

**THE UNIVERSITY OF TEXAS RIO GRANDE VALLEY- Brownsville Campus**  
**BMED 4270-02: Introduction to Complementary and Alternative Medicine**  
**Spring 2017, Mondays 9:25-11:05am, room LHSB 1.410**  
**COURSE SYLLABUS**

**Instructor: Dr. Andrea Schwarzbach**  
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**BRHB, room 1.121**

**Contact Methods:**

You may contact me using any of the information shown above, preferably email. Please feel free to reach me if you have any questions regarding content, if you need clarification, or would like assistance.  
Office hours: Mondays 2-4pm and Tuesdays 10am-1pm or by appointment

**Format:** Active learning, cases, some lecture and discussions. Students will present and discuss topics related to treating diseases in an integrative way with a focus on nutrition and lifestyle intervention.

**Textbook:** no textbook required, reading materials will be posted on blackboard or handed out in class.

**Course Description:**

This course is designed to introduce students to the philosophies, techniques, and evidence of efficacy of complementary and alternative medicine (CAM) therapeutics (also called integrative medicine) currently in use in the United States, for example dietary, functional medicine, mind-body medicine, exercise (yoga, tai-chi etc.) and herbal/supplement therapies.

A large and growing percentage of Americans use one or more of a wide range of complementary, alternative or unconventional healing therapies, often in addition to seeking advice from allopathic physicians. Increasingly, research is showing efficacy for many of these therapies but not universally. Ability to understand and communicate effectively with patients and other care providers about these therapies should enhance patients' health and safety and optimize health care and especially prevention of disease. Many of the healthy lifestyle techniques can also be used for self-care.

For detailed topics by week please see blackboard.

**Learning outcomes:**

As a result of the course, learners should be able to:

- ① Describe the use of integrative therapies in the United States and other parts of the world;
- ① Describe healing paradigms and rationales for patients' use of these therapies;
- ① Describe the philosophies, theoretical basis and techniques of various integrative therapies;
- ① Describe the connection of mind and body components of healing;
- ① Discuss evidence of efficacy and learn about how to evaluate alternative therapies
- ① Evaluate the role of nutrition in preventing and treating disease
- ① Describe the knowledge, attitudes, and develop skills necessary to communicate effectively with practitioners and users of CAM and conventional therapies.

**Grading Policies:**

The grade for this course will be determined based on

- attendance (100points), participation in class activities and discussions (100 points),
- nutrition evaluation exercises (300 points), details are in a separate document posted on blackboard
- short writings on current topics, videos or surveys etc. (multiple small assignments adding up to 200 points)
- one in-class individual powerpoint presentations on a topic of disease treatment, conventional plus integrative, integrative medicine methodology etc. as assigned (100 points)
- one in-class presentation as group (100 points) of special topic assignment that includes development of educational materials (100 points) adding to a total of 1000 points.

Grades: up to 599 points: F, 600-699: D, 700-799: C, 800-899: B, 900-1000: A

Students are expected to prepare for class, e.g. bring questions for presenters, and follow instructions for posted assignments or readings as well as postings for deadlines of assignments. Students are required to frequently check the course page on blackboard for any updates regarding course content. No additional extra credit projects, papers etc. will be accepted as a substitute at the end of the semester. Additional info for details on assignments will be provided and explained in class during the first class day.

**Attendance Policy:**

It is required that you attend ALL classes unless you have a true unforeseen emergency.

You can miss one regular class day for any emergency or illness without a penalty. ANY class missed after that will result in a deduction of 50 points from the attendance points for each incidence. Partial non-attendance will result in partially lost points. Missing a presentation assignment or otherwise scored event requires solid documentation of the emergency in order to get a chance to make-up the points. In order to recover any lost attendance points you have to write a 5-page paper on a topic and format determined by the instructor usually based on a scientific journal paper. You can only make-up a maximum of two missed events, but only if valid documentation for reason of absence is provided. In order to keep deadlines for assignments it is important to start early. Students need to inform instructor as soon as possible of any scheduled absences due to presentations at meetings outside town or medical school interviews etc.

