

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 Course Details

<https://www.sussex.ac.uk/study/study-abroad-at-sussex/our-programs/semester-and...>

Host Institution Campus

Falmer

Host Institution Faculty

Host Institution Degree

Host Institution Department

Course Last Reviewed

2022-2023

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