

Freshman Seminar—FYS 100
Fall 2009
Monday 3-5:30

Mind and Body: Contemporary Issues in Behavioral Medicine

Professor: Dr. W. Jack Rejeski
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Department: Health & Exercise Science

Special Note: *If you have a disability that may require an accommodation for taking this course, then please contact the Learning Assistance Center (758-5929) within the first two weeks of the semester.*

Goals

Each seminar class requires intellectual interchange between the students and professor as well as between students. Students develop critical thinking skills through (a) classroom interactions, (b) formal presentations, and (c) four short papers.

Required Books for Purchase

1. Sternberg, E.M. *The Balance Within: The Science Connecting Health and Emotions*. New York: W.H. Freeman & Co., 2000.
2. Thayer, R.E. *Calm Energy: How People Regulate Mood with Food and Exercise*. New York: Oxford University Press, 2001.
3. Begley, S. *Train Your Brain, Change Your Brain*. New York: Ballantine Books, Inc. 2007.

Brief Description of Course Content

The objective of this freshman seminar is to explore contemporary research on mind-body interactions in the context of behavioral medicine. The course will encompass four main themes: (1) stress & disease; (2) the self-regulation of mood via eating and physical activity; (3) placebo effects; (4) training the mind to change the brain—neuroplasticity.

Format of the Course

This seminar will meet one time each week for 2.5 hours and was scheduled in this manner to accommodate the following structure. Each week the seminar will begin with a discussion of assigned readings and responses to specific questions that students have been asked to consider on each set of readings (lasting approximately 1 hour). The second hour of each seminar will be devoted to student presentations on research/conceptual content related to the topic of discussion for that week. These presentations will be delivered using PowerPoint and a LCD projector. Each presentation will last 15-minutes followed by a 10-minute question/answer period. The

final half hour of the seminar will be devoted to general discussion and a review of material for the next seminar topic.

Assignments/Grading

The expectation is that each student will have read the required readings and prepared responses to questions on the readings prior to each class. Students are encouraged to schedule individual meetings with the instructor the week prior to individual presentations if necessary. The grading scheme and additional student assignments are as follows:

- * Attendance—10%
- * Quality of students' preparation for and participation in class—10%
- * Four short papers—60%
- * 1 PowerPoint presentations & 1 group project (3 students)—20%

The four papers will be graded using the following system:

1. Focus and Purpose = 3 points
2. Content/Idea Development = 4 points
3. Organization/Cohesion = 4 points
4. Clarity of Expression = 4 points

The PowerPoint presentations will be graded as follows:

1. Preparation: Content/Idea Development = 3 points
2. Number [8-12] and quality of slides [amount & format of information] = 2 points
3. Organization and Cohesion of the presentation = 3 points
4. Presentation Style = 1 points
5. Handling of questions = 1 points

Dates, Seminar Topics and Assignments (BRA = Blackboard Reading Assignment)

Date of Seminar	Topic	Assignments
August 31 st	Introductions & Overview	Ch. 1, 2 in S
September 7 th	Emotion, Mind & Body	Ch. 3, 4, 5 in S
September 14 th	Stress & Disease	Ch. 6, 7, 9 in S
September 21 st	Mood & Emotions	Ch. 10 in S; 6, 8 in T
September 28 th	Obesity & Emotional Eating	Ch. 2, 1, 4 in T
October 5 th	Exercise & Mood/Emotions The Relaxation Response	Ch. 3, 5 in T; BRA
October 12 th	Food as an addiction	Readings on BB
October 19 th	Introduction to Placebos	BRA
October 26 th	Mechanisms for Placebos	BRA
November 2 nd	Neuroplasticity	Ch. 1, 2, 5 in B
November 9 th	Examples from Medicine	Ch 5, 6, 7 in "The Brain that Changes Itself"
November 16 th	Neuroplasticity & Development	Ch. 4, 3, 7 in B
November 23 rd	Rewiring for Compassion and Well-Being	Ch. 8, 9, 6 in B

November 30th

Mindfulness & Meditation

BRA

Papers Due

September 21st

October 12th

November 9th

November 30th

Student Presentations: Dates & Students

2 presentations (individual) September 7th:

2 presentations (1 individual and 1 group) September 14th:

2 presentations (individual) September 21st:

2 presentations (1 individual and 1 group) September 28th:

2 presentations (individual) October 5th:

2 presentations (1 individual and 1 group) October 12th:

2 presentations (individual) October 19th:

2 presentations (1 individual and 1 group) October 26th:

2 presentations (individual) November 2nd:

2 presentations (1 individual and 1 group) November 9th:

2 presentations (individual) November 16th:

2 presentations (1 individual and 1 group) November 23rd:

Pandemic Flu Epidemic Plans

1. If you contract the flu or feel that you may have flu symptoms, do not come to class. You should remain isolated until you have been free of a fever for 24hrs.
2. If you contract the flu, let me know that you have it as soon as possible. The best way to reach me is via email.
3. The schedule for all class readings and questions associated with the readings can be found on Blackboard. Thus, when you are physically able to do so, begin to catch up and email me with any questions or concerns that you may have.
4. Communication with Wake Forest and Dr. Rejeski:
 - A. **Internet:** The best option is through the Internet with access to Blackboard and E-mail. If this avenue of communication is operating, then all communication can be easily maintained throughout the course.
 - B. **US Postal Service:** If the Internet is not functioning at an acceptable level, then communication will be maintained through the US Postal Service for exchange of assignments.
 - C. **Telephone and Voicemail:** If the Internet is not functioning at an acceptable level, then both telephone and voicemail will complement the US Postal Service for communication.
 - D. **Other options:** While the Internet, US Postal Service, and Telephone/Voicemail are the most desirable options, other possibilities include resources such as UPS, FEDEX, and Kinkos.