

North Hennepin Community College

HLTH 1000: Introduction to Mindfulness

A. COURSE DESCRIPTION

Credits: 2

Lecture Hours/Week: 1

Lab Hours/Week: 0

OJT Hours/Week: *.*

Prerequisites: None

Corequisites: None

MnTC Goals: None

Students will develop an understanding of the current research on Mindfulness and Meditation practices. The focus of this class will be to train students to enter a calm and centered state of awareness through working with the body, breath and mind.

B. COURSE EFFECTIVE DATES: 06/12/2018 - Present

C. OUTLINE OF MAJOR CONTENT AREAS

1. After successfully completing this course, a student will be able to:

D. LEARNING OUTCOMES (General)

1. Understand and apply body awareness to recognize and reduce the physiological effects of stress, pain or illness. (ELO's 1 and 2)
2. Identify and demonstrate non-judgmental behaviors in their daily life. (ELO's 2 and 3)
3. Practice mindfulness exercises to promote serenity and clarity in their own lives. (ELO 3)
4. Have the ability to experience and utilize mindfulness techniques to help them experience a more joyful life and access their inner resources to help them through the everyday trials of life. (ELO's 2 and 4)
5. Explore the meditation practices of major religions and traditions from around the world. (ELO's 1, 2 and 3)
6. Examine, analyze and reflect on the recent scientific research on the mind-body connection with a particular focus on mindfulness. (ELO's 1, 2, and 4)

E. Minnesota Transfer Curriculum Goal Area(s) and Competencies

None

F. LEARNER OUTCOMES ASSESSMENT

As noted on course syllabus

G. SPECIAL INFORMATION

None noted