

科目コード／科目名 (Course Code / Course Title)	Health and Wellness		
テーマ／サブタイトル等 (Theme / Subtitle)	A practical and mindful approach to positive lifestyle changes		
担当者名 (Instructor)	フーラハン(HOOLAHAN MARK F.)		
学期 (Semester)	秋学期(Fall Semester)	単位 (Credit)	4単位(4 Credits)
科目ナンバリング (Course Number)	CMP2431	言語 (Language)	英語 (English)
備考 (Notes)	<ul style="list-style-type: none"> ・2012 年度以降 1 年次入学者対象科目 ・他にグローバル・リベラルアーツ・プログラム 所属学生/特別外国人学生が履修 ・この授業は、英語圏での大学の授業を想定し、全て英語で行う ・以下の英語力を有していることが履修の目安になる 英検準 1 級, IELTS 5.5, TOEFL®iBT 72, TOEIC®785 <ul style="list-style-type: none"> ・定員 10 名 週 2 回開講 		

授業の目標 (Course Objectives)

By the end of the course, students should be able to; 1) identify and define elements making up the multiple dimensions of the Wellness Concept, 2) understand the importance of promoting self-directed mindful habits to improve health and wellness, 3) through individual, group and multi media communication, become an instrument for the promotion of wellness in others, and 4) apply the fitness guidelines for the developing the components of flexibility, strength, and endurance.

授業の内容 (Course Contents)

Survey the elements making up six dimensions of the wellness model through readings and group discussion. Identify lifestyle habits that enhance physical, social, emotional, spiritual, intellectual, and occupational wellness. Identify and discuss current issues in physical and mental health.

授業計画 (Course Schedule)

1. Lecture - Review Course Outline and introduce dimensions making up the wellness model
2. Practical - Fitness assessment and creating a health and wellness profile
3. Lecture - Identify the steps to setting goals and apply the S.A.P.P. model for new lifestyle habits
4. Practical - Fitness Promotion - flexibility through static and dynamic stretching
5. Lecture - Complete readings and discussion of key elements making up the physical wellness dimension.
6. Practical - Fitness Promotion - flexibility through pilates yoga
7. Lecture - Complete reading and discussion of key elements making up the social wellness dimensions
8. Practical - Fitness promotion - flexibility through ballistic and PNF stretching
9. Lecture - Complete readings and discussion of key elements making up the emotional wellness dimension
10. Practical - Fitness promotion - flexibility & strength through power yoga
11. Lecture - Complete readings and discussion of key elements making up the intellectual wellness dimension
12. Practical - Fitness promotion - strength through circuit training
13. Lecture - Highlight the top 10 habits comprising the physical, social, intellectual and emotional wellness dimensions
14. Practical - Fitness promotion - strength through circuit training
15. Lecture - Complete readings and discussion of key elements making up the occupational wellness dimension
16. Practical - Fitness Promotion - strength through H.I.I.T. / circuit training
17. Lecture - Complete reading and discussion of key elements making up the spiritual wellness dimension
18. Practical - Fitness Promotion - endurance through brisk walking / dance aerobics
19. Lecture - Complete readings and discussion of the environmental and financial dimensions
20. Practical - Fitness Promotion - endurance through cycling (dance aerobics)
21. Lecture - Complete readings and discussion of the financial dimension.
Introduce guidelines for Fitness Report
22. Practical - Fitness Promotion - endurance through running & H.I.I.T. (dance aerobics)
23. Lecture - Review the course content with focus on the occupational, spiritual, environmental and financial wellness dimensions
24. Practical - Re-assess fitness elements and update student profile
25. Lecture - WELLNESS REFLECTION
26. Practical Wellness - Mindful Walking / Table Tennis
27. Lecture - Final Assessment
28. Practical - Submit Report - Table Tennis

授業時間外(予習・復習等)の学習 (Study Required Outside of Class)

Lecture sheets and homework readings will be assigned on a weekly basis.
Also, students are expected to review comments on their final report from the instructor.

成績評価方法・基準 (Evaluation)

Lecture – Homework Sheets / Participation(30%)/Practical – Participation / Effort(30%)/Lecture – Mindful Habit Activity(5%)/
最終レポート(Final Report)(15%)/最終テスト(Final Test)(20%)

テキスト (Textbooks)

None

参考文献 (Readings)

Handouts for readings will be provided on a weekly basis.

その他 (HP 等) (Others(e.g.HP))

All students must complete a pre-activity screening and medical examination by the first day of the course.

注意事項 (Notice)