

PELF 144

Meditation for Wellness

1 Credit

Community College of Baltimore County
Common Course Outline

Description

PELF 144 – Meditation for Wellness: introduces students to a variety of formal and informal meditation practices that have a documented positive impact on the interrelated dimensions of wellness. Students learn about the science behind the benefits of meditation and how it can reduce stress and symptoms of illness while improving attention and well-being. Meditation is explored through inner awareness, breathing, moving, contemplation, compassion, and mindfulness in daily activities like eating and walking. Students build a foundation for an on-going personal practice.

Overall Course Objectives

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

1. explain the dimensions of wellness;
2. recognize the mind and body effects of stress and their impact on wellness;
3. discuss current research on the science of meditation;
4. demonstrate effective postures and attitude for meditation;
5. practice a variety of formal and informal meditations;
6. acknowledge the obstacles and hindrances that arise during meditation practice;
7. establish a basic personalized mediation practice;
8. explain mindfulness and related practices;
9. apply mindfulness in daily activities; and
10. articulate the effects of mindfulness and meditation resulting from direct experience.

Major Topics

- I. Dimensions of wellness
- II. Stress response
- III. Science of meditation and its effect on stress and wellness
- IV. Basic meditation practices
 - a. Body scan
 - b. Breath awareness
 - c. Relaxation practices, progressive relaxation, and guided imagery
- V. Establishing a personal practice
- VI. Focused Meditation Practices
 - a. Mantra, Transcendental Meditation, and relaxation response
 - b. Visual meditation
 - c. Sound meditation
- VII. Moving meditation
 - a. Yoga

The Common Course Outline (CCO) determines the essential nature of each course.
For more information, see your professor's syllabus.

b. Tai Chi and Qi Gong
VIII. Mindfulness

Course Requirements

Grading will be determined by the individual faculty member, but shall include the following, at minimum:

- Attendance and participation
- Personal introduction and intention
- Culminating self-reflection

Written assignments and research projects: Students are required to use appropriate academic resources in their research and cite sources according to the style selected by their professor.

Other Course Information

This is a physical activity course and proper attire for physical activity is required.

Date Revised: 5/3/2022