Subject Brief

ENDEAVOUR College of Natural Health

SOCM312

Wellness and Mindfulness Practices

General information

Awards	Subject type	Study year	Study Semester
Bachelor of Health Science (Naturopathy)	Core	Year 4	Semester 7

EFTSL: 0.125

Delivery mode: Online

Co-requisites: Nil

Pre-requisites: Nil

Subject overview

In this subject, students will study the historical foundations that underlie the contemporary development of mindfulness as a method for achieving well-being as well as other wellness practices. Through the study of a multi-dimensional approach to wellness, students will be able to define wellness and wellbeing, and understand its application to quality of life. Students will also come to recognise the importance of understanding the full potential of mindfulness practices, and its application, in both self-care practices and the care of others.

Assessments

- Week 6: Written Assignment
- Week 9: Written Assignment
- Week 12: Written Assignment

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