



## HSC 240: Introduction to Alternative and Complementary Medicine

Online

Semester:  
Day(s):  
Time(s):  
Classroom:  
Instructor:  
Office Hours:  
Office Location:  
Phone Number:  
Email:

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Here

**Prerequisite/Co-requisites: None**

### Course Description

This course examines the theory, philosophy and applications of complementary and alternative medicine within today's health care system. Students will learn about the many alternatives to traditional Western or allopathic medicine, and how these various models, systems and therapies impact on the delivery of health care in the United States. Students will become aware of the vast array of resources available and the type of training involved in license/certification.



### Course Goal:

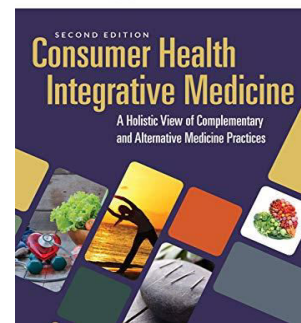
To examine the theory, philosophy and applications of complementary and alternative medicine within today's health care system.



### Required Text

- Textbook: Synovitz, Linda Bailey and Larson, Karl L. *Consumer Health and Integrative Medicine*, 2nd ed. Jones and Bartlett Learning, 2020. ISBN: 978-1284144123
- Any additional reading material will be provided to students via the course Blackboard page. Please check the Weekly Units for any additional readings.
- Microsoft Office (free copy available in IT Department)

Linda Bailey Synovitz and Karl L. Larson



### Student Learning Outcomes and Assessment Methods

Learning Outcomes	Assessment Methods
Define healthcare using a holistic perspective.	Quizzes, Journaling, Discussion Forum, Final Exam
Explain the terms complementary and alternative health and give examples of each.	Quizzes, Journaling, Discussion Forum, Final Exam
Compare and contrast several types of scientific research methods.	Quizzes, Journaling, Discussion Forum, Final Exam
Distinguish among various types of advertising marketing practices.	Quizzes, Journaling, Discussion Forum, Final Exam
Describe the U.S. health care delivery system and the various types of health insurance	Quizzes, Journaling, Discussion Forum, Final Exam
Compare/contrast the training of allopathic and osteopathic physicians with the training of various alternative practitioners.	Quizzes, Journaling, Discussion Forum, Final Exam



### Grading Policy

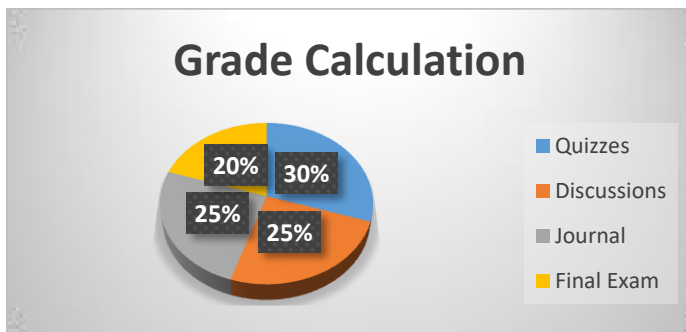
Your performance in this course is assessed using multiple, varied methods in the areas listed below and based on the expectations as described in the syllabus and outlined in assessment scoring guides or rubrics. If you do not understand the expectations, it is your responsibility to ask the instructor questions.

All assignments, exams/quizzes, and activities must be completed within the time frame allotted.

Under the “My Grades” tab in Blackboard, the current grade column is an unofficial grade until all assignments and exams are completed and entered. As instructors are grading assignments and exams, the column(s) may appear to be offline, but will be made visible once all grades have been inputted.

There is no rounding up of the final grade. If a student’s grade at the end of the course is 89.9%, the final grade will be recorded as 89%.