**Important dates:**

Jan 16	MLK Holiday and Day of Service
Jan 17	First day of class for full semester
Jan 30	Last day to add a class for spring 2017 semester
Mar 13 – 18	Spring Break, <b>no classes</b>
Apr 13	Last day to drop (DR grade) a class or withdraw (grade of W)
Apr 14 – 15	Easter holiday, <b>no classes</b>
May 3	Last day of classes for full semester
May 4	Study Day, <b>no classes</b>
May 5 - 11	Final Exams ( <a href="#">Schedule</a> )

**Other Course Information****STUDENTS WITH DISABILITIES:**

If you have a documented disability (physical, psychological, learning, or other disability which affects your academic performance) and would like to receive academic accommodations, please inform your instructor and contact Student Accessibility Services to schedule an appointment to initiate services. It is recommended that you schedule an appointment with Student Accessibility Services before classes start. However, accommodations can be provided at any time. **Brownsville Campus:** Student Accessibility Services is located in Cortez Hall Room 129 and can be contacted by phone at (956) 882-7374 (Voice) or via email at [ability@utrgv.edu](mailto:ability@utrgv.edu). **Edinburg Campus:** Student Accessibility Services is located in 108 University Center and can be contacted by phone at (956) 665-7005 (Voice), (956) 665-3840 (Fax), or via email at [ability@utrgv.edu](mailto:ability@utrgv.edu).

**MANDATORY COURSE EVALUATION PERIOD:**

Students are required to complete an ONLINE evaluation of this course, accessed through your UTRGV account (<https://my.utrgv.edu/home>); you will be contacted through email with further instructions. Students who complete their evaluations will have priority access to their grades. Online evaluations will be available:

Feb 15 – Feb 21 for Module 1 courses  
Apr 12 – Apr 18 for Module 2 courses  
Apr 12 – May 3 for full spring semester courses

**SCHOLASTIC INTEGRITY:**

As members of a community dedicated to Honesty, Integrity and Respect, students are reminded that those who engage in scholastic dishonesty are subject to disciplinary penalties, including the possibility of failure in the course and expulsion from the University. Scholastic dishonesty includes but is not limited to: cheating, plagiarism, and collusion; submission for credit of any work or materials that are attributable in whole or in part to another person; taking an examination for another person; any act designed to give unfair advantage to a student; or the attempt to commit such acts. Since scholastic dishonesty harms the individual, all students and the integrity of the University, policies on scholastic dishonesty will be strictly enforced (Board of Regents Rules and Regulations and UTRGV Academic Integrity Guidelines). All scholastic dishonesty incidents will be reported to the Dean of Students.

**SEXUAL HARASSMENT, DISCRIMINATION, and VIOLENCE:**

In accordance with UT System regulations, your instructor is a "responsible employee" for reporting purposes under Title IX regulations and so must report any instance, occurring during a student's time in college, of sexual assault, stalking, dating violence, domestic violence, or sexual harassment about which she/he becomes aware during this course through writing, discussion, or personal disclosure. More information can be found at [www.utrgv.edu/equity](http://www.utrgv.edu/equity), including confidential resources available on campus. The faculty and staff of UTRGV actively strive to provide a learning, working, and living environment that promotes personal integrity, civility, and mutual respect in an environment free from sexual misconduct and discrimination.

**COURSE DROPS:**

According to UTRGV policy, students may drop any class without penalty earning a grade of DR until the official drop date. Following that date, students must be assigned a letter grade and can no longer drop the class. Students considering dropping the class should be aware of the "3-peat rule" and the "6-drop" rule so they can recognize how dropped classes may affect their academic success. The 6-drop rule refers to Texas law that dictates that undergraduate students may not drop more than six courses during their undergraduate career. Courses dropped at other Texas public higher education institutions will count toward the six-course drop limit. The 3-peat rule refers to additional fees charged to students who take the same class for the third time.