Health & Wellness Course

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| Instructor Natalie Cloninger Phone 479-721-1724 Email ncloninger93@gmail.com Office hours Monday-Friday 9-3 | Course overview Are you ready to take the next step on your wellness journey? This course explores aspects of health and wellness around nutrition, complementary and integrative medicine, and stress management. Required text No textbook. PowerPoints will be provided. Course outcomes Upon completion of this course, you will be able to identify various vitamins, herbs, supplements and understand integrative nutrition along with the benefits. Discuss acupuncture, massage therapy, chiropractic care and yoga. The different types, methods, and benefits. Identify and apply different stress management techniques and therapies. |

# Course schedule

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| Week | Subject | Info Covered |
| 1.1 | Vitamins | Essential Vitamins |
| 1.2 | Herbs | Healing Herbs |
| 1.3 | Supplements | Core Supplements |
| 1.4 | Nutrition | Integrative Nutrition |

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| Week | Subject Info Covered |
| 2.1 | Acupuncture Benefits/Traditional Chinese Medicine |
| 2.2 | Massage Therapy Types and benefits |
| 2.3 | Chiropractic Care Methods |
| 2.4 | Yoga Common types and benefits |

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| Week | Subject INFO COVERED |
| 3.1 | Stress Management Psychological/psychological affects |
| 3.2 | Meditation Types and benefits |
| 3.3 | Relaxation Techniques Techniques and practices |
| 3.4 | Therapies Therapies for stress reduction |

# Discussion board

Students must choose one topic each week and submit a 150-word discussion post along with one credible source. Students must also reply to two other students’ discussion posts.

# Quizzes

There will be a quiz at the end of each seminar on the topic discussed.

**SEMINAR**

Each seminar will be 90 minutes long and are required to pass this course. PowerPoints will be provided. Engagement is mandatory. There will be virtual field trips and breakout sessions. Quizzes at the end. Opportunities to share information and ask questions. Students are encouraged to take notes and/or journal during and after seminar.