Faculty of Health Sciences  
School of Kinesiology & School of Health Studies  
The University of Western Ontario  
Kinesiology 3325A/Health Studies 3025A – Integrative Health - Fall 2013

Dr Don Morrow  
Thames Hall # 4163  
Phone: 519-661-4128  
Office Hours: Thursdays, 8:30-10:00, or by appointment  
e-mail: donmor@uwo.ca

Course TA: TA: Erin Ratelle eratelle@uwo.ca

Calendar Course Description: Integrative Health examines a variety of areas and issues concerning the broad field of integrative health. From an evidence-based perspective, the course explores integrative health domains and assesses the quantitative and qualitative evidence about these various forms of "alternative" health including, but not limited to Oriental medicine, mind-body interventions, manual therapies, and herbal/pharmacological approaches to integrative health and lifestyle decision-making.  
[See the Western Academic Calendar for prerequisites and antirequisites: www.westerncalendar.ca ]

We will be using the terms ‘alternative,’ ‘complementary,’ and ‘integrative’ relatively interchangeably although I prefer the term ‘integrative.’

Course Objectives: 
The overall objective of the course is to provide students with a comprehensive and critical understanding about the field of integrative health. Specific objectives include my commitment to:

1. assist students in acquiring fundamental knowledge about alternative/integrative health forms and methods of use/treatment;
2. provide a comprehensive examination and assessment of the various forms of alternative/integrative health;
3. teach and assist learning about critical thinking and analytical skills in assessing the validity of this rapidly-expanding area of health within western society. It is important to learn how to be intelligent consumers of alternative/integrative health personally and professionally in working within the broader health field;
4. provide exposure to practitioners in the Integrative Health field. To that end, we will have guest presentations from the fields of traditional Chinese medicine, chiropractic, osteopathy, naturopathy, manual therapies etc., dependent upon practitioner availability. You are responsible for all concepts discussed in these presentations.

Course Text and Readings:

They are about the same price ($70.00 approximately) and I notice the Kindle
2. Occasional readings announced in class and posted on OWL by Unit.

My Expectations of you:
This is a lecture, discussion, class participation, and group presentation senior level Undergraduate course. I regard the ultimate purpose of any University course to be one of fostering and engaging in critical thinking, in the case of this course, critical thinking about complementary, alternative, and integrative health systems and methods; all lectures, assignments, and exams are based on the critical thinking premise. **Doing the readings prior to each class is mandatory.**

Special Note: *** While the use of computers/notebooks for the purpose of note-taking during class is encouraged and permitted, the use of the internet, ipods, iphones, blackberries (and facsimile devices), email, texting, msn, face-book, twitter etc. is strictly prohibited while in class. ***

Assignments and Grading:

1. **Mid-term** examination, in class, Monday October 21st, in class, 30 % of final grade; make-up exam available for demonstrated conflict or illness (medical documentation must be submitted via your academic counselor).
2. **Evidence Assessment: Group Assignment & Presentation**; groups of 8-10 students, topics to be assigned, presentations beginning in Unit VII, ~ see Assignment Description below. Specific details and topics will be discussed and assigned in September; 30% of final grade;
3. **Final Examination** during December Final Exam Period, date and time assigned by the Registrar’s Office; 40% of final grade (not cumulative regarding the mid-term). Missing a final exam for medical reasons must be documented with your Dean’s office (academic counselor).

***NOTE: In keeping with the Freedom of Information and Privacy Act, all student grades are regarded as strictly confidential between each student and the course instructor. All grades will be posted for each student on OWL; full course grade statistics, the number of A+’s, A’s, B’s etc will also be posted but each student will only be able to view his/her grade. In the same vein, student exams will only be returned to each student in person, in class, or, to the student in my office.

Course Modules and Units:

**Overall Perspective for CAM/Integrative Health Study:**
For each form of alternative complementary health, we will be examining its historical background; current practices; level of ‘support’; evidence/appreciation/validation; resources, materials, and practitioners. Wherever feasible, we will try to bring in professionals in the various broad fields of integrative health.

**NOTE:** There are text chapters assigned as readings and there will be on-line readings assigned and/or confirmed in class for each module. The assigned readings will be available on our course web site via links to the various sources.
I Introduction (Sept 9 & 11)
This unit assesses some of the fundamental concepts related to defining and characterizing the field of alternative/complementary health; basic principles, the ‘medical model’, the dilemma of evidence, integrating allopathic with alternative perspectives etc.

Readings: Text: chapters 1 & 2

II Philosophy and Basis for Alt/Comp (Sept 16 and 18)
We will explore the basis for the different fields of Alt/Comp and look at person-centred approaches/interventions including the use of “coaching” models in Alt/Comp practices.

