

Course Title: N 365 Healthy Living

Course Description:

This course focuses on the understanding how human brain works and how to optimize brain fitness. The science of mindfulness with focus on a research-based path to well-being and techniques on how to stay fit as people age are integrated with concepts of healthy living. Concepts such as meditation, attention, stress, learning, memory, sleep, and depression will be emphasized.

Course Objectives:

At the end of this course, the student will be able to:

1. Learn how the brain is organized, how it develops and how messages are transmitted through the brain's electrochemical pathways.
2. Understand that the proper diet, exercise, and sleep are critical for optimal brain functioning.
1. Gain knowledge of physiology, exercise, and health-related lifestyle choices and their basic effects on the human body as it ages.
2. Understand the core components of mindfulness practices and how they work to alleviate psychological distress.
3. Acquire practical skills that anyone can use to deal more effectively with everyday psychological challenges and live a richer, happier, and more fulfilling life.
4. Practice techniques for improving working memory and increasing intelligence, performance and creativity in all areas of human endeavor.
5. Apply the practice of meditation as the foundational technique for cultivating mindfulness.
6. Develop the skills of mindfulness and apply it to every aspect of daily life.
7. Identify various stressors and their effects on human body.
8. Utilize the stress-response theory to maintain the homeostatic balance of the body.