

Washtenaw Community College Comprehensive Report

YOG 100 De-stressing with Meditation

Effective Term: Spring/Summer 2025

Course Cover

College: Health Sciences

Division: Health Sciences

Department: Health Science

Discipline: Yoga (new)

Course Number: 100

Org Number: 15290

Full Course Title: De-stressing with Meditation

Transcript Title: De-stressing with Meditation

Is Consultation with other department(s) required: No

Publish in the Following: College Catalog , Time Schedule , Web Page

Reason for Submission: Course Change

Change Information:

Consultation with all departments affected by this course is required.

Course description

Rationale: Updating the course prior to Canvas integration

Proposed Start Semester: Winter 2024

Course Description: In this course, students will learn how gentle yoga, meditation, and mindfulness practices are used to manage and reduce stress. Students will spend time exploring and practicing beginner level breathing exercises, meditation practices, mindfulness exercises, and the effect these have on regulating the nervous system and the stress response. Students will practice these concepts at home and reflect upon their experience in the form of a journal.

Course Credit Hours

Variable hours: No

Credits: 1

Lecture Hours: Instructor: 15 **Student:** 15

Lab: Instructor: 0 **Student:** 0

Clinical: Instructor: 0 **Student:** 0

Total Contact Hours: Instructor: 15 **Student:** 15

Repeatable for Credit: NO

Grading Methods: Letter Grades

Audit

Are lectures, labs, or clinicals offered as separate sections?: NO (same sections)

College-Level Reading and Writing

Reduced Reading/Writing Scores

College-Level Math

No Level Required

Requisites

Prerequisite

Academic Reading Level 3; Academic Writing Level 2

General Education**Degree Attributes**

Below College Level Pre-Reqs

Request Course Transfer**Proposed For:****Student Learning Outcomes**

1. Identify and define introductory concepts of mindfulness, meditation, and breathing techniques for stress management.

Assessment 1

Assessment Tool: Outcome related-exam questions

Assessment Date: Winter 2027

Assessment Cycle: Every Three Years

Course section(s)/other population: All

Number students to be assessed: All

How the assessment will be scored: Answer key

Standard of success to be used for this assessment: 70% of students will score 75% or higher.

Who will score and analyze the data: Departmental faculty

2. Practice mindfulness, meditation, and gentle yoga techniques at the beginner level and document experiences related to stress management and nervous system regulation.

Assessment 1

Assessment Tool: Outcome-related journal entries

Assessment Date: Winter 2027

Assessment Cycle: Every Three Years

Course section(s)/other population: All

Number students to be assessed: All

How the assessment will be scored: Departmentally-developed rubrics

Standard of success to be used for this assessment: 70% of students will score 75% or higher.

Who will score and analyze the data: Departmental faculty

Course Objectives

1. Practice an introductory series of breathing techniques and gentle yoga postures at the beginner level.
2. Practice an introductory series of mindfulness and meditation techniques at the beginner level.
3. Define mindfulness: a therapeutic technique achieved by focusing one's awareness on the present moment.
4. Define meditation: a mental state of being fully absorbed in an activity to achieve greater understanding.
5. Define introductory philosophy concepts, including concepts related to yoga.
6. Identify the parasympathetic nervous system's primary response to stress: rest and digest.
7. Identify the sympathetic nervous system's primary response to stress: fight or flight.

New Resources for Course**Course Textbooks/Resources**

Textbooks

Manuals

Periodicals

Software

Equipment/Facilities

Level I classroom

<u>Reviewer</u>	<u>Action</u>	<u>Date</u>
Faculty Preparer: <i>Mary Smyth</i>	<i>Faculty Preparer</i>	<i>Feb 22, 2024</i>
Department Chair/Area Director: <i>Rene Stark</i>	<i>Recommend Approval</i>	<i>Feb 22, 2024</i>
Dean: <i>Shari Lambert</i>	<i>Recommend Approval</i>	<i>Feb 27, 2024</i>
Curriculum Committee Chair: <i>Randy Van Wagnen</i>	<i>Recommend Approval</i>	<i>Mar 30, 2025</i>
Assessment Committee Chair: <i>Jessica Hale</i>	<i>Recommend Approval</i>	<i>Apr 17, 2025</i>
Vice President for Instruction: <i>Brandon Tucker</i>	<i>Approve</i>	<i>Apr 23, 2025</i>

