

## SCIENTIFIC FOUNDATIONS OF HOLISTIC HEALTH

Course Number: HSC 4592C/6605

Section Number: 0891/0892

Credit Hours: 3

Academic Term: Fall 2024

Class meeting time and location: M, W, F | Period 7 (1:55 – 2:45 PM) @ FLG 285

### INSTRUCTOR INFORMATION

**INSTRUCTOR NAME:** Kim Holton, PhD, CHES

**EMAIL:** Please use the Inbox Tool in Canvas for course correspondence.

**PHONE NUMBER:** 352-294-2896 (office: the least likely way to reach me this semester)

#### OFFICE HOURS VIA ZOOM:

- Tuesdays 2 – 3:30 pm [Join the waiting room](#). You must be logged in to Zoom. Meeting ID: 952 7394 6286 passcode: connect
- By appointment; use Canvas email to set up an appointment
- You can also catch me after class on Mondays for a quick question or chat.

### COURSE INFORMATION

**COURSE WEBSITE:** <http://elearning.ufl.edu>

**COURSE COMMUNICATIONS:** Please send individual questions to me via the Inbox tool in Canvas. Do not use my personal ufl.edu email address for course correspondence. Given the number of students I have each semester, the Inbox Tool in Canvas is very helpful for me to keep track of your questions and respond in a timely manner. During weekdays, emails are usually responded to within 24 hours of receipt. However, weekday emails that have not received a reply within 48 hours should be re-sent. Emails sent over the weekend will be answered the following week.

In addition to announcements made in class, I do use course announcements in Canvas somewhat frequently. Please check course announcements regularly.

If you have general questions about the course that could be answered by myself or fellow classmates, please feel free to use the course questions forum in Canvas found within the Orientation Module.

For non-course related correspondence only, use [mkholton@ufl.edu](mailto:mkholton@ufl.edu).

**REQUIRED TEXTBOOK:** *The Enneagram Spectrum of Personality Styles 2e: 25th Anniversary Edition* by Jerome Wagner; ISBN: 9781722510459.

**MATERIALS AND SUPPLIES FEES:** None.

**ADDITIONAL RESOURCES:** Additional required readings and videos are provided within the course modules and through UF Libraries Course Reserves. The text, *Fundamentals of Complementary, Alternative, and Integrative Medicine*, Sixth Edition, (2019) by Marc S. Micozzi will be used. Assigned chapters are available through UF Libraries Course Reserves as readily available PDFs. A hard copy of the text is on reserve for time limited loan at Library West.

**COURSE DESCRIPTION:** The purpose of HSC 4592C/6605 is to provide a foundation for the whole person approach to health and healthcare through exploring the major groups of complementary and integrative therapies, becoming familiar with the fundamental sciences that underlie our understanding of how complementary and integrative approaches work, and fostering personal development through understanding one's own health through somatic, psychological, and spiritual exploration using the Enneagram as a framework.

**PREREQUISITE KNOWLEDGE AND SKILLS:** HEB Major, Junior/Senior Standing

**COURSE GOALS AND/OR OBJECTIVES:** By the end of this course, the student will:

1. Interpret the whole person, or holistic, approach to health.
2. Describe the field of complementary and integrative health, including categories of therapies and practices.
3. Recognize the fundamental scientific concepts that underlie complementary and integrative therapies and practices.
4. Assess potential uses of common complementary and integrative therapies and practices.
5. Evaluate general categories of risks for complementary and integrative therapies.

**INSTRUCTIONAL METHODS:** HSC 4592C/6605 will be delivered to students using a combination of: (a) in-class student engagement, discussion, and reflection activities, (b) informal class lectures, (c) assigned readings, (d) peer learning, and (d) learning excursions (aka field trips). UF's Canvas will be the official course management system for this course.

## COURSE POLICIES

**ATTENDANCE POLICY:** Requirements for class attendance and work in this course are consistent with university policies that can be found on the [Attendance Policies page](#).

Consistent class attendance is critical to your success in this course. This class is highly experiential. We will use class time for informal lectures, experiential learning, reflections, discussions, and student-led activities. Learning excursions held outside of class time are required for this course. Details are provided in the syllabus.

