

SUBJECT OUTLINE

SECTION 1 – SUBJECT SUMMARY

Subject code and name	HSW701 Mind-Body Wellness		
Program	Health and Social Wellbeing	Credit points	6
Subject coordinator	Leoni Hicks	Duration	5 weeks
List of courses that will offer this subject	-		
Level	AQF 7 - Bachelor		
Indicate core or elective	<input type="checkbox"/> Core <input checked="" type="checkbox"/> Elective for cross institutional students		
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 <input type="checkbox"/> E-learning (online) <input type="checkbox"/> Work-integrated learning activity <input type="checkbox"/> Distance/independent learning(un-timetabled) <input checked="" type="checkbox"/> Intensive (provide details below)		
	<p>The subject is delivered over 5 weeks of full-time study.</p> <ul style="list-style-type: none"> - Week 1 is preliminary reading; - Week 2 is intensive face-to-face lectures and other teaching and learning activities on campus; - Weeks 3 – 5 are self-study and assessment supported by the Course Coordinator and Lecturer through email and consultation as required and by online teaching resources. <p>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.</p>		

SECTION 2 – SUBJECT INFORMATION

2.1 Subject Description

Provide a summary that gives a concise outline of the subject

In this subject, from a mind-body perspective, you 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 Rationale and Teaching Approach

The Mind-Body Wellness subject is designed to enable students to explore and critically analyse: 1. principles of, and research in, mind-body wellness; 2. the range of primary mind-body modalities available in Australia, and overseas. The teaching approach will be a mix of collaborative learning via group discussions, personal and group online research, presented information, experiential learning, and relevant readings and multi-media resources.

2.3 Learning Outcomes

Provide the key knowledge and skills which student would be expected to attain by successfully completing this subject (numbered list)

- 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 wellbeing 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.

2.4 Teaching Methods/Strategies

Day	Topics	Reading
1-5	<p>1. An overview and introduction to the domain</p> <ul style="list-style-type: none"> ○ Primary Care and Mind-Body Medicine. ○ An integrative care approach. ○ What modalities are considered mind-body therapies? ○ Uptake/prevalence and acceptance. <p>2. Mind-body wellness factors</p> <ul style="list-style-type: none"> ○ The mind-body connection: psychophysiological indicators and their ramifications for health and wellbeing. ○ Psychosomatic Medicine research. ○ Somatization. ○ Stress, and stress management. ○ Pain, and pain management/reduction. ○ The relationship between cognitions, emotions and physiology in relation to health and wellbeing, including the somatic manifestation of emotions, and repression of emotions. ○ Physical and emotional connectedness and disconnectedness, including the importance of play, touch, laughter, and body/emotion-grounding. ○ Environmental and societal factors impacting on mind-body wellness. <p>3. Lifestyle factors</p> <ul style="list-style-type: none"> ○ Health awareness and lifestyle choices. <ul style="list-style-type: none"> ▪ Food and eating behaviours. ▪ Exercise and activity. ▪ Work practices, and work culture. <p>4. Therapies and approaches in mind-body wellness</p> <ul style="list-style-type: none"> ○ Evidence-based and non-evidence-based practices. ○ Wellness, health enhancement, and lifestyle management, and their place in the health system and the broader society. ○ Spiritual understandings and practices in mind-body wellness. <p>5. Professional issues</p> <ul style="list-style-type: none"> ○ Critical evaluation of mind-body literature. ○ Professional and ethical issues in mind-body wellness practice. 	To be finalised

2.5 Assessment

Assessment tasks			
Type *	When assessed – year, session and week	Weighting (% of total marks for subject)	Learning outcomes assessed
1. Class participation		10%	(1) - (7)

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Type *	When assessed – year, session and week	Weighting (% of total marks for subject)	Learning outcomes assessed
<p>2. Reflective Practice Journals.</p> <p>A minimum of 4 journals of 300-500 words each. The Journals will include:</p> <ol style="list-style-type: none"> i. Personal reflections on the mind-body connection and mind-body wellness principles, and how one might apply those principles in daily life; ii. Detailing the somatic responses, and potentially linked emotions/cognitions discovered through personal meditation, and/or mindfulness body scanning. 	Journals 1 and 2 will be due in the Intensive week. Journals 3 and 4 will be due in Week 4 and Week 6.	25%	(8)
<p>3. Discuss three Mind-Body therapies. 1500-2000 (maximum) words.</p> <p>Students will choose one of two assignment options, detailed below.</p> <p><u>Option 1.</u> Students will discuss and review the literature for three popular therapies* that purport to positively affect both the mind and body. The review will incorporate:</p> <ol style="list-style-type: none"> I. A brief background on each modality with a range of required information, including, regulatory oversight and professional standards. II. An assessment of the claims of practitioners and whether these claims are backed by empirical research, and/or supported by major health bodies; III. An assessment of the peer-reviewed literature for each modality; IV. Your conclusions regarding efficacy of the modalities, based on the available evidence; V. Your position on the importance of evidence-based research when using or recommending a mind-body modality for a client. VI. A summary - based on the available evidence -regarding ethical issues that need to be considered in relation to the practice of the modalities. <p><i>*A list of possible therapies will be provided, and is negotiable.</i></p>	Week after Intensive week	30%	(2) (5), (6), (7)

Assessment tasks			
Type *	When assessed – year, session and week	Weighting (% of total marks for subject)	Learning outcomes assessed
<u>Option 2.</u> Students will choose 3 medical conditions that adversely affect mental, emotional, or physical wellbeing, and critically review the application of a limited range of mind-body therapies – either as a complimentary or alternative treatment.			
4. In-depth critical review of one mind-body modality. * 2500 words. *Note: The modality cannot be the same as one chosen for Assignment 3.	3 weeks after Intensive week.	45%	(1), (2), (3), (5), (7)

2.6 Prescribed and Recommended Readings

Provide below, in formal reference format, a list of the prescribed and recommended readings for the subject

Marks D, Murray M, Evans, B, Estacio E V. 2011. Health Psychology: theory, research, and Practice (3rd Ed). SAGE, London.
 Moss D, McGrady A, Davies, T C, Wickramasekera. 2003. Handbook of Mind-Body Medicine for Primary Care. SAGE, London.
 Selection of electronic resources
 Additional readings and resources will be recommended by the subject coordinator.