



Integrative Health

KIN 3325B

Winter 2016

Mon/Wed/Fri: 1030-1130am

HSB 240

Course Outline

Instructor: Vincent Liardi

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Office hours: Wednesday 420-530pm or by appointment

1. Course Information

Description: *Integrative Health* examines a variety of areas and issues concerning the broad field of 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]

*We will be using the terms 'alternative,' 'complementary,' and 'integrative' relatively interchangeably

Prerequisites: Unless you have either the requisites for this course or written special permission from your Dean to enrol in it, you may be removed from this course and it will be deleted from your record. This decision may not be appealed. You will receive no adjustment to your fees in the event that you are dropped from a course for failing to have the necessary prerequisites. For further information regarding prerequisites or antirequisites please visit www.westerncalendar.uwo.ca. Antirequisites may include: Health Sciences 2700A/B, the former Health Sciences 3700A/B. Prerequisites may include: Completion of second year Kinesiology or permission of Kinesiology.

2. Student Learning Outcomes

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 basic pillars of alternative/integrative health knowledge, 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.

3. Learning and Teaching Activities

3.1 Lectures

Much of the class time will be lead by Dr. Liardi. Every so often (~6-7 times throughout the quarter) a guest lecturer who practices/specializes in a specific area of integrative medicine will be brought in to provide an enhanced perspective on a topic. Lectures will last 45-50 minutes in length. Note-taking is required – slides will NOT be posted or emailed under any circumstances.

3.2 Global Lab

Fridays will be termed ‘Global Lab’. Class will be divided up into approximately 12 groups – each assigned a specific country in the world. The task of your group is to investigate (using well-sourced materials) a country in the world whose medicinal practices are different from that of Canada/USA (i.e., traditional Western medicine & health practices). Each group will present their findings in two formats: i) a 30 minute PowerPoint presentation plus time allotted (~5 minutes) for follow-up questions from your peers and ii) an 8 (min) to 10 (max) page paper, which follows APA guidelines, describing your findings to the reader.

Country Options: China, India, Brazil, Nigeria, Pakistan, Russia, Japan, Mexico, Philippines, Egypt, Iran, Turkey, South Korea, Greece, Colombia or Argentina, Sweden or Denmark, Haiti or Cuba

3.3 Textbook

Recommended (not required) Primary text:

Miccozi, Marc S. Fundamentals of Alternative and Complementary Medicine (** 4th edition, 2010). Saunders, 624 pages.

3.4 OWL

OWL supports face-to-face teaching in this unit. You should go to the site at least twice a week. The OWL site will also be used to post videos that are relevant to the unit, and to support discussion among class participants. In addition, UWO email will be utilized semi-frequently for important updates. Please check regularly (daily).

3.5 Further Support

You should familiarize yourself with the learning and support services at the university.

3.6 Assessment

3.6.1 Readings:

Any additional assigned readings may be posted on OWL and/or emailed

3.7 A non-exclusive list of topics covered:

Characteristics of and issues in integrative medicine
Mind-Body Modalities
Energy Medicine
Biophysical Devices
Humour
Massage Therapies
Osteopathy
Chiropractic
Reflexology
Shiatsu
Naturopathic Medicine
Western Herbalism
Aromatherapy
Traditional Chinese Medicines
Acupuncture
Tibetan Medicine
Traditional Medicine of India
Yoga
Native American Healing
South American Spiritualism

3.6.3 Exams

Two exams will be given during the semester – a midterm and a final – to evaluate mastery of learning objectives. The final exam will be cumulative. Each exam may consist of multiple-choice and short answer questions. Make up exams are only permitted for serious and compelling reasons and require documentation (e.g., medical certificate, death certificate). **Failing both exams (<50%) will result in automatic failure of the course regardless of performance on the Global Lab portion of the course.**

SUMMARY OF ASSESSMENT TASKS

Assessment	Date	Note	Weight
Exam 1	TBD	Approximately first half of topics	30%
Global Lab	TBD	PowerPoint Presentation	15%
		APA Paper: 8-10 pages	15%
Exam 2	TBD	All topics (60-65% weighted towards second half materials)	40%

3.9 Academic honesty and plagiarism

The University is committed to ensuring that all students and staff conduct themselves in an honest, ethical and professional manner. Honesty, integrity and ethical behaviour are cornerstones of the entire

academic enterprise, enabling scholastic achievement to be suitably recognized and rewarded. Academic honesty is one of the University's core values.

Academic Dishonesty is defined as “seeking to obtain or obtaining academic advantage (including in the Assessment or publication of Work) by dishonest or unfair means or knowingly assisting another student to do so”.

