GROSSMONT COLLEGE

Official Course Outline

# EXERCISE SCIENCE 026 – STRESS REDUCTION THROUGH MOVEMENT AND MINDFULNESS

1. Course Number Course Title Semester Units Semester Hours

 ES 026 Stress Reduction through 1.0 1 hour lecture: 16-18 hours

 Movement and Mindfulness 1 hour lab: 16-18 hours

 32-36 outside-of-class hours

 for lecture

 64-72 total hours

2. Prerequisites

 None

Corequisite

None.

Recommended Preparation

None.

3. Catalog Description

The course serves as an introduction to stress-reduction practice with emphasis on developing mindfulness-based techniques to improve mind-body awareness. Students will participate in a variety of techniques and practical movement exercises that allow for in-depth personal exploration of awareness in everyday life. In addition, students will learn the fundamental principles of physical fitness and their impact on life-long health and wellness.

4. Course Objectives

 The student will:

1. Identify and analyze numerous meditation and mindfulness principles and techniques through movement.
2. Explain the benefits of mindful awareness.
3. Interpret the physical and psychological effects of the stress response, and evaluate stress level.
4. Cultivate an inner capacity to be present, awake, and aware of self and others.
5. Employ a range of self-regulatory mind-body skills for use in daily living.
6. Summarize the basic principles of fitness, healthy eating, weight management, and heart disease prevention.
7. Describe the relationship between mind-body awareness and overall health and wellness.
8. Explain how stress is reduced through physical activity.

5. Instructional Facilities

1. Studio setting
2. Flexibility mats
3. Smartcart – access to audiovisual and sound system equipment

6. Special Materials Required of Student

 a. Comfortable clothing

 b. Journal

ES 026 – STRESS REDUCTION THROUGH MOVEMENT AND MINDFULNESS page 2

7. Course Content

a. History of mindfulness

b. Health benefits based on scientific research

1) Physical

2) Psychological

3) Disease prevention

c. Stress management

 1) Stress, stress response

 2) Stressors and types of stress

 3) Stress assessment

 4) Relationship to mindful-ness practices

d. Mindfulness principles

1) Scientific basis

2) Resistance & barriers

3) Postures

4) Environment

 e. Mindfulness techniques

1) Meditation

 i. Theory and Types of:

 1. Exclusive and inclusive meditation

 2. Dynamic (movement-based) meditation techniques

 3. Physically-focused meditation

 ii. Practical considerations

 2) Breathing techniques Sound techniques

3) Walking and moving techniques

4) Visualization & moving techniques

f. Mind-body connection

1) Healthy eating principles

2) Weight management principles

3) Risk factors for heart disease

4) Role of exercise in stress reduction & mindful awareness in overall health

8. Method of Instruction

 a. Instructor-led mind-body exercise, followed by individual reflection.

 b. Lecture.

 c. Multimedia materials.

 d. Guest speakers when appropriate.

 9. Methods of Evaluating Student Performance

 a. Class participation.

 b. Written exams (midterm and final).

 c. Mindful awareness journal.

 d. Individual topics related to the core curriculum booklet.

 10. Outside Class Assignments

1. Mindful awareness journal: Students will keep a journal reflecting on each experience including: date, time, interesting observations and an evaluation and personal response.
2. Individual project: students will research a mindfulness technique and report results.
3. Core curriculum booklet assignments (e.g. components of physical fitness and healthy life-styles).

EXERCISE SCIENCE 026 – STRESS REDUCTION THROUGH MOVEMENT AND MINDFULNESS page 3

11. Texts

1. Required Text(s):

 Exercise Science and Wellness Department. *The Way to a Long and Healthy Life*. El Cajon, CA: Grossmont College, 7th edition, 2017.

b. Supplementary texts and workbooks:

 1) Instructor materials: Articles, worksheets, and assessments

 2) Mindful awareness journal (provided by student)

 Addendum: Student Learning Outcomes

 Upon successful completion the student will be able to:

a. Demonstrate knowledge, skills, and appreciation of mindfulness-based stress reduction principles and techniques.

 b. Identify the basic principles for maintaining an active and healthy life.

Date approved by the Governing Board: December 12. 2017