

**Faculty of Health Sciences**  
**School of Kinesiology & School of Health Studies**  
The University of Western Ontario  
Kinesiology 3372A/Health Studies 3091A~ *Integrative Health* - **Fall 2011**

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Mon 12:30-2:20 UCC # 37

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Course web site is on webCT/OWL

**Calendar Course Description:** *Integrative Health* examines a variety of areas and issues concerning the broad field of integrative health. From an evidence-based perspective, the course explores integrative health domains and assesses the quantitative and qualitative evidence about

**My Expectations of you:**

This is a lecture, discussion, class participation, and group presentation senior level Undergraduate course. I regard the ultimate purpose of any University course to be one of fostering and engaging in critical thinking, in the case of this course, critical thinking about complementary, alternative, and integrative health systems and methods; all lectures, assignments, and exams are based on the critical thinking premise. **Doing the readings prior to each class is mandatory.**

*Special Note:* \*\*\* While the use of computers/notebooks for the purpose of note-taking **during class** is encouraged and permitted, the use of the internet, ipods, iphones, blackberries (and facsimile devices), email, texting, msn, face-book, twitter etc. is strictly prohibited **while in class.** \*\*\*

**Assignments and Grading:**

1. **Mid-term** examination, in class, Monday October 24, in class, 30 % of final grade; make-up exam available for demonstrated conflict or illness (medical documentation must be submitted via your academic counselor).
2. **Evidence Assessment: Group Assignment & Presentation;** groups of 8-10 students, topics to be assigned, presentations beginning in **Unit VII**, ~ see **Assignment Description** below. Specific details and topics will be discussed and assigned in September; 30% of final grade;
3. **Final Examination** during Dec 10-21 Final Exam Pe

**\*\*\* There is a superb online, evidence based resource to which you all have access as long as you access the website from on campus (Western has a licence for this service). It's available at <http://naturalstandard.com/> and it's called *Natural Standard: The Authority on Integrative Medicine*. We will be using it in class and it would also be extremely useful in your Group Assignment & Presentation.**

### **I Introduction** (Sept 12 & 14)

This unit assesses some of the fundamental concepts related to defining and characterizing the field of alternative/complementary health; basic principles, the 'medical model', the dilemma of evidence, integrating allopathic with alternative perspectives etc.

**Readings:** Text: pp. 1-18; 493-531

### **II Philosophy and Basis for Alt/Comp** (Sept 19 and 21)

We will explore the basis for the different fields of Alt/Comp and look at person-centred approaches/interventions including the use of "coaching" models in Alt/Comp practices.

**Readings:** Text: pp. 19-290 \*\*\* Note: this is a lot of reading; my intent is to have you become familiar with common 'conditions' that are often treated with integrative health modalities.

### **III Traditional Medicine: 'Ancient' Systems, TCM** (Sept 26, 28 & Oct 3)

This unit examines some of the more well-established areas of alternative health such as Oriental medicine, Native medicine, and the current, re-integration of community-based health care practices.

**Readings:** Text: pp. 292-297; 311-313; 336-339; 350-362

### **IV Systems I** (Oct 5, 12 & 17)

This unit will focus on two major systems or fields of Alt/Comp, homeopathy and naturopathy.

**Readings:** Text: pp. 219-329; 339-341

### **V Systems II: Manual Healing Techniques & Mind-body Methods** (Oct 19, 26, & 31)

Manual healing and practical techni

pharmacological interventions. We will limit our discussion to herbal medicine, and unconventional drugs/vaccines.

**Readings:** Text: 363-476 \*\*\* Note, this too is a lot of reading; the intent is to have you read generally about the myriad forms of herbal treatment remedies and applications for more common health issues and herbal use in treating those issues.

**VII Integrative Approaches re Health Issues - in-class Group Presentations** (Nov 21, 23, 28, & 30) **See assignment description below.**

This section of the course examines the concept of integrative medicine with specific respect to current evidence about common health conditions/issues.

**Readings:** assignment submissions, posted on webCT from presentation groups.

**VIII Synthesis** (Dec 5 & 7)

We will be looking at synthesizing alternative approaches re pediatric care and women's health.

**Readings:** TBA

**Assignment Description:**

**Evidence Assessment and Presentation (30%) - Group Written Assignment and Presentation Description**

This is a group assignment with anywhere from 8 to 10 persons in each group, depending upon final class size; you will be put into a group at random. The basic concept of the assignment is this: each group will be assigned a health issue and will be responsible for researching, synthesizing, and presenting evidence on that issue. The assignment is worth 30% of the course grade.

are part of this assignment process. Finally, as a resource for some forms of integrative medicine, see the Natural Standards website at <http://naturalstandard.com/>

**\*\*\* Please note \*\*\* that you are responsible for ensuring that you have successfully completed all course prerequisites, and that you have not taken an anti-requisite course. Lack of a prerequisite or the completion of an anti-requisite cannot be used as a basis for appeal. If you are found ineligible for a course, you may be removed from it at any time and you will not receive an adjustment to your fees. This decision cannot be appealed. \*\*\***