Extended Syllabus
Summer 2024

Course Title	When East Meets West: Mental Coaching & Meditative Practice	**Course Number**	
Credit		**Enrollment Eligibility**	None
Class Time	Mon. ~ Thurs. 10:00AM-13:00PM	**Classroom**	

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Ⅰ. Course Overview

1. Description

This course explores both eastern and western ways to excel in various realms of life. Based on scientific knowledge gained from performance psychology and mental coaching, this couse attempts to combine traditional meditative practices and cutting edge advances in neuro-science. The purpose of this course is to explore possible intersections between the two traditions and promote future collaborations to provide integrated training and professional development for human flourishing. Specifically, this course examines psychological theories and practices related to human potential within the lens of positive psychology and meditative practices. Furthermore, we will be discussing topics stemmed from positive psychology as it relates to human excellence. Ultimately, our focus will be placed on bridging how to achieve peak performance (i.e., athletic excellence) and how to excel in life (i.e., human flourishing).

2. Prerequisites

3. Course Format (%)

Lecture	Discussion	Experiment/Practicum	Field study	Presentations	Other
40 %	30 %	30 %	%	%	%

4. Evaluation (%)

Mid-term Exam	Final exam	Quizzes	Presentations	Projects	Assignments	Participation	Other
%	%	10%	30%	30%	20%	10%	%

II. Course Objectives

1. To increase your understanding of how psychological factors influence involvement and performance in various human functioning;
2. To increase your understanding of how participation in physical activities influences the psychological makeup of the individuals involved; and
3. To help you acquire skills and knowledge that can be applicable to your real life and reach your full potentials in life.

III. Course Format

The class will be taught using two instructional approaches. We will spend about 40% of class time in a lecture format and 30% in a seminar format, where discussions will be held, videos watched, and laboratories conducted. Also, we will spend 30% of class in the field actively engaged in physical activities (e.g., running, climbing, meditative practices).

IV. Course Requirements and Grading Criteria

For the class to be successful, everyone involved must contribute. This includes preparing for class by completing the reading materials and assignments on time, coming to class on time, participating in class discussions, and participating in all class activities.

V. Course Policies

Disability Accommodations: If you need disability accommodations in this class, please see the instructor as soon as possible. Information regarding disabilities is confidential.

Academic Dishonesty: Unfortunately, there have been occasions in the past where students have engaged in various forms of academic dishonesty (e.g., copying other students work, cheating on tests). There is a "**zero tolerance**" approach to academic dishonesty in this class and violations will be dealt with according to the University guidelines.

Assignment Expectations: Written assignments must be typed, double-spaced, and turned in at the beginning of class on the assigned dates. We expect that assignments will be completed with proper grammar/spelling, appropriate presentation, and clear expression of ideas.

Ⅵ. Materials and References

A textbook has been written specifically for this course. You are required to keep up by reading the course material assigned prior to each class meeting.

Orlick, T. (2016). *In pursuit of excellence*, Champaign, IL: Human Kinetics

Seligman, M.E.P. (2011). *Flourish*, New York: The Free Press.

Ⅶ. Course Schedule

(* Subject to change)

DAY 1	**Learning Objectives**	Class overviews and group assignment for the rest of semester.
	Topics	Introducing the class, learning objectives – winning, fun, development
	Class Work (Methods)	Lecture/Group Discussions
	Materials (Required Readings)	None
	Assignments	Find three highlights from the past week and present next week.
DAY 2	**Learning Objectives**	Introduction to Mental Coaching & Meditative Practices
	Topics	Define mental coaching and its components.
	Class Work (Methods)	Lectures/Group activities
	Materials (Required Readings)	
	Assignments	Planning for Project 1
DAY 3	**Learning Objectives**	Understand how optimism plays a part in performances.
	Topics	Is your glass half empty of half full?

	Class Work (Methods)	Lectures/Questionnaire/Mini Quiz
	Materials (Required Readings)	
	Assignments	Taking VIA Survey of Character Strengths
DAY 4	**Learning Objectives**	Understand situations where motivation matters in sport and how to instill them.
	Topics	Motivation: What happens when you do what you love to do?
	Class Work (Methods)	Lectures/Class Activities/VIA Discussions
	Materials (Required Readings)	
	Assignments	Project 1 Updates for each group.
DAY 5	**Learning Objectives**	Understand various theories of emotion in sport and identify reasons why people should happy after all.
	Topics	Positive Emotion – What makes us happy?
	Class Work (Methods)	Lecture/Group Discussions
	Materials (Required Readings)	
	Assignments	Find three ways to make oneself happy and evaluate which one is the best.
DAY 6	**Learning Objectives**	Project 1 “Tell me about your best moment in life” Discussion
	Topics	Flow reported in sport experiences.
	Class Work (Methods)	Group sharing and presenting
	Materials (Required Readings)	None
	Assignments	

DAY 7	**Learning Objectives**	Able to differentiate strength and virtue. How to implement those strengths and virtues in sport and exercise settings?
	Topics	Strengths & Virtue
	Class Work (Methods)	Lecture/Group Discussions
	Materials (Required Readings)	
	Assignments	Project 1 due
DAY 8	**Learning Objectives**	
	Topics	The construction of meaning
	Class Work (Methods)	Lecture/Group Discussions
	Materials (Required Readings)	
	Assignments	
DAY 9	**Learning Objectives**	
	Topics	Personal goals, life meaningm and virtue
	Class Work (Methods)	Lecture/Group Discussions
	Materials (Required Readings)	
	Assignments	
DAY 10	**Learning Objectives**	
	Topics	Running as a therapy
	Class Work (Methods)	Field activity (@outdoor field)

	Materials (Required Readings)	
	Assignments	
DAY 11	**Learning Objectives**	
	Topics	Climbing and its metaphor
	Class Work (Methods)	Field activity (@gymnasium)
	Materials (Required Readings)	
	Assignments	
DAY 12	**Learning Objectives**	
	Topics	Finding the island of sanity: Meditation Session 1
	Class Work (Methods)	Field activity (@meditation room)
	Materials (Required Readings)	
	Assignments	
DAY 13	**Learning Objectives**	
	Topics	Finding the island of sanity: Meditation Session 2
	Class Work (Methods)	Field activity (@meditation room)
	Materials (Required Readings)	
	Assignments	
DAY 14	**Learning Objectives**	

	Topics	Finding the island of sanity: Meditation Session 3
	Class Work (Methods)	Field activity (@meditation room)
	Materials (Required Readings)	
	Assignments	
DAY 15	**Learning Objectives**	
	Topics	Finding the island of sanity: Meditation Session 4
	Class Work (Methods)	Field activity (@meditation room)
	Materials (Required Readings)	
	Assignments	
DAY 16	**Learning Objectives**	
	Topics	Happy Anding: Where are you heading?
	Class Work (Methods)	
	Materials (Required Readings)	
	Assignments	Final presentations