

**STATE UNIVERSITY OF NEW YORK
COLLEGE OF TECHNOLOGY
CANTON, NEW YORK**



MASTER SYLLABUS

WELL 380: Foundations in Mind-Body Health and Wellness

Created by: Barat Wolfe, Ph.D. and Bryan Parker, M.Ed.

**SCHOOL OF BUSINESS AND LIBERAL ARTS
SOCIAL SCIENCES DEPARTMENT
FALL 2021**

- A. **TITLE:** Foundations in Mind-Body Health and Wellness
- B. **COURSE NUMBER:** WELL 380
- C. **CREDIT HOURS:** 3
- D. **WRITING INTENSIVE COURSE:** No
- E. **GER CATEGORY:** 3 Social Sciences
- F. **SEMESTER(S) OFFERED:** Fall and Spring
- G. **COURSE DESCRIPTION:**

In this course, students will engage in an interdisciplinary examination of what it means to be “well.” Using a biopsychosocial framework and the mind-body connection as a foundation for study, students will explore a definition of health that involves the satisfaction of physical, psychosocial, cultural, economic, and spiritual needs (among others). Students will undertake a critical examination of how wellness has been defined across different cultures (both historical, and current); explore the West’s preoccupation with wellness as an individual pursuit; examine the social structures and institutions that contribute to/are necessary for people and communities to be well; dissect the normalization of stress and how it disrupts health and wellness; and reflect on their own personal practices that lead to health and wellness.

H. **PRE-REQUISITES/CO-REQUISITES:**

- a. Pre-requisite(s):
- b. Co-requisite(s):
- c. Pre- or co-requisite(s):

I. **STUDENT LEARNING OUTCOMES:**

<u>Course Student Learning Outcome [SLO]</u>	<u>PSLO</u>	<u>GER</u>	<u>ISLO</u>
a. Describe and critique understandings of health and wellness across the globe		Knowledge of major concepts, models and issues of at least one discipline in the social sciences	5
b. Critically reflect on personal health and wellness practices			2 [CA]
c. Examine “stress”, and dissect cultural practices that both normalize stress and see stress as a disruptor of wellness.			5
c. Apply academic literature and other course content to develop a larger philosophy of wellness			5

KEY	<u>Institutional Student Learning Outcomes [ISLO 1 – 5]</u>
ISLO #	ISLO & Subsets
1	Communication Skills Oral [O], Written [W]
2	Critical Thinking <i>Critical Analysis [CA] , Inquiry & Analysis [IA] , Problem Solving [PS]</i>
3	Foundational Skills <i>Information Management [IM], Quantitative Lit./Reasoning [QTR]</i>
4	Social Responsibility <i>Ethical Reasoning [ER], Global Learning [GL], Intercultural Knowledge [IK], Teamwork [T]</i>
5	Industry, Professional, Discipline Specific Knowledge and Skills

J. **APPLIED LEARNING COMPONENT:** Yes _____ No **X**

K. TEXTS: None required

L. REFERENCES:

Reger-Nash, B., Smith, M., Juckett, G. (2015). Foundations of Wellness. Human Kinetics: USA.

Katie Gamby; Dominique Burns; Kaitlyn Forristal. (2021). Wellness Decolonized: The History of Wellness and Recommendations for the Counseling Field Journal of Mental Health Counseling 43 (3): 228–245.

Health and Wellness for Life: Health on Demand. (2009). Human Kinetics: USA.

M. EQUIPMENT:

N. GRADING METHOD: A-F

O. SUGGESTED MEASUREMENT CRITERIA/METHODS:

Exams, quizzes, essays, student presentations, writing assignments, and discussion

P. DETAILED COURSE OUTLINE:

- I. Living Well - Wellness beyond Medicine and Psychology
- II. Health vs. Wellness
- III. Social Context – the Biopsychosocial Model
- IV. Mindfulness and balance
- V. Life obstacles – Stress and others
- VI. Research – Evidence Based Practice

- VII. Life choices
 - a. Physical dimensions of wellness
 - b. Mental and emotional dimensions of wellness
 - c. Spiritual dimensions of wellness
 - d. Cultural dimensions of wellness
 - e. Economic dimensions of wellness
 - f. Environmental dimensions of wellness
- VIII. Positive Psychology
- IX. Global Wellness - WEIRD countries
- X. Global Wellness Traditions
 - a. Health and illness
 - b. Health and wellness protection
 - c. Wellness choices
 - d. Folk Medicine
 - e. Complementary and Alternative Medicine
 - f. Philosophies
- XI. Sport, exercise, physical activity, fitness, and movement
- XII. Sexual wellness
- XIII. Substance use and wellness

XIV. Equity, Diversity, and Inclusion in wellness

XV. Technology and wellness

XVI. Personal practices and plan

Q. LABORATORY OUTLINE: