

**RAMAPO COLLEGE OF NEW JERSEY COURSE SYLLABUS TEMPLATE for
DUAL ENROLLMENT COURSES**

**RAMAPO COLLEGE OF NEW JERSEY
School of Henry P. Becton Regional High School**

Course Information

Course Number -0135
Wellness & Mindfulness:
Exploring Contemplative Practices and Cultivating Wellness
5 Credit Hours
No Prerequisites and/or Co-requisites
2022-2023 – Full year course
Classes will meet according to the rotating schedule

Instructor Information

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Course Description

This course will:

- immerse students in the philosophy, science, and practice of contemplative practices in the pursuit of overall wellness
- examine the diverse traditions of contemplative practices and their commonalities with a focus on Yoga philosophy
- deepen our comprehension by dedicating one class per week to a yoga practice
- consider modern commentaries on contemplative practices that explore benefits to the body, mind, and society
- evaluate how the mind-body connection can be used to cultivate overall health and happiness
- examine the ways in which stress, diet, and exercise impact health and wellness

Essentially, this course is meant to provide a variety of information, ideas, and tools that will empower students to create balance and wellness in their own lives. The goal is for students to learn how to evaluate their own behaviors and develop practices that suit and enrich them individually, as well as cultivate a mindset of growth, open-mindedness, mindfulness, and balance.

Course Goals

To empower students to foster and maintain health and wellness.

To understand and utilize contemplative practices including meditation, yoga, and mindfulness.

To explore “mindfulness” through the study of varied philosophies, scientific information, and individual practice.

To recognize that behaviors, lifestyle, mental attitudes, and physical activities are what lead to overall health and wellness.

To Bring a “beginners mind” to the exploration of varieties of beliefs and practices.

Texts, Readings, Materials :

- Birnberg, R., Dormaier, C., Ubertini, F.(2018) Why yoga works and how it can work for you: Based on the teaching of T. Krishnamacharya and T.K.B Desikachar. Yoga Unites Publications,; Seattle, WA.
- Hanson, R., Mendius, R. (2009). Buddha’s brain: The practical neuroscience of happiness, love, and wisdom. New Haringer Pubs.: Oakland, CA.

**RAMAPO COLLEGE OF NEW JERSEY COURSE SYLLABUS TEMPLATE for
DUAL ENROLLMENT COURSES**

- Mitchell, S. (2000). Bhagavad Gita: A new translation. Three Rivers Press: NY,NY.
- Satchidananda, S.S.(1978) The Yoga Sutras of Patanjali: Translation and commentary by Sri Swami Satchidananda. Integral Yoga Publications: Yogaville, VA.
- Edlin, G., & Golanty, E. (2010). Health & wellness. Sudbury, Mass: Jones and Bartlett Publishers.
- Iyengar, B. K. S. (1965). Light on yoga: Yoga dipika. London: Allen & Unwin.

Course Requirements

Assignments	% OF GRADE
1. Weekly Reflective Writings and Participation in Discussions	25
2. Weekly participation in yoga and meditation and daily contemplative practice.	25
3. Personal 3-point Wellness Plan: <ul style="list-style-type: none"> ● Contemplative Practice ● Nutrition & Cardiovascular ● Social and Emotional 	25
5. Project/Presentation/Assessment for each marking period	25
Total	100

Grading Policy

The sum of your points indicates your letter grade:

- 90-100=A
- 80-89=B
- 70-79=C
- 65-69=D
- Below 65=F

Course Requirements/Description of Assignments:

Weekly Reflective Writings and Participation in Discussions: Students will be required to participate in weekly discussions related to the Unit of study. Reflective essays are due upon completion of the unit. These will be 1-2 page essays that answer reflection questions, share your ideas and how they may have changed, describe your practice, and comment on any readings/videos included in the unit. Students will also keep a reflection/gratitude journal which comments on their personal contemplative practice.

Weekly participation in yoga and meditation: Every week a minimum of 1 class period will be dedicated to yoga or a meditative practice. Each class will begin with a contemplative practice: breathing, chanting, meditation, etc. During the 4th week of class, students will begin a rotation where they will lead the class in a mindfulness exercise.

**RAMAPO COLLEGE OF NEW JERSEY COURSE SYLLABUS TEMPLATE for
DUAL ENROLLMENT COURSES**

Personal 3-point Wellness Plan: The wellness plan will be a plan of your own design which will analyze your personal needs, set wellness goals, and outline the strategies you will use to achieve your wellness goals. You will follow your wellness plan, building on it and adjusting it at the end of MP1, 2, and 3, and a final assessment of the plan at the end of the school year.

Project/Presentation/Assessment: Each marking period there will also be a project assigned as individuals or in groups which will relate to the units covered during that marking period.

