

Course Outline

COURSE: HE 762 **DIVISION:** 90 **ALSO LISTED AS:**

TERM EFFECTIVE: Fall 2020 **CURRICULUM APPROVAL DATE:** 03/10/2020

SHORT TITLE: MINDFULNESS PRACTICES

LONG TITLE: Mindfulness Practices: Yoga, Meditation, Breathing Methods

<u>Units</u>	<u>Number of Weeks</u>	<u>Type</u>	<u>Contact Hours/Week</u>	<u>Total Contact Hours</u>
0	18	Lecture:	0	0
		Lab:	1	18
		Other:	0	0
		Total:	1	18

COURSE DESCRIPTION:

This class is about learning healthy mindfulness practices and stress reduction techniques through the use of yoga, meditation, and breathing methods as well as other mindfulness exercises. This course is designed for older adult population and/or incarcerated individuals.

PREREQUISITES:

COREQUISITES:

CREDIT STATUS: NC – Non Credit

GRADING MODES

N – Non Credit

REPEATABILITY: N - Course may not be repeated

SCHEDULE TYPES:

03 – Lecture/Laboratory

04 – Laboratory/Studio/Activity

04A – Laboratory – LEH 0.65

STUDENT LEARNING OUTCOMES:

By the end of this course, a student should:

1. Describe the benefits of mindfulness practices.
2. Demonstrate various mindfulness exercises, including meditation, breathing methods, and yoga poses.

CONTENT, STUDENT PERFORMANCE OBJECTIVES, OUT-OF-CLASS ASSIGNMENTS

Curriculum Approval Date: 03/10/2020

6 – 12 Hours

Content: Course overview. Students will be introduced to simple ways to practice mindfulness – pay attention, slow down, notice things, and experience your environment with all your senses. Meditation as a healthy mindfulness exercise will be presented. This will include body scan meditation, sitting meditation, and walking meditation. The benefits of meditation as a method to manage stress, anxiety, and pain will be discussed.

Student Performance Objectives: Explain at least 3 simple ways to practice mindfulness. Discuss and demonstrate meditation; including body scan, sitting, and walking meditation. Explain the benefits of meditation.

6 – 12 Hours

Content: Students will be introduced to basic yoga poses as a mindfulness exercise. This may include: Cat, Dog, Child, Down Dog, Plank, Mountain, Straddle, Half Straddle, and Cobbler. These basic spinal movements may include: twists, forward flexion, hyperextension, and lateral flexion in seated, standing, prone, supine, balancing, or inverted positions. As needed, poses will be modified for older adults who may have medical issues. An explanation will be given regarding pose benefits and the benefits of yoga as a stress, anxiety, and pain reducer. Beginning yoga breathing techniques will be introduced. Introduction to basic flow techniques, linking poses together with simple sequencing will be taught. Modifications will be made to accommodate older adults. Meditation techniques presented will include the beginning levels of Savasana. A progressive relaxation series will be explored within the context of Savasana.

Student Performance Objectives: Explain the benefits of yoga and demonstrate correct alignment in basic poses such as Plank, Mountain, and Downward Facing Dog. Utilize modified poses as needed. Describe and perform yoga breathing (paranayama) techniques.

6 – 12 Hours

Content: Additional simple ways to practice mindfulness – live within the moment, accept yourself, and focus on breathing will be discussed. Introduce additional healthy mindfulness exercises such as guided imagery and other practices to relax the body and mind and help reduce stress. More complicated yoga flows will be introduced, including a warm-up flow which could be used as an introduction to each class. Poses will be modified as needed to accommodate older adults. Poses moving through the various body planes may be included, as well as basic poses to open the hips, spine, and shoulders. This could include Forward Fold, Chatteranga, Cobra, Extended Dog, Boat (upper and lower), Bridge, Tree, Pigeon, Squats, and Happy Baby. Students will be introduced to the use of props to modify movement, such as straps, blocks, and bolsters. The use of props will be modified to the needs of older adults with limited mobility and/or medical issues.

Student Performance Objectives: List at least 2 new simple mindfulness practices. Explain guided imagery. Correctly demonstrate breathing techniques. Demonstrate the following poses, utilizing modifications as needed: Forward Bend, Boat, Bridge, Tree, and Airplane. Employ the use of exercise props.

9 – 18 Hours

Content: Students will continue to build upon poses and sequencing techniques, adding more difficult poses if appropriate and/or within medical/physical capabilities. Students will be able to demonstrate modification of poses to accommodate limitations. Breathing techniques should be incorporated to synchronize with various poses. Stamina will be built as poses are held for longer durations. Additional meditation techniques, such as creative visualization will also be introduced. Review for final, including practicing correct pose alignment, sequencing, and breath work. Students will be asked to complete a written personal reflection of their experience in the class. Points to include are personal growth (ways to practice healthy mindfulness), physical growth and change (yoga poses), body awareness (breathing techniques), and stress/anxiety reduction (meditation and guided imagery).

Student Performance Objectives: Perform a sequencing of poses, using modifications as needed. Describe two new types of meditation techniques. Complete written personal reflection paper.

METHODS OF INSTRUCTION:

Discussion, Demonstration, Guided Practice

METHODS OF EVALUATION:

Problem-solving assignments

Percent of total grade: 25.00 %

15% - 30% Situational Discussions

Skill demonstrations

Percent of total grade: 50.00 %

40% - 60% Demonstration

Other methods of evaluation

Percent of total grade: 25.00 %

15% - 30% Requires class participation.

REPRESENTATIVE TEXTBOOKS:

No textbook required. Handouts may be provided.

ARTICULATION and CERTIFICATE INFORMATION

Associate Degree:

CSU GE:

IGETC:

CSU TRANSFER:

UC TRANSFER:

SUPPLEMENTAL DATA:

Basic Skills: N – Not Applicable

Classification: L – NC Non Enhanced Funding

Noncredit Category: Y – Not Applicable

Cooperative Education:

Program Status: 1 Program Applicable

Special Class Status: N – Not a special class

CAN:

CAN Sequence:

CSU Crosswalk Course Department:

CSU Crosswalk Course Number:

Prior to College Level: Y – Not Applicable

Non Credit Enhanced Funding: H - Courses for Older Adults

Funding Agency Code: Y – Not Applicable

In-Service:

Occupational Course: E – Non Occupational

Maximum Hours:

Minimum Hours:

Course Control Number:

Sports/Physical Education Course:

Taxonomy of Program: 083700