



## LILIE, LLC Course Information

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*\*More detailed course curriculum can be provided upon request*

**Title of Course:** EFFECTS OF THE MIND-BODY CONNECTION ON LEARNING

### **Course Description:**

The “Mind-Body Connection” has a profound effect on an individual’s learning. The mind-body connection can be explained as the physical and mental connection between our existence and how we perceive the world. Some researchers believe that the mind is a result of electrical activity in the brain. Others believe the mind exists outside of the body and affects the brain, causing the electromagnetic activity that we can observe with technology. This course will focus on Contemporary Mind-body Perspectives, the Emotion’s Effect on the body, how the mind and body are functionally inseparable, how thought affects physiology, how to harness the power of positive attitude, unconscious and conscious awareness, responsibility and creative intelligence, core beliefs and seed thoughts, emotion and the body’s language, mental projections and expectations, interpersonal versus intrapersonal communication, body messages, technological feedback, brain-body integration, how the brain and body communicate, the stress response, the relaxation response, the subconscious mind and behavior, how exercise, physical fitness, nutrition, and sleep affect learning, how a healthy body fosters a healthy mind, and how to improve the capacity to learn.

### **Overall Course Objective and Expectation(s):**

- -Teachers will examine the correlation of nutrition and learning in their students.
- -Teachers will examine the correlation of physical fitness and learning in their students.
- -Teachers will examine the correlation of sleep and learning in their students.
- -Teachers will examine the correlation of the stress response and learning in their students.
- -Teachers will explore the integrative knowledge of contemporary mind-body perspectives and learning.
- -Teachers will gain the capacity to create awareness regarding Interpersonal versus intrapersonal communication in their classroom environments through the content of this course.
- -Teachers will develop insights into identifying how emotions affect the body
- -Teachers will explore various methods in harnessing the power of positive attitude

**Course Instructional Materials:**

All courses maintain a fully developed and dynamic webpage that houses all resources, reference material and various other required informational texts, videos and alike that is both active and relevant to course objectives and content. Course web pages are routinely updated to reflect most current research and available readings therefore instructional materials used to teach course objectives are subject to change.

**Instructor Consultation and Interaction**

The course is an asynchronous online course that is available for instructor and student participation 24/7. The four week duration of the class is broken down into four weekly sections each comprised of lecture in the form of instructor created articles and content, web links to academic and professionally reviewed articles in the discipline of general education, and instructor created discussion questions which are, in and of themselves, formative assessments to determine the extent to which the enrollees have comprehended and mastered the information and begun to apply it to their personal teaching practices. The answers to these questions are the basis for the class interaction, as enrollees are required to respond to each other within the classroom arena.

By providing a wide variety of professional articles, peer reviewed journal pieces and researched instructor created content that addresses the needs of all K-12 educators and by encouraging interactive dialogue among the enrollees, this course will encourage and require application, discussion and peer feedback of said strategies and understanding in teaching students within a teacher's own individual classroom practices. The discussion and feedback will give us our own meta-assessment of useful, research based and practiced strategies and techniques for addressing the needs of our varied students thus giving them more opportunity to truly excel.

**Proof of Course Completion:**

LILIE, LLC is committed to assuring that enrollees fully participate in and receive the educational benefits provided by the course. Enrollees must demonstrate participation by making detailed postings designed to foster dialogue among colleagues and instructor that reflect the content, skills/strategies learned and assessments covered in course. These enrollee postings must be made six times each week, in separate sessions, and including a minimum of 4 academic posts and at least 2 peer-peer comments of others' postings and possible shared assignments. Enrollees are required to submit a detailed reflection in combination with the archived work. Attempts to falsify record or discussion board entries will result in denial of credit and a report to the enrollee's employer.