Please see the following website for deadlines for withdrawing from the course: <https://catalog.ufl.edu/ugrad/current/Pages/adspring1718.aspx>. For UF policies and procedures regarding dropping and/or withdrawing from all undergraduate courses on campus, please refer to the guidelines posted on the following UF website: <https://catalog.ufl.edu/ugrad/current/regulations/info/drops.aspx#withdraw>

**QUIZ POLICIES:** All student inquiries regarding quiz questions will be fielded following the initial grading of each assessment. Please send an email to the course instructor with any specific quiz-related concerns. All emails should be sent within 24 hours of completing the quiz. The course instructor will evaluate the validity of each student concern and take appropriate action as needed (e.g. send a written response to the student, modify the course grade if the student inquiry is found to have sufficient merit).

**MAKE-UP POLICY FOR QUIZZES:** Quizzes are open for 72 hours. Please plan accordingly. If a student fails to submit a quiz on-time, they will be provided an opportunity to submit after the deadline only if they have an acceptable reason for missing the deadline. Decisions to allow student to make-up work will be made by the course instructor after consulting the university-wide attendance policies specified in the UF Undergraduate Catalog (<https://catalog.ufl.edu/ugrad/current/regulations/info/attendance.aspx>).

**ASSIGNMENT POLICY:** Students are expected to do their best work on all course assignments. Students are expected to put forth their best effort on all course assignments to get the best results from the course. All assignments are due by the

date/time specified within the “Syllabus” link on the Canvas course website and should be completed independently of other classmates unless indicated otherwise in the assignment instructions. In-class discussions, student panels, and learning experiences will be regular occurrences. Weekly assignments will relate to these in-class experiences. *Therefore, your attendance for class sessions is essential to do well on assignments.*

All assignment submissions will be made in Canvas. Students are expected to complete individual work on assignments and discussions unless specified otherwise in the assignment. This means collaboration with classmates or AI chatbots on assignments and online discussions is considered academic dishonesty and a violation of the UF Academic Honor Code. Students are advised to make back-up copies of all work and submit their work early to prevent technical issues from precluding successful submissions. Students are advised to make back-up copies of all work and submit their work early to prevent technical issues from precluding successful submissions. If technical issues do arise with Canvas, you should ask for formal documentation from the UFIT Help Desk at the time of the issue. This documentation should be provided with your request for late submission.

Please send an email to the course instructor with any specific assignment grade concerns. All emails should be sent within 24 hours of completing the assignment. The course instructor will evaluate the validity of each student concern and take appropriate action as needed (e.g. send a written response to the student, request a meeting, or modify the course grade if the student inquiry is found to have sufficient merit).

**MAKE-UP POLICY FOR ASSIGNMENTS:** Unless otherwise noted, assignments are due at 11:59pm or before on the date indicated if submission is required via Canvas. Make back-up copies of all your work. Do not wait until the last minute to attempt your submission in case of technical issues. If technical issues do arise with Canvas, you should ask for formal documentation from the UFIT Help Desk at the time of the issue. This documentation should be provided with your request for late submission. Corrupted files or incorrect files submitted on time will be treated as no submissions. Check your submission after uploading to make sure it looks as expected.

Please read the following carefully:

- Assignments valued at 20 points or less will not be accepted late unless due to emergency. See last bullet in this list for emergency guidelines. However, you have a grace period of 12 hours to submit these assignments without a reduction in points, and your lowest score will be dropped.

- All other late work valued at more than 20 points is subject to a 10% deduction in grade for every day it is late.
- If an emergency arises which causes you to miss a deadline, it is your responsibility to contact the instructor within 24 hours and provide formal documentation via email within 72 hours so that you will have an opportunity to make up what was missed. Acceptable reasons for absences/missed deadlines as defined by university policies can be found on the [Attendance Policies page](#).

