

I. COURSE INFORMATION

- A. Allied Health NHA 130 Natural Healing with Herbs
- B. 1 credit hour
- C. Instructor provides class materials
- D. Prerequisites: None

II. COURSE DESCRIPTION

This course is designed to introduce the use of herbs in today's society. The course will provide current safety use of herbal medication and remedies.

III. LEARNING OUTCOMES

- A. Review general principles for herb use
- B. Discuss tradition of herbs
- C. Identify safe herbs for use
- D. Identify herbs that are not safe for use
- E. Describe ways herbs can heal

IV. MAJOR CONTENT AREAS

- A. Cardiac health and complementary and alternative medicine
- B. Mental health and complementary and alternative medicine
- C. Urinary health and complementary and alternative medicine
- D. Bones and complementary and alternative medicine
- E. Digestive health and complementary and alternative medicine

V. ASSIGNMENTS (may include but are not limited to)

- A. Writing assignments
- B. Reading assignments
- C. Student collaborative exercises

VI. EVALUATION METHODS (may include but are not limited to)

- A. Quizzes
- B. Exams