Readings: Text: chapter 3 & pdf OWL-posted reading, Alternative v Traditional Medicine chapter 69

This unit examines some of the more well-established areas of alternative health such as Oriental medicine, Native medicine, and the current, re-integration of community-based health care practices.

Readings: Text: chapters 26, 27, 28, and 29

IV Systems I (Oct 2, 7 & 9)
This unit will focus on two major systems or fields of Alt/Comp, homeopathy and naturopathy.

Readings: Text: chapters 21 & 24

Manual healing and practical techniques involve elements such as chiropractic, osteopathy, massage therapy, trager and selected forms of bodywork.

Readings: Text: chapters 16, 17, 18, and 19

*** Midterm Examination: Monday October 21st, in class; you are responsible for all material up to the end of Unit IV, Systems I for this exam

Manual healing and practical techniques involve elements such as chiropractic, osteopathy, massage therapy, trager and selected forms of bodywork

VI Herbal/Pharmacological & Unclassified Approaches (Nov 6 & 11)
This unit assesses the rapidly-emerging field and forms of herbal remedies and
pharmacological interventions. We will limit our discussion to herbal medicine, and unconventional drugs/vaccines.

**Readings:** Text: chapters 22 and 25

**VII Integrative Approaches re Health Issues - in-class Group Presentations** (Nov 13, 18, 20, 25 & 27) See assignment description below.
This section of the course examines the concept of integrative medicine with specific respect to current evidence about common health conditions/issues.

**Readings:** assignment submissions, posted on OWL from presentation groups.

**VIII Synthesis** (Dec 2 & 4)
We will be looking at synthesizing alternative approaches re pediatric care and women’s health.

**Readings:** chapter 38

**Assignment Description:**
**Evidence Assessment and Presentation (30%) - Group Written Assignment and Presentation Description**

This is a group assignment with anywhere from 8 to 10 persons in each group, depending upon final class size; you will be put into a group at random. The basic concept of the assignment is this: in more traditional areas of health and medicine, integrative approaches are becoming more and more common. Your group’s first task is to choose one (first come basis) of these areas – such areas as C-V health, Chronic fatigue syndrome, endocrinology; gastrointestinal, neurology, oncology, osteoporosis, otolaryngology, pain, pulmonary, psychiatry, rheumatology (or choose and ratify another health area with me) by 26 September. Next, from whatever secondary material you choose, find out what conventional or Western Medicine’s recommended methods of treatment/s might be (from a broad perspective). Then, your job as a group is to use find out the “best” evidence re integrative treatment is for your condition in order to assess what is known about the use of integrative treatments from the perspective of current evidence. The next step is to devise a system to search databases to determine the best, perhaps most current, comprehensive assessment of the evidence. The main idea is to have each group write an analysis of the evidence (maximum 20 pages) *that could be understood by the general public*. As an example, if a relative with a non-health science background had Chronic Fatigue Syndrome and wanted to know her/his options for choosing alternative therapies/modalities, what should that person know in assisting him/her to make an informed decision. The format for that analysis and write-up is left to your group to create. **The written assignment is due Wednesday November 13th, in class and submitted to OWL. Note that your written assignments will be assigned readings, posted on OWL for unit VII for all students in the class. Late written assignments will be deducted 5% per day late.** Each group will present their findings in class on one of 4 dates between November 13-27 during **Unit VII** (see course modules above). You will have 20 minutes to present your findings in class. Grading will be 2/3 on the written portion and 1/3 on your presentation. The grade will be the same for all members of each group. This does mean each group faces considerable logistical and organizational challenges, just as you will face in the world of work after graduation; these challenges
are part of this assignment process. Finally, as a resource for some forms of integrative medicine, see the Natural Standards website at http://naturalstandard.com/

Course/University Policies

**Lateness/Absences**: Assignments are due at the beginning of class on the assigned due date and will not be accepted late, except under medical or other compassionate circumstances. Electronic submission of assignments will not be accepted (unless otherwise specified) under any circumstances. Submitting a late assignment without appropriate documentation will result in a zero (0) grade. Appropriate documentation for assignments worth less than 10% should be submitted to the Undergraduate office. A missed mid-term examination without appropriate documentation will result in a zero (0) grade. The course policy is not to allow make-ups for scheduled midterms, presentations or final exams, nor to assign a grade of Incomplete without acceptable and verifiable medical (or equivalent compassionate) reasons. Acceptable reasons might include hospital stays, serious illness, family emergencies (like serious accidents or illness, death) or similar circumstances.

