

ZILBER COLLEGE OF PUBLIC HEALTH
Kinesiology Program
Sport and Recreation
Summer, 2024

Course Number, Title, and Credit Hours: SPT&REC 298-296 & 298-298 Be Kind to Your Mind, 1 credit.

Special Course fee:

Location: *Online Asynchronous*

Section Number and Dates: Section: 62690 & 61615, June 24 – August 3, 2024

Instructor: Deborah Zarate

Email and/or Phone Number: zarated@uwm.edu or 262-853-6985

Additional Contact: If you are unable to reach the instructor, please contact the Sport & Recreation Office by email at chsout@uwm.edu.

Description of course: In this - week asynchronous online course, we will explore the practice of mindfulness meditation as a tool to help us learn to relax and increase feelings of well-being. Mindfulness generally refers to our ability to be fully present, aware, and not overly reactive toward what is happening in us or around us. An essential component of mindfulness practice is learning to meet our inner experiences with acceptance and kindness.

The practice of mindfulness teaches us to live "*in the moment*" while temporarily letting go of negative thinking, judgment, self-doubt, and the worries and stress accompanying these states of mind. It refines our awareness, helping us gain calm, focus, and clarity of mind. However, the present-moment focus of mindfulness alone is not what relieves stress. A recent study suggests that developing the attitudes of gentleness, acceptance, and kindness in learning mindfulness is what causes a real reduction in stress and anxiety. In this course, we will explore the science, practice, benefits, and applications of mindfulness, emphasizing acceptance and kindness.

Course Objectives:

The goal of this course is to help you understand the connection between mindfulness and kindness and how putting them into practice can benefit your emotional well-being, especially as a tool to work with stress.

By the end of this course, you should be able to:

- ***Understand*** what mindfulness is and why it is beneficial to well-being.
- ***Develop*** a personal meditation practice and be able to utilize a range of mindfulness practices.
- ***Work more mindfully*** and compassionately with thoughts, emotions, and body sensations as they relate to stress, difficult emotions, and pain.
- ***Be kinder*** to yourself, learning to motivate yourself with kindness rather than self-criticism.
- ***Bring*** a mindful, kind awareness to daily activities and communications.

Pre-requisite(s): This is an introductory course with no prerequisites. It is open to anyone who is interested in learning meditation.

There is no required text for this course. All relevant course material will be in the form of pages in the modules on Canvas which you are expected to read.

Recommended Equipment/Material(s): A meditation cushion, straight back chair or yoga mat is recommended.

This class is 100% ONLINE, ASYNCHRONOUS. All instructions, learning materials, assignments, etc. will be posted in Canvas.

Computer and Software requirements:

Students are expected to have reliable internet access and access the CANVAS learning platform for this course via laptop/desktop computer, tablet, or mobile device. Students are expected to have proficiency in using Microsoft Word, CANVAS, and Office365.

In accordance with UWM campus credit hour policy, for this 1 -credit course, students are expected to invest approximately 6 -7 hours per week in class activities. This includes class participation, lectures, readings, and assignments.

Communication

- **Course announcements:** The Canvas Announcements feature located the Canvas site for this course will be used to communicate course-related announcements. Please be sure to check this on a consistent basis.
- **E-mail:** If you have questions or concerns, please email me zarated@uwm.edu. In general, emails will be answered within 48 business hours of receipt.

Tips for successful participation in class:

- A ten-minute daily sitting meditation is required as part of the study for this course.
- Grades will not be based on how “well” you can meditate but on how fully you participate in the course. Specifically, your grade is related to your completion of the modules.

Grading & Evaluation: Mindfulness is not usually taught in a context in which grades are assigned, but since this is a UWM 1 credit course, you will receive one. Your final grade is calculated on the points accrued through completion of the module assignments including reflections and discussions.

Format: There are 7 progressive, self-paced modules in this course, each module is to take approximately 5 days to complete. Modules include readings, videos, and meditation practices. These are intended to help you understand the how's and why's of mindfulness. Each module will include recordings of guided meditations and other practices that will help you gain practical experience with the themes introduced. A daily 10-minute meditation practice is recommended.

