

**George Mason University**  
**College of Education and Human Development**  
Physical Activity for Lifetime Wellness

RECR 181 (001) - Meditation: Introduction (1)  
1 Credit - Fall August 27, 2019 – October 10, 2019 ‘  
TR 3:00pm - 4:15pm / RAC 2201 - Fairfax Campus

**Faculty**

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**Prerequisites/Co-requisites**

None

**University Catalog Course Description**

Introduces students to philosophical foundations of meditation. Guides in the practice of meditation and its application to daily mental focus and concentration.

**Course Overview**

Through philosophical foundations of mindfulness this class will introduce students to the basics for creating an on-going meditation practice. Techniques used to establish this discipline will include: intention setting, focusing skills, breathing methods, and keeping with concentration point. Students will also learn postural alignment and tension release for seated, standing, walking, deep relaxation and yoga meditation.

Learning the attitudes and elements of mindfulness will be used to help relieve various stressors including, anxiousness, lethargy, sleep deprivation, distractibility and more. Mindfulness techniques useful to develop a greater sense of joy, gratitude, kindness and compassion will be provided, aimed at helping students to lead a healthier and happier life.

**Course Delivery Method**

This course is an activity-based course.

**Learner Outcomes or Objectives**

This course is designed to enable students to do the following:

1. Define meditation and its benefits.
2. State the need for and importance of centering and breathing practices.
3. Develop proficiency in the practice of four types of *pranayama*.
4. Demonstrate techniques of progressive relaxation.
5. Demonstrate a sitting pose, including proper alignment.
6. Identify the 5-stage meditation process and demonstrate a working knowledge of refining focus and awareness.
7. Describe benefits of systematic relaxation and meditation.
8. Build their own practice.

**Professional Standards** Not Applicable for this class.

**Required Text**

**None**

Assigned Handouts

On-Line Readings

Practice Audio Tracks Available Online

**Course Performance Evaluation**

Students are expected to submit all assignments on time in the manner outlined by the instructor (e.g., Blackboard, Tk20, hard copy).

- **Assignments and/or Examinations**

This course will be graded on a point system with 100 points possible

Lab Exercises - 80 points

- Daily attendance and participation are required. Absences and late arrivals are highly discouraged because they make it difficult to experience and understand information presented in class, including the cultivation of a meditation practice. Attitudes and elements of transfer of information to written assignments also reflect student's presence beyond their being physically present.

Journaling - 10 points

- Students will maintain a computer-created journal describing their formal meditation practice as well as their informal mindfulness practices in daily life. Exercising, eating, sleeping, speaking, listening and practicing gratitude are some areas which can embody mindfulness practices.

Final Exam - 10 points

- A written final exam will reflect the student's understanding of major class information. A class review and Q & A session will help to insure clarity of ideas prior to the exam.

- **Other Requirements**

- Attendance and participation is mandatory for this class. Students will be excused from class with a note from a health care provider. The note must be presented immediately upon return to the class. The note may also be e-mailed to the instructor. E-mails do not excuse an absence, but are helpful in planning the class session.

**Course Information**

- Students with injuries or pre-existing conditions that may affect performance must inform the instructor.
- Students with specific medication conditions, limited flexibility or injuries will learn appropriate modifications of poses for their own practices.
- All communication will be through GMU e-mail.
- All props are provided, but students may bring a yoga mat to class.
- Loose comfortable clothing, warm-up suits, gym shorts and shirt, yoga outfits, along with good clean socks are requested. Tight street clothes are not good.

## Grading

A+ =	97 -100	B+ =	88 - 89	C+ =	78 - 79	D = 60 - 69
A =	94 - 96	B =	84 - 87	C =	74 - 77	F = 0 - 59
A- =	90 - 93	B- =	80 - 83	C- =	70 - 73	

## Professional Dispositions

See <https://cehd.gmu.edu/students/polices-procedures/>

## Course Schedule

WEEK		TOPICS	READINGS/ASSIGNMENTS DUE
August 27		Intro to Mindfulness and Meditation	Mindfulness Practices
August 29		Mechanics of Formal Meditation	Seated Meditation Practices
Sept. 3		Breathing Techniques	Breathing Practices/Journals
Sept. 5		Mindful Yoga and Deep Relaxation	Journaling/Practices
Sept. 10		Science of Meditation and Stress Cycle	Journaling/ Practices
Sept. 12		Mindful Walking & Seated Body Scan	Journaling/ Practices
Sept. 17		Positive Psychology - Joy and Gratitudes	Journaling/ Practices
Sept. 19		Practice Day	Journals Due/ Practices
Sept. 24		Positive Psychology - Feeling Tones	Self-Practice
Sept. 26		Positive Psychology - HEAL	Make-Up Journals
October 1	1	Kindness and Compassion	Review for Exam
October 3	1 2	Practice Day	Exam Due
October 8	1 3	Class Review - Exam Return	Self-Practice
October 10	1 4	NO CLASS - Optional On-Own Practice	Self-Practice

Note: Faculty reserves the right to alter the schedule as necessary, with notification to students.

## **Core Values Commitment**

The College of Education and Human Development is committed to collaboration, ethical leadership, innovation, research-based practice, and social justice. Students are expected to adhere to these principles: <http://cehd.gmu.edu/values/>.

## **GMU Policies and Resources for Students**

### *Policies*

- Students must adhere to the guidelines of the Mason Honor Code (see <https://catalog.gmu.edu/policies/honor-code-system/>).
- Students must follow the university policy for Responsible Use of Computing (see <http://universitypolicy.gmu.edu/policies/responsible-use-of-computing/>).
- Students are responsible for the content of university communications sent to their Mason email account and are required to activate their account and check it regularly. All communication from the university, college, school, and program will be sent to students **solely** through their Mason email account.
- Students with disabilities who seek accommodations in a course must be registered with George Mason University Disability Services. Approved accommodations will begin at the time the written letter from Disability Services is received by the instructor (see <http://ods.gmu.edu/>).
- Students must follow the university policy stating that all sound emitting devices shall be silenced during class unless otherwise authorized by the instructor.

### *Campus Resources*

- Support for submission of assignments to Tk20 should be directed to [tk20help@gmu.edu](mailto:tk20help@gmu.edu) or <https://cehd.gmu.edu/aero/tk20>. Questions or concerns regarding use of Blackboard should be directed to <http://coursessupport.gmu.edu/>.
- For information on student support resources on campus, see <https://ctfe.gmu.edu/teaching/student-support-resources-on-campus>

**For additional information on the College of Education and Human Development, please visit our website <https://cehd.gmu.edu/students/>.**



