

COMPLEMENTARY HEALTH CARE (CHC)

CHC 101. Introduction to Complementary Healthcare. 3 Credits.

This course is an introduction to the theories and practices of complementary health care. Wellness and disease are explored in terms of their relationships to lifestyle behaviors, responses to change and transition, and consciousness (mindfulness or moment-to-moment awareness). There will also be an introduction to several complementary treatments that can be incorporated into one's lifestyle to improve and enhance health. Complementary health care practitioners will be guest speakers complementing the program with their expertise. Prerequisites: ENG 098, FYE 101, RDG 098, or placement. Fall.

CHC 102. Foundations of Yoga. 3 Credits.

This course will examine in detail the multifaceted jewel known as yoga from its earliest beginnings in ancient India to its contemporary applications in the health field. Topics covered include, but are not limited to, philosophy and psychology of yoga, yoga as a science of well being, and the psychophysiology of yoga. Students will practice techniques of yoga to include breath and mind work. Prerequisites: ENG 098, FYE 101, RDG 098, or placement. Fall.