

Anoka-Ramsey Community College

IHH 2101: Mind/Body Connections

A. COURSE DESCRIPTION

Credits: 3

Lecture Hours/Week: 3

Lab Hours/Week: *.*

OJT Hours/Week: *.*

Prerequisites: None

Corequisites: None

MnTC Goals: None

Recommended Skills, Abilities, or Coursework: PSYC 1110, BIOL 1104, and IHH 1100

This course provides an understanding of how mind/body medicine focuses on the interactions among the brain, mind, body, and behavior and the powerful ways in which emotional, mental, social, expressive, spiritual, and behavioral factors can directly affect health. Students will define the principles and philosophies of the field of psychoneuroimmunology and mind/body therapies including guided imagery, music, art, aromatherapy, meditation techniques, mindfulness, biofeedback, breathing, and journaling.

B. COURSE EFFECTIVE DATES: 10/02/2006 - Present

C. OUTLINE OF MAJOR CONTENT AREAS

1. Mind/body concepts that focus on the interactions among the brain, mind, body, and behavior and the powerful ways they directly affect health
2. The field of neuroscience in relationship to mind/body
3. Stress and anxiety's effect on health
4. Principles and philosophies of mind-body practice
5. The relaxation response, mindfulness practices, and other relaxation techniques
6. The history and evolution of mind-body practices
7. Integrative healing techniques such as creativity, guided imagery, music, art, aromatherapy, meditation techniques, mindfulness, biofeedback, breathing, journaling, hypnosis, NLP, and EFT tapping
8. Neuroscience research and the effect on health and disease outcomes
9. Self-care planning and incorporating mind/body intervention strategies

D. LEARNING OUTCOMES (General)

1. Demonstrate an understanding of how mind/body concepts focus on the interactions among the brain, mind, body, and behavior and the powerful ways in which emotional, mental, social, spiritual, expressive, and behavioral factors can directly affect health
2. Explore the emerging field of neuroscience in relationship to mind/body which includes the complex network of interactions among the central and autonomic nervous systems, the endocrine system and the immune system
3. Describe how stress and anxiety affect health
4. Explain how the relaxation response, mindfulness practices, and other relaxation techniques can change the mind/body response to stress and anxiety
5. Define the principles and philosophies of mind-body practices
6. Demonstrate an understanding of the history and evolution of mind-body practices
7. Experience and demonstrate an understanding of integrative healing techniques such as creativity, guided imagery, music, art, aromatherapy, meditation, mindfulness, biofeedback, breathing, journaling, hypnosis, NLP, and EFT tapping
8. Identify neuroscience research and the effect on health and disease outcomes
9. Create a plan for self-care incorporating mind/body intervention strategies

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

None

F. LEARNER OUTCOMES ASSESSMENT

As noted on course syllabus

G. SPECIAL INFORMATION

None noted