

SUBJECT OUTLINE

Subject Name:

Wellness Practices

Subject Code:

BIOW311

SECTION 1 – GENERAL INFORMATION

Award/s:	Total Course Credit Points:	Level:
Bachelor of Health Science (Naturopathy)	128	4 th Year
Bachelor of Health Science (Nutritional and Dietetic Medicine)	96	3 rd Year
Bachelor of Complementary Medicine	48	3 rd Year
Duration: 1 Semester		
Subject is: Elective	Subject Credit Points: 2	

Student Workload:

No. timetabled hours per week:	No. personal study hours per week:	Total hours per week:
3	2	5

Delivery Mode*:

On campus Online / Digital Blended Intensive

Weekly Session[^] Format/s - 1 session per week:

<input checked="" type="checkbox"/> eLearning modules:	Lectures: Interactive adaptive online learning modules
	Tutorials: can include asynchronous tutor moderated discussion forum and activities, learning journal activities or other web-based resources

*All modes are supported by the online learning management system which will include subject documents such as handouts, readings and assessment guides.

[^]A 'session' is made up of 3 hours of timetabled / online study time per week unless otherwise specified. Each subject has a set number of sessions as outlined above.

Study Pattern: Full Time Part Time

Pre-requisites: BIOH122, SOCQ121

Co-requisites: Nil

SECTION 2 – ACADEMIC DETAILS

Subject Rationale

This subject will provide students with an introduction to the contemporary field of wellness science and its relation to personal self-care as well as applications in clinical practice. 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 develop a deep understanding of the human stress response and its effect on human health and wellness, as well as learn practical skills for enhancing wellness and wellbeing, using an evidence based approach.



Learning Outcomes

1. Describe the historical and modern development of wellness and wellbeing practices and how these practices impact on quality of life.
2. Evaluate the evidence base for wellness and wellbeing practices to ensure an effective and ethical approach is used for self-care and the care of others.
3. Demonstrate ability to perform a variety of wellness and wellbeing practices.
4. Demonstrate ability to evaluate personal wellness and wellbeing in relation to multidimensional models of wellness.
5. Plan and implement strategies for improving wellness and wellbeing.

Assessment Tasks

Type	Learning Outcomes Assessed	Session Content Delivered	Due	Weighting
Reflective Log (1200 words +/-10%)	1, 3-5	1-6	Week 7	25%
Project Plan Evidence based intervention (500 word)	1, 2	1- 7	Week 9	25 %
Poster Presentation: Evidence based intervention (1200 words +/-10%)	1, 2, 5	1-13	Week 13	50%

All written assessments and online quizzes are due at 11:55 p.m. Sunday and submitted through the LMS.

Pass Requirements

To achieve a passing grade in this subject, students must:

- have a cumulative mark of at least 50%, and
- have submitted all assessment items with a value greater than 15%

Prescribed Readings:

Robinson, J., & McCormick, D. (2011). *Concepts in health and wellness*. Cengage Learning.

Recommended Readings:

Compton, W., & Hoffman, E. (2013). *Positive psychology: The science of happiness and flourishing* (2nd ed.). Wadsworth Cengage Learning.

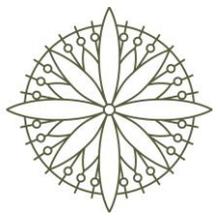


- Dunkley, C., & Stanton, M., (2014). *Teaching clients to use mindfulness skills: A practical guide*. Routledge. [ebook available]
- Lopez, S., Pedrotti, J., & Snyder, C. (2015). *Positive psychology: The scientific and practical explorations of human strengths* (3rd ed.). Sage Publications.
- McCown, D., Reibel, D., & Micozzi, M. (2010). *Teaching mindfulness: A practical guide for clinicians and educators*. Springer. [ebook available]
- Snyder, C., & Lopez, S. (2009). *Oxford handbook of positive psychology*. Oxford University Press.
- Travis, J., & Ryan, R. (2004). *Wellness workbook: How to achieve enduring health and vitality*. Celestial Arts.

