

# KIN 0068 - INTRODUCTION TO MEDITATION

## Catalog Description

Formerly known as PHED 68

Hours: 36 activity per unit

Description: Exploration of the body/mind connection through techniques of visualization, affirmation, concentration and meditation. (CSU)

## Course Student Learning Outcomes

- CSLO #1: Perform assessment of heart rate at the beginning and end of meditation.
- CSLO #2: Analyze effects of diet and music on meditation practice.
- CSLO #3: Evaluate the relationship of energy level and state of mind.

## Effective Term

Fall 2019

## Course Type

Credit - Degree-applicable

## Contact Hours

18-72

## Outside of Class Hours

9-36

## Total Student Learning Hours

27-108

## Course Objectives

1. Define the term "meditation".
2. List and describe various meditation techniques.
3. Explain the importance of the breath in meditation.
4. Practice and demonstrate energization exercises.
5. Apply the elements of diet and music to meditation practice.
6. Evaluate and describe the effects of diet and music on meditation practice.
7. Assess the improvement of concentration skills with in-class activities and at-home assignments.
8. Measure blood pressure, heart rate at beginning and end of a session of meditation practice in order to obtain physiological feedback.
9. Analyze and record the relationship between energy level and state of mind by using a journal or graph.
10. Formulate a personal meditation practice including affirmation, visualization, concentration and meditation and, after a period of application, assess the value of the practice to everyday life.

## General Education Information

- Approved College Associate Degree GE Applicability
  - AA/AS - Health Ed/Physical Ed
- CSU GE Applicability (Recommended-requires CSU approval)

- Cal-GETC Applicability (Recommended - Requires External Approval)
- IGETC Applicability (Recommended-requires CSU/UC approval)

## Articulation Information

- CSU Transferable

## Methods of Evaluation

- Essay Examinations
  - Example: Example: Compare and contrast 3 techniques of meditation.
- Objective Examinations
  - Example: Example: Describe techniques and define the term meditation.

## Repeatable

No

## Methods of Instruction

- Activity
- Distance Learning

Activity:

1. Instructor will facilitate a class discussion in which students will share their experiences with the techniques they are learning.
2. Instructor will facilitate a small group discussion on the topic of changes in their body; groups will report back to the rest of the class.

Distance Learning

1. Instructor online lecture using PowerPoint on the various meditation techniques. The students will list and describe various meditation techniques in an assignment.

## Typical Out of Class Assignments Reading Assignments

1. Read chapter on "Conquest of the Mind" by Eknath Easwaran and be prepared to discuss it in class.
2. Read chapter on "Reversing Heart Disease" by Dr. Dean Ornish and summarize the content presented.

## Writing, Problem Solving or Performance

1. Explore the meditative tradition of a culture of interest.
2. Read 2 articles on meditation using internet, library, magazines or professional journals and write a 2 page paper comparing and contrasting the articles.

## Other (Term projects, research papers, portfolios, etc.)

1. Library research assignment—explore the meditative tradition of a culture of interest. Describe its history, its values to its adherents. Describe the techniques in detail as well as the conditions under which they are practiced; for extra credit: seek out an individual of your chosen tradition and personally experience the practice by one who knows it well.
2. Meditation homework will include periods of time dedicated to conscious breathing and various elements of the practice – i.e., 10 minutes of double nostril breathing; 10 minutes visualization; 10 minutes sitting in the silence.

## Required Materials

- Meditation for the Love of It
  - Author: Sally Kempton
  - Publisher: Sounds True
  - Publication Date: 2015
  - Text Edition:
  - Classic Textbook?:
  - OER Link:
  - OER:
- Meditation for Beginners
  - Author: Aadya Agarwal
  - Publisher: CreateSpace Independent Publishing Platform
  - Publication Date: 2017
  - Text Edition:
  - Classic Textbook?:
  - OER Link:
  - OER:

**Other materials and-or supplies required of students that contribute to the cost of the course.**