

MODULE CMH2110: COMPLEMENTARY THERAPIES

Level: Intermediate

Theme: Health Sciences

Prerequisite: None

Module Description: Students examine complementary therapies, their foundations, applications, costs, ethical issues and predictions for the future.

Note: This module includes concepts that may be particularly sensitive to students, parents or community members.

Module Parameters: No specialized equipment or facilities.

Curriculum and Assessment Standards

Module Learner Expectations	Assessment Criteria and Conditions	Suggested Emphasis
<p><i>The student will:</i></p> <ul style="list-style-type: none"> describe and critique a complementary therapy identify career opportunities in complementary therapies 	<p><i>Assessment of student achievement should be based on:</i></p> <ul style="list-style-type: none"> defining, describing and critiquing one complementary therapy, including: <ul style="list-style-type: none"> specific components ethical considerations consumer issues community resources prevalence of the therapy future outlook for the therapy career opportunities including personal characteristics, education/training, working conditions, salaries, employment/entrepreneurial opportunities. <p><i>Assessment Tool</i> <i>CMH2110–1: Research Process: Complementary Therapies</i></p> <p><i>Standard</i> <i>Performance rating of 2 on the rating scale</i></p>	<p>90</p> <p>10</p>
<ul style="list-style-type: none"> demonstrate basic competencies. 	<ul style="list-style-type: none"> observation of individual effort and interpersonal interaction during the learning process. <p><i>Assessment Tool</i> <i>Basic Competencies Reference Guide and any assessment tools noted above</i></p>	<p>Integrated throughout</p>

MODULE CMH2110: COMPLEMENTARY THERAPIES (continued)

Concept	Specific Learner Expectations	Notes
Health Promotion	<p><i>The student should:</i></p> <ul style="list-style-type: none"> • describe what complementary therapies are and their role in the emerging new paradigms focusing on health promotion and illness prevention • identify principles that define the philosophy and foundation of complementary therapies. 	<p>Maintenance of health and prevention of illness rather than treatment of symptoms and disease.</p> <p>Relationship of body, mind, emotions, social with the environment in determining health states.</p> <p>Focus on natural, non-invasive techniques to promote health and healing.</p> <p>Draws from healing wisdom of many lands and cultures.</p> <p>Empowers individuals to participate in their own healing process.</p> <p>Such as:</p> <ul style="list-style-type: none"> • healing power of nature (body to heal self) • “first do no harm” • identify and treat cause (not just symptoms) • therapist as “teacher” (achieving health/ avoiding disease).
Observation, Assessment and Application	<ul style="list-style-type: none"> • define, describe and critique a variety of complementary therapies 	<p>Example: Aromatherapy Acupuncture, Acupressure massage, Ayurvedic medicine (India), Chiropractor, Meditation Yoga, Hypnosis, Biofeedback, Relaxation and Visualization therapy, Homeopathy, Exercise therapy, Hydrotherapy, Music therapy, Reflexology, Naturopathy, Nutrition Osteopathy, Herbology, Therapeutic Touch, Reiki, Bioenergetics, NLP (neurolinguistic programming).</p>

MODULE CMH2110: COMPLEMENTARY THERAPIES (continued)

Concept	Specific Learner Expectations	Notes
<p>Observation, Assessment and Application (continued)</p>	<p><i>The student should:</i></p> <ul style="list-style-type: none"> • analyze ethical considerations related to complementary therapies • analyze consumer issues such as cost factors, reliability of product, availability, etc. • research specific information for a written and/or oral presentation on applications of a specific approach and treatment therapies offered through complementary therapies • identify alternative futures of complementary therapies. 	
<p>Career Exploration</p>	<ul style="list-style-type: none"> • describe and evaluate career opportunities within the areas of complementary therapies. 	<p>Occupational interviews. Job shadows. Areas of homeopathy, naturopathy, osteopathy, chiropractic, medical doctor, biochemistry, nutrition, cultural medicines, etc.</p>

