

# SCHOOL OF EXTENDED LEARNING: HEALTH AND SAFETY

Health and Safety courses focus on lifelong education to promote health, safety and the well-being of individuals, families, and communities.

Health and Safety topics include nutrition, alternative medicine, naturopathy, and pain management.

To view the current schedule of noncredit classes, click here (<https://www.sbcc.edu/extendedlearning/healthsafety.php>).

You will be taken to the web schedule page. Highlight the semester you want to search and click the "select" button. Then highlight the subject you wish to search and click the "search" button to view classes within that subject.

For assistance with application and registration, please click here (<https://www.sbcc.edu/extendedlearning/apply-reg.php>) or connect in person at the Main Office of Wake or Schott campuses.

For more information about programs or content, please contact Rachel Walsh, Interim Director at [rewalsh1@pipeline.sbcc.edu](mailto:rewalsh1@pipeline.sbcc.edu) or Lisa Draper, Administrative Assistant at [ladraper1@pipeline.sbcc.edu](mailto:ladraper1@pipeline.sbcc.edu).

## Courses

### HEAL NC001 The Meridians of Acupressure (0 Units)

Hours: 20 (20 lecture)

The meridians of acupressure are pathways of energy circulating in the body along which acu-points are located. Students learn the names, locations and functions of the meridians, how to assess the quality of the energy within each, and how to bring that energy into balance. The Theory of Five Elements relates the meridians to universal energy and is presented with a special focus on balancing emotions and maintaining radiant health. Students practice acupressure treatments and slow meditative exercises in class. Course restricted to 98 repetitions

### HEAL NC009 Nutrition for Longevity (0 Units)

Hours: 14 (14 lecture)

Students learn how wholesome food can increase our quality of life and extend it. Focuses on what to eat, how to select and prepare nutritious food, and when and how to enjoy it. Topics also include the food choices and lifestyle of the centenarians who live in the "Blue Zones." Students discover which foods contain antioxidants that reduce inflammation and why eating them is recommended. Course restricted to 98 repetitions

### HEAL NC011 Health and Wellness for Older Adults: Active Body, Active Mind (0 Units)

Hours: 20 (16 lecture, 4 lab)

Course includes assessment of the processes of aging and the importance of exercise and nutrition in maintaining independence, safety and well being. Emphasis will be placed on cognitive and physical exercise, diet, stress reduction, disease and injury prevention and consumer health information. Course restricted to 98 repetitions

### HEAL NC016 Overcoming Barriers to Managing Your Weight (0 Units)

Hours: 14 (14 lecture)

The older adult student will learn what it means to establish or maintain a 'healthy' weight, and also explore healthy food choices, recipes and lifestyle choices that can help support a healthier, more vibrant lifestyle. Learning to take care of ourselves should be an enjoyable endeavor, something that brings us inspiration, spurs curiosity and adventure, and gives us a sense of our place in the world. This motivating, interactive class is appropriate for all body types, diet histories, and eating issues. Course restricted to 98 repetitions

### HEAL NC017 Ayurvedic Medicine (0 Units)

Hours: 12 (12 lecture)

Using principles of Ayurvedic medicine, students learn the basics of constitutional diagnosis and traditional methods for restoring balance. The natural healing system of ancient India, known as Ayurveda or "the science of life," is the foundation of all Oriental systems of medicines. In this class, students match individual needs to a holistic program including diet, herbs, body work, acupuncture, and psycho-spiritual practice. Course restricted to 98 repetitions

### HEAL NC023 Applications of Aromatherapy (0 Units)

Hours: 12 (12 lecture)

Aromatherapy is a form of alternative medicine that uses plant-based essential oils and other aromatic compounds to improve a person's mood, cognitive function, or health. Students learn to decrease tension and stress by using fragrant botanical essences for massage, baths, meditation, and relaxation. Fragrances to increase energy, enhance positivity, and address simple ailments will also be explored. Course restricted to 98 repetitions

### HEAL NC024 Acupressure - Simple Patterns for Pain Relief and Relaxation (0 Units)

Hours: 16 (16 lecture)

Teaches simple acupressure patterns for pain relief and relaxation. Topics include theory and practice of acupressure as a healing art, types of acupressure (shiatsu) and reflexology. Students discover how physical and emotional harmony improve as the internal flow of energy is balanced. Empowers students to manage stress and tension for well-being. Students are encouraged to bring a pad or blanket and wear comfortable clothing. Course restricted to 98 repetitions

### HEAL NC025 Your Nutrition and the Environment (0 Units)

Hours: 12 (12 lecture)

Class will discuss the selection and preparation of meals and provide community and national resources that support healthy and environmentally sustainable diets. Topics include evaluating grass fed and pasture raised meat and dairy, sustainable fish, local and/or organic products, and the effect of diet on global warming. Students learn how 'earth friendly foods' can improve physical and emotional health and protect the safety of food producers. Class includes a tour of a farm. Course restricted to 98 repetitions

### HEAL NC027 Tongue Diagnosis According to Chinese Medicine (0 Units)

Hours: 10 (10 lecture)

This class teaches students to interpret features on the tongue surface and identify dietary and lifestyle factors that affect it. Students learn how to adjust their diet in order to correct these imbalances. Using knowledge based on six thousand years of clinical experience, students learn what to look for on the tongue, what changes to look for, what imbalances each change represents, and how to improve their health with proper nutrition as reflected in the tongue. Course restricted to 98 repetitions