Weekly Quizzes	30%
Weekly Discussions	25%
Weekly Reflective Journal	25%
Final Exam	20%
Total:	100%



### Grading Key

93-100 = A	80-82 = B-	67-69 = D+
90-92 = A	77-79 = C+	63-66 = D
87-89 = B+	73-76 = C	60-62 = D-
83-86 = B	70-72 = C-	Below 60 = F



### Assessment Methods

This section of the syllabus contains a listing with brief descriptions of the assessment methods for this course. They are designed to align with the student-learning outcomes and provide you with varied ways to demonstrate mastery of the course content. Additional instructions and related scoring guides or rubrics are posted to Blackboard. For the purpose of this course, the weekly unit opens on Sunday at 8:00 a.m., EST. **All discussions/quizzes /journals are due by the following Sunday, 11:59 p.m., EST. No exceptions.**

**Blackboard**



### Weekly Quizzes (30%):

Weekly quizzes are based on the corresponding week’s text chapter. They are not timed, however, must be completed in one sitting- this means if you log out of the quiz, it will not allow you back in.



### Final Exam (20%)

The final exam is cumulative, meaning all chapters from the text will be included.



### Weekly Reflective Journal (25%):

Reflection assignments are a tool to explore your thoughts, feelings, and beliefs on subjects pertaining to the readings, class participation, and/or personal experience. You are encouraged to express yourself freely and dig deep to gain greater insight into yourself and the topic.

Personal reflection may be a new concept. It is **not** an exercise in restating ideas you have read or heard but in considering your own ideas and beliefs in the context of what you are learning. Your work is not assessed on correct or incorrect ideas but for depth of reflection, insight, and self-awareness. Rather than focus on what you think might be the “right” response, trust and write from your own innate wisdom.

**There is no partial credit for Journal Entries.** No partial credit means you will either receive full credit (100%) or no credit (0). To earn the points for the weekly reflective journal, you must:

- Directly and specifically answer the prompt questions
- Post by the Sunday 11:59 pm deadline
- **Meet the minimum word count of 250 words. If your journal does not meet the minimum word count of 250 words, you will not receive credit for the entry.**
- All journals will be uploaded as a word doc or docx. Google docs are not accepted.



### Discussion Board (25%):

The Discussion Board is where you will have ongoing conversation with your classmates and instructor. It is accessible by clicking on the link provided in the weekly course materials for each week. **Your grade will be based on five aspects: Quality, Quantity, Frequency, Accuracy, Citation.** All posts must meet the high quality /quantity post requirement (see below) to receive full credit for that week's discussion board. **Discussions may not be made up, if you do not participate at all, you will receive a zero for that week's discussion.**

**Discussions open on Sunday 8:00 am EST and close the following Sunday at 11:59 pm EST.** The first posting to the week's discussion question is due on **Wednesday by 11:59 pm EST.**

The standards below will be used to evaluate the quality of your discussion posts. Each post should be "value added." In other words, your posts should further the thread topics; show that you have learned something from our readings or outside research; bring anecdotal, life experiences to the conversation; ask relevant and forward moving questions; or otherwise promote the Student Learning Outcomes for the week. Posts like "I agree" or "Great post" are nice, goodwill posts, but they will not receive credit. Please review the following quality standards; use them as you formulate your responses:

#### 1. Quality Measurement

- **High Quality:** Your contributions to each topic indicate your mastery of the materials assigned. Your responses might integrate multiple views and/or show value as a seed for reflection for other participants' responses to the thread. You provide evidence that you are reading the assigned materials and other student postings and are responding accordingly, bringing out interesting interpretations. You know the facts

and are able to analyze them and handle conceptual ideas.

#### ○ Examples of high-quality posts include:

- providing additional information to the discussion;
- elaborating on previous comments from others;
- presenting explanations of concepts or methods to help fellow students,
- presenting reasons for or against a topic in a persuasive fashion,
- sharing your own personal experiences that relate to the topic, and providing a URL and explanation for an area you researched on the Internet. (NO WIKIS as an internet source)

