

Utah State University

Kinesiology and Health Science Department
Integrated Wellness, 3 credits, 30h lecture
(Course Number: Pending Approval)

Instructor(s): Emily Perry
Office: TBD
Classroom: TBD
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Office Hours: By appointment

Description: This course is designed to observe, process and develop a greater understanding to the physical, mental, and emotional components of personal well-being within the framework of our relationship to the cycles of nature and the environment.

Course Objectives:

- Develop an in-depth study and exploration of the relationship with oneself through observation, inquiry and experiential practices.
- Develop an in-depth study and understanding of how personal well-being is impacted by nature and our environment.
- Exploration of individual ancestral lineage and how the environment at that time may have impacted the lifestyle and traditions that have been passed on to our time.
- Exploration of future implications to our environment and how sustainability may or may not affect future generations.
- Introduction to plant medicine and the healing benefits of common herbs, flowers and plants in this area.
- Introduction to the concept of being part of nature, rather than separate from it.

Learning Goals: At completion, students should be able to:

- Articulate a personal definition of well-being for themselves
- Observe and recognize the relationship between one's mind, body and emotions, and the effect each one has on total well-being

- Observe and articulate shifts in personal well-being in relationship to the ongoing fluctuations that occur throughout a day; a moon cycle; a season; and a full year that naturally occur within the cycles of nature
- Observe and articulate shifts in personal well-being in relationship to having contact and spending time in nature.
- Observe and articulate shifts in personal well-being based on eating 'live' and raw food vs. processed and packaged foods
- Have a basic understanding of how to identify common plants in this area, their healing benefits, and how to use them

Textbooks: TBD

Assignments:

Each topic will conclude with a group presentation and reflective paper. (5-7 topics)

-Group Presentations: Students will be required to put together a presentation based on the current topic. They will be expected to talk about their experience with the practices and ideas that have been introduced, as well as introduce their own ideas and practices that support the topic.

-Reflective Papers: Along with each presentation, students will be required to submit a reflective paper that expresses their experience with the current topic as well as share their own ideas and individual practices that support (or reject) the current topic.

Grading:

Student Evaluation:

<u>Components</u>		<u>Grading Scale</u>
Group Presentations - -- > 30%	A	89.50 - 100
Reflective Papers -- - > 30%		
Attendance - - - - -> 40 %	B	79.50 - 89.49
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Final Grade - - - - - > 100 %	D	59.50 - 69.49
	F	less than 59.50

Make-up Policy:

If you anticipate an absence or a schedule conflict with a class, you need to come and see me at least one week prior to the absence and organize a make-up assignment. Emergencies will be handled on an individual basis.

Grievances: Students who feel they have been unfairly treated [in matters other than (i) discipline or (ii) admission, residency, employment, traffic, and parking – which are addressed by procedures separate and independent from the Student Code] may file grievance through the channels and procedures described in the Student Code: Article VII. Grievances, pp. 25-30.

Disability Resource Center: Students with ADA-documented physical, sensory, emotional or medical impairments may be eligible for reasonable accommodations. Veterans may also be eligible for services. All accommodations are coordinated through the Disability Resource Center (DRC) in Room 101 of the University Inn, (435)797-2444 voice, (435)797-0740 TTY, (435)797-2444 VP, or toll free at 1-800-259-2966. Please contact the DRC as early in the semester as possible. Alternate format materials (Braille, large print or digital) are available with advance notice.

From the Student Handbook: "Academic misconduct is an unacceptable activity in scholarship and is in conflict with academic and professional ethics and morals. Consequently, students who are judged to have engaged in some form of academic misconduct shall be subject to : (1) a zero or an 'F' on the work in question, (2) other academic penalties as outlined in the professor's course requirements and expectations, (3) disciplinary action or (4) any combination thereof."