

Three Rivers Community College

**Introduction to Bio-energetics and Health
Spring 2015**

SYLLABUS

Credit Hours:	1 credit hours
Course Instructor(s):	Jeanne C Zuzel, RN, MA
Cell Phone:	860-383-6445
Office E-mail:	jzuzel@trcc.commnet.edu
Office Hours:	by appointment, email or call first
Class Format:	5 week classroom
Class Times:	Spring 2015
Class Location:	To be announced

COURSE DESCRIPTION

We will explore the relationship of energy and biology. Students will discover how bio-energy is utilized by the physical, spiritual and emotional body and how to maintain energetic health. Students will explore current energy practices and methods to enhance bio-energy.

COURSE OUTCOMES

- Students will begin develop an awareness of the human energy system.
- Students will explore the role of bio energetics and human health and performance
- Students will Explore and Demonstrate techniques to balance and sustain the human energy system.
- Students will discuss the relationship language, energy and health.
- Students will be introduced to environmental, cultural and economic influences that impact the human energy system.

RELATIONSHIP TO CURRICULUM DESIGN

This is an elective course for the Health Sciences. Health Science courses provide the opportunity for students to deepen their knowledge and application of skills derived from liberal arts and science coursework. This course will assist the student in developing an appreciation and understanding of the multicultural and multi-contextual diversity of our client base and demonstrate cultural

competence in interactions with colleagues and clients in a variety of health care systems. This course will assist the learners to apply evidence-based practices to clinical scenarios.

PROFESSIONAL BEHAVIORS

Students are expected to adhere to the ethics and standards of behavior as expected of all health professionals and to adhere to the specific the Code of Ethics and Core Values of their particular health profession. Additionally, students are expected to adhere to the ethical standards as expected by Three Rivers Community College.

TEACHING/ LEARNING METHODS

Participation Policy: Participation in all Discussions and attendance of all sessions is strongly recommended due to the intensity and rapidity of the content presentation. Students will be held accountable for **all** content presented . In class participation is an essential component of the course.

Research Paper is designed to give students the opportunity to enhance the learning experience The object is to reinforce course learning with **topics not used in classroom or** and regular discussions. All papers are to be no less that 5 pages and no more that 6 pages, and should be presented in APA format.

Numerical and Letter Grades:

The following final averages will receive the corresponding letter grades:

A	95-100
A-	90-94
B+	87-89
B	84-86
B-	80-83
C+	77-79
C	74-76
C-	70-73
D+	65-69
D	60-64
F	less than 60

Required Texts and Readings

The Subtle Body: An encyclopedia of your energetic body by Cindy Dale
Sounds True Inc. Bolder CO. 2009

Recommended Texts and Readings

[Whole Health: A Holistic Approach to Healing for the 21st Century](#) by Mark Mincolla and Bernie S. Siegel(Dec 26, 2013)

Micozzi, M. S. (2006) Fundamentals of complementary and integrative medicine, 3rd ed. Saunders

Travis & Ryan (2004). Wellness Index, 3rd ed. Berkely, CA: Celestial Arts. Can purchase at www.tenspeed.com Elsevier ISBN# 13-978-1-4160-2583-2

Assignments and Grading

Assignment	Percentage of final grade	Due Date
Assignments (5)	35%	(weekly)
Evidence-based practice paper & presentation	20%	
Final Exam	20%	
Class Participation	25%	

Assignment Explanations

Specific assignment formats will be given in class or posted on Blackboard.

Attendance and Participation

As per the College's Emergency Preparedness Plan, attendance will be taken.

Inclement Weather Assignments

In case of inclement weather the day of scheduled class you are responsible for completing the homework assignment due in class. If there is not an assignment that day you are required to complete one applicable Integrative Healing Practices Module and hand in the Certificate of Completion at the next scheduled class time.

College Withdrawal Policy: Please refer to your Student Handbook for college policies regarding drop/add dates and procedures. . Failure to officially withdraw after stopping attendance & participation in class will result in an "F" grade.

Disabilities and Learning Difference Statement: If you have a disability or learning difference which may require classroom or test-taking modification, please see me as soon as possible. If you have not already done so, please contact student services for coordination of services to students with disabilities.

Digication statement

All students are required to maintain an online learning portfolio using a TRCC designed template. Through this electronic tool, students can see their own growth in college-wide learning. The student can keep and continue to use the Digication account after graduation. A Three Rivers General Education Assessment Team will select random works to improve the college experience for all. No names will be attached to the assessment work; it will remain private and anonymous for college improvement purposes. In class outlines, students will find recommended assignments which support various college-wide learning abilities. The student will have a tool which can integrate their learning from the classroom, school, and life and allow for another opportunity of learning at TRCC! Students will be able to make multiple portfolios.