

SUBJECT OUTLINE FOR CROSS-INSTITUTIONAL STUDIES

Subject code and name	HSW701 Mind-Body Wellness		
Program	Health and Social Wellbeing	Credit points	6
Subject coordinator	Leonie Hicks	Duration	5 weeks
Level	AQF 7 - Bachelor		
Prerequisites	Nil		
Equivalent subject	Nil		
Student workload	No of timetabled hours:	40 hours	
	No of personal study hours:	120 hours	
	Total workload hours:	160 hours	
Mode of delivery	<input checked="" type="checkbox"/> Face to face The subject is delivered over 5 weeks of full-time study. <ul style="list-style-type: none"> - Week 1 is preliminary reading. - Week 2 is face-to-face intensive learning for 5 days, Monday to Friday on campus at NTI. - Weeks 3 – 5 are self-study and preparation of assignments supported by the subject lecturer through email and consultation. Total hours of face-to-face classes exceed the standard scheduled teaching hours of a typical semester-length subject offered in this discipline by universities.		

2.1 Subject Description

In this subject, from a mind-body perspective, students will explore and analyse psychological, emotional, physical, social, and environmental factors that can contribute to, or work against, the health and wellbeing of individuals and societies. The subject will examine mind-body wellness research from a range of perspectives, as well as exploring practical tools and interventions to assist others in improving mind-body wellness.

2.2 Learning Outcomes

- 1) Understand the personal, social, political and environmental implications of wellness;
- 2) Review the physiological and psychological roles that stress, exercise, nutrition, education, social context, spiritual life, and the environment play in contributing to health and well-being in the workplace and in daily life and develop strategies to modify activities that increase risk of disease or illness;
- 3) Discuss the insights of Buddhist philosophy - and other spiritual belief systems - on health and wellness;
- 4) Practice a meditation technique;
- 5) Locate and evaluate credible information and evidence about wellness and complementary healthcare and review the basic principles, techniques, physiological impacts, applications, supporting evidence and controversies for selected complementary or alternative therapies;
- 6) Describe the main therapies utilised in Australia, including prevalence, acceptance, and regulations governing these modalities;
- 7) Describe and explain the potential benefits and risks and the professional and ethical issues in mind-body wellness practice;
- 8) Demonstrate reflective practice in relation to learning in the subject and also in relation to examining one's own insights into personal wellbeing and health, from a mind-body perspective.

2.3 Subject topics

- 1) Overview and introduction to mind body wellness
- 2) The mind-body connection
 - Psychosomatic research
 - Stress and stress management
 - Pain and pain management
 - Cognitions, emotions and physiology
 - Environmental and societal factors
- 3) Lifestyle factors
 - Food and eating
 - Exercise and activity
 - Work culture and practices
- 4) Therapies and approaches to mind-body wellness
- 5) Professional and ethical issues

2.4 Assessment

Assessment tasks			
Type	Due	Weighting	Learning outcomes
<p>1) Reflective Practice Journals (250 words each)</p> <p>Five (5) reflective journal entries, one for each day of intensive classes.</p>	Week 2	15%	5, 7, 8
<p>2) Essay (1500 words)</p> <p>Critical overview and analysis of two mind-body therapies.</p>	Week 3	30%	1,2,3,4,6,7
<p>3) Written Report (2,000 words)</p> <p>In-depth written report on happiness and productivity of two countries, focusing on stress, exercise, nutrition, education, society, relationships, environment and spiritual beliefs.</p>	Week 5	55%	1,2,3,4,6