

PALOMAR COLLEGE
COURSE OUTLINE OF RECORD FOR
NONCREDIT COURSE

(Use this form only for Noncredit courses)

COURSE NUMBER AND TITLE: CNED 230 Folk Medicine/Herbology

MINIMUM NUMBER OF SEMESTER HOURS: 16

SCOPE OF COURSE:

An exploration of the historical use of herbology and folk medicine and its incorporation by modern western medical practitioners into an holistic approach to health care and disease prevention.

SPECIFIC COURSE OBJECTIVES:

The successful student will:

1. Analyze and evaluate cross-cultural comparisons of modern and folk medicine.
2. Compare and contrast how Western scientific medicine relates to "folk medicine" and the current holistic health movement.
3. Assess folk medicine in terms of scientific proof or verifiability.
4. Understand the use of herbs in modern and traditional/folk medicines.
5. Analyze the modern approach to the patenting of medicine.
6. Appraise individual responsibility for health care.
7. Be proactive in health and wellness choices.
8. Make informed decisions in conjunction with doctor and/or health practitioner.
9. Develop a personal exercise program to increase well being.
10. Learn techniques for stress reduction.
11. Share information with class and others.
12. Keep mentally and physically active.
13. Analyze the role of individual belief systems in maintaining health or achieving healing.

CONTENT IN TERMS OF SPECIFIC BODY OF KNOWLEDGE:

- I. Introduction and Overview of Folk Medicine and Herbology
- II. Principles of Medicine and Healing Practices in Ancient Cultures and Modern Cultures
- III. Terminology
- IV. Herbs and Their Properties
- V. Field Identification of Medicinal Plants
- VI. Food as Medicine
- VII. Introduction to modern orthomolecular nutrition - vitamin and mineral effects and deficiency symptoms
- VIII. Non-allopathic diagnostic systems
- IX. Analysis and Evaluation of Holistic Health Movement
- X. How to Develop a Health Enhancement and Maintenance Plan

MATERIALS REQUIRED:

Notebook

TEXTS RECOMMENDED OR REQUIRED:

Instructor will supply appropriate handouts In addition to classroom textbooks, magazine articles and handouts.

INSTRUCTIONAL METHODOLOGY:

Check all that apply:

- Lecture
- Laboratory
- lecture-laboratory combination

DISTANCE LEARNING:

This course may be offered as a distance learning course and meets Title 5 regulations 55370, 55372, 55374, 55376, 55378, and 55380.

Yes No

If yes, check all that apply.

- Television Course (Video one-way, e.g. ITV, video cassette, etc.)
- Online Course (Text one-way, e.g. newspaper, correspondence, electronic file, etc.)
- Two-Way Video Conferencing (Two-way interactive video and audio)
- One-Way Video Conferencing (One-way interactive video and two-way interactive audio)
- Computer Assisted Instruction (A specialized form of mediated instruction relying primarily on student access to information and prepared lessons or teaching materials through a computer terminal, but not under immediate supervision of a qualified instructor.)

METHODS OF DETERMINING WHETHER THE STATED OBJECTIVES HAVE BEEN MET BY STUDENTS:

The student will develop and maintain a personal journal, which incorporates relevant and specific information, which will assist the student in creating, recording, and maintaining a plan to optimize individual health and well being. The journal will be the student’s personal reference for determining the degree of progress toward the individual goals selected by the student.

CONTACT PERSON: Lee Kerckhove, x2154

SIGNATURES ON FILE: