

COURSE: HS-04 ALTERNATIVE MEDICINE, Natural Medicine and Alternative Therapies

PROFESSOR: María José Sevillano, Licenciada and MBA

CONTACT HOURS: 50

CREDITS: 3 American (recommended), 5 ECTS

LANGUAGE OF INSTRUCTION: English

DESCRIPTION AND OBJECTIVES:

Alternative Medicine and natural therapies are living an unstoppable rise in our days and have become an essential addition to the treatment of many ailments. This course provides a general overview of current alternative medicine practices, mainly in Spain. Needless to say, that they growing number of alternative medicine users all over the world, in the past and in our present days, makes this course essential in the formation of future professionals in the field.

This course of Alternative Medicine aims to encourage and promote the knowledge of Alternative Medicine and Natural Therapies, as well as to meet the training needs of the increasingly professional and committed health sector.

Upon a successful completion of this course students are able to discuss and compare the strengths and weaknesses of alternative medicine and traditional Western medicine, as well as their methods and treatments objectives. Students also apply alternative medicine treatments and principles via practical assignments to different pathologies, and are able to discover the connection between mind and body.

CLASS FORMAT:

In class professor will use different ways to communicate graphic information to students: power points, DVDs, documentaries, articles, readings...Although there will be weekly lectures, this course requires that the student participates in class bringing up questions, formulating doubts, solving puzzling situations, engaging in constructive debates, and thinking aloud about the materials. The strategy followed by the instructor is the cooperative learning process. This is an interactive course in which students learn in large part by contrasting their thoughts with those of their colleagues and with materials provided by the instructor. Visits to different medical/health centers will take place during the course.

PROGRAM:

Unit 1: History and Philosophy of Naturopathy

Unit 2: Regulatory Policy: Pharmacopoeias and Good Manufacturing Practices

Unit 3: Production of alternative medications

Unit 4: Basic Phytotherapy

Unit 5: Oligotherapy

Unit 6: Basic Anatomy and Physiology

Unit 7: Homeopathy

Unit 8: Diet and Nutrition

Unit 9: Pathologies of the genito-urinary system

Unit 10: Theory of Homeopsinetology

Unit 11: Alternative medicine for pathologies of the digestive system

Unit 12: Alternative medicine for musculoskeletal pathologies

- Unit 13: Alternative medicine for pathologies of the cardiovascular system
- Unit 14: Alternative medicine for pathologies of the skin, mucous and appendages
- Unit 15: Alternative medicine for pathologies of the immune system
- Unit 16: Alternative medicine for metabolic pathologies
- Unit 17: Alternative medicine for respiratory pathologies
- Unit 18: Alternative medicine for pathologies of the nervous system
- Unit 19: Integrated diagnosed

ATTENDANCE POLICY:

Every student is expected to attend all regularly scheduled class sessions on time and to be thoroughly prepared for day class activities

In order to meet the requirements of crediting institutions, instructors compile regular attendance records for every course and when evaluating student participation and performance, the instructor takes this record into account. Absences in excess of 5 contact hours are not permitted and will result in failure of the course

Limited absence from regularly scheduled class time may be permitted for properly document illness and emergencies. Students must petition in writing the Academic Dean to authorize excused absence. For such excused absence, the students shall immediately consult with the instructor concerning make-up work

Both the course instructor and the Academic Dean retain the right to dismiss from the course any student who has been absent more than the maximum amounts stipulated above.

FORM OF ASSESMENT:

The final grade consists of four different parts of class participation and attendance, paper, and midterm and final exam. The average grade is as follows:

- 5% Class participation
 - 15% Paper on institutional visits
 - 20% Research paper on a Soria, or other, Natural business (students are required to write a paper)
 - 20% Portfolio research paper (students are required to write a research paper on a specific topic of the Spanish Alternative Medicines)
 - 20% Midterm written exam
 - 20% Final written exam
- The final grade will be the result of the of the average between those items

GRADE EQUIVALENCE

UPSA	USA
10	A+
9.5 - 9.9	A
9 - 9.4	A-
8.5 - 8.9	B+
7.5 - 8.4	B
7 - 7.4	B-
6.5 - 6.9	C+
6 - 6.4	C
5 - 5.9	C-
0 - 4.9	F

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REQUIRED READINGS:

Handbook of Herbal Medicine, Second Edition by James A. Duke.

CRC Herbal Drugs and Phytopharmaceuticals, Third Edition by Max Wichtl
current Good Manufacturing Practices. (cGMP's)