



Health Studies (HLST) 301

Complementary and Alternative Therapies (Revision 4)

Status: Replaced with new revision, see the [course listing](#) [↗](#) for the current revision **✖**

Delivery mode: Individualized study online [↗](#)

Credits: 3

Area of study: Science

Prerequisites: HLST 200 or equivalent. Nurses and other students with a background in health sciences do not require a prerequisite.

Precluded: None

Challenge: HLST 301 has a challenge for credit option.

Faculty: Faculty of Science and Technology [↗](#)

Overview

This course will introduce you to complementary and alternative therapies currently available in Canada that are not normally considered to be part of conventional health care. The purpose of this course is to help you understand the nature and practice of various alternative therapies, analyze research available to demonstrate the effectiveness of these therapies, and identify the trends and issues related to the use of complementary and alternative (CAM) therapies. After completing this course, you should be able to evaluate the risks and benefits of using particular CAM therapies. The course is appropriate for general interest students, nurses, dietitians, and allied health professionals.

Outline


This course reviews the research base and methodologies used to evaluate the effectiveness of any medical therapy, including complementary and alternative therapies and the information related to the benefits and contraindications of using particular alternative therapies.

The main areas covered are mind-body interventions, music therapy, energy medicine (including therapeutic touch), massage therapy, reflexology, acupuncture, chiropractic, naturopathy, herbalism, diet therapy, homeopathy, aromatherapy, cancer therapy, Native healing, chelation, and iridology.

Students will complete two assignments and write a final examination.


Evaluation


To **receive credit**  for HLST 301 students must:

- Submit two assignments
- Obtain at least 60 percent on the examination
- Obtain an overall course mark of at least **C- (60 percent)** 


Activity	Weight
Assignment 1	25%
Assignment 2	25%
Final Exam	50%

Activity	Weight
Total	100%

The **final examination** for this course must be requested in advance and written under the supervision of an AU-approved exam invigilator. Invigilators include either ProctorU or an approved in-person invigilation centre that can accommodate online exams. Students are responsible for payment of any invigilation fees. Information on exam request deadlines, invigilators, and other exam-related questions, can be found at the [Exams and grades](#)  section of the Calendar.

To learn more about assignments and examinations, please refer to Athabasca University's [online Calendar](#) .

Materials

Micozzi, M. S. (2019). *Fundamentals of complementary, alternative, and integrative medicine* (6th ed.). Elsevier.  (eText)



Challenge for credit

Overview

The challenge for credit process allows you to demonstrate that you have acquired a command of the general subject matter, knowledge, intellectual and/or other skills that would normally be found in a university-level course.

Full information about [challenge for credit](#)  can be found in the Undergraduate Calendar.

Evaluation





To [receive credit](#)  for the HLST 301 challenge registration, you must achieve a minimum mark of at least **C- (60 percent)**  on both assignments and the examination.

Activity	Weight
Essay Assignment 1	25%

Activity	Weight
Essay Assignment 2	25%
Comprehensive Exam	50%
Total	100%

 **Challenge for credit course registration form**

Important links

- > [Academic advising](#) 
- > [Program planning](#) 
- > [Request assistance](#) 
- > [Support services](#) 

Athabasca University reserves the right to amend course outlines occasionally and without notice. Courses offered by other delivery methods may vary from their individualized study counterparts.

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View [previous revision](#) 