
ZILBER COLLEGE OF PUBLIC HEALTH
Kinesiology Program
Sport and Recreation

Summer, 2024

Course Number, Title, and Credit Hours: SPT&REC 298 295, Section 61905, *Rewire Your Anxious Mind for Peace with Mindfulness Meditation*, 2 credits.

Special Course fee: none

Location: Asynchronous online, June 24 – August 17, 2024

Instructor: Deborah Zarate

Email and/or Phone Number: zarated@uwm.edu.

Additional Contact: If you are unable to reach the instructor, contact the Sport & Rec Office at 414-227-3123 or email chs-outreach@uwm.edu.

Description of course objectives: This 8-week course is an introduction to mindfulness meditation. You've may have heard that mindfulness can help reduce anxiety? Science has found that neural pathways in the brain can change in response to repeated experience and training. This is called neuroplasticity. This is good news because it turns out that "*mental training*" in the form of mindfulness meditation can help rewire the brain for greater well-being. We can shape our brain in a more intentional way by cultivating healthy habits of mind - like mindfulness.

This course is an introduction to mindfulness practice. We will learn the principles of mindfulness meditation and how to apply these principles to daily life. Mindfulness meditation can help us learn to work skillfully and compassionately with stressful thoughts, anxiety, strong emotions, and sensations as well as the fear and negative thinking that accompany these states of mind. This allows us to live with greater health and joy. In this course, we will also study the scientific research in the field of mindfulness, which shows the promising, beneficial effects for physical and mental health and well-being. This course is designed for beginners and is also suitable for those with experience who want to refine their practice. Guided meditations and at-home reflections lessons will support the learning process.

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

- **Explain** what mindfulness is and what benefits arise from the practice.
- **Work** more mindfully and kindly with thoughts, emotions, and body sensations relating to stress and negative patterns of thinking or emotions.
- **Become more aware** of negative self-talk and replace this inner critic with a kinder, gentler voice.
- **Be less fearful** of anxiety and other stressors.
- **Understand** how some thoughts and core beliefs limit our capacity to work with stressors and how mindfulness practices can help us manage this reactivity.

Pre-requisite(s): As this is an introductory course, there are no prerequisites.

There is no textbook for this course: Readings will be in the form of pages in the modules. You are expected to read all the pages and listen to any audio or video uploads.

Recommended Equipment/Material(s): A meditation cushion, straight back chair or yoga mat is recommended, but not necessary.

Tips for successful participation in class: A ten-minute daily sitting meditation is required as part of the study for this course.

Format:

There are 8 progressive, self-paced modules in this course, each module is to take approximately a week to complete. Modules include readings, videos, audio files, and meditation practices. These are intended to help you understand the how's and why's of mindfulness as well as gain practical experience with it. Each module includes recordings of guided meditations as well as other formal and informal practices that will help us explore the themes introduced. A daily 10-minute meditation practice is recommended.

Online Discussions: You may be asked to participate in online discussions in some modules. The online discussions provide an opportunity for us 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.

Reflection assignments: You will be asked to complete reflection surveys in each module. Reflection surveys are a way to gauge how your practice is going, what you learned in that module, 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.

Grading Policies Class Attendance and Participation

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.*

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 |
|---------------------------------|---------------------|-----------------|------------------|
| <i>Reflection Assignments</i> | 5 | 11 | 55 |
| <i>Discussion Participation</i> | 5 | 5 | 25 |
| <i>Final Reflections</i> | 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%) | |

Late policy: Assignments and discussions must be completed for a final grade. Please connect with me via email if there are any circumstances that keep you from the timely completion of modules. My goal is for you to enjoy and benefit from this course.

Definition of a credit hour: According to UW System policy, “study leading to one-semester credit represents an investment of time by the average student of not fewer than 48 hours” (UWS ACPS 4). In other words, a 2-credit course such as this one will require a minimum of 96 hours of your time. Or approximately 12 hours per week in course activities for an 8-week term.

Attendance requirements: Any student who does not participate in classes cannot expect to satisfactorily complete course objectives and therefore should consider dropping the course.

Schedule:

Module 1: Beginning at the Beginning – 10 points.

Module 2: Happiness is an Inside Job – 10 points.

Module 3: Mindfulness Basics – 10 points.

Module 4: Mindfulness, the Body, and Anxiety – 10 points.

Module 5: Thoughts Are Not the Enemy – 10 points.

Module 6: How to Be an Emotional Jedi – 10 points.

Module 7: Kindness is the Heart of Meditation – 10 points.

Module 8: Compassion for Anxiety and Stress – 10 points.

Final Self-Assessment and Reflection Paper due August 17, 2023 – 20 points.

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**, therefore 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 of 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.