Online Discussions: You will be asked to participate in online discussions in some modules. The online discussions provide an opportunity to share ideas, questions, experiences, and more importantly support each other while we learn about mindfulness. This is a key component of the course. You will be provided with a specific question or prompts or for each part of the online discussion. *Each student will be expected to post their own original response to the discussion prompt and respond to at least one other classmate.*

Reflection assignments: You will be asked to complete reflection surveys in each module. Reflection assignments are a way for me to gauge how your practice is going, what you are learning, what you might be struggling with, and what I can do to better support you as a student. Furthermore, reflection surveys provide you with an opportunity to reflect on your own learning and to apply what you learned to your personal life.

To summarize: The meditation exercises, the reflection surveys as well as the discussions are each worth grading points. The points accumulate to make up your final grade. Fully completing all components of each module will earn 100 pts or 100% of the final grade. The last module includes a final reflection paper that allows you to share your overall experience of this course with me – what you learned, what was valuable, and what you will take with you or not. And what I can do to make the course better.

All homework must be submitted via Canvas.

Assignments must be submitted by due date indicated. Late work will not be accepted.

Assignments	Points Per Activity	# of Activities	Points Available
Reflection Assignments	5	11	55
Discussion Participation	5	5	25
Final Reflections	20	1	20
TOTAL POINTS			100

Letter grades will be assigned based on the percentage of total possible points earned using the following breakdown:

Letter Grade	Percent Grade
A	≥93%
A-	≥90%
B+	≥87%
B	≥83%
B-	≥80%
C+	≥77%
C	≥73%
C-	≥70%
D+	≥67%
D	≥63%
D-	≥60%
F	<60%

Grade percent will be rounded to the nearest percent when assigning letter grade (e.g., 92.5% à 93% while 92.4% à 92%)

Course Schedule:

Week 1: ***Mindfulness and Kindness*** – 15 points.

Week 2: ***Happiness is an Inside Job*** – 10 points.

Week 3: ***Be Kind to Monkey Mind*** – 10 points.

Week 4: ***Don't Make Things Worse*** - 10 points.

Week 5: ***Slow Down and Simplify*** - 15 points.

Week 6: ***Try Compassion*** - 10 points.

Week 7 ***Kindness is the Heart of Meditation*** – 30 points.

The above schedule may change up to the discretion of the instructor.

Sport & Recreation Course Policies

Attendance & Participation Expectations

The nature of Sport & Recreation classes is such that attendance and participation in every class is essential for academic success in each course.

Students are required to be present at the beginning of the semester/term and to remain until the work of the semester/term is completed (which includes final examinations). Any student who does not participate in classes cannot expect to satisfactorily complete course objectives and therefore should consider dropping the course. Note that any excused or unexcused absences may have a negative impact on a student's final grade in a course.

Graded Work Due Dates & Late Submissions

To pass this course, completion of weekly assignments, and practical skills will be necessary.

Assignments must be submitted by the due date posted in Canvas. **Late work is not accepted**, unless you have a good reason. Please make sure to check Canvas regularly for due dates and times. Technical difficulties close to the deadlines will not be cause for acceptance of late work. It is your responsibility to ensure that all your graded activities are successfully submitted.

If an emergency arises and you will be absent or will turn work in late for any reason, you must communicate immediately with your instructor, including providing a reason and asking what should be done to make up for the absence or late work. Make-ups and extensions will be given at the discretion of the instructor. The sooner you communicate with an instructor, the better position you will be in for an instructor to work with you.

University Policies

1. *Students with disabilities.* If you need accommodations to meet any of the requirements of this course please contact me as soon as possible. Verification of disability, class standards, the policy on the use of alternate materials and test accommodations can be found at the following:

<http://uwm.edu/arc/>

2. *Religious observances.* Policies regarding accommodations for absences due to religious observance are found at the following:

<https://apps.uwm.edu/secu-policies/storage/other/SAAP%201-2%20Accommodation%20of%20Religious%20Beliefs.pdf>

3. *Students called to active military duty.* Accommodations for absences due to call-up of reserves to active military duty should be noted.

<https://uwm.edu/onestop/students-called-to-active-duty/>

4. *Incompletes.* notation of "incomplete" may be given in lieu of a final grade to a student who has carried a subject successfully until the end of a semester but who, because of illness or other unusual and substantiated cause beyond the student's control, has been unable to take or complete the final examination or to complete some limited amount of term work.

