

SCIENTIFIC FOUNDATIONS OF HOLISTIC HEALTH

Course Number: HSC 4592C

Section Number: 0891

Credit Hours: 3

Academic Term: Fall 2025

Class meeting time and location: M, W, F | Period 7 (1:55 – 2:45 PM) @ FLG 265

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.

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. Field trips held outside of class time are required for this course. You do not have to attend them all, but you do have to attend at least four. That said, every field trip will enrich your learning experience. I encourage you to do as many as you can rather than only meeting the minimum requirements. Further details are provided in the syllabus and with Canvas.

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 submissions will be made in Canvas. Students are expected to complete individual work on quizzes, assignments, and discussions unless specified otherwise in the assignment. This means collaboration with classmates or generative 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. Please do not wait until the last minute to submit. And do not make submissions via the Canvas App. If technical issues do arise with Canvas, reach out to the [UFIT Help Desk](#) for support. They are available 24/7 to support you. If you should have an issue that is unresolvable and results in failure to submit your assignment, 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) 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, 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.
- [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.
- [Find additional information and links to UF Academic Polices & Resources](#).

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 from class or assigned materials such as podcast or videos. 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 engage with each assigned material carefully and critically. Pay close attention to bolded keywords, key themes, tables, and figures as you read. I recommend taking personal notes while reading or listening.

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 adjusted. 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 is worth 10 points. See course calendar for dates and times of scheduled field trips. See Field Trips Module in Canvas for details.

- [Academy for Five Elements Acupuncture](#), Acupuncture & Chinese Herbal Medicine, Scheduled Talk and Group Tour
- [UF Wilmot Botanical Gardens](#), Therapeutic Horticulture, Scheduled Talk and Group Tour

- [Back in Balance Chiropractic](#), Holistic Chiropractic Care, Scheduled Talk and Group Tour
- [UF Mindfulness](#), Art + Mindfulness Sessions at the Harn Museum, Saturday @ 10am, dates vary (registration for each session is required)
- [UF Counseling & Wellness Center \(CWC\) Workshops](#), Biofeedback Workshops, see the [CWC workshop calendar](#) for times offered and RSVP to attend
- [A Thousands Leaves](#), Community Herbalism, choose your preferred time when the store is open (hours provided on store’s website)

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 share their findings and discuss trends and concerns with those who researched a related therapy, practice, or product. Detailed requirements for these assignments will be provided in Canvas and discussed in class.

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](#).

Percent	Grade	Grade Points
93.0 – 100.0	A	4.00
90.0 – 92.9	A-	3.67
87.0 – 89.9	B+	3.33

Percent	Grade	Grade Points
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 17	Orientation to the Course	Syllabus	See Canvas Quiz
Aug 24	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
Aug 31	Mon, Sep 2, Labor Day Introduction to the Enneagram	Textbook (Wagner, 2021), pp. 21 - 67	See Canvas & Attend Class Assignment
Sep 7	The Body Center	Textbook (Wagner, 2021), pp. 146 – 166 & 68 - 79	Student Panels: See Canvas & Attend Class Reflection Assignment Sat, Sep 13 Field Trip: Art + Mindfulness @ the Harn Museum, Embracing Compassionate Love, 10 – 11am

Week of:	Topic	Reading	Assignments
Sep 14	The Heart Center	Textbook (Wagner, 2021), pp. 81 - 111	Student Panels: See Canvas & Attend Class Reflection Assignment
Sep 21	The Head Center	Textbook (Wagner, 2021), pp. 113 - 146	Student Panels: See Canvas & Attend Class Reflection Assignment
Sep 28	Paths for Development	See Canvas	See Canvas & Attend Class Quiz Reflection Assignment Fri, Oct 3 Field Trip: Therapeutic Horticulture @ UF Wilmot Gardens, 1:55 – 2:45pm (during class time)
Oct 5	Effective Searching in PubMed Foundations of Complementary and Integrative Medicine	Course Reserves: Micozzi, Ch. 1 - 3	See Canvas & Attend Class Quiz Fri, Oct 10 I-Search Topics Due
Oct 12	Fundamental & Applied Sciences Fri, Oct 17, UF Homecoming, no class	Course Reserves: Micozzi, Ch. 6 & 8 See Canvas	See Canvas & Attend Class Quiz

Week of:	Topic	Reading	Assignments
Oct 19	Whole Person Approach to Health	See Canvas	See Canvas & Attend Class Thu, Oct 23 Field Trip: Academy for Five Elements Acupuncture, 4 – 5:30pm Sat, Oct 25 Field Trip: Art + Mindfulness @ the Harn, Oceans of Love: Deeping Our Compassion, 10 – 11am
Oct 26	Professional Perspectives: Mon, 10/27: Steven Pratscher, PhD, CAIM for Chronic Pain Wed, 10/29: Guest Speaker, TBD	See Canvas	See Canvas & Attend Class Assignment
Nov 2	Professional Perspectives: Mon, 11/3: LeAnn Averell, Clinical and Community Herbalism Wed, 11/5: Guest Speaker, TBD Fri, 11/7: Alexandra Rodriquez, MPH, Social Prescribing	See Canvas	See Canvas & Attend Class
Nov 9	Student Panels M, W, F	See Canvas	I-Search Paper Due: Sunday, Nov 9 I-Search Panels & Discussions

Week of:	Topic	Reading	Assignments
			Sat, Nov 15 Field Trip: Back in Balance Chiropractic, 12:45 – 1:45pm
Nov 16	Student Panels M, W, & F	See Canvas	I-Search Panels and Discussions
Nov 23	Happy Thanksgiving!		Appreciation and Rest
Nov 30	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.