**HEAL NC028 Ancient Chinese Medicine in Modern Times (0 Units)**

Hours: 10 (10 lecture)

This course explores the ancient Chinese understanding of health conditions and applies this perspective to modern, frequently experienced health issues. Students gain a new, though ancient, perspective on problematic and difficult to treat health issues. Topics include successfully treating menopause, weight gain and fertility issues, the science of acupuncture, and enhancing the immune system. Course restricted to 98 repetitions

**HEAL NC036 Chinese Medicine First Aid Kit (0 Units)**

Hours: 10 (10 lecture)

This course teaches effective ancient herbal remedies for common health problems such as colds/flu, headaches, constipation, diarrhea, burns, muscular skeletal spasms, and strains. Students learn how to effectively self-administer acupressure and "moxa" treatments. This class also teaches how to maintain good health and strengthen the immune system by applying the principles of Chinese medicine. Course restricted to 98 repetitions

**HEAL NC039 The Five Elements of Chinese Medicine (0 Units)**

Hours: 10 (10 lecture)

This class teaches students how to use the five elements of Chinese medicine (wood, water, fire, earth, and metal) to improve health. Students learn how specific emotions, colors, flavors and seasons, affect certain organs. Topics include how to make better food choices based on the five elements. Course restricted to 98 repetitions

**HEAL NC055 Touch for Health Plus (0 Units)**

Hours: 20 (20 lecture)

In this course students learn basic Touch for Health techniques for natural health care, as well as self-care tips for attaining optimal health and physical performance. Benefits include improved posture and balance, increased energy, tension and cramp relief, emotional and physical stress reduction, and relief of pain without drugs. This class includes a holistic overview of the human body and is taught by certified Touch for Health instructors and health educators. Course restricted to 98 repetitions

**HEAL NC068 Sit and Get Fit (0 Units)**

Hours: 20 (20 lecture)

This "everyone-can-do" body/mind class helps encourage and improve mobility, flexibility, strength, balance, posture, breathing and relaxation. Exercising from a seated position makes it ideal for, but not limited to, those challenged with Parkinson's, multiple sclerosis, arthritis or for adults new to exercise. Special consideration for participant needs makes this class useful and unique to each individual. Develop attitudes and learn techniques that work for you. Make this fun, light-hearted approach to exercise a weekly highlight. Course restricted to 98 repetitions

**HEAL NC082 Healing With Therapeutic Touch (0 Units)**

Hours: 12 (12 lecture)

This course teaches students how to balance the body's subtle energy fields for healing using therapeutic touch. Students learn techniques for working with subtle energy fields including electro-magnetic, vital and auric fields, and the chakras. Topics include how to clear own energy, release emotions and thoughts, ground and center the self, and expand intuition. Course restricted to 98 repetitions

**HEAL NC092 Body-Mind Medicine: Brain Longevity (0 Units)**

Hours: 14 (14 lecture)

Class teaches how the body-mind complex can maintain healthy balance or be responsible for disease. Students learn that living with physical or emotional stressors increases our risk of depression, anxiety and common physical ailments. Topics include the psychosomatics of everyday life, including the relationship between stressors, regulatory peptides (hormones, prostaglandins, and neurotransmitters). Medical evidence has found various means of restoring emotional balance, including psychotherapy, herbs, nutrition, yoga, homeopathy, and prayer. Course restricted to 98 repetitions

**HEAL NC095 Nature's Defenses: Exploring the Immune System (0 Units)**

Hours: 10 (10 lecture)

In this class, students learn how the immune system works, including its physiology when in a healthy, balanced state. Students learn about foods, nutritional and herbal medicines, and exercises that enhance health and balance, as well as substances and behaviors that depress the immune system. The pros and cons of vaccinations are also discussed. Course restricted to 98 repetitions

**HEAL NC096 Naturopathic Medicine - Science and Nature Working Together (0 Units)**

Hours: 12 (12 lecture)

Students learn how diet, clinical nutrition, lifestyle and state of mind influence genetic expression and cell communication. Naturopathic medicine, which integrates Western knowledge of medical science with traditional healing techniques, is based on the principle that the body-mind complex is continually exercising its ability for self-healing. The body recognizes food as the best source of nutrients essential to physical and mental well-being. Students learn principles of nutritional biochemistry to learn which foods provide benefits and which foods to avoid. Course restricted to 98 repetitions

**HEAL NC127 Chinese Medicine/Techniques to Determine Your Optimal Diet (0 Units)**

Hours: 16 (16 lecture)

This class teaches students to interpret features on the tongue surface and identify dietary and lifestyle factors that affect it. Students learn how to adjust their diet in order to correct these imbalances. Using knowledge based on six thousand years of clinical experience, students learn what to look for on the tongue, what changes to look for, what imbalances each change represents, and how to improve their health with proper nutrition as reflected in the tongue. Course restricted to 98 repetitions

**HEAL NC182 Mobilizing Your Healing Force (0 Units)**

Hours: 12 (12 lecture)

Students learn to use writing as a way of healing from emotional and/or physical pain resulting from chronic illness, loss of a loved one or other traumatic events. Students participate in guided writing activities in response to prompts from authors who have used writing as a way of healing. Students set goals of self-expression, opening, and healing and benefit from open avenues of communication in a safe environment. Students share reflections, thoughts and feelings, resulting in improved immune response. Course restricted to 98 repetitions