



# HANYANG UNIVERSITY

## 2018 HISS Syllabus [Mind-Body Health]

Professor:	<b>Matthew F. Komelski</b>
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Home Univ.:	Virginia Tech
Dept.:	Human Development

Description:	Reviews theories of mind-body health and wellbeing, including examination of multidimensional factors (e.g. stress, personality, relationships, & social environment) influencing health across the lifespan. The course also introduces evidence-based, therapeutic and preventative practices for promoting health and managing chronic conditions, including meditation, yoga and Taijiquan.
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Objective:	<ul style="list-style-type: none"> <li>Identify contemporary frameworks and theories of mind-body health and wellbeing.</li> <li>Review findings on interdependent factors (e.g. personality, relationships and social environment) that influence health and wellbeing.</li> <li>Analyze the evidence-base on mind-body practices for prevention, rehabilitation and management of chronic conditions and disorders.</li> <li>Explore and reflect on selected mind-body practice methods (ex. Meditation, Yoga, Taiji)</li> </ul>
Preparations:	Textbook: <b>Course Packet</b> Provided by Instructor Other Materials: <b>Laptop or Notebook computer &amp; Yoga Mat</b> (available for purchase in Korea)

Schedule:	Week 1	<ul style="list-style-type: none"> <li>Course Overview and Policies</li> <li>Integrative Health Theories and Concepts</li> <li>Stress &amp; The Science of Healing</li> <li>Introduction to Meditation &amp; Mindfulness Based Practices</li> </ul>
	Week 2	<ul style="list-style-type: none"> <li>Working with thoughts and emotions (visualization and labeling)</li> <li>Experiencing the mind-body connection (moving meditations)</li> <li>Mind-body exercise (Yoga, Taijiquan &amp; Qigong)</li> <li>Midterm Exam &amp; Research teams</li> </ul>
	Week 3	<ul style="list-style-type: none"> <li>Trauma, Emotional Intelligence</li> <li>Personality &amp; coping styles</li> <li>Locus of control, Intentionality &amp; healing (Qigong &amp; Cancer Survivors)</li> <li>Relationships &amp; mindfulness in everyday life</li> </ul>
	Week 4	<ul style="list-style-type: none"> <li>Ethics in Mind-Body Practice</li> <li>Transpirational Connections</li> <li>Final Presentations</li> <li>Final Exam</li> </ul>

Evaluation:	Participation (%)	Homework (%)	Final Project (%)	Midterm Exam (%)	Final Exam (%)
	20	20	20	20	20

### Hanyang International Summer School

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