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Health, P.E., & Dance
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PE 231 Wellness: An Inside/Out Approach

Being part of the Piedmont Project opened my mind to new ideas about my role in issues of sustainability, and it also opened my eyes to the beauty that is Emory. I am committed to encouraging students to connect to Emory as place. One obvious change in my PE classes will be a commitment to getting students outside to “connect” with nature! New activities will include *walking in the full presence of life*, whether in Lullwater, Hahn Woods, or other interesting places of beauty on campus.

The fast pace of technology often draws us toward a quick fix or instant gratification and we are increasingly disconnected from natural surroundings. Nature can be a powerful metaphor for living well and slowing down to the natural rhythm of life. Natural laws help us understand choices that lead to effective, sustainable living. I will be more intentional about raising awareness about the benefits of connecting to nature, and this will be evident in class discussions, activities, and extra credit options. One specific new activity will center on viewing "The Man Who Planted Trees" from Academy Award winning animator Frederic Back. This short film is based on a story by Jean Giono, and it serves as an inspiring testament to the power of one person. The story vividly portrays how a patient shepherd plants and nurtures thousands of trees, transforming a dry, dead place into a thriving oasis.

In addition to new ideas surrounding meaningful activities and exercises for class, my intention is to invest energy in the following areas as I continue the journey of discovery inspired by the Piedmont Project:

- 1 "Sustainability of the Person" as an expressed strategic goal of Emory's Office of Sustainability. We need to have dialogue leading to a broadened definition of sustainability in order to truly be *a model for healthy living on our campus* (as expressed in the Sustainability Initiatives brochure). I believe it's a win-win to intentionally align our sustainability initiative with the intersection between personal health and health of the planet.
- 2 Exploring the possibility of a partnership between Student Health (Campus Life) and Health, PE, and Dance (Emory College) so that we can incubate and serve as a catalyst for visible, actionable steps regarding "Sustainability of the Person."
- 3 All members of the Emory community can be encouraged to engage in activities known to sustain active, healthy living. My vision is to see examples of “mindful” activities on campus as visible signs of our commitment to raising consciousness and connection to nature. (i.e. Tai Chi on the quad, walking meditation groups in Lullwater, seated meditation in front of Candler Library, a

prayer/meditation labyrinth on campus) The possibilities are endless and the research supports these practices as effective tools for building compassion and balance. They also awaken us to a more sustainable lifestyle for ourselves, our community, and our world. (A catalyst for creative cooperation can be the new dialogue surrounding mindfulness meditation on campus initiated a few months ago by Shirley Banks, Student Health Services. Bobbi Patterson is also part of this conversation about a mindfulness collaborative, and I mention this because she is a past Piedmont Project participant and a creative leader for sustainability.)

PE 231
Wellness: An Inside/Out Approach

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Course Description

By design, traditional fitness classes focus on the physical dimension of wellness. This wellness course offers an inside/out approach and will encourage personal growth through balance in social-emotional, spiritual, mental, environmental, and physical well-being. Class experiences will raise awareness of the deep connection between mind, body, spirit, and the environment. Nature will serve as a strong metaphor for understanding habits of effectiveness that enliven daily living and sustain personal health and the health of the world. Students will explore pathways to optimal well-being and sustainable living using a principled-centered approach. Classroom experiences and personal reflection will lead to an integrated definition of wellness and personal sustainability. Interactive exercises (both inside the classroom and outside in natural settings), engaging stories, and "teach to learn" strategies will offer students a framework to balance their commitment to fitness along with their studies, their social lives, and other priorities that are important to living well.

"Scientific research is based on the idea that everything that takes place is determined by laws of nature, and therefore this holds for the action of people. . . Our task must be to free ourselves from (our) prison by widening our circles of compassion to embrace all living creatures and the whole of nature in its beauty." - Albert Einstein, Nobel Prize

Class Format

The class will be grounded in a *REQUIRED* intensive seminar *The 7 Habits of Highly Effective People, Personal Leadership for College Students* based on Stephen Covey's bestselling book *The 7 Habits of Highly Effective People*. The content of the seminar will provide shared experiences and a common language that will facilitate personal growth and development

*"Sow a thought, reap an action;
Sow an action, reap a habit;
Sow a habit, reap a character;*

Sow a character, reap a destiny."
-Samual Stiles

The 7 Habits seminar will serve as the foundation for weekly meetings designed to motivate and fully establish habits of renewal that nurture all dimensions of wellness: social/emotional, mental, spiritual, physical, and environmental. Students will complete personal exercises, readings, and various experiential assignments as preparation for class discussions and activities.

****NOTE IMPORTANT DATES****

REQUIRED 7 Habits Weekend Seminar February 8, 5:00 p.m. -8 p.m. and February 9, 9:00 a.m. - 5 p.m.

Students must attend this seminar to complete the requirements for this course!

