

<b>Module Title</b>		<b>Mindfulness for Wellbeing and Performance</b>		
<b>Brief Description</b>		Mindfulness for wellbeing and performance is a module to explore and understand what mindfulness is, and explore the attitudes and practical applications can support our wellbeing, as well as enhance performance through training focus, concentration and management of anxiety.		
<b>SCQF Level</b>		8		
<b>Credit Rating</b>		10 SCQF Credits / 5 ECTS credits		
<b>Status (Core/Elective/Options)</b>		Options		
<b>Pre-requisites</b>		None		
<b>Co-requisites</b>		None		
<b>Anti-Requisites</b>		None		
<b>Maximum number of Students</b>	16	<b>Minimum number of Students</b>	8	
<b>Learning Modes</b>		Hours per week/task	No. of Weeks	Total (hours)
Lectures		2	9	18
Independent Study		c.8	10	82
Total Notional Student Effort				<b>100</b>
<b>Module Co-ordinator</b>		Lee Holland		
<b>Module Aims</b>		<p>This module is designed to:</p> <ul style="list-style-type: none"> <li>• Examine the use and practical application of mindfulness in a life within the performing arts.</li> <li>• Understand the scientific model of reoccurring stress and anxiety.</li> <li>• To learn Mindfulness meditation practices to improve health, wellbeing and performance.</li> </ul>		

<b>Module Content</b>	<p>The content will focus on the official 8 week Mindfulness-Based Stress Reduction course:</p> <ul style="list-style-type: none"> <li>• Learning about the 7 attitudinal foundations of mindfulness.</li> <li>• Regulation and management of emotions.</li> <li>• Scientific understanding of stress</li> <li>• Interpersonal Mindfulness</li> <li>• Responding versus reacting</li> <li>• Life style choices</li> <li>• Perception</li> </ul>
<b>Learning Outcomes</b>	<p>On successful completion of this module you will be able to:</p>
<b>LO1</b>	<p>Demonstrate a wide understanding of what Mindfulness is and its underlying foundational attitudes.</p>
<b>LO2</b>	<p>Understand a more helpful or productive approach to manage stress and strong emotions.</p>
<b>LO3</b>	<p>Guide yourself through the 6 core practices from the Mindfulness-Based Stress Reduction 8 week course created by Jon Kabat-Zinn.</p>
<b>Assessment 1, Type and Weighting</b>	<p>You will be assessed through:</p> <p>100% Observation of working practice including-</p> <ul style="list-style-type: none"> <li>• Weekly Mindfulness meditation practice log</li> <li>• 6 days per week Mindfulness meditation short reflective practice diary</li> <li>• Facilitation of group discussion on in class meditation practices</li> <li>• Summative final reflection on your understanding of mindfulness and the impact (if any) of learning Mindfulness for your own work and life. (500 words)</li> </ul>

<b>Assessment Criteria for Assessment 1</b>	<p>In this assessment mode your assessors will be looking for:</p> <ul style="list-style-type: none"><li>• A good understanding of how being mindful is illustrated, both formally (through taught meditation practices) and informally (in everyday life).</li><li>• Commitment and time management to practice daily meditation and reflect on your experiences.</li><li>• The ability to reflect on class themes in group discussion, from own and others experiences.</li></ul>
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<b>Alignment of Assessment and Learning Outcome</b>	Assessment 1	
	LO1	X
	LO2	X
	LO3	X
<b>Feedback</b>	<p>You will receive regular and immediate formative feedback through classes.</p> <p>You will receive a written report on the summative final reflection.</p>	
<b>Recommended Resources</b>		
<b>Other Relevant Details</b>		
<b>Next Steps</b>		