

SAN DIEGO COMMUNITY COLLEGE DISTRICT
CONTINUING EDUCATION
COURSE OUTLINE

SECTION I

SUBJECT AREA AND COURSE NUMBER

HEAL 535

COURSE TITLE

MIND AND BODY CONTROL

ALTERNATE TITLE(S)

ACUPRESSURE; APPLIED
KINESIOLOGY; BODY LANGUAGE;
BUILDING YOUR SELF-ESTEEM;
COPING WITH STRESS; DO'S AND
DON'TS OF JOGGING; EXERCISE TO
MUSIC; HOLISTIC HEALTH; HOLISTIC
HOME HEALTH CARE; JOB STRESS;
NON-VERBAL COMMUNICATION;
STRESS REDUCTION; VISUAL
RELAXATION

TYPE COURSE

FEE

CATALOG COURSE DESCRIPTION

The purpose of this course is to help students develop increased physical well-being, greater self-confidence and poise and gain greater powers of concentration. Music will be used for certain exercises at the discretion of the instructor. Under the instructor's guidance students practice systematic exercises, body postures, and mental disciplines. (FT)

LECTURE HOURS

2-6 hours per week
(for 9-18 weeks)

LABORATORY HOURS

ADVISORY

NONE

RECOMMENDED SKILL LEVEL

NONE

INSTITUTIONAL STUDENT LEARNING OUTCOMES

1. Social Responsibility
SDCE students demonstrate interpersonal skills by learning and working cooperatively in a diverse environment.
2. Effective Communication
SDCE students demonstrate effective communication skills.
3. Critical Thinking
SDCE students critically process information, make decisions, and solve problems independently or cooperatively.
4. Personal and Professional Development
SDCE students pursue short term and life-long learning goals, mastering necessary skills and using resource management and self-advocacy skills to cope with changing situations in their lives.

COURSE GOALS

COURSE OBJECTIVES

Upon completion of the course objectives, the students will be able to:

1. Increase their physical well being.
2. Improve their self-confidence and poise.
3. Increase their powers of concentration.

Students will show, orally, in writing, or through demonstration that they are able to:

1. Show vitality, strength, and suppleness.
2. Regulate the functioning of the glands.
3. Stimulate the respiratory and circulatory systems.
4. Develop confidence and poise.
5. Increase self-control and the power to concentrate.
6. Define stress in terms of personal, social and organizational symptoms, causes and reactions.

SECTION II

COURSE CONTENT AND SCOPE

1. Physical Exercises
 - 1.1. Body movements
 - 1.1.1. General flexibility exercises
 - 1.1.2. Leg stretches
 - 1.1.3. Shoulder stands
 - 1.1.4. Forward bends
 - 1.1.5. Backward bends

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- 1.1.6. Triangle poses
- 1.2. Eye exercises
 - 1.2.1. Eye movements
 - 1.2.2. Differential focusing
- 1.3. Breath control

COURSE CONTENT AND SCOPE (CONTINUED)

- 1.3.1. Proper breathing
- 1.3.2. Special breathing exercises
- 2. Mental Exercises
 - 2.1. Relaxation techniques
 - 2.2. Concentration techniques
- 3. Emotional
 - 3.1. Discussions
 - 3.2. Inter-action within the class structure
- 4. Stress Reduction
 - 4.1. Symptoms and reactions
 - 4.1.1. Physiological
 - 4.1.2. Personal
 - 4.1.3. Social
 - 4.2. Stress management techniques
 - 4.3. Bio-feedback as a control tool

APPROPRIATE READINGS

NONE

WRITING ASSIGNMENTS

NONE

OUTSIDE ASSIGNMENTS

NONE

APPROPRIATE ASSIGNMENTS THAT DEMONSTRATE CRITICAL THINKING

NONE

EVALUATION

- 1. Self-evaluation.
- 2. Teacher observation.

METHOD OF INSTRUCTION

The primary methods of instruction will include, but not be limited to: lectures, class discussions, demonstrations and guest speakers.

TEXTS AND SUPPLIES

No required text.

The instructor will provide a copy of the course syllabus and all appropriate handouts.

The student will provide pen/pencil, notebook and a non-slip mat or blanket.

PREPARED BY: _____ DATE: _____

REVISED BY: Instructional Services, SLOs added DATE: March 7, 2017

Instructors must meet all requirements stated in Policy 3100 (Student Rights, Responsibilities and Administrative Due Process), and the Attendance Policy set forth in the Continuing Education Catalog.

REFERENCES:

San Diego Community College District Policy 3100
California Community Colleges, Title 5, Section 55002
Continuing Education Catalog