Holistic Health: The Art and Science of Caring and Healing
NURS 5323
Spring 2026

Scheduled Class Days and Times: Online

Instructor's Name: *Pamela K. Lake, Ph.D., RN, AHN-BC, Caritas Coach® (Section P060)*
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Office Hours: Virtual Office Hours: Tuesdays: 10:00 am to 1:00 pm CST by appointment for a phone call or video conference. Additional days and times may be arranged upon request. Please email the faculty to make arrangements/obtain a Zoom link.
*Best way to contact me is via *Canvas email.*

Course Description: This course is designed to help you explore holistic health practices that support your physical, emotional, and spiritual well-being, enabling you to thrive both personally and professionally. Holistic self-care practices increase resilience, reduce burnout, and improve outcomes. This course offers a safe, supportive space to explore what wellness means for you and how it can shape your future. This course is open to all majors and is taught in a **seven-week semester.**

Prerequisites: Enrollment in any UTT graduate classes.

Corequisites: None

Student Learning Outcomes:

Upon successful completion of this course, the student will be able to:

1. Differentiate between the philosophy of holistic health and that of contemporary Western medicine.
2. Examine the knowledge base/theory for understanding the history, current practice, and future of holistic health practice as a complement/supplement to modern techno-medicine.
3. Implement strategies for health promotion, healing, and change within self and clients.
4. Propose alternative methods/strategies to promote health and healing.
5. Analyze the relationship of self-care/self-responsibility to the role of the informed consumer.

Required Textbooks and Readings:

Blaszko Helming, M. A., Shields, D. A., Avino, K. M., and Rosa, W. E. (Eds.).(2020). Dossy & Keegan's holistic nursing: A handbook for practice. (8th edition). Sudbury, MA: Jones and Bartlett ISBN: 9781284196528, 1284196526 *(Online access code is NOT required.)*

Assignments and Weights/Percentage/Point Values

1. Module Assignments & Discussions   40%
2. Holistic Practice and Reflective Journals   30%
3. Online Presentation   30%

Grading Scale:

Specific guidelines and grading criteria for all assignments are in the Modules. Final grades for the course will be determined based upon the following point assignments:

A - 90-100
B - 80-89
C - 70-79
D - 60-69
F - Below 60

Grades will not be rounded when calculating the average (79.5 is not rounded to 80, and 89.5 is not rounded to 90). Students are required to achieve an average of 80% (B) to complete the course successfully.

Although the university policy allows 60 days for grade appeals, the School of Nursing follows a stricter timeline of 10 days to facilitate students' timely progression through the curriculum. In the case of extenuating circumstances, please consult the Associate Dean of Academic Affairs for guidance.

Academic Integrity: Cheating of any kind, as defined in Section 8 of the UT Tyler Manual of Policies and Procedures (MOPP) for Student Affairs (https://www.uttyler.edu/mopp/), will not be tolerated. Consequences may include:
- reprimand
- exam failure
- course failure
- expulsion from the Nursing program
- expulsion from the University
- other consequences as assigned

Artificial Intelligence in Coursework: UT Tyler is committed to exploring and using artificial intelligence (AI) tools as appropriate for the discipline and task undertaken. We encourage discussing AI tools' ethical, societal, philosophical, and disciplinary implications. All uses of AI

should be acknowledged as this aligns with our commitment to honor and integrity, as noted in UT Tyler's Honor Code. Faculty and students must not use protected information, data, or copyrighted materials when using any AI tool. Additionally, users should be aware that AI tools rely on predictive models to generate content that may appear correct but is sometimes shown to be incomplete, inaccurate, taken without attribution from other sources, and/or biased. Consequently, an AI tool should not be considered a substitute for traditional approaches to research. You are ultimately responsible for the quality and content of the information you submit. Misusing AI tools that violate the guidelines specified for this course (see below) is considered a breach of academic integrity. The student will be subject to disciplinary actions as outlined in UT Tyler's Academic Integrity Policy.