Subject Content		
Week	Lectures	Tutorials / Practicals
1.	<p>Introduction (Subject Outline / Subject Aims / Assessment / Teaching Resources)</p> <p>Introduction to wellness and practices</p> <ul style="list-style-type: none"> ➤ Define holistic wellness and wellbeing ➤ The development of the contemporary wellness movement and its relation to quality of life ➤ Wellness resources 	<p>Activities are developed to allow the students to explore relevant concepts, expand on ideas and have peer and lecturer interaction. Activities also allow for formative assessment and feedback.</p> <ul style="list-style-type: none"> ➤ Review and discussion of wellness resources ➤ Review of tools for measuring wellness and patient outcomes
2.	<p>The human stress response</p> <ul style="list-style-type: none"> ➤ Introduction to autonomic nervous system structure and function ➤ Understanding Hans Selye's General Adaptation Syndrome ➤ Molecules of emotion – Candice Pert 	<ul style="list-style-type: none"> ➤ Create a table, chart or diagram that summarises the physiological stress response
3.	<p>Biomarkers of stress</p> <ul style="list-style-type: none"> ➤ Allostasis as a biomarker for homeostasis ➤ Principles of the Galvanic Stress Response ➤ Heart Rate Variability as a biomarker of autonomic nervous system balance ➤ Laboratory measures of the stress response 	<ul style="list-style-type: none"> ➤ Review the HRV procedure and overview the results. This includes using an ADI instrument. Review the results as an indicator of ANS regulation
4.	<p>Introduction to wellness theory</p> <ul style="list-style-type: none"> ➤ Defining wellness & wellbeing ➤ Orientation to the illness/wellness continuum ➤ Models of wellness ➤ Introduction to the Travis & Ryan Dimensions of Wellness 	<ul style="list-style-type: none"> ➤ Self-reflection and analysis of personal wellness using the 12 dimensions of the Travis and Ryan model of wellness
5.	<p>Dimensions of wellness theory 1 (SPECIES 7 Dimensions)</p> <ul style="list-style-type: none"> ➤ Social ➤ Physical 	<ul style="list-style-type: none"> ➤ Strategic planning exercise addressing wellness issues related to social, physical and emotional dimensions as identified from the self-reflection exercise in session 4



	<ul style="list-style-type: none"> ➤ Emotional 	
6.	<p>Dimensions of wellness theory 2 (SPECIES 7 Dimensions)</p> <ul style="list-style-type: none"> ➤ Career ➤ Intellectual ➤ Environmental ➤ Spiritual 	<ul style="list-style-type: none"> ➤ Strategic planning exercise addressing wellness issues related to career, intellectual, environmental and spiritual dimensions as identified from the self-reflection exercise in session 4
7.	<p>The science of sleep</p> <ul style="list-style-type: none"> ➤ Physiological principles of sleep ➤ Effect of sleep quality on human health and performance. ➤ Sleep hygiene 	<ul style="list-style-type: none"> ➤ Undertake a sleep hygiene analysis and develop a plan for improving sleep quality
<p>NON-TEACHING WEEK (note that make-up classes may be scheduled in this week)</p> <p>Semester 1 – This aligns with the week after Easter so it may fall between Weeks 6 to 8</p> <p>Semester 2 & Online students – The non-teaching week falls between Weeks 7 and 8</p>		
8.	<p>Dietary wellness</p> <ul style="list-style-type: none"> ➤ Health eating guidelines for Australians ➤ Nutrition for the non-dietitian ➤ Concepts of food access and equity ➤ Food as a communal activity 	<ul style="list-style-type: none"> ➤ Undertake a 24hr dietary recall analysis and compare to the healthy eating guidelines for Australians
9.	<p>Physical activity</p> <ul style="list-style-type: none"> ➤ Generic recommendations for exercise and physical activity ➤ Defining exercise and physical activity ➤ Biophilia in health and wellness ➤ The effects of the sedentary lifestyle 	<ul style="list-style-type: none"> ➤ Develop a physical exercise plan to meet the recommendations for an active lifestyle
10.	<p>Stress management</p> <ul style="list-style-type: none"> ➤ Health impact of chronic stress ➤ Principles of stress management ➤ Evidence based stress management techniques 	<ul style="list-style-type: none"> ➤ Tutorial activities based on the main concepts ➤ Practical application of evidence based stress management techniques
11.	<p>Guided imagery and meditation</p> <ul style="list-style-type: none"> ➤ Applications of meditation and guided imagery ➤ Using the breath as a basis for mindfulness ➤ Achieving our potential through guided imagery 	<ul style="list-style-type: none"> ➤ Tutorial activities based on the main concepts ➤ Practical application of mindfulness and meditation techniques
12.	<p>Concepts in positive psychology I</p> <ul style="list-style-type: none"> ➤ The development of happiness psychology ➤ PERMA Wellbeing Theory ➤ Flow for wellbeing 	<ul style="list-style-type: none"> ➤ Tutorial activities based on the main concepts ➤ Complete the VIA signature Strengths Questionnaire to identify signature strengths



	<ul style="list-style-type: none"> ➤ Signature strengths ➤ Savouring and gratitude ➤ Optimism and hope 	
13.	<p>Concepts in positive psychology II</p> <ul style="list-style-type: none"> ➤ Compassion ➤ Gratitude ➤ Resilience 	
14.	<p>Non-Teaching Week/Practical Examination Week 1</p> <ul style="list-style-type: none"> ➤ Note that make-up classes may be scheduled in this week 	
15.	<p>Non-Teaching Week/Practical Examination Week 2</p> <p>Note that make-up classes may be scheduled in this week</p>	
16.	<p>Final Examination Week 1</p> <p>There is no final exam for this subject.</p>	
17.	<p>Final Examination Week 2</p> <p>There is no final exam for this subject.</p>	