- **Medium Quality:** Your responses build on the ideas of another participant (or more) and dig deeper into assignment questions or issues. When you make intelligent posts during the week, including some good critique of the course material, then you have demonstrated you have an understanding of the material, are reading posts of your colleagues, and are contributing to the class. Your posts demonstrate confidence with the materials, but may be just a bit off target in one area or another.
  - **Low Quality:** You have meaningful interaction with other participants' postings. Posts that state I agree or I disagree include an explanation of what is disagreed or agreed upon and why, or introduce an argument that adds to the discussion. However, you may have rambling, lengthy posts that show no sign of having been re-read and refined before posting, and your writing suffers lack of clarity and comprehension.
  - **Unsatisfactory Quality:** You will receive little credit in the week's discussion by just showing up and making trivial comments, without adding any new thought to the discussion. At the low end of the spectrum, no participation gets a "0." If you are not in the discussion, you do not earn any points.
2. **Frequency:** You must post to each graded thread based on the requirements each week. You must submit your **first post of the week no later than Wednesday, 11:59 pm EST for full credit.** I encourage you to post earlier and post often in order to keep up with the discussions; they develop rapidly.

3. **Quantity:** In order to meet the quantity requirements, a post will be at least a paragraph in length (~ 100 - 200 words). **One to four sentence posts will not be sufficient to receive full credit** for that posting day. You will find that some topics call for lengthier responses.
4. **Accuracy:** Your posts must be free of spelling and grammatical errors. Paragraph format must be used. **Please use the Spell Check** provided by Blackboard.
5. **Citations:** Where applicable, all posts must be cited using APA format. If referencing the text, you must cite accordingly.

**Please review the discussion board grading rubric posted in the weekly units for point distributions.**

- You are required to post **2 times** per week (initial post that answers the forum question(s) and one response to a classmate.
- Your first original (initial) post must answer the discussion question and is due by Wednesday of each week.
- Your response post must be in response to another student's post.
- Your initial post **OR** your response post may be presented in a different format. For example, you may choose the traditional format by typing your response or you may post a PPT, short original video (2 min. max), or another form of media. **At least ONE of the two posts must be in text (typed out)**. If you choose to use a different format and an explanation is necessary, please be sure to provide one.
- See the discussion board grading rubric for more details

**Please note:** Discussion posts cannot be made up, and the discussion will not be extended for any reason.

Professional behavior is expected at all times. This includes respect and courtesy for the instructor and fellow students within the virtual classroom discussion board.