Washtenaw Community College Comprehensive Report

YOG 100 De-stressing with Meditation Conditional Approval Effective Term: Winter 2024

Course Cover

College: Health Sciences

Division: Health Sciences

Department: Health Science

Discipline: Yoga (new)

Course Number: 100

Org Number: 15290

Full Course Title: De-stressing with Meditation

Transcript Title: De-stressing with Meditation

Is Consultation with other department(s) required: No

Publish in the Following: College Catalog , Time Schedule , Web Page

Reason for Submission:

Change Information:

Consultation with all departments affected by this course is required.

Rationale: This course should be 15 contact hours (not 30) This is a 1 credit yoga class.

Proposed Start Semester: Winter 2024

Course Description: In this course, students will learn gentle yoga, meditation, and mindfulness practices to manage and reduce stress. We will briefly explore the nervous system and tools to regulate the stress response through self-reflection and journaling.

Course Credit Hours

Variable hours: No

Credits: 1

Lecture Hours: Instructor: 15 **Student:** 15

Lab: Instructor: 0 **Student:** 0

Clinical: Instructor: 0 **Student:** 0

Total Contact Hours: Instructor: 15 **Student:** 15

Repeatable for Credit: NO

Grading Methods: Letter Grades

Audit

Are lectures, labs, or clinicals offered as separate sections?: NO (same sections)

College-Level Reading and Writing

Reduced Reading/Writing Scores

College-Level Math

No Level Required

Requisites

Prerequisite

Academic Reading Level 3; Academic Writing Level 2

General Education

Degree Attributes

Below College Level Pre-Reqs

Request Course Transfer

Proposed For:

Student Learning Outcomes

1. Identify and define introductory concepts of mindfulness, meditation, and breathing techniques for stress management.

Assessment 1

Assessment Tool: Outcome related-exam questions

Assessment Date: Winter 2027

Assessment Cycle: Every Three Years

Course section(s)/other population: All

Number students to be assessed: All

How the assessment will be scored: Answer key

Standard of success to be used for this assessment: 70% of students will score 70% or higher on the outcome-related questions.

Who will score and analyze the data: Departmental faculty

2. Practice mindfulness, meditation, and gentle yoga techniques at the beginner level and document experiences related to stress management and nervous system regulation.

Assessment 1

Assessment Tool: Outcome-related journal entries

Assessment Date: Winter 2027

Assessment Cycle: Every Three Years

Course section(s)/other population: All

Number students to be assessed: All

How the assessment will be scored: Departmentally-developed rubrics

Standard of success to be used for this assessment: 70% of students will score 75% or higher.

Who will score and analyze the data: Departmental faculty

Course Objectives

1. Practice an introductory series of breathing techniques and gentle yoga postures at the beginner level.
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3. Define mindfulness: a therapeutic technique achieved by focusing one's awareness on the present moment.
4. Define meditation: a mental state of being fully absorbed in an activity to achieve greater understanding.
5. Define introductory philosophy concepts.
6. Identify the parasympathetic nervous system's primary response to stress: rest and digest.
7. Identify the sympathetic nervous system's primary response to stress: fight or flight.

New Resources for Course**Course Textbooks/Resources**

Textbooks

Manuals

Periodicals

Software

Equipment/Facilities

Level I classroom

<u>Reviewer</u>	<u>Action</u>	<u>Date</u>
Faculty Preparer: <i>Mary Smyth</i>	<i>Faculty Preparer</i>	<i>Sep 22, 2023</i>
Department Chair/Area Director: <i>Rene Stark</i>	<i>Recommend Approval</i>	<i>Sep 26, 2023</i>
Dean: <i>Shari Lambert</i>	<i>Request Conditional Approval</i>	<i>Sep 26, 2023</i>
Curriculum Committee Chair:		
Assessment Committee Chair:		
Vice President for Instruction: <i>Victor Vega</i>	<i>Conditional Approval</i>	<i>Sep 26, 2023</i>

