Holistic Health

Semesters: 1 **Grade(s):** 9-12

Prerequisite(s): none

Holistic healthcare combines modern science with natural diet and herbal remedies, nutritional supplements, exercise, relaxation, psycho-spiritual counseling, meditation, breathing exercises, and other self-regulatory practices. It asserts that individuals can and should become proactive about adopting a healthy lifestyle and developing a unique, personalized approach to the treatment and prevention of disease. In this course, students will study key elements of holistic health and will develop a personalized holistic wellness plan.

Course Competencies

Holistic Health	
Competency 1	Students will distinguish holistic health from traditional allopathic medicine.
Sub-Topics	1. Students will compare and contrast elements of holistic health and allopathic medicine. 2. Students will identify advantages and disadvantages of each approach.
Competency 2	Students will identify and analyze the defining characteristics of various holistic diets.
Sub-Topics	1. Students will research and discuss eating according to blood type. 2. Students will research and discuss eating an organic diet. 3. Students will research and discuss eating various types of vegetarian diets.
Competency 3	Students will identify and analyze the defining characteristics of meditation and relaxation techniques.
Sub-Topics	1. Students will research and discuss yoga. 2. Students will read excerpts and discuss the techniques highlighted in Louise Hay's book *Heal Your Body A-Z.* 3. Students will research and discuss aromatherapy. 4. Students will research and discuss Reiki.
Competency 4	Students will analyze the role of spirituality and counseling in a holistic life.
Sub-Topics	1. Students will discuss the healing benefits of prayer. 2. Students will discuss the roles and responsibilities of spiritual counselors.
Competency 5	Students will identify and analyze how small changes to one's daily routine may contribute to holistic wellness.
Sub-Topics	1. Students will research and discuss the importance of organic cleaning and personal care products. 2. Students will examine the role of volunteering in living a holistic life. 3. Students will examine the role of the outdoors and exercise in living a holistic life. 4. Students will examine the role of creativity in living a holistic life. 5. Students will examine the role of family in living a holistic life.
Competency 6	Students will identify and analyze alternative methods of treating major medical conditions
Sub-Topics	1. Students will discuss and analyze the effectiveness of positive visualization and affirmation 2. Students will discuss and analyze the effectiveness of energy healing 3. Students will discuss and analyze the effectiveness of herbs and homeopathy. 4. Students will discuss and analyze the effectiveness of dietary changes
Competency 7	Students will demonstrate the ability apply their knowledge of holistic health to life.
Sub-Topics	1. Students will develop a holistic treatment plan for a specific medical condition. 2. Students will develop a personalized daily wellness plan.