

Faculty of Health
School of Kinesiology & Health Science

Body as Light
Survey of Meditation Practices Ancient & Current

Course: KINE 4370 3.0 - Body as Light

Term: Fall 2022

Course Director: Dr. Noah Wayne, PhD, RKin
nwayne@yorku.ca

Office Hours: By Appointment Only. Zoom.

Time and Location:

Lectures	Monday	4:00pm – 7:00pm	Vari Hall 1152A Zoom (as needed)
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Meditation has become the path of countless people who seek spiritual renewal, well-being, calmness and an enriched quality of life. The purpose of meditation is to transform and awaken us. It is intended to bring about change through understanding, compassion and clarity of seeing. Through meditation practice our way of seeing ourselves – our minds, bodies, characters – alters through a process of becoming increasingly sensitive and aware. - Christina Feldman

Expanded Course Description

This experiential education course will explore the history and science of meditation. Emphasis will be placed on the empirical evidence surrounding the paradoxically complex yet simple process of disciplined meditation. In recent years scientific examination of meditative techniques has grown rapidly, leading to a deeper understanding of the processes involved on a neurological level, as well as growing evidence of the effectiveness of these techniques for improving attention, depression, immune function, stress response, neural coordination and happiness. Through daily practice, discussion, research, and personal exploration, you will intensively investigate 'the self' and its role as a prime factor in the core of the field of Kinesiology.

Course Organization: 1x3 hour weekly classes: group work, guest lectures, discussions, required readings, in-class films, assignments, weekly response papers, at-home journal for daily meditation practice.

Course Learning Objectives:

- Understand the history and cultural significance of various meditation techniques
- Critically examine the scientific literature relating to mindfulness and meditation
- Demonstrate the ability to describe and synthesize your understanding of course content via writing and in-class discussion
- Develop a personal practice of meditation and enhance your own self reflection

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Required Reading:

A collection of peer reviewed journal articles will be assigned throughout the course.

Recommended Reading:

Christina Feldman, *Beginner's Guide to Buddhist Meditation* (2006)

Daniel Goleman, Richard J. Davidson. *Altered Traits: Science Reveals How Meditation Changes Your Mind, Brain, and Body* (2017)

Michael Singer. *The Untethered Soul: The Journey Beyond Yourself* (2007)

Evaluation:

1) Assignment #1 - One-Pager	10%	<u>Due September 26, 2022</u>
2) Assignment #2 - Group Presentation	20%	<u>Due October 17&24, 2022</u>
3) Assignment #3 - Literature Review	25%	<u>Due November 28, 2022</u>
4) Weekly Response Journals	10%	<u>Due Each Monday by 4pm</u>
5) Weekly Quizzes	10%	<u>Due Each Monday by 4pm</u>
6) Final Exam	25%	<u>Exam Period</u>

Final course grades may be adjusted to conform to Program or Faculty grades distribution profiles.

Assignment #1: Research Paper Summary. 10%, 2 pages. Choose your topic for assignment #3 (see below), provide a summary of one of the four required papers, and provide an APA style bibliography that includes all four articles.

Assignment #2: Group Presentation. 20%. In groups of seven, you will research a traditional form of meditation, practice it yourself, and deliver a presentation to the class. Evaluation of the group portion will be comprised of three distinct sections: written summary, oral presentation, and guided meditation. Grading will reflect the overall project, and while the expectation is that all group members will receive the same grade, individuals in exceptional circumstances or group members who fail to complete their fair share will be marked accordingly.

Assignment #3: Literature Review. 25%, 8 pages. Research on the cognitive, physiological, neurophysiological, and outcomes of wellbeing connected to the practice of meditation has developed greatly in the past few years. Choose a research topic or question and construct a formal literature review investigating recent peer-reviewed research on your topic. The specific topic area is your choice. Topics may include: pain, athletic performance, neurophysiology, mental health, attention, happiness, etc. Be sure to critically analyze the methods, results, discussion, and conclusions of the research articles you include in your review. APA style referencing is required.

Ongoing Weekly Response Papers. 10%, 400-500 words, single space. Ten in total, 1% each. These are to be submitted via eclass each Monday by 4pm.

Quizzes. 10%. Completed online each week.

Final Evaluation: Cumulative Multiple Choice Exam: 25%. Completed during exam period.

Grading: Your grade for this course will be based on the standard York University scale:

Percentage	Letter Grade	Percentage	Letter Grade
90 – 100	A+	60 - 64	C
80 – 89	A	55 - 59	D+
75 – 79	B+	50 - 54	D
70 – 74	B	40 - 49	E
65 – 69	C+	0 - 39	F

Note: E and F are both failing grades

Mandatory Format Requirements for Written Work (except weekly journals):

- Include a title page with student name and number
- Numbered pages
- Double-spaced
- Size 12pt, Times New Roman font
- One inch margins
- Keep to maximum allowed length
- APA style referencing only

Assignment Submission and Lateness Penalties

Proper academic performance depends on students doing their work not only well, but on time. Assignments are due in lecture on their due dates. You are required to hand in your assignment by the **beginning** of lecture on the due date. You are also required to hand in your assignment to Turnitin no later than the beginning of lecture on the due date. Both a hard-copy and Turnitin copy are required for an assignment to be considered complete. Both a hard-copy and Turnitin copy must be submitted on time for the assignment to be considered submitted on time. E-mailed assignments will NOT be accepted.

