

Bergen Community College
Division of Health Professions
Department of Wellness & Exercise Science

Course Syllabus

WEX-133: Mindfulness and Good Health

Semester and year:
Section Number:
Meeting Times and Locations:

Instructor:
Office Location:
Phone:
Departmental Secretary:
Office Hours:
Email Address:

Course Description:

WEX-133 Mindfulness and Good Health is an introduction to the theory and practice of mindfulness: mind-body exercises that develop awareness of present-moment thoughts, feelings, and actions. Students will learn how to incorporate mindfulness practices into their lives to reduce stress, improve emotional balance and resilience, and enhance their personal and academic lives. **(2 labs; 1 credit)**

Student Learning Outcomes: As a result of meeting the requirements in this course, students will be able to:

1. Describe and explain the major types of formal and informal mindfulness exercises;
2. Summarize the current scientific findings on the impact of mindfulness on mental and physical health;
3. Practice attention and appreciation in the present moment through the use of various awareness anchors;
4. Relax their minds and bodies through stillness and mindful movement;
5. Practice attentive and empathetic communication; and
6. Integrate mindfulness practices into daily life to increase overall wellness and effectiveness.

Learning Assessment:

Student Learning Outcome:	Suggested Means of Assessment:
1. Describe and explain the major types of formal and informal mindfulness exercises;	Examination
2. Summarize the current scientific findings on the impact of mindfulness on mental and physical health;	Short Research Project
3. Practice attention and appreciation in the present moment through the use of various awareness anchors;	In-class activity Journal entries
4. Relax their minds and bodies through stillness and mindful movement;	In-class activity Journal entries
5. Practice attentive and empathetic communication	In-class dialogue exercises
6. Integrate mindfulness practices into daily life to increase overall wellness and effectiveness	Journal entries

Suggested Books:

Bays, Jan Chozen. *How to Train a Wild Elephant & Other Adventures in Mindfulness*. Shambhala, 2011.

Kabat-Zinn, Jon. *Wherever You Go, There You Are*. Hachette Books, 2005.

Monteiro, Lynette and Musten, Frank. *Mindfulness Starts Here*. Friesen Press, 2013.

Siegel, Daniel. *Mindsight: The New Science of Personal Transformation*. Bantam, 2011.

Stahl, Bob, and Goldstein, Elisha. *A Mindfulness-Based Stress-Reduction Workbook*. New Harbinger, 2010.

Williams, Mark and Penman, Danny. *Mindfulness: An 8-Week Plan for Finding Peace in Frantic World*. Rodale, 2011.

Course Requirements and Grading Policy:

Though this course begins with some historical and scientific context, it is primarily a practical and skill-oriented course. Accordingly, the 50-minute sessions should generally involve one or more types of mindfulness exercise, including stretching and mindful movement, and some writing exercises that can be the basis for reflection and discussion. Final grades may be based on the following criteria:

Attendance and Participation:	20%
Journal Entries:	30%
Short Research Project:	20%
Final Examination:	30%

BCC Attendance Policy:

All students are expected to attend punctually every scheduled meeting of each course in which they are registered. Attendance and lateness policies and sanctions are to be determined by the instructor for each section of each course. These will be established in writing on the individual course outline. Attendance will be kept by the instructor for administrative and counseling purposes.

Sample Course Calendar:

Week	Topic(s)
1	Defining Mindfulness and Good Health Secular Applications to Health
2	Introducing Mindful Breathing Gentle Stretching and Mindful Movement
3	The Science of Mindfulness, Pt. I Mindfulness-Based Stress Reduction
4	The Science of Mindfulness, Pt. II Body Scan for Relaxation
5	Mindfulness and Mental Health Mindfulness of Thoughts and Emotions
6	The Reflective Cycle Mindfulness of Actions
7	The Science of Gratitude Practicing Gratitude
8	Good Nutrition and Mindful Eating Mindful Consumption
9	Practicing Kindness and Acceptance, Pt. I
10	Practicing Kindness and Acceptance, Pt. II
11	Building Resilience Wise Action
12	Mindful Listening Empathetic Listening
13	Interpersonal Mindfulness: Mindful Dialogue Research Project due
14	Maintaining Presence through Daily Exercises Mindfulness and Healthy Living
15	Final Examination

Statement on Accommodations for Disabilities:

Bergen Community College aims to create inclusive learning environments where all students have maximum opportunities for success. Any student who feels he or she may need an accommodation based on the impact of a disability should contact the Office of Specialized Services at 201-612-5269 or via email at ossinfo@bergen.edu for assistance.