COMPLEMENTARY HEALTH CARE (CHC)

CHC 101. Complementary Health Care. 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.

CHC 105. Introduction To The Chakra System. 3 Credits.
With an understanding of the Major Chakra System, students gain the knowledge to accelerate the healing process of issues affecting the body, mind, and spirit system. This course provides a thorough investigation into one process that can be used for preventive measures to keep one’s optimum health on track. Students will come to an understanding as to what is meant by energy healing, especially in reference to their Chakra system, the aura, meridians, and other vital points in the body system that are used to promote better health conditioning. Prerequisites: ENG 098, FYE 101, RDG 098, or placement. Spring.

CHC 108. Transforming Stress. 3 Credits.
This course provides students with an opportunity to explore the subject of stress management in an academic context. Scientific research related to the causes and effects of stress will be examined. In this course students will be taught relaxation, meditation, and other strategies for transforming stress by comprehending the effects of stress on the human condition, analyzing one’s own stress triggers and levels, and practicing a variety of stress management tools to incorporate into one’s lifestyle. Prerequisites: ENG 098, FYE 101, RDG 098, or placement. Spring.

CHC 110. Reiki: Traditional Usui Method. 3 Credits.
Reiki is an ancient healing method. It is a natural healing energy that can be stimulated in the body through the hands of the practitioner to another person. Its gentle hand patterns are designed to bring the body and mind to a state of relaxation, which enhances the body's own natural ability to heal itself. No special belief systems are necessary. Through the assistance of the instructor, the student will learn the technique of stress reduction. Students will learn three practitioner levels of Usui Reiki. Prerequisites: ENG 098, FYE 101, RDG 098, or placement. Fall.

CHC 202. Yoga II. 3 Credits.
This course is designed to provide students with a more detailed view of yoga techniques and philosophy. Students will have a detailed instruction in the chakras. Students will develop and deepen their personal yoga practice and in turn connecting to yoga at a deeper level of awareness. Prerequisite: CHC 102.

CHC 204. Yoga III. 4 Credits.
This course will provide students insight into teaching yoga including detailed instruction in asana (postures/poses). This course includes the knowledge necessary to construct a yoga class. Students will discuss diverse population and how to modify yoga to meet the special needs of these populations. Students will also participate in a teaching practicum to be established during the first half of the course. Prerequisites: CHC 202.

CHC 220. Mind-Body-Spirit Connection. 3 Credits.
This course introduces students to the philosophy, history and methods used to promote the ideas and concepts of creating an integrated, healthy life. The student will discuss the imperatives of engaging the human spirit to effectively deal with change. Students will explore the physiological and psychological mechanisms that maintain homeostasis and the adaptation responses learned through the physical and social environment. While gaining knowledge of mind-body-spirit medicine from scientific and philosophical sources, it is expected that the class will engage in discussion and practice of learning how to listen to the body and challenge assumptions about ways of seeing the world. Prerequisites: ENG 098, FYE 101, RDG 098, or placement. Spring.

CHC 230. Complementary Healthcare (CAM). 3 Credits.
This course was designed to create a culminating experience for students interested in the growing industry of Complementary and Alternative Medicine (CAM). Students will be expected to put together various components of their education, both theory and practice, in order to synthesize what they have learned into practice. Topics such as professionalism, ethics, legal aspects of practice, and career advancement will be included. Students will be expected to complete research and writing assignments relative to current
CAM practices. Prerequisite: CHC 101. Corequisite: CHC 220. This course is restricted to CHC degree seeking students who have completed at least 45 credits.