CHS 405/605 Spirituality and Health
Wintermester 2020

Number of Credits
3

Instructor
Melanie Minarik

Catalog Description
Examines the role spirituality has in health. (Major Capstone) (Formerly HE/PUBH405; implementation Fall 2009)

Prereq(s): ENG 102, CH 201, NURS 300 or NUTR 426 or PSY 301 or PSY 416 or PSY 446 or SW 321 or BIOL 314. Junior or senior standing.

Required Textbooks/Materials


Student Learning Outcomes
Upon completion of this course, students will be able to

- understand and explain how spirituality and health are connected physiologically, through the use of common physiological principles as well as in the field of neurosciences;
- learn, understand, respect, and have experiences in spiritual practices common to all world religions;
- identify the issues, research, practices, traditions, and beliefs about how spirituality and health are integrated;
- critically think about the implications for our society and our individual selves with the information shared, learned and experienced; and

**demonstrate both written and oral communication skills in our integrated critical thinking about community health sciences.**

First Week of Materials/Assignments
The following schedule is subject to change:

**January 2:** Definitions of Spirituality and Health; Physiology of Stress; Healing versus Curing; Stress Response and Biofeedback; Chi; Western and Eastern Medicine; Relaxation Response;
Meditation; Breakout Principle; Local and Non-Local Mind; Locus of Control; Spirituality and Health Providers—Culture, Spiritual Assessments

January 3: Introduction to Neuroscience: The Future of What is Going in in “there”; Brain Anatomy and Function; God and Neurosciences Research: Definition of “God”, What God Does to Your Brain; Neurotheology; Neurosciences Research: Neural Evolution and God; Current Research in Distant Prayer

January 4: NS: Empathy, Trust and Compassion; World Religions and Healing Practices; Seven Spiritual Practices of the World Religions; Introduction to Other Cultures Spiritual Practices and Healing; Hospital Chaplaincy; Lifespan/Crises—Use of Spiritual Practices for Health

Course Details

Spirituality and Health is a capstone course, for CHS majors only. It is a WebCampus hybrid course that examines the issues, research, and personal experiences relating to health and spirituality from the preventative aspect of spiritual practices and to the healing aspects of spiritual practices.

The term spirituality can mean being able to “make sense of” and/or “create meaning” of the events of our lives, or even to having “direct experience of the sacred” (see page 8 of the Walsh textbook). It is not “religion” as traditionally defined, but we will explore various religions and their “healing practices”. Spirituality is an individual thing and how people make meaning in their lives is as unique as they are…and you are.

The term “health” assumes the eight dimensions of wellness—Social, Emotional, Physical, Spiritual, Occupational, Intellectual, Multicultural, and Environmental.

The Big Question: So, how do we connect meaning making and health…and, what does our spirituality have to do with our health? Let’s find out!