

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



MASTER SYLLABUS

WELL 382: The Limitless Mind: Lessons on Dedication, Resilience and Mental Fortitude

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**SCHOOL OF BUSINESS AND LIBERAL ARTS
SOCIAL SCIENCES DEPARTMENT
FALL 2020**

- A. **TITLE:** The Limitless Mind: Lessons on Dedication, Resilience and Mental Fortitude
- B. **COURSE NUMBER:** WELL 382
- 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 explore the concept of the limitless mind as it relates to athletic endeavors and other life applications. Colloquially referred to as “grit,” a term that has expanded in its usage over the years, students will learn about a host of traits and skills that contribute to the development and deployment of mental fortitude. In particular, students will examine the concepts of working strenuously toward challenges, maintaining effort and interest over years despite failures and adversity, self-discipline, managing plateaus in performance, among others, as they apply to athletic endeavors (e.g., ultramarathoning) and a variety of other life domains, such as schools and workplaces.

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 resilience and mental fortitude		Knowledge of major concepts, models and issues of at least one discipline in the social sciences	5
b. Critically reflect on personal experiences that have shaped your responses to challenges, failures, and adversity, and how the concept of “limitless mind” applies to self			2[CA]
c. Examine “grit,” self-discipline, managing plateaus			5
c. Apply academic concepts of the limitless mind to real life applications, such as extreme athletic endeavors and everyday life domains			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:

Endure: Mind, Body, and the Curiously Elastic Limits of Human Performance by Alex Hutchinson (2018)

Can't Hurt Me: Master Your Mind and Defy the Odds by David Goggins (2018)

Between a Rock and a Hard Place by Aron Ralston (2004)

The Hour: Sporting Immortality the Hard Way by Michael Hutchinson (2006)

L. REFERENCES:

M. EQUIPMENT:

N. GRADING METHOD: A-F

O. SUGGESTED MEASUREMENT CRITERIA/METHODS:

Discussion, reflective writing, quizzes, tests, presentations

P. DETAILED COURSE OUTLINE:

- I. "Grit"
- II. Working towards challenging goals
- III. Maintaining effort (motivation)
- IV. Failure and adversity
- V. Self-discipline
- VI. Limits and limit breakers
- VII. Managing and working through plateaus
- VIII. Resilience in life domains
- IX. Talent vs. effort

Q. LABORATORY OUTLINE: