

**Western University
Faculty of Health Sciences
School of Health Studies
HS 3025A Integrative Health
Summer 2024**

******TENTATIVE SYLLABUS: SUBJECT TO CHANGE UP UNTIL MAY 6th/2024******

Instructor: Dr. Ben Kajaste

Office:

1. Compare and contrast similarities and differences between conventional and alternative medicines.
2. Understand the importance of being a responsible health consumer.
3. Identify how past holistic healing modalities and healing professionals have influenced present-day medicine.
4. Analyze the importance of integrating a broad approach to health treatments in life.
5. Compare and contrast CAM as scientific or quackery.
6. Assess why people are skeptical about the efficacy of medical systems different from Western traditional medical practice.
7. Analyze how Western medicine can learn from and build upon alternative methodologies to improve health and change behaviors.
8. Rate the effectiveness of a wide variety of alternative health strategies.

Tentative Schedule / Important Dates (subject to change if/as necessary):

Week 1 (May 6-10): Syllabus / C1: Consumer Health / C2: Scientific Method / C3: Advertising

Week 2 (May 13-17): C4: Cost of Healthcare / C5: Conventional Medicine

Midterm #1 (27%): May 17th, 2024 (online/asynchronous)

Week 3 (May 20-24): C6: Integrative Medicine / C7: Holistic Healing / C8: Ayurveda

Week 4 (May 27-31): C9: TCM / C10: Naturopathy & Homeopathy

Midterm #2 (33%): May 31st, 2024 (online/asynchronous)

Week 5 (June 3-7): C11: Botanicals / C12: Aromatherapy / C13: Manipulatives

Week 6 (June 10-14): C14: MBI's / C15: Energy Therapies / C16: Frauds & Quackery

Final Exam (40%): June 14th, 2024 (online/asynchronous)

Course Evaluation:

Examinations will take place as stated in the course syllabus. Absences from exams will not be excused, except under medical or other compassionate circumstances with the appropriate documentation submitted via the program undergraduate office.

Missing an exam WITHOUT the appropriate documentation and subsequent excusal from the program office will result in a zero (0) grade on that exam.

Missing a midterm WITH the appropriate documentation and subsequent excusal by the program office will result in the weighting of the missed exam being redistributed to the other midterm and the final exam in a 40%(midterm)/60%(final) fashion. Missing both midterms will result in a 100% final exam.

Evaluation breakdown:

Midterm #1: 27% of course grade.

Midterm #2: 33% of course grade.

Final Exam: 40% of course grade.

account holder to ensure that e-mail received from the University at his/her official university

The use of somebody else's clicker in class constitutes a scholastic offence;
The possession of a clicker belonging to another student will be interpreted as an attempt to commit a scholastic offense

4. **Academic Considerations and Absences from Lectures and Assessments**

Religious Accommodation

When a course requirement conflicts with a religious holiday that requires an absence from the University or prohibits certain activities, students should request (in writing) any necessary academic considerations at least two weeks prior to the holiday to the academic counsellors in their Home Department. Additional information is provided in the [Western Multicultural Calendar](#).

Academic Accommodation

Please contact the course instructor if you require lecture or printed material in an alternate format or if any other arrangements can make this course more accessible to you. Students with ongoing accommodation needs within this course are also encouraged to contact [Accessible Education](#), which provides recommendations for accommodation based on medical docum

