

PE-1560: MEDITATION TECHNIQUES

Cuyahoga Community College

Viewing: PE-1560 : Meditation Techniques

Board of Trustees:

January 2024

Academic Term:

Fall 2024

Subject Code

PE - Physical Education

Course Number:

1560

Title:

Meditation Techniques

Catalog Description:

Students will explore the many different forms of meditation to foster a daily practice that is tailored to individual needs.

Credit Hour(s):

1

Lecture Hour(s):

0

Lab Hour(s):

2

Requisites

Prerequisite and Corequisite

None.

Outcomes

Course Outcome(s):

Describe and practice an approach to mindfulness and meditation that is designed by the student using the various methods introduced in the course.

Objective(s):

1. Define what is considered a proper space for meditation.
2. Identify online and technology resources to aid in the development of a consistent daily home practice of meditation.
3. Demonstrate how to perform walking meditation.
4. Demonstrate proper meditation postures.
5. Demonstrate how to perform a guided meditation.
6. Describe what mindfulness is and how it is used in meditation practices.

Course Outcome(s):

Demonstrate an understanding of modern research findings about meditation and mindfulness as well as some of the cross-cultural traditions related to these practices.

Objective(s):

1. Describe the health benefits of meditation.
 2. Summarize current research on the benefits of meditation and mindfulness practices.
 3. Describe various cross-cultural techniques of meditation including Mantra, Mala and Mudra.
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Course Outcome(s):

Write reflections on experiences with meditation, mindfulness, and stress in and out of classroom.

Objective(s):

1. Journal about the experiences of the home practice of meditation.
2. Review 3 YouTube videos at least 20 minutes in length pertaining to different types of meditation.

Methods of Evaluation:

1. Written Assignments
2. Class Participation
3. Meditation Journals

Course Content Outline:

1. Definition of meditation
2. Research on Meditation
3. Breathe development
4. Practice of meditation techniques
 - a. Body scan
 - b. Mindfulness
 - c. Mantra
 - d. Walking
 - e. Metta
 - f. Lifeforce Yoga Chakra Clearing
 - g. Tense-Relax
 - h. Chakra
 - i. Om
 - j. Sacred Space
 - k. Trakata
 - l. Yoga nidra
5. Using Meditation as a tool for self-examination; considering both eastern and western approaches to removing our self-created obstacles to peace, health and prosperity
 - a. Zafus
 - b. Malas
 - c. Blankets
 - d. Blocks
 - e. Chair
 - f. Pictures
 - g. Objects
 - h. Music
6. Health benefits of meditation
7. Meditation resources
8. Altered states
9. Mindful Based Stress Reduction (MBSR)
10. Effects on the nervous system

Resources

Hamilton, C. (2018) *50 Meditation Techniques and 25 Tips for Starting, Improving and Maintaining a Meditation Practice*,

Doros, A. (2020) *Meditation Techniques for Anxiety and Stress Relief*, Efaon Acies.

Greer, F. (2022) *Mindfulness Meditation Techniques*, Amazon Digital Services LLC - Kdp.

De Viaje, A. (2021) *The Meditation WorkbookL 160+ Meditations*, SF Nonfiction Books.

Resources Other

Kornfield, Jack. *Meditation for Beginners*. Sounds True, 2010.

Sally, Kempton. *Meditation for the Love of It: Enjoying Your Own Deepest Experience*. Readhowyouwant Com Ltd, 2012.

Lazar, Sara W. et al. "Meditation Experience Is Associated with Increased Cortical Thickness." *Neuroreport* 16.17 (2005): 1893–1897. Print.

Kabat-Zinn, Jon. *Full Catastrophe Living: Using the Wisdom of Your Body and Mind to Face Stress, Pain, and Illness*. Bantam Books, 2013.

Davis, Daphne M., and Jeffrey A. Hayes. "What Are the Benefits of Mindfulness? A Practice Review of Psychotherapy-Related Research." *Psychotherapy*, vol. 48, no. 2, 2011, pp. 198–208., doi:10.1037/a0022062.

"MBSR Research." *University of Massachusetts Medical School*, 24 June 2014, www.umassmed.edu/cfm/research/mbsr-research/.

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