

Initiative Report for HPEA 2009-10

Expand the Diversity of our health curriculum with a new course called Holistic Health.

Summary:

To research, develop, and reinstate a Holistic Health Course at Lane Community College in the Health/PE/Athletics Department

Description

This initiative seeks funding to develop and reinstate the course HE240 Holistic Health. HE240 was last taught in 1998. Currently only a course description and syllabus exist, however, both must be changed to reflect current thinking in this field. It is very worthwhile to invest in developing this course because it represents a booming segment of the health care industry both nationwide and in Lane County. This class has the potential to be very popular among LCC students and to provide a cutting edge perspective to the Health Department.

Questions and Answers

How is the initiative linked to the Unit Plans most recently submitted?

- 1. How does it continue the achievement of those goals?**
- 2. If this is a continuation of an initiative started last year, make sure that relationship is clear.**

How is this initiative linked to the efficiencies and productivities plans you had last year?

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- 2. If this is a continuation of an efficiency or productivity plan started last year, make sure that relationship is clear.**

How is the initiative linked to the Unit Plans most recently submitted?

Past Unit Plans have included expanding the diversity of our curriculum, offering sections at different times, with different formats and increase student engagement.

1. How does it continue the achievement of those goals?

This course offering furthers the achievement of all three top goals of the Health and PE department.

Goal 1: Increase the diversity of our curriculum offerings

Developing and offering a Holistic Health course will increase the diversity of our curriculum offerings by offering students a new course option.

Goal 2: Expand the learning environment by offering more distance learning options
This course will be taught online by at least one Health instructor. As an online course, Holistic Health will meet this goal by offering students another distance learning option.

Offer sections at various times to meet student needs.

Offer sections at various times to meet student needs. The development of an additional health course will enable the department to increase the diversity of the times and mode health courses are offered to better meet student needs.

Goal 3: Increase student engagement

Holistic Health is a relevant and timely course offering for students today. Alternative and complementary medicine is a booming segment of the health care industry. A Holistic Health course offering can increase student engagement by speaking directly to the health care questions, needs and skills of today's students.

How is this initiative linked to the efficiencies and productivities plans you had last year?
Efficiencies and productivities plans were not submitted as part of our Unit Plan last year.

Describe the resources needed:

-Curriculum Development Funds are requested for the development of a new health course (Holistic Health). Two health instructors have agreed to work collaboratively to develop this new course by researching various Holistic Health texts and current Holistic Health courses offered at various educational institutions.

-Amount requested: 100 curriculum development hours total to be shared between two instructors. $100 \times \$28.21 = \$2,821$

A General Fund increase to our part-time faculty budget of \$3,275.74 would be needed for each sections of this course we offer unless we substitute this topic with what we currently offer.

What specific measurable program outcomes do you expect to achieve with this initiative? The outcomes should be specific enough to be measurable. Also, outline the method that will be used to determine the results.

-The first measurable program outcome that will be achieved with the development of the Holistic Health course is larger numbers of students served. Currently, all of the health courses (averaging 28 courses per term) are filled. The addition of another health course offering would increase current FTE and enrollment.

-This outcome will be measured by tracking enrollment each term.

-The second measurable program outcome that will be achieved with the development of the Holistic Health course is better meeting the needs of the community. Lane County residents seek holistic health care in high numbers as evidenced by the large community

of holistic medicine practitioners in the region. The interest in Holistic Health in the community at large will be reflected in our course offerings by developing this course.

-This outcome will be measured by tracking enrollment each term.

-The third measurable program outcome that will be achieved with the development of the Holistic Health course is better preparing students who are studying health professions. A Holistic Health course will help them develop a greater variety of skills and help them be more prepared for the demands of their future work.

-This outcome will be measured by an end of the term assessment with questions specifically for health profession students.

Department Priority:

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Unit Resources:

Part-time budget will increase \$3275.74

\$3275.74 Part Time Salary + OPE each section.

- Current department resources that will be devoted to this initiative include the following:

- Current instructors and workload. The requested 100 hours of curriculum development hours will only provide a small percentage of work time invested in the development of a new Holistic Health course.

- Course Materials/supplies. The course materials will be provided at no charge from the various publishing companies.

- Course equipment. The current available AV equipment will be used to effectively teach the course.

Funding Request: Carl Perkins

Funding Request: Curriculum Development

1. List the following information

- **Course Numbers (titles if not currently offered)**
- **Instructor Name(s) who will work on the curriculum development**
- **Whether each of the courses is in, or has been through, the curriculum approval process**

HE240: Holistic Health

Stacie Steinbock and Liz Dickey

This course went through a curriculum approval process. However, it has not been taught in several years. Currently, only a course description and syllabus exist. Both must be rewritten.

2. List each course number (or title) and the materials to be created for each class

- **Instructional goals, objectives, syllabi and outlines**
- **Lab instruction packets**
- **Practice, quiz, presentation &/or demonstration materials**
- **Other (specify)**

The following materials will be created for the Holistic Health (HE240) course:

- Instructional goals, objectives, syllabi, and outlines.
- A course packet that students can use along with the required textbook to encourage critical thinking and personal application of the course curriculum.
- Homework assignments and assessments will be developed to assess student understanding of the course material.
- Videos will be reviewed to offer additional, but complimentary viewpoints of various subjects related to Holistic Health.
- Quizzes and exams will be created to assess student understanding of the course material.

