

Holistic Health Approaches

Course code: HHD 1050

Total contact hours: 60 hours

Pre-requisite: None.

Course Overview

This course introduces basic concepts on holistic health, encompassing a general overview of traditional, complementary, and alternative medicine (T/CAM). Its main aim is to acquaint students with current holistic health praxis, obtaining a general panorama about a wide range of current alternative/complementary practices.

Through this course, students will have a better overview of the holistic health perspective and the efficacy of some practices to open doors for a future deepening in these subjects and open an option for inter-professional practices. Also, students will explore and evaluate different holistic approaches and philosophies to improve personal health and wellbeing. Moreover, students will build their comparison with their general health concepts, usually Western medicine (WM, also known as allopathic or conventional medicine).

Some of the topics included are Homeopathy, TCM (Traditional Chinese Medicine), Acupuncture, Herbal and Nutritional Therapies, Massage, Chiropractic, Electromagnetic Therapy, Breathing, and Energy others.