# 2019 HISS Syllabus
(MindBody Health)

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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.

**Objectives:**
- Identify contemporary frameworks and theories of mind-body health and wellbeing.  
- Review findings on interdependent factors (e.g. personality, relationships and social environment) that influence health and wellbeing.  
- Analyze the evidence-base on mind-body practices for prevention, rehabilitation and management of chronic conditions and disorders.  
- Explore and reflect on selected mind-body practice methods (ex. Meditation, Yoga, Taiji)

**Preparations:**  
**Textbook:** Course Packet Provided by Instructor,  
**Other Materials:** Laptop or notebook computer & Yoga Mat

## Schedule:

| Week 1 | Course Overview and Policies  
| Stress & The Science of Healing  
| Introduction to Meditation & Mindfulness Based Practices |
| Week 2 | Learning about our minds (moving meditations)  
| Working with thoughts and emotions (visualization and labeling)  
| Mindfulness in everyday life (relationships)  
| Mind-body exercise (Yoga, Taijiquan & Qigong) |
| Week 3 | Midterm Exam & Research teams  
| Trauma, Emotional Intelligence  
| Personality & coping styles  
| Locus of control, Intentionality & healing |
| Week 4 | Community, Institutions & Ethics  
| Meaning & Transpiration Connections  
| Final Presentations  
<p>| Final Exam |</p>
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