**Written documentation**: Whenever possible, students who require academic accommodation should provide notification and documentation in advance of due dates, examinations, etc. stating specific reasons and dates. Students must follow up with their professors and their Academic Counselling office in a timely manner. Documentation for any request for accommodation shall be submitted directly, as soon as possible, to the appropriate Academic Counselling Office of the student’s Faculty/School of registration not to the instructor, with a request for relief specifying the nature of the accommodation being requested. This documentation should be obtained at the time of the initial consultation with the physician or walk-in clinic. These documents will be retained in the student’s file, and will be held in confidence in accordance with the University’s Official Student Record Information Privacy Policy. See https://studentservices.uwo.ca/secure/index.cfm for specific policy and forms relating to accommodation.

**Scholastic offences**: They are taken seriously and students are directed to read the appropriate policy, specifically, the definition of what constitutes a Scholastic Offence, at the following Web site: http://www.uwo.ca/univsec/handbook/appeals/scholastic_discipline_undergrad.pdf.

A) Students must write their essays and assignments in their own words. Whenever students take an idea, or a passage from another author, they must acknowledge their debt both by using quotation marks where appropriate and by proper referencing such as footnotes or citations. Plagiarism is a major academic offence (see Scholastic Offence Policy in the Western Academic Calendar and the note on plagiarism below). All required papers might be subject to submission for textual similarity review to the commercial plagiarism detection software under license to the University for the detection of plagiarism. All papers submitted for such checking will be included as source documents in the reference database for the purpose of detecting plagiarism of papers subsequently submitted to the system. Use of the service is subject to the licensing agreement, currently between Western University and Turnitin.com (http://www.turnitin.com).

B) Computer marked multiple-choice tests and/or exams may be subject to submission for similarity review by software that will check for unusual coincidences in answer patterns that may indicate cheating.
According to the Examination Conflict policy, “A student who is scheduled to write more than two examinations in any 24-hour period may request alternative arrangements through the office of their Academic Counsellor.” *This policy does NOT apply to mid-term examinations.* There will be no make-up for the mid-term exam. Students who miss this exam with a valid reason will have the final re-weighted accordingly.

**Classroom Behaviour:** Class will begin promptly at the time specified at the top of page one of this syllabus. In the event that you must arrive late, please enter the classroom with a minimal disturbance to the class. I reserve the right to lock the classroom door and deny entrance if lateness becomes a common occurrence. Excessive talking during class time is disruptive, disrespectful, and will not be tolerated. Students engaging in such behaviour may be asked to leave the room. Cellular phones, pagers, and text-messaging devices are disruptive when they are used in class. If you must bring these with you, please place them on silent mode or turn them off during class. Failure to do so may result in your being asked to leave.

Laptops for the purpose of typing lecture notes are permitted in class, but please be respectful to your fellow students and turn the sound off. If I receive complaints from other students regarding noise or other disruptive behaviour (e.g., watching videos on YouTube.com, updating your Facebook status, playing Solitaire), your classroom laptop privileges will be revoked.

**STUDENT CODE OF CONDUCT**
The purpose of the Code of Student Conduct is to define the general standard of conduct expected of students registered at Western University, provide examples of behaviour that constitutes a breach of this standard of conduct, provide examples of sanctions that may be imposed, and set out the disciplinary procedures that the University will follow. For more information, visit [http://www.uwo.ca/univsec/board/code.pdf](http://www.uwo.ca/univsec/board/code.pdf)

**SUPPORT SERVICES**
There are various support services around campus and these include, but are not limited to:
1. Student Development Centre -- [http://www.sdc.uwo.ca/Welcome](http://www.sdc.uwo.ca/Welcome)

**ENGLISH PROFICIENCY FOR THE ASSIGNMENT OF GRADES**
Visit the website [http://www.uwo.ca/univsec/handbook/exam/english.pdf](http://www.uwo.ca/univsec/handbook/exam/english.pdf)

***Plagiarism Policy:** Excerpted from Senate Regulations:

“Plagiarism: Students must write their essays and assignments in their own words. Whenever students take an idea, or a passage from another author, they must acknowledge their debt both by using quotation marks where appropriate and by proper referencing such as footnotes or citations. Plagiarism is a major academic offence (see Scholastic Offence Policy in the Western Academic Calendar). The University of Western Ontario uses software for plagiarism checking. Students may be required to submit their written work in electronic form [to Turnitin] for plagiarism checking.”
Plagiarism in any form will not be tolerated in this course, and penalties will be assessed against those students found to have infringed on these regulations. The minimum consequence will be a grade of 0% on any assignment in which plagiarism is detected.

*** Please note *** that you are responsible for ensuring that you have successfully completed all course prerequisites, and that you have not taken an anti-requisite course. Lack of a prerequisite or the completion of an anti-requisite cannot be used as a basis for appeal. If you are found ineligible for a course, you may be removed from it at any time and you will not receive an adjustment to your fees. This decision cannot be appealed. ***