### Course Outline / Class Schedule\*

Week	Readings and Activities	Assignments to Submit <u>Online</u> (check off as you complete)
1	Read and view PowerPoint for: <b>Chapter 1</b> Consumer Health, Conventional Medicine, and Complementary and Integrative Health	<input type="checkbox"/> Introduce yourself on discussion board (ungraded) <input type="checkbox"/> Participate in Discussion 1 <input type="checkbox"/> Complete Reflective Journal 1 <input type="checkbox"/> Take Quiz on Chapter 1
2	Read and view PowerPoint for <b>Chapter 2</b> Scientific Method and <b>Chapter 3</b> Advertising Health Products	<input type="checkbox"/> Participate in Discussion 2 <input type="checkbox"/> Complete Reflective Journal 2 <input type="checkbox"/> Take Quiz on Chapter 2 and 3
3	Read and view PowerPoint for <b>Chapter 4</b> Cost of Health Care in the US and <b>Chapter 5</b> Conventional Medical and Health Care	<input type="checkbox"/> Participate in Discussion 3 <input type="checkbox"/> Complete Reflective Journal 3 <input type="checkbox"/> Take Quiz on Chapter 4 and 5
4	Read and view PowerPoint for <b>Chapter 6</b> CAM, Integrative Medicine and Health, and Early Pioneers	<input type="checkbox"/> Participate in Discussion 4 <input type="checkbox"/> Complete Reflective Journal 4 <input type="checkbox"/> Take Quiz on Chapter 6
5	Read and view PowerPoint for <b>Chapter 7</b> Complementary and Alternative Health Care: Historical Foundations of Holistic Healing	<input type="checkbox"/> Participate in Discussion 5 <input type="checkbox"/> Complete Reflective Journal 5 <input type="checkbox"/> Take Quiz on Chapter 7
6	Read and view PowerPoint for <b>Chapter 8</b> Alternative Medical Systems: Ayurvedic and its Practices	<input type="checkbox"/> Participate in Discussion 6 <input type="checkbox"/> Complete Reflective Journal 6 <input type="checkbox"/> Take Quiz on Chapter 8
7	Read and view PowerPoint for <b>Chapter 9</b> Alternative Medical Systems: Traditional Chinese Medicine	<input type="checkbox"/> Participate in Discussion 7 <input type="checkbox"/> Complete Reflective Journal 7 <input type="checkbox"/> Take Quiz on Chapter 9
8	Read and view PowerPoint for <b>Chapter 10</b> Alternative Medical Systems: Naturopathic and Homeopathic Medicine	<input type="checkbox"/> Participate in Discussion 8 <input type="checkbox"/> Complete Reflective Journal 8 <input type="checkbox"/> Take Quiz on Chapter 10
9	Read and view PowerPoint for <b>Chapter 11</b> Botanicals: A Biologically Based Therapy and <b>Chapter 12</b> Aromatherapy and Bach Original Flower Remedies	<input type="checkbox"/> Participate in Discussion 9 <input type="checkbox"/> Complete Reflective Journal 9 <input type="checkbox"/> Take Quiz on Chapter 11 and 12
10	Read and view PowerPoint for <b>Chapter 13</b> Manipulative and Body-Based Therapies	<input type="checkbox"/> Participate in Discussion 10 <input type="checkbox"/> Complete Reflective Journal 10 <input type="checkbox"/> Take Quiz on Chapter 13
11	Read and view PowerPoint for <b>Chapter 14</b> Mind-Body Intervention	<input type="checkbox"/> Participate in Discussion 11 <input type="checkbox"/> Complete Reflective Journal 11 <input type="checkbox"/> Take Quiz on Chapter 14
12	Read and view PowerPoint for <b>Chapter 15</b> Energy Therapies	<input type="checkbox"/> Participate in Discussion 12 <input type="checkbox"/> Complete Reflective Journal 12 <input type="checkbox"/> Take Quiz on Chapter 15
13	Read and view PowerPoint for <b>Chapter 16</b> Frauds and Quackery	<input type="checkbox"/> Participate in Discussion 13 <input type="checkbox"/> Complete Reflective Journal 13 <input type="checkbox"/> Take Quiz on Chapter 16
14	Read and view PowerPoint for <b>Chapter 17</b> Protection and Rights of American Consumers and <b>Chapter 18</b> Health Insurance in the US	<input type="checkbox"/> Participate in Discussion 14 <input type="checkbox"/> Complete Reflective Journal 14 <input type="checkbox"/> Take Quiz on Chapter 17 and 18

15	Final Exam Closes	<input type="checkbox"/> Take Final Exam
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***\*This syllabus is subject to change. Changes, if any, will be announced in class and on Blackboard. Be sure to check Blackboard and your Goodwin email regularly!***



## Class Policies



**Blackboard:** Blackboard contains class materials such as PowerPoints, worksheets, media, and links for submitting assignments. Be sure to **check Blackboard often** to stay up to date on announcements, new course materials, and other important information. **All assignments must be submitted on Blackboard.**

\*BB issues contact [bbsupport@goodwin.edu](mailto:bbsupport@goodwin.edu) or call 860-913-2152



**Late Assignments:** Per department policy, all work is expected to be handed in on time. Any work submitted to the instructor after the due date will result in a zero for that particular assignment. Late assignments or make-up exams are not permitted except when there are documented extenuating circumstances (i.e., medical and family emergencies), and the instructor has been notified 24 hours before or after the deadline. In circumstances in which the instructor permits a make-up exam, the format of the exam is at the discretion of the instructor.

Your participation in this course is measured by completion of exams, quizzes, discussion posts and journal assignments. Late work poses a serious threat to a student's ability to keep up with the pace of the course. All graded content is to be turned in on or before the due date. There will be no resetting or retaking of any graded content. Online course work that is not taken/completed during the allotted time will result in a zero for the course work. **All quizzes/tests/journals are due by Sunday, 11:59 p.m.**

As a rule, late work will not be accepted. In the event of a valid emergency (serious illness, accident, or natural disaster) please contact me immediately. If agreed upon, you will have up to 7 days to complete the missed work.

