

## COURSE DETAIL

### EDUCATION AS LIFE DESIGN: BODY-MIND-EMOTION AND WELL-BEING

**Country**

Italy

**Host Institution**

University of Bologna

**Program(s)**

University of Bologna

**UCEAP Course Level**

Upper Division

**UCEAP Subject Area(s)**

Education

**UCEAP Course Number**

140

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

EDUCATION AS LIFE DESIGN: BODY-MIND-EMOTION AND WELL-BEING

**UCEAP Transcript Title**

EDU AS LIFE DESIGN

**UCEAP Quarter Units**

4.00

**UCEAP Semester Units**

2.70

### **Course Description**

This course aims to enhance students' ecological and holistic understanding of education, in close consideration for the aesthetic experience. The course discusses topics including: the theoretical framework and the main operational directions of the Holistic approach applied to pedagogy and educational practice; the concepts of well-being, in its complex relationship with health and personal growth; the design of educational and training processes responsive to physical, personal, social, emotional, and spiritual needs; strategies and tools for generating self-reflection, expressiveness, communication, and cooperation skills; how to make use of the tried learning methods and of the acquired analysis tools for the development of students' personal and professional growth; and giving value to artistic and non-verbal expressive languages.

### **Language(s) of Instruction**

English

### **Host Institution Course Number**

94420

### **Host Institution Course Title**

EDUCATION AS LIFE DESIGN: BODY-MIND-EMOTION AND WELL-BEING

### **Host Institution Campus**

BOLOGNA

### **Host Institution Faculty**

### **Host Institution Degree**

L in EDUCATOR IN CHILDHOOD SOCIAL SERVICES

### **Host Institution Department**

Education Studies

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