**COURSE TECHNOLOGY:** This course is facilitated in person and online. All assignments will be submitted via Canvas. You may access Canvas from UF's e-Learning webpage: <http://elearning.ufl.edu/>. **Please contact the UF Help Desk, <http://helpdesk.ufl.edu> or 352-392-4357, if you have any technical difficulties with Canvas.** The instructor will not be able to help you with technical difficulties. If a technical difficulty prevents you from submitting a quiz or assignment on time, you should work with the UF Help desk to secure formal documentation of the issue and exact time of issue.

**INTERNET ACCESS:** UF students can access eduroam for free with their GatorLink log-in credentials. The eduroam network is fast and secure and has more than 10,000 wi-fi hotspots in 106 countries and territories worldwide.

**How to connect to eduroam:**

1. If you can get a Wi-Fi signal at any of the eduroam locations (see below) and your mobile device (laptop, smartphone, or tablet) has already been configured for eduroam, then you will automatically connect.
2. Otherwise, follow the instructions for connecting here: <https://it.ufl.edu/helpdesk/self-help/connectivity-issues/>.

There are more than 100 Wi-Fi hotspots in Florida, including several state university campuses and community colleges. Also, in Florida all of the UF/IFAS Research and Education Centers (REC) are equipped with eduroam, so if you live in a rural area of your county you can visit an REC to securely watch course videos and take care of your academic needs. Here's a link to all the eduroam sites in the U.S.:

<https://incommon.org/eduroam/eduroam-u-s-locator-map/>.

If you have any problems connecting, you can call (352-392-HELP/4357) or [email](#) the UF Computing Help Desk.

**ONLINE COURSE EVALUATION:** Students are expected to provide professional and respectful feedback on the quality of instruction in this course by completing course evaluations online via GatorEvals. Guidance on how to give feedback in a professional and respectful manner is available at <https://gatorevals.aa.ufl.edu/students/>. Students will be notified when the evaluation period opens, and can complete evaluations through the email they receive from GatorEvals, in their Canvas course menu under GatorEvals, or via <https://ufl.bluera.com/ufl/>. Summaries of course evaluation results are available to students at <https://gatorevals.aa.ufl.edu/public-results/>."

## UF POLICIES

**UNIVERSITY POLICY ON ACCOMMODATING STUDENTS WITH DISABILITIES:** Students with disabilities requesting accommodations should first register with the Disability Resource Center (352-392-8565, [www.dso.ufl.edu/drc](http://www.dso.ufl.edu/drc)) by providing appropriate documentation. Once registered, students will receive an accommodation letter which must be presented to the instructor when requesting accommodation. Students with disabilities should follow this procedure as early as possible in the semester and submit their letter of accommodation to the instructor no later than Week 3 of the semester.

**UNIVERSITY POLICY ON ACADEMIC CONDUCT:** University of Florida students are bound by the Honor Pledge. On all work submitted for credit by a student, the following pledge is required or implied: "On my honor, I have neither given nor received unauthorized aid in doing this assignment." The [Student Honor Code](#) and Conduct Code (Regulation 4.040) specifies a number of behaviors that are in violation of this code, as well as the process for reported allegations and sanctions that may be implemented. All potential violations of the code will be reported to Student Conduct and Conflict Resolution. If a student is found responsible for an Honor Code violation in this course, the instructor will enter a Grade Adjustment sanction which may be up to or including failure of the course.

**CLASS DEMEANOR OR NETIQUETTE:** All members of the class are expected to follow rules of common courtesy in all communications online and in person. We learn best in a culture that supports mutual respect and curiosity.

**IN-CLASS RECORDING:** Per the House Bill 233 Intellectual and Viewpoint Diversity Act, students are allowed to record video or audio of class lectures. However, the purposes for which these recordings may be used are strictly controlled. The only allowable purposes are (1) for personal educational use, (2) in connection with a complaint to the

university, or (3) as evidence in, or in preparation for, a criminal or civil proceeding. All other purposes are prohibited. **Specifically, students may not publish recorded lectures without the written consent of the instructor.**

A “class lecture” is an educational presentation intended to inform or teach enrolled students about a particular subject, including any instructor-led discussions that form part of the presentation, and delivered by any instructor hired or appointed by the University, or by a guest instructor, as part of a University of Florida course. A class lecture does not include lab sessions, student presentations, clinical presentations such as patient history, academic exercises involving solely student participation, assessments (quizzes, tests, exams), field trips, private conversations between students in the class or between a student and the faculty or lecturer during a class session.

