

Anoka-Ramsey Community College

PSYC 1117: Introduction to Meditation and Mindfulness

A. COURSE DESCRIPTION

Credits: 1

Lecture Hours/Week: 1

Lab Hours/Week: *.*

OJT Hours/Week: *.*

Prerequisites: None

Corequisites: None

MnTC Goals: None

(Cross-listed as HPER 1117)

Students will develop an understanding of the cultural and historical background of various forms of meditation. Current research on meditation and mindfulness practices in relation to mental and physical well-being will be examined. Students will develop the ability to enter a calm and centered state of awareness through working with the body, the breath, and the mind.

B. COURSE EFFECTIVE DATES: 01/28/2016 - Present

C. OUTLINE OF MAJOR CONTENT AREAS

1. Introduction to mindfulness theory and practice
2. Current scientific research on meditation and mindfulness
3. History and theory of meditation in Buddhism
4. History and theory of meditation in Hinduism and Yoga
5. Meditation practices: i.e. mantra meditation, Zen meditation, guided meditations, moving meditations

D. LEARNING OUTCOMES (General)

1. Demonstrate an understanding of recent scientific research on the mind-body connection with particular focus on mindfulness and meditation practices
2. Demonstrate an understanding of meditation theory and practice in Buddhism, Hinduism, and Yogic traditions
3. Discuss the physical and mental benefits of a regular practice of meditation and mindfulness
4. Explain what the practice of mindfulness involves and how it can be used in their own everyday lives
5. Describe and demonstrate several different forms of meditation, such as mantra meditation and Christian contemplative practices
6. Describe their personal experience of mind-body integration through meditation and mindfulness exercises practiced in class

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

None

F. LEARNER OUTCOMES ASSESSMENT

As noted on course syllabus

G. SPECIAL INFORMATION

None noted