Measurable Student Learning Outcomes (SLOs)

Students will be able to:

	Weekly Writings & Participation	Weekly Yoga & Meditation	Personal 3-Point Wellness Plan	End of MP Project or Presentation
contrast and compare philosophies of diverse contemplative traditions	x		x	x
design, follow and adapt a personal contemplative practice		x	x	
understand and apply the neuroscience of contemplative practice		x	x	x
experience, understand, and be able to explain the personal, social, educational and health benefits of contemplative practice	x	x	x	x
define and understand health/wellness in all its forms	x		x	x
understand stress, its effects on the body/mind, and practice methods for managing stress	x			x
practice reflective inter/intra personal skills	x			x
understand the effects of the mind on the body and vice versa	x	x	x	x
value the importance of physical health		x	x	
cultivate a willingness and open-minded approach to new ideas, information, studies, practices and beliefs	x	x	x	x

Course Unit Schedule

9/7/22 – 10/21/22

Unit 1 – Yoga Philosophy and Practice

Objectives:

1. Understand the origins of yoga, its philosophies and intentions

**RAMAPO COLLEGE OF NEW JERSEY COURSE SYLLABUS TEMPLATE for
DUAL ENROLLMENT COURSES**

2. Develop a foundation of knowledge for a yoga practice
3. Begin using meditation and yoga to cultivate mindfulness

Content:

- Yoga Philosophy
 - A brief history of Yoga
 - The 8 limbs of yoga
 - Asana and Pranayama
 - Yama and Niyama: Ethical Foundations of Yoga Philosophy
 - The Wisdom of the Vedas and Upanishads
 - Contemplative philosophy in religion: Buddhism and Taoism
- Yoga Practice
 - Introduction to yoga postures
 - Overview of types of yoga
 - Yoga breathing
 - Chanting

Practice and Assessments:

- Participation in weekly yoga
- Select a method of journaling/reflecting and maintain this practice for weekly checks
- Develop and propose individual wellness plans- goals

10/24/22 – 11/23/22

Unit 2 – The Definition of Health

Objectives:

1. Describe the medical and wellness models of health.
2. List and describe the six dimensions of wellness.
3. Define lifestyle disease.
4. Identify the goals of healthy people.
5. List and describe the major health issues of students.

Content:

- Models of Health
 - The medical model
 - The wellness model
- Ayurveda
- Dimensions of Health and Wellness
- Measuring Health
- Lifestyle Diseases
- Healthy People
- Health Issues of Students
- Making Healthy Lifestyle Changes
 - The health belief model
 - The transtheoretical model
 - The theory of reasoned action/theory of planned behavior
 - A healthy lifestyle starts with you

**RAMAPO COLLEGE OF NEW JERSEY COURSE SYLLABUS TEMPLATE for
DUAL ENROLLMENT COURSES**

Practice and Assessments:

- Participation in weekly yoga
- Continue to maintain journaling/reflecting for weekly checks
- Continue to develop individual wellness plans- strategies
- Marking period 1 project/presentation on contemplative practices

11/28/22 – 12/22/22

Unit 3 – Meditation and Mindfulness: Mind-Body Communications Maintain Wellness

Objectives:

1. Describe the ways the mind and body communicate.
2. Define and describe the ways in which the mind can affect physical health.
3. Discuss meditation and other methods to promote mind-body harmony and health.
4. Understand the neurophysiology of the contemplative brain

Content:

- Mechanisms of Mind-Body Communications
 - The autonomic nervous system
- Hormones
 - Cortisol
 - Dopamine
 - Oxytocin
 - Vasopressin
 - Serotonin
- The Immune System
- The Mind Can Create Illness or Wellness
 - Psychosomatic illness and somatic symptom disorder
- Mind-Body Healing
- Methods to promote Mind-Body Harmony and Health
 - Autogenic training
 - Biofeedback
 - Hypnosis and healing
 - Meditation
 - Yoga Nidra
- Meditation
 - Mantra
 - Mandala
 - Resources for guided meditation
 - Transcendental meditation
- The Relaxation Response
- Taking Time Out to Quiet the Mind

Practice and Assessments:

- Participation in weekly yoga
- Continue to maintain journaling/reflecting for weekly checks

**RAMAPO COLLEGE OF NEW JERSEY COURSE SYLLABUS TEMPLATE for
DUAL ENROLLMENT COURSES**

- Continue to develop individual wellness plans- mindfulness and meditation

1/2/23 – 1/27/23

Unit 4 – Managing Stress: Restoring Mind-Body Harmony

Objectives:

1. Define the terms stress, stressor, eustress, and distress
2. Describe the environmental, mental, and emotional components of stress
3. Describe the physiological components of stress
4. Describe the ways that stress causes illness.
5. Explain how students can manage overload and test anxiety, and practice time management.

