

Course Outline

COURSE: HE 201 **DIVISION:** 40 **ALSO LISTED AS:**

TERM EFFECTIVE: Spring 2025 **CURRICULUM APPROVAL DATE:** 10/8/2024

SHORT TITLE: MIND/WELL

LONG TITLE: Mindfulness and Well-Being

<u>Units</u>	<u>Number of Weeks</u>	<u>Type</u>	<u>Contact Hours/Week</u>	<u>Total Contact Hours</u>
3	18	Lecture:	3	54
		Lab:	0	0
		Other:	0	0
		Total:	3	54

Out of Class Hrs: 108.00
 Total Learning Hrs: 162.00

COURSE DESCRIPTION:

This course is an introduction to mindfulness theory and practices. Students will learn methods of mindful meditation and mindful tools that contribute to well-being. Students will also learn the research supporting mindfulness as well as the history and historical foundations of mindfulness. The course addresses how mindfulness reduces stress, improves attention, increases compassion, enhances relationships, increases resilience, and promotes social justice. Students will demonstrate personal growth in mindful awareness and develop personalized practices for utilizing mindfulness in their daily life. Students will gain knowledge and experience with mindfulness as it manifests in the realms of physiology, psychology, and society.

PREREQUISITES:

COREQUISITES:

CREDIT STATUS: C - Credit - Degree Non Applicable

GRADING MODES

- L - Standard Letter Grade
- P - Pass/No Pass

REPEATABILITY: N - Course may not be repeated

SCHEDULE TYPES:

- 02 - Lecture and/or discussion
- 05 - Hybrid
- 71 - Dist. Ed Internet Simultaneous
- 72 - Dist. Ed Internet Delayed

STUDENT LEARNING OUTCOMES:

By the end of this course, a student should:

1. Demonstrate the practical skills of mindfulness meditation, including deepening focus and perseverance; and apply vocabulary of mindfulness to communicate about experiences in meditation and in one's informal and formal mindfulness practices.
2. Recall, examine, and appraise theory and research of mindfulness
3. Explore the intersection between mindfulness and social justice and develop practices specific to supporting social justice understanding and work
4. Formulate a diverse plan of mindfulness practices to cultivate positive emotions and enhance personal well-being

COURSE OBJECTIVES:

By the end of this course, a student should:

1. Develop an enhanced capacity for self-compassion and compassion for others.
2. Develop an understanding of and enhanced capacity for emotional regulation.
3. Analyze and articulate an understanding of culture and mindfulness.
4. Identify and practice liberatory mindful practices for social justice
5. Analyze, interpret, evaluate, and summarize research on mindfulness.
6. Understand, recall, and apply terminology and concepts to lived experiences.
7. Demonstrate understanding of mindful approaches to learning; execute mindful contemplative strategies for learning tasks.
8. Learn, develop, practice, and apply mindfulness meditation techniques, including methods for cultivating present-moment awareness, interoception (body awareness), and releasing stress
9. Develop metacognition of daily habits and school-related physiological and emotional experiences.
10. Implement a mindful plan of practices; integrate a mindfulness plan of practices into daily life; evaluate and report on findings.
11. Distinguish how to intentionally cultivate a variety of positive emotions and feelings of well-being.

COURSE CONTENT:

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13 HOURS

CONTENT Students will be introduced to various meditation techniques and practices to include meditation postures; breathwork; anchoring; mindful awareness techniques; body scanning; recognizing, labeling, and releasing thought patterns; recognizing, labeling, and processing emotions; attention to the five senses (sensory experiences); visualization; affirmations; setting intentions; and practices that foster focus and bringing attention back to present-moment awareness. Students will engage in mindfulness meditation in groups and on their own.

13 HOURS

CONTENT Students will learn mindfulness self-care practices for daily life and for the needs of college students, including test and school-related anxiety; recognizing resistance to self-care and learning ways to gently mitigate resistance through mindfulness practices; mindful eating; mindful movement; mindful communication; and mindful sleep hygiene practices. Students will create a log of daily activities to notice experiences and discover when mindfulness practices would most benefit them.

COURSE CONTENT(Continued):**5 HOURS**

CONTENT Students will engage in various mindful contemplative reading and writing practices to learn methods of study for focus, inquiry, motivation, perseverance, and critical and creative thinking, including secular Lectio Divina meditative reading strategies. Students will utilize mindful contemplation to submit what is actively being learned to observation, inquiry, listening, and reflection, including metacognitive awareness of personal felt-sense experiences of learning. Most practices will happen in class as students engage with mindfulness theories and history.

9 HOURS

CONTENT Students will learn the research supporting mindfulness as well as the history and historical foundations of mindfulness. Students will also learn about the impact of stress and trauma on the nervous system, as well as components of the nervous system as they relate to stress, stress reduction, and emotional regulation, including the parasympathetic, sympathetic and ventral vagal nervous system states. Students will learn structures of the brain positively impacted by mindfulness practices. Students will learn about neuroplasticity and the benefits of mindfulness practices on neuroplasticity.