Washtenaw Community College Comprehensive Report

YOG 100 De-stressing with Meditation Effective Term: Winter 2024

Course Cover

College: Health Sciences

Division: Health Sciences

Department: Health Science

Discipline: Yoga (new)

Course Number: 100

Org Number: 15290

Full Course Title: De-stressing with Meditation

Transcript Title: De-stressing with Meditation

Is Consultation with other department(s) required: No

Publish in the Following: College Catalog , Time Schedule , Web Page

Reason for Submission: New Course

Change Information:

Rationale: The rationale for this new course is in response to the increasing number of students and community members that are suffering from anxiety and depression.

Proposed Start Semester: Winter 2024

Course Description: In this course, students will learn gentle yoga, meditation, and mindfulness practices to manage and reduce stress. We will briefly explore the nervous system and tools to regulate the stress response through self-reflection and journaling.

Course Credit Hours

Variable hours: No

Credits: 1

Lecture Hours: Instructor: 0 Student: 0

Lab: Instructor: 0 Student: 0

Clinical: Instructor: 0 Student: 0

Other: Instructor: 30 Student: 30

Total Contact Hours: Instructor: 30 Student: 30

Repeatable for Credit: NO

Grading Methods: Letter Grades

Audit

Are lectures, labs, or clinicals offered as separate sections?: NO (same sections)

College-Level Reading and Writing

Reduced Reading/Writing Scores

College-Level Math

No Level Required

Requisites

Prerequisite

Academic Reading Level 3; Academic Writing Level 2

General Education

Degree Attributes

Below College Level Pre-Reqs

Request Course Transfer**Proposed For:****Student Learning Outcomes**

1. Identify and define introductory concepts of mindfulness, meditation, and breathing techniques for stress management.

Assessment 1

Assessment Tool: Outcome related-exam questions

Assessment Date: Winter 2027

Assessment Cycle: Every Three Years

Course section(s)/other population: All

Number students to be assessed: All

How the assessment will be scored: Answer key

Standard of success to be used for this assessment: 70% of students will score 70% or higher on the outcome-related questions.

Who will score and analyze the data: Departmental faculty

2. Practice mindfulness, meditation, and gentle yoga techniques at the beginner level and document experiences related to stress management and nervous system regulation.

Assessment 1

Assessment Tool: Outcome-related journal entries

Assessment Date: Winter 2027

Assessment Cycle: Every Three Years

Course section(s)/other population: All

Number students to be assessed: All

How the assessment will be scored: Departmentally-developed rubrics

Standard of success to be used for this assessment: 70% of students will score 75% or higher.

Who will score and analyze the data: Departmental faculty

Course Objectives

1. Practice an introductory series of breathing techniques and gentle yoga postures at the beginner level.
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3. Define mindfulness: a therapeutic technique achieved by focusing one's awareness on the present moment.
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7. Identify the sympathetic nervous system's primary response to stress: fight or flight.

New Resources for Course**Course Textbooks/Resources**

Textbooks

Manuals

Periodicals

Software

Equipment/Facilities

Level I classroom

<u>Reviewer</u>	<u>Action</u>	<u>Date</u>
Faculty Preparer: <i>Mary Smyth</i>	<i>Faculty Preparer</i>	<i>May 10, 2023</i>
Department Chair/Area Director: <i>Rene Stark</i>	<i>Recommend Approval</i>	<i>May 12, 2023</i>
Dean: <i>Shari Lambert</i>	<i>Recommend Approval</i>	<i>May 15, 2023</i>
Curriculum Committee Chair: <i>Randy Van Wagnen</i>	<i>Recommend Approval</i>	<i>Jun 20, 2023</i>
Assessment Committee Chair: <i>Shawn Deron</i>	<i>Recommend Approval</i>	<i>Jun 22, 2023</i>
Vice President for Instruction: <i>Victor Vega</i>	<i>Approve</i>	<i>Jun 23, 2023</i>