



# HANYANG UNIVERSITY

## 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**

| Week   | Topics   |
|--------|--|
| 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>• Learning about our minds (moving meditations)</li><li>• Working with thoughts and emotions (visualization and labeling)</li><li>• Mindfulness in everyday life (relationships)</li><li>• Mind-body exercise (Yoga, Taijiquan &amp; Qigong)</li></ul> |
| Week 3 | <ul style="list-style-type: none"><li>• Midterm Exam &amp; Research teams</li><li>• Trauma, Emotional Intelligence</li><li>• Personality &amp; coping styles</li><li>• Locus of control, Intentionality &amp; healing</li></ul>  |
| Week 4 | <ul style="list-style-type: none"><li>• Community, Institutions &amp; Ethics</li><li>• Meaning &amp; Transpiration Connections</li><li>• Final Presentations</li><li>• Final Exam</li></ul>  |

### Hanyang International Summer School

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| Evaluation: | Midterm (%) | Final (%) | Assignments (%) | Participation (%) | Final Project (%) |
|-------------|-------------|-----------|-----------------|-------------------|-------------------|
|             | 20          | 20        | 20              | 20                | 20                |