

# HLTH 146: NATUROPATHIC APPROACHES TO HEALTHCARE

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## In Workflow

1. HHS College Committee Chair (andrea.becker@csus.edu)
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7. Catalog Editor (catalog@csus.edu)
8. Registrar's Office (k.mcfarland@csus.edu)
9. PeopleSoft (PeopleSoft@csus.edu)

## Approval Path

1. Wed, 19 Feb 2025 05:00:47 GMT  
Andrea Becker (andrea.becker): Approved for HHS College Committee Chair
2. Wed, 19 Feb 2025 05:21:08 GMT  
Robert Pieretti (sac19804): Approved for HHS Dean

## New Course Proposal

Date Submitted: Tue, 11 Feb 2025 01:21:34 GMT

**Viewing: HLTH 146 : Naturopathic Approaches to Healthcare**

**Last edit: Wed, 19 Feb 2025 04:59:08 GMT**

Changes proposed by: Andrea Becker (101053364)

**Contact(s):**

Name (First Last)	Email	Phone 999-999-9999
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**Catalog Title:**

Naturopathic Approaches to Healthcare

**Class Schedule Title:**

Naturopathic Healthcare

**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)**

146

**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 students with a broader understanding of the diverse treatment options available in modern healthcare. Naturopathy, which emphasizes holistic, patient-centered care, natural therapies, and the body's inherent ability to heal, offers valuable insights into alternative and complementary medicine. This course will expose students to different paradigms of health and healing and encourage critical thinking about the benefits and limitations of various treatment modalities. With growing interest in integrative healthcare, this knowledge will help prepare students to engage with patients who seek to combine conventional and naturopathic approaches, promoting a more inclusive, well-rounded approach to patient care and enhancing the students' ability to make informed, evidence-based decisions in their future health science careers.

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

This introduces students to naturopathic medicine and its foundational principles, practices, and therapies used to treat and prevent illness. Students will explore a variety of naturopathic modalities, including herbal medicine, diet, botanical therapies, homeopathy, hydrotherapy, and mind-body techniques.

**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=1WTU 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 principles and philosophies of naturopathic medicine, and its historical development.	Quizzes Assignments Final Exam
2	Identify and describe the most commonly used naturopathic therapies, including herbal medicine, nutrition, hydrotherapy, homeopathy, and mind-body approaches.	Quizzes Assignments Final Exam
3	Apply a holistic approach to understanding the interrelationship between physical, emotional, and spiritual health.	Quizzes Assignments Final Exam
4	Critically evaluate the effectiveness of naturopathic treatments for a range of common health conditions and issues.	Assignments Final Exam
5	Create a comprehensive naturopathic healthcare plan based on a holistic assessment of individual needs.	Assignments Final Exam
6	Describe and discuss the use of self-care and naturopathic techniques for maintaining physical and emotional well-being.	Assignments Final Exam

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

HLTH\_146\_Naturopathic\_Approaches\_in\_Healthcare\_Syllabus.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

**Attach Accessibility Checklist: (Optional at submission. Fulfills requirement to file with Dean's office.)**

HLTH\_146\_Course-accessibility-checklist.pdf

## **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

Key: 15277