<https://apps.uwm.edu/secu-policies/storage/other/SAAP%201-13.%20Incomplete%20Grades.pdf>

5. *Discriminatory conduct.* Discriminatory conduct will not be tolerated by the University. It poisons the work and learning environment of the University and threatens the careers, educational experience, and well-being of students, faculty, and staff.

<https://apps.uwm.edu/secu-policies/storage/other/SAAP%205-1.%20Discriminatory%20Conduct%20Policy.pdf>

6. *Title IX/Sexual Violence.* Title IX is a federal law that prohibits sex discrimination in education program or activities, and UWM policy prohibits such conduct (see Discriminatory Conduct, above). This includes sexual violence, which may include sexual harassment, sexual assault, relationship violence, and/or stalking in all educational programs and education-related areas. UWM strongly encourages its students to report any instance of sex discrimination to UWM's Title IX Coordinator (titleix@uwm.edu). Whether or not a student wishes to report an incident of sexual violence, the Title IX Coordinator can connect students to resources at UWM and/or in the community including, but not limited to, victim advocacy, medical and counseling services, and/or law enforcement. For more information, please visit:

<https://uwm.edu/sexual-assault/>.

7. *Academic misconduct.* Cheating on exams or plagiarism are violations of the academic honor code and carry severe sanctions, including failing a course or even suspension or dismissal from the University.

<https://uwm.edu/deanofstudents/academic-misconduct-2/>

8. *Class misconduct:* Disruption of class, harassment, and any behavior considered hazardous to others may be cause for dismissal from class.

<https://apps.uwm.edu/secu-policies/storage/other/SAAP%201-5.%20Behavior%20Cases%20Impeding%20Learning%20Process.pdf>

9. *Complaint procedures.* Students may direct complaints to the head of the academic unit or department in which the complaint occurs. If the complaint allegedly violates a specific university policy, it may be directed to the head of the department or academic unit in which the complaint occurred or to the appropriate university office responsible for enforcing the policy.

<https://apps.uwm.edu/secu-policies/storage/other/SAAP%205-1.%20Discriminatory%20Conduct%20Policy.pdf>

10. *Grade appeal procedures.* A student may appeal a grade on the grounds that it is based on a capricious or arbitrary decision of the course instructor. Such an appeal shall follow the established procedures adopted by the department, college, or school in which the course resides or in the case of graduate students, the Graduate School. These procedures are available in writing from the respective department chairperson or the Academic Dean of the College/School.

<https://apps.uwm.edu/secu-policies/storage/other/SAAP%201-10.%20Grade%20Appeals%20by%20Students.pdf>

11. *LGBT+ resources.* Faculty and staff can find resources to support inclusivity of students who identify as LGBT+ in the learning environment.

<http://uwm.edu/lgbtrc/>

12. *Smoke and Tobacco-Free campus.* UWM prohibits smoking and the use of tobacco on all campus property.

<https://apps.uwm.edu/secu-policies/storage/other/SAAP%2010-8.%20Smoke%20and%20Tobacco-Free%20Campus%20Policy.pdf>

13. *Other.* Policies regarding final examinations can be found at the following:

<https://apps.uwm.edu/secu-policies/storage/other/SAAP%201-9.%20Final%20Examinations.pdf>

COVID-19 policies can be found here:

<https://apps.uwm.edu/secu-policies/storage/other/SAAP%2010-12.%20COVID%20Health%20and%20Safety%20Policy.pdf>

Assumption of Risk:

Students are notified that this course/activity has inherent hazards, exposures, and risks, some known and some unanticipated, which could result in harm, injury (physical or mental), illness, diseases, death or damages to the student, the student's property or to other third parties or their property.

By enrolling in and continuing to participate in this course/activity, students are voluntarily agreeing to assume all of the inherent hazards, exposures, and risks associated with this course. Students must accept full responsibility for their own health and well-being by participating in this activity. Students must also accept full responsibility for third parties whose health and well-being are affected by the students' participation in this course/activity.

Students are also notified that UWM does not provide any accident or health insurance to cover participation in the course/activity, and that students are responsible to provide their own such insurance.