Prerequisite

One PPF Class - GER Section VI- B (i.e., PE 110, 112, 114, 122, 124, 130, 132, 134, Dance 226)

Desired Learning Outcomes

- 1 Students will develop greater awareness of their thoughts, feelings, actions, and beliefs in order to develop habits of effective, sustainable living.
"Our first energies should go to our own character development, which is often invisible to others, like the roots that sustain great trees. As we cultivate the roots, we will begin to see the fruits." -Stephen R. Covey

- 2 Students will explore the lens through which we view the world in order to develop an understanding of how paradigms influence behavior and how our choices and actions impact ourselves and our world.
"We can't solve a problem if we don't recognize its source." -author unknown

"If you want to make small changes, work on your behavior; if you want to make quantum-leap changes, work on your paradigms" Stephen R. Covey

- 3 Students will explore personal choice and "response-ability" and what it means to be proactive.
"Life is a book and you are its author. You determine its plot and pace and you ñ only you ñ turn its pages." -Beth Mende Conny

"We must be the change we wish to see in the world." Ghandi

- 4 Students will develop the habit of personal vision and write a Personal Mission Statement. They will understand the value of *beginning with the end in mind*.
"We detect rather than invent our missions in life." - Victor Frankl

5 Students will practice using a planning system to prioritize tasks based on personal mission, roles, goals, and a commitment to personal renewal and sustainability. They will practice *putting first things first*.

"Things which matter most must never be at the mercy of things which matter least." - Johann Goethe

6. Students will practice the habits of mutual benefit, mutual understanding, and creative cooperation as they relate to one another to the planet we share.

"To cultivate a universal responsibility for one another and the planet we share." -The Dalai Lama on his *personal mission*

7 Students will engage in continued growth and renewal & have fun along the way!

"Being in control of the mind means that literally anything that can happen can be a source of joy."

-Mihaly Csikszentmihalyi

"A sense of humor is probably the only divine quality of man"

-Arthur Schopenhauer

Required Text & Resources

The 7-Habits of Highly Effective People ñ Personal Leadership for College Students : Guidebook. FranklinCovey, 2006 Note: Each student is required to have their own guidebook. ***Personal Journal*** for journaling exercises (any dedicated spiral notebook, composition book, or other journal will work)

Recommended Reading

The 7 Habits of Highly Effective Teens, Sean Covey

The 7 Habits of Highly Effective People, Stephen R. Covey

The Last Lecture, Randy Pausch

Simple Prosperity: Finding Real Wealth in a Sustainable Lifestyle,

David Wann

*note: Look for other suggested readings to be sent via Learnlink.

Course Requirements

- A. Attend class and participate in discussions and exercises
- B. Teach to learn by teaching content to fellow classmates and others
- C. Write a *Mission Statement* draft
- D. Keep a journal to record reflections and insights
- E. Complete weekly planning using *Compass Cards* distributed in class
- F. Write an essay reflecting on the *7 Habits* concept of your choice
- G. Complete a *7 Habits* personal assessment

Method of Evaluation

The *Win-Win Performance Agreement* will be used to track progress in the class. Your grade will be based on attendance, participation, completion of required exercises and

assignments, and self-evaluation. Students will review the agreement and sign it during the first week of class.

Attendance

As stated, the February 8 and 9 weekend seminar is foundational to the course and attendance is required. Students who have conflicts with this seminar must choose to rearrange their schedule or drop the course. Weekly class attendance is required and vital to completing the requirements of any course in The Department of Health, Physical Education, and Dance. This class is highly interactive, therefore attendance is key. If you choose to be absent for more than three class sessions, you may not earn a passing grade in this class.

Learnlink

Course updates and information will be posted on Learnlink and students are responsible for checking the class conference.

Class Meeting Site & Times

Classroom 402* ñ 4th Floor Woodpec for weekly meetings AND the weekend seminar.
Tuesdays, 4-5:15 p.m. (see course calendar)
plus required weekend seminar- 5-8p.m.Feb. 8, 9-5p.m. Feb. 9

**Note: We will occasionally use nature as our classroom, so check Learnlink for updates on class meeting locations on campus.*

"Personal transformation is best cultivated by partnering with the supreme agent of change, the earth. Life is change, and nature is the wizard who enlivens its magic cycles." Philip Sutton Chard

"The human need for nature is linked not just to the material exploitation of the environment but also to the influence of the natural world on our emotional, cognitive, aesthetic, and even spiritual development."- Edward O. Wilson, Harvard Pulitzer

Course Calendar

January

22 Course Introduction - review and clarify requirements

29 What is Wellness? What is an Inside/Out Approach?

February

5 Overview of *The 7 Habits* - Foundational Principles

8 *The 7 Habits* Weekend Intensive, 5-8 p.m.

9 Weekend Intensive continues, 9-5 p.m.

(Focus on Habits 1-3, the habits of personal responsibility, personal vision, personal leadership, integrity, and discipline)

12 Focus on Habit 4, the habit of mutual benefit

19 Focus on Habit 5, the habit of mutual understanding

26 Focus on Habit 6, the habit of creative cooperation

March

3 Focus on Habit 7, the habit of renewal

11 **Spring Break** - practice renewal and enjoy!

- 18 Practicing the habit of renewal - a walk in the woods!
- 25 Practicing the habit of renewal - mindfulness meditation

April

- 1 Practicing the habit of renewal -a holistic wellness exercise
- 8 Personal reflection and renewal - Lessons from Randy Pausch, *The Last Lecture*
- 15 Practicing the habit of renewal - Reflections - "*The Man Who Planted Trees*"
- 22 Celebrating our journey of growth and renewal!

"No matter how bad things are, you can always make them worse. At the same time, it is often within your power to make them better." - Randy Pausch