

LABETTE COMMUNITY COLLEGE BRIEF SYLLABUS

SPECIAL NOTE:

This brief syllabus is not intended to be a legal contract. A full syllabus will be distributed to students at the first class session.

TEXT AND SUPPLEMENTARY MATERIALS USED IN THE COURSE (if any):

Please check with the LCC bookstore <http://www.labette.edu/bookstore> for the required texts for this class.

COURSE NUMBER: SPEC 125

COURSE TITLE: TOPICS IN PERSONAL ENRICHMENT
BASIC CONCEPTS OF HERBS

SEMESTER CREDIT HOURS: .5 - 5

DEPARTMENT: Special Interest

DIVISION: Workforce Education/Community Service

PREREQUISITE: None

COURSE DESCRIPTION:

This course is designed to provide current information to health care consumers or practitioners. Students attending offerings, which cover current health care issues, will be empowered to understand and improve the quality of their personal or family's health care needs. Students seeking continuing education credit or additional knowledge to improve the quality of their health care practice will benefit from content specific to current practice issues.

This course is designed to cover basic herbal therapeutic actions, energetic properties and historical uses of about 40 common herbs. Students actually practice tasting plants to learn firsthand how different categories of herbs affect the body. Nine basic categories of herbs are discussed using the four-element model, with examples of medicinal plants in each of the categories. Students will understand the value of herbs in order to make more informed choices and use them more effectively in basic health care.

COURSE OUTCOMES AND COMPETENCIES:

Students who successfully complete this course will be able to:

Improve the quality of their personal or family's health care.

1. Identify educational needs related to a specific health care topic

- Gain a better understanding of the functions and energetic properties of herbs in basic health care.

- Demonstrate understanding of the therapeutic actions and historical uses of approximately 40 single herbs.

2. Participate in formal and informal teaching modalities

- Identify the different levels of herbs.
- List the classifications of herbs.
- Categorize herbs according to their properties.
- Identify proper names, species, genus and pronunciation of each herb.
- Demonstrate understanding of the parts of the herb most commonly used.
- Recognize the nutritional value of each herb.
- Demonstrate understanding of the active energetic principles of the individual herbs.

3. Demonstrate additional knowledge gained by participation in the course

- Taste different types of teas and herbal infusions.
- Identify additional learning needs relevant to the course content by completing the course evaluation.