7 HOURS

CONTENT Students will explore the historical foundations of mindfulness through the lens of culture. Students will consider mindfulness as it intersects with dominant culture and how BIPOC and LGBTQ+ communities transform mindfulness practices to fit personal and community needs. Students will learn mindfulness practices for recognizing social injustice and for ways to shore-up inner resources to resist, confront, and combat instances of oppression and social injustice. Students will engage in contemporary mindfulness practices from non-dominant cultures and perspectives.

5 HOURS

CONTENT Students will focus on a core benefit of mindfulness, cultivating self-compassion and compassion for others. Students will learn about and engage in loving-kindness mindful awareness practices. Students will consider the difference between mindfulness in this context (present-moment awareness of difficult experiences and emotions) and compassion (effectively attending to difficult experiences and emotions) and how to integrate the two for best outcomes. Students will develop metacognition of emotional states and learn tools for emotional regulation.

2 HOURS

Final Exam.

METHODS OF INSTRUCTION:

Lecture, facilitated discussions and hands-on assignments, guided meditations, movement demonstrations, guided written responses, small and large group reading activities, short video presentations, individualized instruction and feedback, guest speakers, student presentations, peer response, self-assessment logs

OUT OF CLASS ASSIGNMENT:

Required Outside Hours 108

Assignment Description

At-home mindfulness meditation and mindfulness practices with journal writing and daily practice self-reflection logs; writing assignments, including contemplative journal writing and short out-of-class reflection essays; reading assignments from diverse authors on the subject of mindfulness and well-being, including annotations of readings; glossary creation with defined terms and concepts found in readings; class partner and group work.

METHODS OF EVALUATION:

Skill demonstrations

Evaluation Percent 40

Evaluation Description

Includes facilitated discussions and hands-on assignments, participation in guided meditations, movement practices, guided written responses, participation in small and large group reading activities, formal and informal oral presentations, group projects, in-class writing, skills demonstration and application of concepts, exams and quizzes

Other methods of evaluation

Evaluation Percent 30

Evaluation Description

Includes at-home mindfulness practices with journaling and self-reflection logs

Writing assignments

Evaluation Percent 30

Evaluation Description

Includes reading and writing homework assignments, research projects, annotations of readings, out-of-class essays or journal writing,

REPRESENTATIVE TEXTBOOKS:

Wherever You Go, There You Are: Mindfulness Meditation in Everyday Life 11th Edition, Jon Kabat-Zinn, Hachette Books, 2023 or a comparable textbook/material.

ISBN: 9780306832017

13 Grade Verified by: Jessica Hooper

The Inner Work of Racial Justice: Healing Ourselves and Transforming Our Communities Through Mindfulness, Rhonda V. Magee , Tarcher Perigee, 2021 or a comparable textbook/material.

ISBN: 9780143132820

13 Grade Verified by: Jessica Hooper

OTHER MATERIALS:

Hanson, Rick. Buddha's Brain: The Practical Neuroscience of Happiness, Love, and Wisdom. Oakland, California: New Harbinger Publications, Inc., 2009.

Dana, Deb. Anchored: How to Befriend Your Nervous System Using Polyvagal Theory. Boulder, Colorado: Sounds True, 2021.

King, Ruth. Mindful of Race: Transforming Racism From the Inside Out. Boulder, Colorado: Sounds True, 2018.

Lewis, Dennis. The Tao of Natural Breathing: For Health, Well-Being, and Inner Growth. Berkeley, California: Rodmell Press, 2006.

Maul, Fleet. Radical Responsibility: How to Move Beyond Blame, Fearlessly Live Your Highest Purpose and Become an Unstoppable Force for Good. New York: Sounds True, 2024.

Williams, Caroline. Move: How the New Science of Movement Can Set Your Mind Free. New York: Hanover Square Press, 2022.

Neff, Kristin and Christopher Germer. The Mindful Self-Compassion Workbook: A Proven Way to Accept Yourself, Build Inner Strength, and Thrive. New York: The Guilford Press, 2018.

Weston, Linda Yaron. Mindfulness for Young Adults: Tools to Thrive in School and Life. New York: Routledge, 2021.

ARTICULATION and CERTIFICATE INFORMATION

Associate Degree:

CSU GE:

IGETC:

CSU TRANSFER:

Transferable to CSU, effective 202530

UC TRANSFER:

Transferable to UC, effective 202530

SUPPLEMENTAL DATA:

Basic Skills: N

Classification: Y

Noncredit Category: Y

Cooperative Education: N

Program Status: 1 Program Applicable

Special Class Status: N

CAN:

CAN Sequence:

CSU Crosswalk Course Department:

CSU Crosswalk Course Number:

Prior to College Level: Y

Non Credit Enhanced Funding: N

Funding Agency Code: Y

In-Service: N

Occupational Course: E

Maximum Hours:

Minimum Hours:

Course Control Number: CCC000646954

Sports/Physical Education Course: N

Taxonomy of Program: 083700