

SYLLABUS

DATE OF LAST REVIEW: 05/2018

CIP CODE: 24.0101

SEMESTER: DEPARTMENTAL SYLLABUS

COURSE TITLE: BIOFEEDBACK II

COURSE NUMBER: BIOL-0112

CREDIT HOURS: 1

INSTRUCTOR: DEPARTMENTAL SYLLABUS

OFFICE LOCATION: DEPARTMENTAL SYLLABUS

OFFICE HOURS: DEPARTMENTAL SYLLABUS

TELEPHONE: DEPARTMENTAL SYLLABUS

PREREQUISITES: Biofeedback I, BIOL-0111

EMAIL: DEPARTMENTAL SYLLABUS

KCKCC- issued email accounts are the official means for
Electronically communicating with our students.

REQUIRED TEXT AND MATERIALS: Please check with the KCKCC bookstore,
<http://www.kckccbookstore.com> for the required text for your particular class.

COURSE DESCRIPTION:

A continuation of autogenic training on a variety of biofeedback instruments is offered in this course. Practice in progressive relaxation to develop deeper levels of relaxation and altered states of consciousness are given. Students receive information on the philosophy of biofeedback, muscle feedback training, brain rhythm training, biofeedback equipment, and basic biofeedback physiology. Grading in this course is on a pass-no credit basis only.

METHOD OF INSTRUCTION: A variety of instructional methods may be used depending on content area. These include but are not limited to: lecture, multimedia, cooperative/collaborative learning, labs and demonstrations, projects and presentations, speeches, debates, and panels, conferencing, performances, and learning experiences outside the classroom. Methodology will be selected to best meet student needs.

COURSE OUTLINE:

- I. Listen to audio cassette A-661 Meditation of the Heart with temperature trainer
- II. Listen to audio cassette A-762 Inner Guide with temperature trainer
- III. Listen to audio cassette A-621 Hand Warmth with temperature trainer
- IV. Listen to audio cassette A-622 Forehand and Facial Relaxation with temperature trainer
- V. Listen to audio cassette A-623 Stress Management with temperature trainer
- VI. Going to Library to listen to the following audio cassettes:

A-609 Introduction and Philosophy of Biofeedback Training
B-610 Basic Biofeedback Physiology
C-611 Muscle Feedback Training and Brain Rhythm Training
D-614 Biofeedback Equipment

VII. Going to Library to view the following:

A.KS-162 Geography of the Brain
B.KS-163 Memory
C.KS-165 Electrical Stimulation of the Brain

EXPECTED LEARNER OUTCOMES

By the conclusion of the course, the student will be able to understand :

- A .How science and faith share a powerful route to wellness & lowering stress.
- B .How belief can heal us both spiritually and physically.
- C .How medical practices and spiritual practices create a life-transforming blue print for healing and wellness.
- D .How faith and relaxation techniques can activate neurologic pathways for self-healing & stress reduction
- E .How the Mind-Body connection is improved from a spiritual perspective for healing and wellness.
- F. How to treat the whole person. Health and Disease are conditions of the whole organism, involving a complex interaction of physical , spiritual, mental, emotional, genetic , environmental, and social factors.

COMPETENCIES: The student will be able to

How medical practices and spiritual practices create a life-transforming blue print for healing and wellness.

1. Learn how to "quiet the mind" using relaxation methods that produce the "relaxation response"-(remembered wellness).

How the Mind-Body connection is improved from a spiritual perspective for healing and wellness.

2. Learn how to use Visualization and relaxation techniques to improve health.
3. Learn how to awaken your individual power in body, mind, and spirit/soul.

How faith and relaxation techniques can activate neurologic pathways for self-healing & stress reduction

4. Learn how to listen to and trust your inner voice to open your" Heart Center" up to healing and wellness.
How to treat the whole person. Health and Disease are conditions of the whole organism, involving a complex interaction of physical, spiritual, mental, emotional, genetic , environmental, and social factors.

5. Learn how to integrate the healing sciences of the East and West into your own healing and wholeness style to lower stress.

How belief can heal us both spiritually and physically

6. Learn how to use the principles of PNI (psychoneuroimmunology) and the physiology of consciousness to create the best treatment framework for your health.

How science and faith share a powerful route to wellness & lowering stress.

7. Learn how to use breathing techniques to lower stress and improve health.

ASSESSMENT OF LEARNER OUT COMES

Student progress is evaluated by means that include, but are not limited to, exams, written assignments, and class participation.

EVALUATION OF STUDENT PROGRESS:

Grading in this course is on a pass-no credit basis only.

SPECIAL NOTES:

This syllabus is subject to change at the discretion of the instructor. Material included is intended to provide an outline of the course and rules that the instructor will adhere to in evaluating the student's progress. However, this syllabus is not intended to be a legal contract. Questions regarding the syllabus are welcome any time.

Kansas City Kansas Community College is committed to an appreciation of diversity with respect for the differences among the diverse groups comprising our students, faculty, and staff that is free of bigotry and discrimination. Kansas City Kansas Community College is committed to providing a multicultural education and environment that reflects and respects diversity and that seeks to increase understanding.

Kansas City Kansas Community College offers equal educational opportunity to all students as well as serving as an equal opportunity employer for all personnel. Various laws, including Title IX of the Educational Amendments of 1972, require the college's policy on non-discrimination be administered without regard to race, color, age, sex, religion, national origin, physical handicap, or veteran status and that such policy be made known.

Kansas City Kansas Community College complies with the Americans with Disabilities Act. If you need accommodations due to a documented disability, please contact the disabilities office at 913-288-7664

All enrolled students at Kansas City Kansas Community College are subject to follow all rules, conditions, policies and procedures as described in both the Student Code of Conduct as well as the Student Handbook. All Students are expected to review both of these documents and to understand their responsibilities with regard to academic conduct and policies. The Student Code of Conduct and the Student Handbook can be found on the KCKCC website.