3. List each course number (or title) and give your timeline for beginning and completing each course curriculum development.

HE240 Holistic Health

May ---- June Feb. 20, 2009 - Write a course description; choose a text; write new instructional goals and objectives; make a presentation to the Curriculum Approval Committee.

June ---- July 1, 2009 - Write a syllabi; create an outline for the course.

July 1, 2009 - Complete lesson plans; gather demonstration materials.

August 1, 2009 - Complete writing quizzes, exams and self-assessments; create a packet of complementary materials for students to accompany course.

September 2009 (Fall Term 2009) ---- Offer 1-2 sections of Holistic Health

January 2009 (Winter Term 2010) ---- Offer 1 section of Holistic Health via distance learning (online) in addition to an on campus offering.

4. What are up to 3 departmental instructional goals that are met through the development of curriculum in each class?

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Goal 3: Increase student engagement

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5. List each course number (or title) and give the value of the development of curriculum in each course to other faculty members.

HE240: Holistic Health

- The development of the course Holistic Health creates an atmosphere of innovation in the department at large. New courses in cutting edge fields serve as an inspiration to continue to learn about emerging trends in the field of health and to make this available to students.
- The development of the course Holistic Health brings new and cutting-edge information into the pool of information available to all faculty members.
- The material covered in a Holistic Health course would provide a foundation of basic health knowledge for instructors to build on in other health courses.
- The topics covered in a Holistic Health course would expand on information students learn in other health courses.
- Developing the Holistic Health course now would provide a foundation for other instructors to teach this course in the future.

6. List each course number (or title) and say how many students will be served by the development of curriculum in each class.

HE240: A minimum of thirty-two students will benefit from taking this class with each section offered each term.

7. List each course number (or title) and give the specific benefits to students that you expect from the development of curriculum in each class.

The specific benefits we would expect students to receive from the development of a Holistic Health course would be the following:

- Improve ones overall health and wellness by learning holistic approaches to reduce diseases, such as osteoporosis, various cancers, diabetes, and heart disease.
- Learn new skills to create health optimization and disease prevention.
- Be able to distinguish between self-treatable conditions and those that require professional care.
- Learn skills for treating minor conditions at home.
- Gain a greater understanding of treatments available and the philosophy behind them.
- Gain a greater understanding of which practices are suited to their own needs.

8. List each course number (or title) and give the specific benefits for diversity that you expect from the development of curriculum in each class.

HE240: Holistic Health incorporates diverse health perspectives and treatment systems from around the world, such as ayurvedic philosophy from India, Tai Chi movement and meditation from China and herbal remedies from Northwestern Native peoples. As such, this course specifically focuses on diverse knowledge systems and welcomes a diversity of learners as well.

LCC is a diverse educational institution with students who practice health and wellness in diverse ways as well. This course would reach out and serve this diverse community by acknowledging that there is more than one way to reach optimal health and wellness.

9. List each course number (or title) and give the specific benefits to sustainability that you expect from the development of curriculum in each class.

HE240

Holistic Health has at its core a deep commitment to social, financial and environmental sustainability. For example, on the social level holistic medicine seeks to free the individual from dependency on outside experts. Rather, holistic medicine seeks to empower the individual to take responsibility for their health. As the American holistic Health Association says on their website, only you have the power to create wellness for yourself. Your power lies in the choices you make every day on your own behalf.

Holistic health supports increased financial sustainability by breaking individual dependence on expensive medical treatments that treat symptoms, not root problems which in turn creates a cycle of ill health. For example, holistic health finds problematic expensive prescription medications meant to treat a symptom when the medication itself is toxic thus creating new problems to fix. Rather, holistic health philosophy and practices seek to treat the root causes of health problems. Additionally, holistic health is less expensive than allopathic medicine in many ways, including less expensive medications, less expensive treatments, less medical supplies and less research and development dollars.

Holistic health supports environmental sustainability by requiring fewer raw materials. Additionally, holistic health professionals are attentive to the harvesting methods of plants by favoring sustainable wild-crafting techniques and organic cultivation. The American Holistic nursing Association states on their website, Holistic nurses advocate and promote healthy environments and the healing of our planet. Just as Florence Nightingale advocated and understood the importance of clean, fresh air and clean surroundings for her patients, so too holistic nurses promote practices that help ensure the sustainability of our earth.

10. List each course number (or title) and give the specific effects on distributed learning that you expect from the development of curriculum in each class.

HE240 Holistic Health

Hours requested for Curriculum Development funding:

Please enter the amount of one of the following:

- **100 hours maximum for new development.**
- **70 hours maximum for course revision**
- **50 hours for 3-4 credit conversion**
- **other (use if multiple courses addressed in one initiative**

Do not enter any characters other than numbers and a decimal.

How many hours are you requesting? If there are multiple courses addressed in the initiative, please list each course number (or title) and give the number of hours requested for each course.

100

Can this initiative be partially funded?

No

Partially funded curriculum development HOURS requested:

Explanation of effect of partial funding:

Funding Request: Technology Fee