Academic Dishonesty includes, but is not limited to:

- a. Recycling – that is, the resubmission for Assessment of Work that is the same, or substantially the same, as Work previously submitted for Assessment in the same or in a different class (except in the case of legitimate resubmission with the approval of the Examiner for purposes of improvement);
- b. Fabrication of data;
- c. The engagement of another person to complete or contribute to an Assessment or examination in place of the student, whether for payment or otherwise or accepting such an engagement from another student;
- d. Communication, whether by speaking or some other means, to other candidates during an examination;
- e. Bringing into an examination forbidden material such as textbooks, notes, calculators or computers;
- f. Attempting to read other student's work during an examination; and
- g. Writing an examination or test paper, or consulting with another person about the examination or test, outside the confines of the examination room without permission.
- h. Copying from other students during examinations.
- i. Inappropriate use of electronic devices to access information during examinations.

Plagiarism means representing another individual's work as your own.

“Plagiarism is a form of cheating or fraud; it occurs when a student misrepresents the work of another as his or her own. Plagiarism may consist of using the ideas, sentences, paragraphs, or the whole text of another without appropriate acknowledgment, but it also includes employing or allowing another person to write or substantially alter work that a student then submits as his or her own.”

Any incident of plagiarism will be dealt with by the instructor, and will be dealt with in accordance with the procedures set down in the University By-laws for misconduct. Any incident of academic dishonesty may result in a grade of zero for an assessment, a fail grade for the class, referral to the Student Discipline Officer, and disqualification from the University.

To facilitate an environment that is as conducive to learning as possible, please follow these simple rules:

- Please arrive to class on time and do not leave early (unless cleared with me first)
- Please limit your cell phone and internet use in class – you're here to learn!
- Do not talk or use your cell phone while videos are being shown
- Give your full attention to the instructor or to your classmates when they present information, lead discussions, ask questions, or offer their opinions
- Respect the opinions of your class mates
- Maintain civility during all discussions
- Respect the principles of academic honesty
- Make sure assignments are handed in on time. Meeting a deadline is an essential factor for success in our field. Plan ahead for unforeseen circumstances.
- Retain a copy of all assignments submitted (rec: back-up using Dropbox, Google Drive, etc.)

I highly value your feedback and will solicit your assistance in evaluating the class. This is typically undertaken through the course evaluations submitted at the end of the semester; however, feel free to offer feedback at any time in person or via email.

5. Policies

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 The University of Western Ontario, 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>.

English Proficiency for the Assignment of Grades

Visit the website <http://www.uwo.ca/univsec/handbook/exam/english.pdf>.

Accommodation for Medical Illness or Non-Medical Absences

http://www.uwo.ca/univsec/handbook/appeals/accommodation_medical.pdf

The University recognizes that a student's ability to meet his/her academic responsibilities may, on occasion, be impaired by medical illness. Illness may be acute (short term), or it may be chronic (long term), or chronic with acute episodes. The University further recognizes that medical situations are deeply personal and respects the need for privacy and confidentiality in these matters. However, in order to ensure fairness and consistency for all students, academic accommodation for work representing 10% or more of the student's overall grade in the course shall be granted only in those cases where there is documentation indicating that the student was seriously affected by illness and could not reasonably be expected to meet his/her academic responsibilities.

A UWO Student Medical Certificate (SMC) is required where a student is seeking academic accommodation. This documentation should be obtained at the time of the initial consultation with the physician or walk-in clinic. An SMC can be downloaded under the Medical Documentation heading of the following website:

<https://studentservices.uwo.ca/secure/index.cfm>. Documentation is required for non-medical absences where the course work missed is more than 10% of the overall grade. Students may contact their Faculty Academic Counselling Office for what documentation is needed.

Whenever possible, students who require academic accommodation should provide notification and documentation in advance of due dates, examinations, etc. 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, as soon as possible, to the appropriate Academic Counselling Office of the student's Faculty of registration. For BHSc students, you may go to the School of Health Studies Office in HSB room 222.

Scholastic Offences: Scholastic offences are taken seriously and students are directed to read the appropriate policy, specifically, the definition of what constitutes a Scholastic Offence, at the following website:

http://www.uwo.ca/univsec/handbook/appeals/scholastic_discipline_undergrad.pdf.

Additionally, 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.

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/ssd/>
2. Student Health -- <http://www.shs.uwo.ca/student/studenthealthservices.html>
3. Registrar's Office -- <http://www.registrar.uwo.ca/>
4. Ombuds Office -- <http://www.uwo.ca/ombuds/>