



BodyMindSpirit—Honors

ExSc 349H/001 (3.0) Winter 2012 MW 10–11:15a 201 SFH

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106D SFH

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- 1/4 Introduction to class, class members Philosophy Review/Grid p. 1
- 1/9 CardioWaves..... text pgs 1-60
- 1/11 **Absolute Truth***..... pgs 3-30
- 1/16 NO CLASS—Holiday**
- 1/18 Agency pgs 31-45
- 1/23 Nature of God, Man and **Natural Man***..... pgs 47-72
- 1/25 Creation, Fall, Atonement, Body obedient to Spirit pgs 73-121
- 1/30 Psychoneuroimmunology..... prep for presentations
- 2/1 Immaterialism, Cartesian Dualism, Asceticism pgs 123-156
- 2/6 Materialism, Existential Views, Hedonism pgs 157-170
- 2/8 Functional Fitness..... Guest Lecturer
- 2/13 **Worth of the Soul** pgs 171-186 **Mid-Term Due**
- 2/15 **Worth of the Soul** applied*..... pgs 187-201
- 2/21 BodyMindSpirit Integration..... CardioWaves pgs 61-128
- 2/22 Molecules of Emotion Presentations
- 2/27 Epigenetics
- 2/29 Biology of Belief Presentations **Reports due**
- 3/5 **Sexuality/Body Image*** pgs 203-214
- 3/7 Guest Lecture
- 3/12 Chi Gong
- 3/14 Mystery of Chi video
- 3/19 Dr. Weil 8 weeks to optimal health video
- 3/21 Guest Lecture
- 3/26 **Addictions defined/Eating Problems*** pgs 215-224
- 3/28 **Nutrition principles***..... pgs 225-236
- 4/4 Word of Wisdom.....
- 4/9 **Service Sharing**
- 4/11 **Service Sharing**
- Final Examination (**Essence projects**)

Course Objectives

- 1) Enhance understanding of the divine nature of life, being. This will be measured by way of assigned writings.
- 2) Enhance reverence for body, whole self/others. This will be measured by assigned writings.
- 3) Application ideas/discussion to assist in living as a fully integrated being—connected within and making substantive connections with others. This will be measured by class presentations and thought papers.
- 4) Enhance reverence for innate worth and reality as son or daughter of Christ and view each other person in this same way. This will be measured by assigned writings.
- 5) Better understanding of diverse philosophical perspectives and attitudes toward being. This will be measured by examinations.
- 6) Enhance ability to articulate own values in writing and speaking. This will be measured by assigned writings and class presentations.
- 7) Improve ability to do critical thinking and apply to life situations. This will be measured by assigned writings, presentations and exams.
- 8) Serve others with your knowledge, faith, testimony, love. This will be measured by the service learning project.
- 9) Move forward on pathway of discipleship of Christ. This will be measured by writings.
- 10) Enjoy course content!

Text

- 1) Packet and possible additional hand-outs
- 2) Pert, Candace B. Molecules of Emotion, New York: Scribner, 1997
- 3) Lipton, Bruce. Biology of Belief. New York :Hay House, 2008.
- 4) Lockhart, Barbara D. CardioWaves New York: Digital Legend Press, 2011

Assignments

Mid-term questions will be given in advance. Exam written on own and due 2/13.

Service learning: sharing ideas, connecting with someone else—incorporating the opportunity to “go forth and serve” at least one hour per week – total 16 hours.

Thought Papers*: Five papers on respective topics and readings. First 3 all do – last 2 your choice.

Molecules of Emotion and Biology of Belief Presentations: Develop a concept from each book and help us apply it in our lives. Do a 2-3 page write-up for each book that represents your understanding of entire book.

Essence: Final Project (see handout) done during final exam period.

Evaluation

Mid-term 20%
Service..... 15%
Papers 35%
Essence/Final ... 20%
Participation 10%

Grading

A = 94–100%
A- = 90–93%
B+ = 87–89%
B = 84–86%
B- = 80–83%

Participation: Much of the learning in this class comes from your comments during each class period. It is imperative that you are here and ready to discuss the concepts for each day. More than 3 days you are not present and taking part disqualifies you for an A grade in the course.

Preventing Sexual Harassment

Title IX of the Education Amendments of 1972 prohibits sex discrimination against any participant in an educational program or activity that receives federal funds. The act is intended to eliminate sex discrimination in education. Title IX covers discrimination in programs, admissions, activities, and student-to-student sexual harassment. BYU's policy against sexual harassment extends not only to employees of the university, but to students as well. If you encounter unlawful sexual harassment or gender-based discrimination, please talk to your professor; contact the Equal Employment Office at 801-422-5895 or the 24-hour hotline at 801-367-5689 or 1-888-238-1062; or contact the Honor Code Office at 801-422-2847.

Students with Disabilities

Brigham Young University is committed to providing a working and learning atmosphere, which reasonably accommodates qualified persons with disabilities. If you have any disability which may impair your ability to complete this course successfully, please contact the University Accessibility Center (UAC) Office (801-422-2767). Reasonable academic accommodations are reviewed for all students who have qualified, documented disabilities. Services are coordinated with the student and instructor by the UAC Office. If you need assistance or if you feel you have been unlawfully discriminated against on the basis of disability, you may seek resolution through established grievance policy and procedures. You should contact the Equal Employment Office at 801-422-5895, D-285 ASB.

Honor Code Standards

In keeping with the principles of the BYU Honor Code, students are expected to be honest in all of their academic work. Academic honesty means, most fundamentally, that any work you present as your own must in fact **be** your own work and not that of another. Violations of this principle may result in a failing grade in the course and additional disciplinary action by the university.

Students are also expected to adhere to the Dress and Grooming Standards. Adherence demonstrates respect for yourself and others and ensures an effective learning and working environment. It is the university's expectation, and my own expectation in class, that each student will abide by all Honor Code standards. Please call the Honor Code Office at 801-422-2847 with questions or concerns.

Online Evaluations

Please complete the online evaluation for this course/professor at the conclusion of the class.