An assignment is considered LATE if either the hard-copy or Turnitin copy are handed in after 2:20pm on the due date. Late assignments will be penalized with a 20% grade reduction, unless they are accompanied by a doctor's or court-date note, or by other official documentation detailing a serious matter. Be aware that doctor(s) must complete York University's Physician Statement to be found on York's Registrar site. Documentation must be attached to the assignment and the assignment must be handed in as soon as possible. If you anticipate not being able to hand in your assignment for more than two weeks from the due date for medical reasons, or for some other serious matter, you must contact the Course Instructor immediately in addition to providing formal documentation. Assignments handed in without formal documentation later than 4:30pm on the day after the due date will NOT be marked and will receive a grade of zero.

Missed Exams

Students with acceptable documentation must request permission from the Course Director to attend a make-up exam. Make-up exams are NOT guaranteed. Complete and timely documentation on correct York University forms must accompany requests for make-up exams. Very late extensions or accommodations for the Final Exam or any other evaluation matter for the course will require students to submit a formal petition to the Faculty of Health. Please inquire at the Kinesiology and Health Science Undergraduate Office, 341 Bethune.

IMPORTANT COURSE INFORMATION FOR STUDENTS

All students are expected to familiarize themselves with the following information, available on the Senate Committee on Curriculum & Academic Standards webpage (see Reports, Initiatives, Documents) - http://www.yorku.ca/secretariat/senate_cte_main_pages/ccas.htm

- York's Academic Honesty Policy and Procedures/Academic Integrity Website
- Ethics Review Process for research involving human participants
- Course requirement accommodation for students with disabilities, including physical, medical, systemic, learning and psychiatric disabilities
- Student Conduct Standards
- Religious Observance Accommodation
- Be informed on **university policy** around scholarship, grades, penalties, and student rights. Plagiarism is a serious academic offense; do your own work and cite properly.
- All **assignments** are due on eclass on the due date, unless documented exceptions are arranged with the course director. If you petition a grade, write your reasons in a one-page appeal.
- **Consult the Senate Policy on Academic Honesty:**
<http://www.yorku.ca/secretariat/policies/document.php?document=69>

Turnitin

In order to maintain the academic integrity of your degree, this course uses Turnitin as a method of reducing plagiarism. In addition to handing in hard copies of the assignments at the beginning of lectures, students are to submit a copy of their work to Turnitin (via moodle site) no later than the beginning of lecture. If you prefer not to submit to Turnitin, you must contact the Course Director no later than two full weeks **before** the assignment deadline, submit all the draft copies, write an Annotated Bibliography of the references used in preparing your work and be prepared for an oral presentation and defense of your work.

SENATE POLICY ON ACADEMIC HONESTY

Please read the sections on Academic Honesty in the York University Calendar. Any case of suspected academic dishonesty will be dealt with in accord with the procedures and regulations set down by the University Senate. The definition of dishonesty and the penalties and procedures for judging cases are described in the Calendar.

POLICY FOR MISSED TESTS AND EXAMINATIONS

1. The student must contact the instructor in-person or by telephone or e-mail within 48 hours of the test or examination. If you do not speak to the instructor directly, you must leave a message. Be sure to clearly state your name, student number, course, and a number and time at which you can be reached. If you are unable to contact the course instructor during this 48-hour period, subsequent documentation accounting for the delay must be provided.
2. Appropriate documentation verifying the circumstances for the missed test or examination must be provided prior to arranging the MAKE-UP test. Failure to provide appropriate documentation will result in a grade of F on the missed test.
 - a) Tests or examinations missed on the grounds of medical circumstances must be supported by an Attending Physician's statement or a statement by a Psychologist or Counsellor. The Attending Physician's statement must include: (i) the full name, mailing address and telephone number of the physician; (ii) state the nature of the illness and its duration (i.e., specific dates covered); and, (iii) an indication of whether the illness and/or medication prescribed would have SERIOUSLY affected the student's ability to study and perform over the period in question. Note: The physician's office may be contacted to verify that the forms were completed by the physician.
 - b) Tests or examinations missed on the grounds of non-medical circumstances must be supported by appropriate documentation (i.e., death certificates, obituary notice, automobile accident reports, airline/train/bus ticket/receipts with date of booking on ticket for emergency travel, etc.). Airline/train/bus ticket/receipts for emergency travel must indicate destination, departure and return dates.
3. In the case of a make-up test/exam, the student must be prepared to write within the week following the missed test (a date will be set by the instructor). Although the content to be examined will be the same, the format may or may not follow that of the original test/examination.
 - a) It is the student's responsibility to check with the instructor as to the date/time of the make-up. A conflict in another course during the time of the make-up is not an acceptable reason for missing the make-up (unless there is an exam in the other course at that time).
 - b) If a student misses a make-up opportunity for good reasons (see points A and B above), then either the prorating option is applied, or a second and final opportunity for a make-up will be arranged. Missed make-ups must be supported by appropriate documentation (see points A and B above).
 - c) Failure to provide appropriate documentation will result in a grade of F on the missed test.
4. In the case in which NO MAKE-UP opportunity is provided, the grade component will be distributed across other evaluative components of the course (to be specified by instructor).