## Scope & Sequence/Weekly Topics and Objectives

### *Week 1*

#### **Topic(s):**

- Nutrition and Learning
- Physical Fitness and Learning
- Sleep and Learning
- Stress response
- Relaxation response

#### **Objectives:**

- -Teachers will examine the correlation of nutrition and learning in their students.
- Teachers will examine the correlation of physical fitness and learning in their students.
- Teachers will examine the correlation of sleep and learning in their students.
- Teachers will examine the correlation of the stress response and learning in their students.
- Teachers will examine the correlation of the relaxation response and learning in their students.

**Impact on Classroom Instruction:** Teachers will gain insight of how to identify the importance of nutrition, sleep, physical fitness, and relaxation with regard to learning among adolescents.

#### **Learner Outcomes: As a result of our assignments this week teachers will be able to:**

- Identify the important physiological components that are integral to learning.
- Analyze the correlation of nutrition and learning among their students.
- Evaluate the correlation of physical fitness and learning among their students.
- Analyze the influence of sleep and learning among their students.
- Identify the influence of the stress response and learning among their students.
- Identify the influence of the relaxation response and learning among their students.



## ***Week II***

### **Topic(s):**

Contemporary Mind-Body Perspectives

Emotion's effects on the body

How the body and mind are functionally inseparable

How thought affects physiology

### **Objectives:**

- -Teachers will examine the contemporary mind-body perspectives.
- -Teachers will examine the correlation of how the emotions affect the body.
- -Teachers will examine the correlation of how the body and mind are functionally inseparable.
- -Teachers will examine how thought affects physiology.

**Impact on Classroom Instruction:** Teachers will gain insight of how to examine the various mind-body perspectives and how thought affects physiology and implications of learning among adolescents.

### **Learner Outcomes: As a result of our assignments this week teachers will be able to:**

- Identify the various contemporary mind-body perspectives
- Recognize the correlation of how the emotions affect the body.
- Evaluate how the mind and body are functionally inseparable.
- Analyze how thought affect s physiology.



### ***Week III***

#### **Topic(s):**

- The Mind-Body Connection
- Unconscious and conscious awareness
- Emotional and creative intelligence
- Emotion and the body's language
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- Interpersonal versus intrapersonal communication
- Body messages, technological feedback, and brain- body integration
- How the brain and body communicate

#### **Objectives:**

- -Teachers will examine the correlation of the mind-body connection.
- -Teachers will examine the correlation of the conscious and unconscious awareness.
- -Teachers will examine emotional and creative intelligence with regard to learning.
- -Teachers will examine the correlation of emotion and the body's language.
- -Teachers will examine the differences between interpersonal and intrapersonal communication.

**Impact on Classroom Instruction:** Teachers will gain insight of how the correlation of the mind-body connection, emotion and the body's language, and emotional and creative intelligence with regard to learning among adolescents.

#### **Learner Outcomes: As a result of our assignments this week teachers will be able to:**

- Identify the correlation of the mind body connection.
- Recognize the correlation between conscious and unconscious awareness with regard to learning.
- Evaluate emotional and creative intelligence with regard to learning.
- Analyze the correlation between emotion and the body's language.



### ***Week IV***

#### **Topic(s):**

10:10:10 Film Discussion

How to harness the power of positive attitude

Mind-Body Connection and Learning

Role of the Teacher

#### **Objectives:**

- -Teachers will examine and discuss the film 10:10:10 project.
- -Teachers will examine the correlation of positive attitude with regard to learning.
- -Teachers will examine the correlation of the mind-body connection and learning.
- -Teachers will examine the role of the teacher and the mind-body connection.

**Impact on Classroom Instruction:** Teachers will gain insight of how to recognize the correlation of positive attitude and the mind-body connection and the role of the teacher with regard to learning.

#### **Learner Outcomes: As a result of our assignments this week teachers will be able to:**

- Identify the correlation of positive attitude with regard to learning.
- Recognize the correlation of the mind-body connection with regard to learning.
- To distinguish the role of the teacher regarding the mind body connection and learning.
- To discuss the film 10:10:10 Project and impact on instruction