Content:

- How Stress Occurs
 - The environmental component of stress
 - The mental component of stress
 - The emotional component of stress
 - Factors affecting the experience of stress
 - The physiological component of stress
- How Stress Contributes to Illness
 - The general adaptation syndrome
 - Stress weakens immunity
 - Unhealthy behaviors
 - Posttraumatic stress disorder
- Managing Stress
 - Problem-focused coping
 - Emotion-focused coping
- Student Stress
 - Overload
 - Time management
 - Test anxiety
 - Solutions to test anxiety

Practice and Assessments:

- Participation in weekly yoga
- Continue to maintain journaling/reflecting for weekly checks
- Continue to develop individual wellness plans- managing stress
- Marking period 2 project/presentation on selected form of meditation

1/30/23 – 2/24/23

Unit 5 – Mental Health

Objectives:

1. Define mental health
2. Define mental illness
3. Meeting basic human needs for mental health
4. Understanding the relationship between thoughts, emotions, and mental health

**RAMAPO COLLEGE OF NEW JERSEY COURSE SYLLABUS TEMPLATE for
DUAL ENROLLMENT COURSES**

5. Learning strategies for coping with emotional distress
6. Identify anxiety disorders and depression

Content:

- Basic Needs and Mental Health
- Thoughts, Emotions, and Mental Health
 - Positive thoughts and emotions contribute to health
 - Gratitude
 - Forgiveness
- Developing Coping Strategies
- Social Support Contributes to Health
- Fears, Phobias, and Anxiety
 - Phobias
 - Social anxiety disorder
 - Panic disorder
 - Anxiety disorder
 - Obsessive compulsive disorder
- Depression
 - Bipolar disorder
 - Seasonal affective disorder
 - Dysthymia
 - Depression and thought
 - Suicide
- The Impact of Sleep on Mental Health
 - Students and sleep
 - Getting a good night's sleep
 - Sleep problems
 - Insomnia
 - parasomnia

Practice and Assessments:

- Participation in weekly yoga
- Continue to maintain journaling/reflecting for weekly checks
- Continue to develop individual wellness plans- prioritizing mental health

2/27/23 – 3/31/23

Unit 6 – The Mindful Body: Mindfulness in Diet and Exercise

Objectives:

1. Practice mindful eating
2. Identify factors that influence dietary choices
3. Define nutrient-dense food and calorie-dense food
4. Describe the functions of food and the seven components of food
5. Understand the affect the mind has on physical health and vice versa

**RAMAPO COLLEGE OF NEW JERSEY COURSE SYLLABUS TEMPLATE for
DUAL ENROLLMENT COURSES**

6. Use mindful movement to create cardiovascular health

Content:

- The Functions of Food
 - Energy for life
 - Pleasures of eating
- How the Gut affects the Brain
- The Seven Components of Food
- Food Additives
 - Preservatives
 - Dyes and colorings
 - Artificial sweeteners
- Food Safety
- Genetically Modified Foods
- Fast Food
- Consider a variety of lifestyle eating methods
 - Vegetarian
 - Vegan
 - Gluten or dairy free
- How Food Affects the Brain
- Mindful eating
- What is a Healthy Weight?
 - America's obesity problem
 - Junk food marketing
- The Regulation of Body Fat
- Sensible Weight Management
 - Healthy vs. Skinny
 - Exercise
 - Realistic goals
 - To snack or not to snack
 - Emotional eating
- Weight-Control Fads and Fallacies
 - Chemicals and Supplements
- Cultivating a healthy Body Image

Practice and Assessments:

- Participation in weekly yoga
- Continue to maintain journaling/reflecting for weekly checks
- Continue to develop individual wellness plans- nourishing your body and your mind
- Marking period 3 project/presentation on the impact of society on our perception of health/wellness

4/1/23 – 5/5/23

Unit 7 – Movement and Physical Activity for Health

Objectives:

**RAMAPO COLLEGE OF NEW JERSEY COURSE SYLLABUS TEMPLATE for
DUAL ENROLLMENT COURSES**

1. List reasons that individuals get too little movement and physical activity
2. Describe categories and measurements of physical activity, as well as levels of physical activity for health
3. Explain the six components of physical activity: motivation, cardiorespiratory fitness, body strength, endurance, flexibility, and body composition
4. Understand guidelines for integrating physical activity into one's life
5. Discuss the negatives of performance-enhancing substances

Content:

- The Definition of Physical Activity
- Physical Activity for Health
- Psychological Benefits of Physical Activity and Movement
- Components of Physical Activity
 - Motivation
 - Cardiorespiratory fitness
 - Aerobic training
 - Body strength
 - Strength training
 - Pilates
 - Flexibility
 - Yoga
 - T'ai Chi Ch'uan
- Physical Activity among Students
- Integrating Physical Activity in Your Life
- Scheduling your own well-being

Practice and Assessments:

- Participation in weekly yoga
- Continue to maintain journaling/reflecting for weekly checks
- Continue to develop individual wellness plans- movement

5/8/23 – 6/9/23

Unit 8 – Shaping the Perspective of Kindness

Objectives:

1. Define kindness as a tool to cultivate wellness
2. Consider ways to view the world, others, and oneself through the lens of kindness

Content:

- Define kindness
 - Kind to others
 - Kind to oneself
- Consider the impact of living in kindness

**RAMAPO COLLEGE OF NEW JERSEY COURSE SYLLABUS TEMPLATE for
DUAL ENROLLMENT COURSES**

Practice and Assessments:

- Participation in weekly yoga
- Continue to maintain journaling/reflecting for weekly checks
- Continue to develop individual wellness plans- finding your happiness
- Marking period 3 project/presentation – Final project and reflection