



SYLLABUS

Course Title	Holistic Health
Course Number	IDS 371
Number of Credits	3
Course Dates	5/25/20 - 7/25/20
Instructor	Josef Kren
Email Address	josef.kren@doane.edu
Office Hours/Availability	60 minutes before class
Phone Number	N/A
Textbook Information: (e.g. title, edition, publisher, ISBN)	No textbook required.
Additional Course Materials	Will be provided in Blackboard
Course Description	The course will focus on the principles and measures of a holistic approach that promotes health and well-being of body, mind and spirit. Students will be introduced to various principles of holistic health and the healing arts with emphasis on natural, integrative and complementary health models, which will be discussed during the course. This course will teach students to apply and integrate holistic health into daily personal life for optimal health and well-being.

Program Outcomes	
Course Learning Outcomes/Objectives	<p>At the end of the course, students will be able to:</p> <p>Identify principles and practices of holistic health and healing</p> <p>Identify how the principles of holistic health can be incorporated to improve personal health and well-being</p> <p>Demonstrate knowledge of holistic health principles related to personal growth, stress management, nutrition, natural healing, consciousness and spirituality</p> <p>Demonstrate ability to access, analyze and evaluate media and evidence based literature information relevant to holistic health from diverse sources.</p>
Technology Requirements	https://www.doane.edu/faq/minimum-computer-requirements

Course Schedule

Week or Module	Topic	Content	Assessments Matched to Learning Outcomes	Due Date & Time
1	What is holistic healthcare? Holistic vs traditional (western) healthcare			

2	Health and the Human Spirit			
3	Principles of Natural Healing			
4	Healing Elements of Meditation			
5	Traditional Chinese Medicine: an Ancient Approach to Healing			
6	Ayurvedic Medicine: Ancient Foundations of Health Care			
7	Nutrition: An Integrative Approach			
8	Herbal Healing and aromatherapy Conclusion: physical, emotional, and spiritual factors make up the whole being			

Grading Assessments

Type of Assessment	Number of Assignments	Percent of Total
Mid-term paper	1	50
Final paper	1	50

Grade Scale

A+ = 97-100% A = 94-96% A- = 90-93% B+ = 87-89% B = 84-86% B- = 80-83%
C+ = 77-79% C = 74-76% C- = 70-73% D+ = 67-69% D = 64-66% D- = 60-63%
F= 59% or below

Participation Policy	A student is expected to be prompt and regularly attend on-ground classes in their entirety. Regular engagement is expected for on-line courses. Participation in class discussions is an integral part of your grade.
Study Time	Expectation of the amount of time the course requires students to spend preparing and completing assignments. Typically, students could expect to spend approximately 12 hours a week preparing for and actively participating in this 8-week 3 credit hour course. This actual time for study varies depending on students' backgrounds.
Late Work	Late work will be accepted, if for an excused reason with no reduction in grade
Submitting Assignments	Assignments submitted during class time
Communication Policy including Assignment Feedback	Emails will be responded to by the end of the day M - F. Assignments will be returned the week following their due date. Assignments will be returned or assignment grade available one week after they are submitted for grading
Academic Integrity Policy	<p>Doane University expects and requires all its students to act with honesty and integrity and respect the rights of others in carrying out all academic assignments. Academic dishonesty, the act of knowingly and willingly attempting or assisting others to gain academic success by dishonest means, is defined in four categories:</p> <ol style="list-style-type: none">1. Cheating - "Intentionally using or attempting to use unauthorized information or study aids in an academic exercise."2. Fabrication - "Intentional and unauthorized falsification of invention or

	<p>any information or citation in an academic exercise."</p> <p>3. Facilitating Academic Dishonesty - "Intentionally or knowingly helping or attempting to help another to commit an act of dishonesty," and/or coercing others to do the same.</p> <p>4. Plagiarism - "Intentionally or knowingly representing the words or ideas of another as one's own in any academic exercise," in both oral and written projects.</p> <p><i>Gehring, D., Nuss, E.M., & Pavela, G. (1986). Issues and perspectives on academic integrity. Columbus, OH: National Association of Student Personnel Administrators</i></p> <p>For more information on the sanctions for academic dishonesty, please visit the website:</p> <p>http://catalog.doane.edu/content.php?catoid=18&navoid=1448#Academic Dishonesty</p>
Academic Support	<p>Please contact academicsupport@doane.edu</p> <p>https://www.doane.edu/graduate-and-adult/academic-support</p>
Disability Services	<p>https://www.doane.edu/disability-services</p> <p>Doane University supports reasonable accommodations to allow participation by individuals with disabilities. Any request for accommodation must be initiated by the student as soon as possible. Each student receiving accommodations is responsible for his or her educational and personal needs while enrolled at Doane University. Please contact 402-467-9031 for assistance.</p>
Military Services	<p>https://www.doane.edu/graduate-and-adult/military</p>
Anti-Harassment Policy	<p>http://catalog.doane.edu/content.php?catoid=5&navoid=452</p>
Grade Appeal Process	<p>http://catalog.doane.edu/content.php?catoid=5&navoid=238</p>
Credit Hour Definition	<p>Doane University follows the federal guideline defining a credit hour as one hour (50 minutes) of classroom or direct faculty instruction and a minimum of two hours of out-of-class student work each week for approximately fifteen weeks (one semester), or the equivalent amount of work over a different time period (e.g., an 8-week term). This definition applies to courses regardless of delivery format, and thus includes in-person, online, and hybrid courses (combination of in-person and online). It also applies to internship, laboratory, performance, practicum,</p>

	research, student teaching, and studio courses, among other contexts.
Syllabus Changes	Circumstances may occur which require adjustments to the syllabus. Changes will be made public at the earliest possible time.