

# Course Syllabus

**Department: Physical Education and Integrated Health Care**

**Date:** August 2012

**I. Course Prefix and Number:** PE 166

**Course Name:** Biofield Therapy

**Credit Hours and Contact Hours:** 1 credit hour, 2 contact hours

**Catalog Description including pre- and co-requisites:** This course teaches external healing techniques based upon the theory of the human energy field. Students will learn to re-pattern and balance this energy to facilitate healing in each other's bodies, as well as their own. A stronger emphasis is on Therapeutic Touch, which is the most research-based of the Biofield therapies. There is no pre-requisite before taking this class.

## II. Course Outcomes and Objectives

### Student Learning Outcomes:

#### The student will:

1. Explain the historical background of Therapeutic Touch.
2. Discover the theoretical concept of the human energy field.
3. Recognize his/her own energy field.
4. Demonstrate how to recognize another person's energy field.
5. Write a dated journal of class progress and findings in the human energy field.
6. Administer the Therapeutic Touch sequence.

### Relationship to Academic Programs and Curriculum:

This course can be used to fulfill one credit hour of the Physical Education Requirement for all majors at FLCC. It is considered an introductory course and no prior knowledge of Biofield therapy is required. This is a required course for Therapeutic Massage/Integrated Health Care Majors.

### College Learning Outcomes Addressed by the Course:

- |   |   |
|---|---|
| <input type="checkbox"/> writing                        | <input type="checkbox"/> computer literacy        |
| <input checked="" type="checkbox"/> oral communications | <input checked="" type="checkbox"/> ethics/values |
| <input checked="" type="checkbox"/> reading             | <input type="checkbox"/> citizenship              |
| <input type="checkbox"/> mathematics                    | <input type="checkbox"/> global concerns          |
| <input checked="" type="checkbox"/> critical thinking   | <input type="checkbox"/> information resources    |

### **III. Instructional Materials and Methods**

#### **Types of Course Materials:**

Required text

Handouts related to course material as assigned

#### **Methods of Instruction (e.g. Lecture, Lab, Seminar ...):**

Lectures/note taking

Group discussions

Demonstration of understanding of energy field

Class participation

### **IV. Assessment Measures (Summarize how the college and student learning outcomes will be assessed):**

The Physical education and Massage/Integrated Health Care Department believes each instructor should determine the grading system and evaluation methods that will be used in their section of the course. The methods of assessment must be communicated through the Course Outline that is given to the students the first week of the semester. Possible assessment methods include: quizzes, tests, collected assignments, group activities, demonstration of skills and performance. Such assessments and related assignments will develop critical thinking techniques, reading and oral communication, along with developing ethics and values regarding an appreciation of lifetime physical wellness.

### **V. General Outline of Topics Covered:**

Students will learn to recognize their own energy fields initially, and then proceed to practice assessing the energy fields on classmates. The underlying theory of what an energy field is and the history of energy work will be covered. Students will learn in more depth the history of Therapeutic Touch, and how to give the Therapeutic Touch sequence on one another. Students will also be introduced to other Biofield Therapies such as Healer's Qigong therapy and Reiki. A dated journal of all in-class exercises will be required of each student.