

**Clackamas Community College**  
Online Course/Outline Submission System

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**Section #1 General Course Information****Department:** Horticulture**Submitter**First Name: **Renee**Last Name: **Harber**Phone: **3294**Email: **rharber****Course Prefix and Number:** HOR - 250**# Credits:** 2**Contact hours**

Lecture (# of hours): 20

Lec/lab (# of hours):

Lab (# of hours):

Total course hours: 20

For each credit, the student will be expected to spend, on average, 3 hours per week in combination of in-class and out-of-class activity.

**Course Title:** Western Herbs**Course Description:**

This course introduces students to herbs, some of which may be grown locally. Instruction will focus on the components of herbs and uses of each specific herb.

**Type of Course:** Career Technical Preparatory**Is this class challengeable?****Yes**

Can this course be repeated for credit in a degree?

No

Is general education certification being sought at this time?

No

Does this course map to any general education outcome(s)?

No

Is this course part of an AAS or related certificate of completion?

Yes

Name of degree(s) and/or certificate(s): Horticulture AAS, Landscape AAS, Urban Agriculture

Are there prerequisites to this course?

No

Are there corequisites to this course?

No

Are there any requirements or recommendations for students taken this course?

No

Are there similar courses existing in other programs or disciplines at CCC?

No

Will this class use library resources?

Yes

Have you talked with a librarian regarding that impact?

No

Is there any other potential impact on another department?

No

Does this course belong on the Related Instruction list?

No

GRADING METHOD:

A-F or Pass/No Pass

**Audit: Yes**

When do you plan to offer this course?

✓ Fall

Is this course equivalent to another?

If yes, they must have the same description and outcomes.

No

Will this course appear in the college catalog?

Yes

Will this course appear in the schedule?

Yes

Student Learning Outcomes:

Upon successful completion of this course, students should be able to:

1. discuss how herbs are used in the modern world.
2. explain the historical uses for a variety of herbs.
2. list the factors that impact the quality of herbs.

***This course does not include assessable General Education outcomes.***

Major Topic Outline:

1. Why use herbs.
  - a. Definitions of "herb"
    - a1. Botanical
    - a2. Herbalism
  - b. All plants are medicine
    - b1. Special features of each herb
    - b2. Key is learning how, when, what parts to use.
  - c. Historical perspectives
    - c1. People & plants
    - c2. Short history of herbs as medicine in North America (United States)
  - d. Current perspectives.
    - d1. Science/technology/tradition/past knowledge
    - d2. Art
  - e. Using herbs in our lives

- e1. Practical, safe, effective . . . our responsibility
- e2. Effects depend on multiple factors
- e3. Cautions about using herbs
- 2. Forms of and ways to use herbs
  - a. Food
  - b. Teas
  - c. Infusion/decoction/steam
  - d. Extracts
  - e. Oils
  - f. Salves
  - g. Poultice/Compress
  - h. Essential oils
- 3. Quality of herbs
  - a. Depends on soil, habitat, water, wild/domestic, processing, age
- 4. Categories of herbs

Does the content of this class relate to job skills in any of the following areas:

- |                                      |           |
|--------------------------------------|-----------|
| 1. Increased energy efficiency       | <b>No</b> |
| 2. Produce renewable energy          | <b>No</b> |
| 3. Prevent environmental degradation | <b>No</b> |
| 4. Clean up natural environment      | <b>No</b> |
| 5. Supports green services           | <b>No</b> |

Percent of course: 0%

First term to be offered:

**Next available term after approval**