Publication without permission of the instructor is prohibited. To “publish” means to share, transmit, circulate, distribute, or provide access to a recording, regardless of format or medium, to another person (or persons), including but not limited to another student within the same class section. Additionally, a recording, or transcript of a recording, is considered published if it is posted on or uploaded to, in whole or in part, any media platform, including but not limited to social media, book, magazine, newspaper, leaflet, or third-party note/tutoring services. **A student who publishes a recording without written consent may be subject to a civil cause of action instituted by a person injured by the publication and/or discipline under UF Regulation 4.040 Student Honor Code and Student Conduct Code.**

**SOFTWARE USE:** All faculty, staff, and students of the university are required and expected to obey the laws and legal agreements governing software use. Failure to do so can lead to monetary damages and/or criminal penalties for the individual violator. Because such violations are also against University policies and rules, disciplinary action will be taken as appropriate. We, the members of the University of Florida community, pledge to uphold ourselves and our peers to the highest standards of honesty and integrity.

## GETTING HELP AND RESOURCES

- For issues with technical difficulties for Canvas, please contact the UF Help Desk at <http://helpdesk.ufl.edu> or (352) 392-HELP (4357).
- Any requests for make-ups due to technical issues MUST be accompanied by the ticket number received from the Help Desk when the problem was reported to

them. The ticket number will document the time and date of the problem. You MUST e-mail your instructor at the time of the technical difficulty if you wish to request a make-up.

- As a UF student, you have [free access to multiple collaboration services](#), such as G Suite and Office 365. Please use these tools for your academic success.

### Health and Wellness

- U Matter, We Care: If you or someone you know is in distress, please contact [umatter@ufl.edu](mailto:umatter@ufl.edu), 352-392-1575, or visit [U Matter, We Care website](#) to refer or report a concern and a team member will reach out to the student in distress.
- Counseling and Wellness Center: Visit the [Counseling and Wellness Center website](#) or call 352-392-1575 for information on crisis services as well as non-crisis services.
- Student Health Care Center: Call 352-392-1161 for 24/7 information to help you find the care you need, or visit the [Student Health Care Center website](#).
- University Police Department: Visit [UF Police Department website](#) or call 352-392-1111 (or 9-1-1 for emergencies).
- UF Health Shands Emergency Room / Trauma Center: For immediate medical care call 352-733-0111 or go to the emergency room at 1515 SW Archer Road, Gainesville, FL 32608; Visit the [UF Health Emergency Room and Trauma Center website](#).
- GatorWell Health Promotion Services: For prevention services focused on optimal wellbeing, including Wellness Coaching for Academic Success, visit the [GatorWell website](#) or call 352-273-4450.

### Academic Resources

- E-learning technical support: Contact the UF Computing Help Desk at 352-392-4357 or via e-mail at [helpdesk@ufl.edu](mailto:helpdesk@ufl.edu).
- [Career Connections Center](#): Reitz Union Suite 1300, 352-392-1601
- [Library Support](#): Various ways to receive assistance with respect to using the libraries or finding resources.
- [Teaching Center](#): Broward Hall, 352-392-2010 or to make an appointment 352-392-6420. The center provides general study skills and tutoring.
- [Writing Studio](#): 2215 Turlington Hall, 352-846-1138. Find help brainstorming, formatting, and writing papers.



- *Student Complaints On-Campus:* [Visit the Student Honor Code and Student Conduct Code webpage for more information.](#)
- *On-Line Students Complaints:* [View the Distance Learning Student Complaint Process.](#)

## GRADING POLICIES

### METHODS BY WHICH STUDENTS WILL BE EVALUATED AND GRADE DETERMINED:

Information on current UF grading policies for assigning grade points can be found at <https://catalog.ufl.edu/ugrad/current/regulations/info/grades.aspx>. If you have questions about course expectations or the grading procedures, or if you have difficulty accessing or understanding the course content, readings, lectures, class activities, assignments, etc., please contact the course instructor or TA immediately.

