

## FNST 210

---

### **FNST 210 Aboriginal Health: Community Wellness & Healing**

3 Credits

This course provides students with an overview of Aboriginal health, wellness, and well-being from an Aboriginal worldview, which encompasses physical, mental, emotional and spiritual factors. The course is premised on the understanding that connection to land, traditional medicine, spirituality, traditional foods, traditional activities, and language are key factors influencing the health and wellness of Aboriginal peoples. Students are introduced to traditional Aboriginal healing practices, which are seen to be a way to restore physical, mental, emotional and spiritual balance to the lives of individuals, families, and communities. Colonization and assimilation policies and their effect on the health of Aboriginal peoples will also be examined.

#### **Prerequisites**

FNST 101

#### **Transfer Credits**

Explore transfer credit opportunities by visiting the BC Transfer Guide (<http://www.bctransferguide.ca>)

