**AUBURN UNIVERSITY**

**SYLLABUS**

**Course Number:** KINE 3443

**Course Title:** Complementary Therapies and Integrative Health (Online Course)

**Term:** Spring 2017

**Day/Time:** N/A

**Instructor:** Lauren Brewer

**Office Address:** 301 Wire Road, Kinesiology Research Facility, Rm #020

**Contact Information:** [leb0060@auburn.edu](mailto:leb0060@auburn.edu)

**Office Hours: By appointment only**

**Textbook (Required):** Complementary Therapies and Wellness: Practice Essentials for Holistic Health Care by Jodi Carlson ISBN**:** 0-13-031936-8

**COURSE DESCRIPTION:**

Examination of complementary and alternative therapies essentials and principles, as well as the different specific therapies and how they relate to present-day practices in the medical/rehabilitation field.

**COURSE OBJECTIVES:**

Upon completion of this course, students will be able to demonstrate an understanding of:

1. Foundations of complementary and alternative therapies
2. Ability to interpret literature relevant to complementary and alternative therapies
3. Skills necessary to draw conclusions from literature to enhance critical thinking and apply it to assignment questions, case studies, and literature reviews

**COURSE REQUIREMENTS/EVALUATION:**

Assignments (7 x 100 pts each) 70% 700 points

Final Assignment 20% 200 points

Syllabus Quiz 5% 50 points

Research Review Quiz 5% 50 points

Total 100% 1000 points

Final grades will be based on the following system:

A = 90-100

B = 80-89

C = 70-79

D = 60-69

F = below 60

**Assignments:** There are a total of 7 assignments that you will have 2 weeks per assignment to have completed by their assigned due date. Each assignment will consist of required readings from the textbook, PowerPoints, or provided articles to finish assignment questions. Assignment questions will consist of understanding of different types of therapies, article interpretations, case-studies, etc. and must be answered in essay format using reliable sources and in-text citations to get full credit.

**Syllabus and Research Review Quiz:** See Week 1. Posted on Canvas.

**Final Assignment:** Similar premise as Assignments

**COURSE CONTENT:**

It is your responsibility as a student enrolled in this online course to ensure you have computer hardware that is working properly and access to the internet. A hardware or internet access failure is not a legitimate excuse for missing a due date for an assignment. Assignments are available to complete well in advance of due dates and Auburn University offers numerous locations on campus with working hardware and internet access. Issues involving hardware or internet access will be investigated on an individual basis and must be reported immediately to your instructor.

**Assignments are DUE ON WEDENSDAYS AT 11:59PM, unless otherwise listed**

Week 1: 1/11-1/18

Review Syllabus and Research Guide

Syllabus Quiz and Research Quiz due **1/18**

Week 2: 1/18-1/25

Introduction to Complementary and Alternative Therapies

Chapters: 1, 2, 5, and additional readings provided

Assignment #1 due **1/25**

Week 3 & 4: 1/25-2/8 **- *Last day to drop a course with no grade assignment* – 2/1**

Foundation of Principles

Chapters: 8-11, and additional readings provided

Assignment #2 due **2/8**

Week 5 & 6: 2/8-2/22

Energy Therapies - Biofields, Reiki, Non-contact Therapeutic Touch

Chapters: 9, 17, 19, and additional readings provided

Assignment #3 due **2/22**

Week 7 & 8: 2/22-3/8

Manual & Body Based Approaches - Movement Awareness: Feldenkrais Method, Tai Chi, Yoga

Chapters: 10, 15, 23, 24, and additional readings provided

Assignment #4 due **3/8**

Week 9, 10, & 11: 3/8-3/29 ***– Spring Break 3/13-3/19***

Manual & Body Based Approaches – Tissue-based: Craniosacral, Myofascial Release, Reflexology, Shiatsu, Rolfing, Chiropractic

Chapters: 10, 14, 16, 18, 21, 22, and additional readings provided

Assignment #5 due **3/29**

Week 12 & 13: 3/29-4/12 ***– Last day to withdraw with no grade penalty. “W” assigned – 3/31***

Mind-Body Interventions – Biofeedback, Placebos, Acupuncture, Relaxation/Meditation, Hypnotherapy Additional topics though already covered: Chiropractic, Tai Chi, Yoga

Chapters: 11, 13, 20, and additional readings provided

Assignment #6 due **4/12**

Week 14 & 15: 4/12- 4/26

Natural Products – Dietary/Herbal Supplements, Vitamins, Lotions, Probiotics, Special Diets

Chapters: Additional readings provided

Assignment #7 due **4/26**

Week 16: 4/26-5/3

Final Assignment due **5/3**

**CLASS POLICY STATEMENTS**

**Late Policy**-- Every day an assignment is late following the due date, it will be deducted 1 point each day until it is submitted. Exceptions can be made for properly authorized excuses only.

**Make-Up Policy -** Arrangement to make up missed assignments due to properly authorized excused absences must be initiated by the student within one week from the end of the period of the excused absences. The format of the make-up assignment will be as specified by the instructor. If the student fails to follow these instructions the excused absence in question will be calculated as an incomplete assignment.

**Accommodations** – Students who need accommodations are asked to electronically submit their approved accommodations through AU Access and to arrange a meeting during office hours the first week of classes, or as soon as possible if accommodations are needed immediately. If you have a conflict with my office hours, an alternate time can be arranged. To set up this meeting, please contact me by e-mail. If you have not established accommodations through the Office of Accessibility, but need accommodations, make an appointment with the Office of Accessibility, 1228 Haley Center, 844-2096 (V/TT).

Please note that accommodations are not retroactive. Accommodations begin after: (1) a meeting with the Office of Accessibility to determine appropriate accommodations; and (2) a meeting with the Instructor arranged by the student.

**Honesty Code** – All portions of the Auburn University student academic honesty code (Title XII) found in the Auburn University Student Policy eHandbook www.auburn.edu/studentpolicies will apply to this class. All academic honesty violations or alleged violations of the SGA Code of Laws will be reported to the Office of the Provost, which will then refer the case to the Academic Honesty Committee.

**Professionalism** – As faculty, staff, and students interact in educational settings, they are expected to demonstrate professional behaviors as defined in the College of Education’s conceptual framework. There professional commitments or dispositions are as follows: 1) engage in responsible and ethical practices, 2) contribute to collaborative learning communities, 3) demonstrate a commitment to diversity, and 4) model and nurture intellectual vitality.

**Course contingency --**If normal class and/or lab activities are disrupted due to instructor illness, emergency, or crisis situation, the syllabus and other course plans and assignments may be modified to allow completion of the course. If this occurs, an addendum to your syllabus and/or course assignments will replace the original material.