**Quizzes:** Quizzes will be announced in class and administered on Canvas. Quizzes will cover assigned reading or lecture material. Please note you are responsible for reading all assigned chapters and regularly attending class in order to achieve student learning objectives set for the course. Please read each assigned reading carefully and critically. Pay close attention to bolded keywords, key themes, tables, and figures as you read. I strongly recommend taking personal notes while reading and listening to lectures and discussions in class.

**Assignments:** Students will complete weekly assignments on assigned readings and/or in-class experiences. These assignments will be due on Fridays, 11:59pm except when holidays fall on a Friday, in which case the deadline will be Thursday, 11:59pm. Please be sure to attend class for details, read instructions carefully, and check your work with the grading rubric before submission. The lowest weekly assignment grade will be dropped.

**Field Trips:** Students will engage in experiential learning outside of the classroom. Students must earn at least 40 points through participating in, and submitting a reflection assignment for, each chosen learning excursion. Excursion opportunities are organized group tours and individual or group experiences scheduled at various times. Submission of learning reflections are required upon completion of each excursion to receive course credit. Each excursion with reflection assignment is worth 10 points.

- [Academy for Five Elements Acupuncture](#) Talk and Tour, Thu, Oct 10, 4-5:30pm
- [UF Wilmot Botanical Gardens](#), Therapeutic Horticulture, Talk and Tour, Fri, Oct 25, 1:55-2:45pm
- [Back in Balance Chiropractic](#) Talk and Tour, Sat, Nov 2, 12:30-1:30pm

- [UF Mindfulness](#) Art and Mindfulness Series at the Harn Museum, dates vary but always a Saturday morning at 10am (registration for each session is required)
- [UF Counseling & Wellness Center](#), Biofeedback Lab, choose your preferred time when lab offers biofeedback orientation sessions or self-guided at all other times (8am – 5pm, M-F)
- [A Thousands Leaves](#), choose your preferred time when the store is open

**I-Search Paper and Panel:** Each student will explore a specific complementary or integrative therapy, practice or product using the following sources: (1) National Center for Complementary and Integrative Health, (2) PubMed, (3) social media, and (4) optional other sources. Findings will be summarized into an I-Search paper for submission, and each student will serve as a panel member to discuss trends and concerns. Detailed requirements for these assignments will be provided in Canvas and discussed in class.

**Graduate Student Assignments:** In addition to weekly assignments, graduate students will compose a **paper** (approximately 1,500 words) on a topic of choice from Chapter 3 (Micozzi, 2019) or beyond. The topic must be approved by the instructor before beginning work. The purpose of this paper is to present a personal point of view on a current issue of, or prospective solution for, integrative medicine. Each claim you make needs to be supported by evidence, such as a reference to research findings, other credible published sources, or expert interviews. Graduate students will deliver a **20-minute presentation and discussion** summarizing their view on the issue or prospective solution and facilitating a discussion about the issue/solution. Detailed instructions for these assignments will be provided in Canvas and discussed during at office hours. These assignments will fall under the assignments category for grading. However, these assignments are not eligible for the lowest grade drop.

**COURSE GRADING POLICY:** Grades will be determined based on your performance on the following activities:

Assessments	Points
Quizzes	10%
Assignments	45%
I-Search Paper & Panel	30%
Field Trip Participation & Reflections	15%

**GRADING SCALE:** For more information, review [Frequently Asked Questions for Minus Grades](#).

<b>Percent</b>	<b>Grade</b>	<b>Grade Points</b>
93.0 – 100.0	A	4.00
90.0 – 92.9	A-	3.67
87.0 – 89.9	B+	3.33
83.0 – 86.9	B	3.00
80.0 – 82.9	B-	2.67
77.0 – 79.9	C+	2.33
73.0 – 76.9	C	2.00
70.0 – 72.9	C-	1.67
67.0 – 69.9	D+	1.33
63.0 – 66.9	D	1.00
60.0 – 62.9	D-	0.67
0 – 59.9	E	0.00

Grades will not be rounded up for calculation of final course grade. For example, 89.99% is a B+.

