateside

Catalog Year Effective:

Spring 2026 (2026/2027 Catalog)

Subject Area: (prefix)

HLTH - Health

Catalog Number: (course number)

145

Course ID: (For administrative use only.)

TBD

Units:

3

Is the ONLY purpose of this change to update the term typically offered or the enforcement of existing requisites at registration?

No

In what term(s) will this course typically be offered?

Fall, Spring, Summer

Does this course require a room for its final exam?

No, final exam does not require a room

Does this course replace an existing experimental course?

No

This course complies with the credit hour policy:

Yes

Justification for course proposal:

The purpose of this course is to provide Health Science students with a broader, more holistic perspective on health that integrates principles and practices from Eastern medicine traditions, such as Traditional Chinese Medicine (TCM), Ayurveda, and mindfulness practices. These approaches emphasize the balance of mind, body, and spirit and offer valuable insights into prevention, self-care, and therapeutic techniques that complement conventional healthcare. By understanding these diverse models of health, students will develop an appreciation for the cultural and philosophical foundations of alternative treatments and how they may be incorporated into patient care when appropriate. This course will foster cultural humility, critical thinking, and interdisciplinary knowledge, preparing students to engage with patients from varied backgrounds and make informed, integrative healthcare decisions in an increasingly globalized and diverse society.

Course Description: (Not to exceed 90 words and language should conform to catalog copy.)

This course introduces students to key concepts, philosophies, and therapeutic practices of Eastern approaches to medicine, including Traditional Chinese Medicine (TCM), Ayurveda, Tibetan Medicine, Unani, and others. Students will gain an understanding of the unique and shared principles that form the basis of Eastern medical systems and how they approach health, healing, and disease prevention.

Are one or more field trips required with this course?

No

Fee Course?

No

Is this course designated as Service Learning?

No

Is this course designated as Curricular Community Engaged Learning?

No

Does this course require safety training?

No

Does this course require personal protective equipment (PPE)?

No

Does this course have prerequisites?

No

Does this course have corequisites?

No

Graded:

Letter

Approval required for enrollment?

No Approval Required

Course Component(s) and Classification(s):

Lecture

Lecture Classification

CS#02 - Lecture/Discussion (K-factor=1 WTU per unit)

Lecture Units

3

Is this a paired course?

No

Is this course crosslisted?

No

Can this course be repeated for credit?

No

Can the course be taken for credit more than once during the same term?

No

Description of the Expected Learning Outcomes and Assessment Strategies:

List the Expected Learning Outcomes and their accompanying Assessment Strategies (e.g., portfolios, examinations, performances, pre-and post-tests, conferences with students, student papers). Click the plus sign to add a new row.

| | Expected Learning Outcome | Assessment Strategies |
|---|--|--|
| 1 | Describe the core concepts of major Eastern medicine systems, including TCM, Ayurveda, Unani, Tibetan medicine, and others. | Quizzes Discussions Video Reflection Final Exam |
| 2 | Compare and contrast different Eastern medical systems, including their treatment methods, diagnostic approaches, and philosophical underpinnings. | Discussions Journal Entries Final Exam |
| 3 | Examine how Eastern medical systems integrate mind, body, and spirit in maintaining health and wellness. | Discussions Journal Entries |
| 4 | Critically evaluate the role of Eastern medicine in modern health practices, including its integration with Western medicine. | Video Reflection Final Exam |

Attach a list of the required/recommended course readings and activities:

HLTH_145_Reading_List.pdf

For whom is this course being developed?

Majors in the Dept

Is this course required in a degree program (major, minor, graduate degree, certificate?)

Yes

Has a corresponding Program Change been submitted to Workflow?

Yes

Identify the program(s) in which this course is required:

Programs:

BS in Health Science

Does the proposed change or addition cause a significant increase in the use of College or University resources (lab room, computer)?

No

Will there be any departments affected by this proposed course?

No

I/we as the author(s) of this course proposal agree to provide a new or updated accessibility checklist to the Dean's office prior to the semester when this course is taught utilizing the changes proposed here.

I/we agree

University Learning Goals

Undergraduate Learning Goals:

Competence in the disciplines
Knowledge of human cultures and the physical and natural world
Intellectual and practical skills
Personal and social responsibility
Integrative learning

Is this course required as part of a teaching credential program, a single subject, or multiple subject waiver program (e.g., Liberal Studies, Biology) or other school personnel preparation program (e.g., School of Nursing)?

No

GE Course and GE Goal(s)

Is this a General Education (GE) course or is it being considered for GE?

No

Please attach any additional files not requested above:

HLTH_145_Eastern_Aporaches_to_Health_Syllabus.pdf

Key: 15283