

OFFICIAL UNDERGRADUATE COURSE OUTLINE FORM

Note: The University reserves the right to amend course outlines as needed without notice.

Course Code and Number: CYC 275		Number of Credits: 3 Course credit policy (105)																	
Course Full Title: Wellness and Mindfulness-Based Practices Course Short Title (if title exceeds 30 characters): Wellness and Mindfulness																			
Faculty: Faculty of Professional Studies		Department (or program if no department): Child Youth & Family Studies																	
Calendar Description: <p>Mindfulness-based activities are the foundation for this practical, experiential course. Step-by-step guidance and presentations are systematically utilized to introduce mindfulness-based stress reduction. Theoretical foundations and benefits are examined. Personal/professional practice is cultivated in the context of the helping professions.</p> <p>Note: Students with credit for CYC 360O cannot take this course for further credit.</p>																			
Prerequisites (or NONE):		Admission to the Bachelor of Arts in Child and Youth Care and C+ or better in each of (CYC 100 or ECE 100), CYC 101, (CYC 120 or ECE 120), CYC 125, CYC 167, and CYC 168.																	
Corequisites (if applicable, or NONE):		None																	
Pre/corequisites (if applicable, or NONE):		None																	
Equivalent Courses (cannot be taken for additional credit) Former course code/number: CYC 360O Cross-listed with: Equivalent course(s): <i>Note: Equivalent course(s) should be included in the calendar description by way of a note that students with credit for the equivalent course(s) cannot take this course for further credit.</i>		Transfer Credit Transfer credit already exists: <input type="checkbox"/> Yes <input checked="" type="checkbox"/> No Transfer credit requested (OREg to submit to BCCAT): <input checked="" type="checkbox"/> Yes <input type="checkbox"/> No (if yes, fill in transfer credit form) Resubmit revised outline for articulation: <input type="checkbox"/> Yes <input type="checkbox"/> No To find out how this course transfers, see bctransferguide.ca .																	
Total Hours: 45 Typical structure of instructional hours: <table border="1"> <tr> <td>Lecture hours</td> <td>12</td> </tr> <tr> <td>Seminars/tutorials/workshops</td> <td>27</td> </tr> <tr> <td>Laboratory hours</td> <td></td> </tr> <tr> <td>Field experience hours</td> <td></td> </tr> <tr> <td>Experiential (practicum, internship, etc.)</td> <td></td> </tr> <tr> <td>Online learning activities</td> <td></td> </tr> <tr> <td>Other contact hours:</td> <td>6</td> </tr> <tr> <td>Total</td> <td>45</td> </tr> </table>		Lecture hours	12	Seminars/tutorials/workshops	27	Laboratory hours		Field experience hours		Experiential (practicum, internship, etc.)		Online learning activities		Other contact hours:	6	Total	45	Special Topics Will the course be offered with different topics? <input type="checkbox"/> Yes <input checked="" type="checkbox"/> No If yes, different lettered courses may be taken for credit: <input type="checkbox"/> No <input type="checkbox"/> Yes, repeat(s) <input type="checkbox"/> Yes, no limit <i>Note: The specific topic will be recorded when offered.</i>	
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Other contact hours:	6																		
Total	45																		
		Maximum enrolment (for information only): 24 Expected frequency of course offerings (every semester, annually, every other year, etc.): Annually																	
Department / Program Head or Director: Dr. Maple Melder Crozier		Date approved: February 2018																	
Faculty Council approval		Date approved: February 2018																	
Campus-Wide Consultation (CWC)		Date of posting: n/a																	
Dean/Associate VP: Dr. Tracy Ryder Glass		Date approved: February 2018																	
Undergraduate Education Committee (UEC) approval		Date of meeting: March 23, 2018																	

Learning Outcomes

Upon successful completion of this course, students will be able to:

- Explain the theoretical foundations of mindfulness-based practice and stress reduction strategies
- Describe concepts of wellness among indigenous societies
- Describe current research in neurobiology that supports mindfulness-based practices as a health benefit
- Identify the link between mindfulness-based practices and daily life, and daily life challenges
- Create a personal practice journal of the systemic development of MBSR skills
- Identify the ways in which mindfulness can be utilized and adapted in professional practice settings
- Develop a personal plan to continue mindfulness-based practice

Prior Learning Assessment and Recognition (PLAR)

☒ Yes ☐

Typical Instructional Methods (guest lecturers, presentations, online instruction, field trips, etc.; may vary at department's discretion)

- Guided instruction in mindfulness-based practices of breathing, meditation, gentle stretching and simple yoga exercises
- Group discussion
- Assignments for home practice that includes CDs
- Short lectures
- One 6-hour silent retreat during extended class time

Grading system: Letter Grades: ☒ Credit/No Credit: ☐ Labs to be scheduled independent of lecture hours: Yes ☐ No ☒

NOTE: The following sections may vary by instructor. Please see course syllabus available from the instructor.

Typical Text(s) and Resource Materials (if more space is required, download Supplemental Texts and Resource Materials form)

	Author (surname, initials)	Title (article, book, journal, etc.)	Current ed.	Publisher	Year
1.	Kabat-Zinn, J.	Full catastrophe living: Using the wisdom of your body and mind to face stress, pain, and illness	<input checked="" type="checkbox"/>	Bantam Dell	2013
2.	Stahl, B., and Goldstein, E.	A mindfulness-based stress reduction workbook	<input checked="" type="checkbox"/>	New Harbinger Publication, Inc	2010
3.			<input type="checkbox"/>		
4.			<input type="checkbox"/>		
5.			<input type="checkbox"/>		

Required Additional Supplies and Materials (software, hardware, tools, specialized clothing, etc.)**Typical Evaluation Methods and Weighting**

Final exam:	%	Assignments:	90%	Midterm exam:	%	Practicum:	%
Quizzes/tests:	%	Lab work:	%	Field experience:	%	Shop work:	%
Other:	%	Participation in systematic skills development:	10%	Other:	%	Total:	100%

Details (if necessary):

Typical Course Content and Topics

- Introduction to MBSR, foundations of mindfulness
- Awareness, mind-body connections and experiences
- Medicine wheel and other indigenous conceptualizations of wellness
- Breath, breathing and presence
- Stress, reactivity, and responsiveness
- Neurobiology and the benefits of mindfulness-based practices
- Deepening practice—linking mindfulness to daily life and challenges
- Self-compassion
- Interpersonal mindfulness
- Healthful life patterns
- Reflecting on practice and preparing for retreat
- Extending practice—utilizing mindfulness in professional contexts
- Transitions, continuing your practice