## COURSE SCHEDULE

**A WEEKLY SCHEDULE OF TOPICS, QUIZZES AND MAJOR COURSE ASSIGNMENTS: ADDITIONAL WEEKLY ASSIGNMENTS WILL BE ANNOUNCED AND EXPLAINED IN CLASS.**

Week of:	Topic	Reading	Assignments
Aug 18	Orientation to the Course and Each Other	Syllabus	See Canvas & Attend Class Quiz
Aug 25	Reading Scholarly Articles Mind-Body Connection Introduction to the Enneagram	Schuman-Oliver <i>et al.</i> , 2020 Zhang <i>et al.</i> , 2021 Textbook (Wagner, 2021), pp. 21 - 67	See Canvas & Attend Class Assignment
Sep 1	Mon, Sep 2, Labor Day Introduction to the Enneagram	Textbook (Wagner, 2021), pp. 21 - 67	See Canvas & Attend Class Assignment
Sep 8	The Body Center	Textbook (Wagner, 2021), pp. 146 – 166 & 68 - 79	Student Panels: See Canvas & Attend Class Reflection Assignment
Sep 15	The Heart Center	Textbook (Wagner, 2021), pp. 81 - 111	Student Panels: See Canvas & Attend Class

Week of:	Topic	Reading	Assignments
			Reflection Assignment
Sep 22	The Head Center	Textbook (Wagner, 2021), pp. 113 - 146	Student Panels: See Canvas & Attend Class Reflection Assignment
Sep 29	Paths for Development	See Canvas	See Canvas & Attend Class Quiz Reflection Assignment
Oct 6	Foundations of Complementary and Integrative Medicine	Course Reserves: Micozzi, Ch. 1 - 3	See Canvas & Attend Class Quiz <b>Thu, Oct 10 Field Trip:</b> Five Elements Acupuncture, 4 – 5:30pm
Oct 13	Fundamental & Applied Sciences Fri, Oct 18, UF Homecoming, no class	Course Reserves: Micozzi, Ch. 6 & 8 See Canvas	See Canvas & Attend Class I-Search Topics Due Quiz
Oct 20	Whole Person Approach to Health Researcher Perspective:	See Canvas	See Canvas & Attend Class

Week of:	Topic	Reading	Assignments
	10/23: Steven Pratscher, Research Assistant Professor, Pain Research and Intervention Center of Excellence  Friday Field Trip		<b>Fri, Oct 25, Field Trip:</b> Therapeutic Horticulture @ UF Wilmot Gardens, 1:55 – 2:45pm (class time)
Oct 27	Professional Perspectives  Mon, 10/28: & LeAnn Averell, Clinical and Community Herbalist  Wed, 10/30: Ferol Carytsas, Director, UF Center for Arts in Medicine	See Canvas	See Canvas & Attend Class  Assignment  <b>Sat, Nov 2 Field Trip:</b> Back in Balance Chiropractic, 12:30 – 1:30pm
Nov 3	Professional Perspectives  Mon, 11/4: TBA  Wed, 11/6: Irene Estores, MD, UF Health Integrative Medicine	See Canvas	See Canvas & Attend Class
Nov 10	Mon, Nov 11, Veterans Day  Student Panels W & F	See Canvas	<b>I-Search Paper Due:</b> Tue, Nov 12  I-Search Panels & Discussions

<b>Week of:</b>	<b>Topic</b>	<b>Reading</b>	<b>Assignments</b>
Nov 17	Student Panels M, W, & F	See Canvas	I-Search Panels and Discussions
Nov 24	Happy Thanksgiving!		Appreciation and Rest
Dec 1	Course Wrap-Up	See Canvas	See Canvas & Attend Class

Disclaimer: This syllabus represents my current plans and objectives. As we go through the semester, those plans may need to change to enhance the class learning opportunity. Such changes, communicated clearly, are not unusual and should be expected.