

HLTH 147: ALTERNATIVE HEALTH PRACTICES

In Workflow

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Approval Path

1. Wed, 19 Feb 2025 05:10:01 GMT
Andrea Becker (andrea.becker): Approved for HHS College Committee Chair
2. Wed, 19 Feb 2025 05:21:19 GMT
Robert Pieretti (sac19804): Approved for HHS Dean

New Course Proposal

Date Submitted: Tue, 11 Feb 2025 01:21:49 GMT

Viewing: HLTH 147 : Alternative Health Practices

Last edit: Wed, 19 Feb 2025 05:09:58 GMT

Changes proposed by: Andrea Becker (101053364)

Contact(s):

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Catalog Title:

Alternative Health Practices

Class Schedule Title:

Alternaitve Health Practices

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)

147

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 equip students with a comprehensive understanding of the wide array of non-conventional therapies that patients may seek or use alongside mainstream medical treatments. As alternative health practices continue to gain popularity (e.g., acupuncture, chiropractic care, herbal medicine, and mind-body therapies), it is crucial for future health professionals to be knowledgeable about these options, both in terms of their potential benefits and limitations. This course will foster critical thinking, promote evidence-based decision-making, and enhance cultural humility, enabling students to engage with patients from diverse backgrounds and help guide them toward informed choices about their health. By understanding the role of alternative practices, health science students will be better prepared to navigate the evolving landscape of patient care and support integrative treatment strategies where appropriate.

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

This course introduces students to alternative health practices, with a focus on mind-body integration, complementary therapies, and energy healing systems. Students will study the physiological mechanisms behind mind-body medicine, examine the scientific research on alternative therapies, and gain insight into a range of practices including chiropractic care, acupuncture, homeopathy, massage therapy, and aromatherapy. The course will also delve into spirituality, energetic healing, and self-help strategies as integral components of wellness.

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	Explain the core concepts and historical foundations of major alternative health practices, including mind-body medicine, energy healing, bodywork therapies, and traditional healing systems like Ayurveda, Traditional Chinese Medicine, and Western herbalism.	Exams Discussions Journal Entries Video Reflections
2	Compare and contrast different alternative health systems in terms of diagnosis, treatment modalities, and philosophical principles.	Exams Discussions Journal Entries
3	Discuss the efficacy of alternative health therapies and their potential to complement or challenge traditional Western medical practices.	Exams Discussions
4	Examine the mind-body connection in health and wellness, focusing on techniques like mindfulness, meditation, and biofeedback, and their role in promoting holistic health.	Exams Discussions Journal Entries Video Reflections
5	Analyze the ethical, cultural, and practical considerations of applying alternative health practices in real-world scenarios.	Exams Discussions

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

HLTH_147_Alternative_Health_Practices_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_147_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: 15278