**Discussion posts cannot be made up.**

Any student needing a make up for an extenuating circumstance (emergency situation, documentation provided), the student MUST:

- Contact the instructor for an extension PRIOR to the due date of the assignment/test/quiz or a make-up will not be allowed.
- Have a valid reason for missing the due date (moving, vacation, needing more time to study, computer issues are NOT valid reasons)- plan your time accordingly



**Technology:** Firefox is the recommended browser when using blackboard. For Blackboard technical problems in the course, refer to the helpdesk under the Technical Support Tab.

Access to all computer systems, networks and electronic devices owned by Goodwin University imposes certain responsibilities and obligations to all faculty, staff and students. The university's technology policy outlines the acceptable usage for all computers and peripherals, network resources, telephones and all other electronic devices owned and maintained by Goodwin University. Users failing to adhere to this policy may face disciplinary actions by Goodwin University and/or local and federal law enforcement agencies. The complete technology policy is located on the Goodwin website <http://www.goodwin.edu/pdfs/policies/technologypolicy.pdf> and in the student handbook.



**Course Decorum:** We will create a positive environment in the classroom. There is an expectation of respect and professionalism (i.e., demonstrate respect for instructors, peers, and self, participate in classroom activities, and follow course and university policies).



**Communication and E-mail:** Students are expected to communicate in a professional manner (i.e., verbal, written, and electronic). I will send course updates and announcements through Blackboard so please **check your Goodwin e-mail account regularly.**



**Plagiarism:** Plagiarism is using someone else's words or images as your own without citing or giving credit back to the originator and is not allowed (see academic integrity). Please cite all work or a zero will be recorded. **Wikipedia or any other wiki site, about.com, ask.com, answers.com, etc. are not reliable sources** and are not accepted as valid sources

- All discussions are run through SafeAssign (plagiarism checker) weekly.

Plagiarism is a violation of the Academic Integrity code of this institution and will not be tolerated. The plagiarism policy applies to every aspect of coursework including threaded discussions, exams, quizzes, assignments, etc. It is important that students fully cite any outside ideas, text and visual aids they reference in their work.

If you copy from, rely on, or paraphrase from your text or from any other source, you must include quotations for copied materials, in-text citations and complete end-of-text citations. For any source, you must include the proper reference material including the full URL and date accessed if the source is from the Web. Failure to cite completely in-text and at the end-of-text is a violation of Academic Standards and will result in a zero for the discussion/assignment.

As members of an academic community, which places a high value on truth and the pursuit of knowledge, students are expected to be honest in every phase of their academic life and to present as their own work only that which is genuinely theirs. Each student has the responsibility to maintain the highest standards of academic integrity and to refrain from cheating, plagiarism, or any other form of academic dishonesty.



#### **Attendance:**

Extensions (Excused absences) are:

- Due to extenuating circumstances and at the discretion of the instructor. Instructor must

be notified as soon as possible and documentation must be provided for decision to be rendered.



#### **Testing Policy:**

- Quizzes are not timed, however, must be completed in one sitting- this means if you log out of the quiz, it will not allow you back in. Please plan accordingly.
- Blackboard may stop your exam if additional browsers or tabs are open. Exams are not reset for this reason.
- Do not **copy** answers from the text, google or any other source on the exams. That is cheating.
- Firefox is the preferred browser for Blackboard testing
- **NOTE:** A computer crash is NOT a valid excuse for submitting late work. Be sure to back up your work in several places and budget your time accordingly.

### **Goodwin University Policies and Services**

**This course adheres to all policies outlined in the Goodwin University catalog.**

General academic policies of Goodwin University may be found on the university web site at and in the university catalog at

<http://www.goodwin.edu/academics/catalogs.asp>.

Student services information may be found on the Goodwin University website at <http://www.goodwin.edu/student-services/> and <http://www.goodwin.edu/library/>.