

## COURSE DETAIL

### SPIRITUALITY, WELLBEING, AND HEALTH: UNDERSTANDING PRACTICES AND CONNECTIONS

**Country**

United Kingdom - England

**Host Institution**

University of Sussex

**Program(s)**

University of Sussex

**UCEAP Course Level**

Upper Division

**UCEAP Subject Area(s)**

Sociology

**UCEAP Course Number**

166

**UCEAP Course Suffix****UCEAP Official Title**

SPIRITUALITY, WELLBEING, AND HEALTH: UNDERSTANDING PRACTICES AND CONNECTIONS

**UCEAP Transcript Title**

SPIRITUALITY&HEALTH

**UCEAP Quarter Units**

6.00

**UCEAP Semester Units**

4.00

**Course Description**

This course links theories of wellbeing to spiritual practices, providing a space to consider how we envisage and experience spirituality in a society often described as secular. It considers how spirituality is associated with health and wellbeing in contemporary societies. For example, in the growth of mindfulness practices in a range of health, social care, and educational settings. It discusses "belief" in wellbeing (and 'non-belief' as part of this), considering differences between a religious and spiritual perspective, while treating people's beliefs with care and respect. Students examine evidence for the effectiveness of spiritual practices, such as meditation and prayer, for wellbeing. The course further reflects on the ways individuals and communities use practices that have emerged from a spiritual foundation, such as mindfulness, martial arts, chanting, yoga, and shamanic work.

**Language(s) of Instruction**

English

**Host Institution Course Number**

X5000E

**Host Institution Course Title**

SPIRITUALITY, WELLBEING, AND HEALTH: UNDERSTANDING PRACTICES AND CONNECTIONS

**Host Institution Campus**

Falmer

**Host Institution Faculty****Host Institution Degree****Host Institution Department**

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