For this course: **AI is not permitted in this course at all**. To best support your learning, you must complete all graded assignments independently. This exclusion of other resources to help complete assignments includes artificial intelligence (AI). Refrain from using AI tools to generate any course context (e.g., text, video, audio, images, code, etc.) for an assignment or classroom assignment.

Exam and homework materials, questions, and problems are the intellectual property of faculty, UT Tyler, or publishers.
- These materials may not be distributed without permission.
- Distributing or uploading them to online resources destroys the integrity of the assignment and the course, allowing others an unfair advantage by letting them view the materials.
- Uploading these materials to online resources is a violation of UT Tyler's academic misconduct policies and may result in formal conduct charges.
- Sanctions for uploading or otherwise divulging the contents of these materials can include:
  - a reduced or failing grade on an assignment
  - a reduced or failing grade for the course
  - removal from the Nursing program
  - removal from UT Tyler

Late Policy: 5% will be deducted each day an assignment is past due unless prior arrangements have been made with your course faculty. Extenuating circumstances may apply.

Repeating a Course: Students repeating this course may not use previously submitted assignments nor utilize the same patients for an assignment. Submitting the same or slightly modified assignments from previous semesters is considered self-plagiarism and is subject to academic discipline, including failing the assignment or the course.

Attendance and Make-up Policy: Attendance/participation is expected. Make-up for exams, quizzes, assignments, and missed clinical time is at the instructor's discretion.

Grade Replacement: Students repeating a course for grade forgiveness (grade replacement) must file a Grade Replacement Contract with the Enrollment Services Center (ADM 230) on or before the Census Date of the semester in which the course will be repeated. Grade Replacement Contracts are available in the Enrollment Services Center or at http://www.uttyler.edu/current-students/registrar. Each semester's Census Date can be found on the Contract itself, on the Academic Calendar, or in the information pamphlets published each semester by the Office of the Registrar.

Failure to file a Grade Replacement Contract will result in both the original and repeated grade being used to calculate your overall grade point average. Undergraduates are eligible to exercise grade replacement for only three course repeats during their career at UT Tyler; graduates are eligible for two grade replacements. Full policy details are printed on each Grade Replacement Contract.

Graded Course Requirements Information:

1. **Module Assignments & Discussions:** Weekly modules include reading assignments and various activities that include, but are not limited to: experiential learning achieved by exploring various holistic modalities available in the community and via online sources; video clips included in each module highlighting holistic practice; discussions with peers sharing experiences and thoughts; research to find Evidence-Based Practice related to the holistic topic of choice.
2. **Holistic Practice and Reflective Journals:** Weekly practice of one chosen holistic modality (5 hours minimum per week during Modules 3, 4, and 5 to achieve a total of at least 15 hours by the semester's end). This modality will be the topic of student research for EBP information to be presented in the Poster Presentation. Weekly reflective journals are the student's reports of all the activities in the Module. These are expected to be thoughtful and expressive.
3. **Online Presentation:** Poster Presentations will be posted for student viewing as well as for grading by faculty. The design will follow a 1 slide PowerPoint template that is provided.

Please Note: The Canvas course will provide detailed information and grading rubrics for all assignments.

Important Course Dates:

- **Preview Days:** Thursday, January 8, through Sunday, January 11, 2026. (Preview only. Faculty are unavailable, and no assignments should be submitted.)
- **Classes Begin:** Monday, January 12, 2026.
- **Census Date** (the final date for adding new courses, changing sections, or dropping courses _without_ incurring grades of "W" or "Q.")**:** Wednesday, January 14, 2026.
- **Last Date to Withdraw** (final date students are eligible to withdraw from courses for grades of "W" or "Q")**:** Wednesday, February 11, 2026. *Students, please notify your course faculty and contact your advisor if you plan to withdraw.*

- **End Date**: Saturday, February 28, 2026.

Calendar of Topics, Readings, and Due Dates:

School of Nursing Policies and Additional Information:

https://www.uttyler.edu/nursing/college/student_guide_and_policies.php

Student Resources and University Policies are provided in Canvas.