

COURSE DETAIL

BODY, MIND AND WELL-BEING

Country

New Zealand

Host Institution

Victoria University of Wellington

Program(s)

Victoria University of Wellington

UCEAP Course Level

Upper Division

UCEAP Subject Area(s)

Psychology

UCEAP Course Number

112

UCEAP Course Suffix**UCEAP Official Title**

BODY, MIND AND WELL-BEING

UCEAP Transcript Title

BODY/MIND/WELLBEING

UCEAP Quarter Units

6.00

UCEAP Semester Units

4.00

Course Description

This course explores research into the concept of well-being, its neural, cognitive and personality correlates, and how it is influenced by social relationships. Rather than taking a disease-oriented approach, it focuses on adopting positive lifestyle choices that can enhance health and well-being, including exercise, diet, sleep and contemplative practices such as mindfulness and meditation. It considers a range of perspectives and approaches to promoting psychological well-being, including mātauranga Māori perspectives.

Language(s) of Instruction

English

Host Institution Course Number

PSYC212

Host Institution Course Title

BODY, MIND AND WELL-BEING

Host Institution Course Details

<https://www.wgtn.ac.nz/courses/psyc/212>

Host Institution Campus

Kelburn

Host Institution Faculty

Psychological Sciences

Host Institution Degree

Host Institution Department

Course Last Reviewed

2026-2027

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