

LABETTE COMMUNITY COLLEGE BRIEF SYLLABUS

SPECIAL NOTE:

This brief syllabus is not intended to be a legal contract. A full syllabus will be distributed to students at the first class session.

TEXT AND SUPPLEMENTARY MATERIALS USED IN THE COURSE (if any):

Please check with the LCC bookstore <http://www.labette.edu/bookstore> for the required texts for this class.

COURSE NUMBER: SPEC 125

COURSE TITLE: TOPICS IN PERSONAL ENRICHMENT
BEGINNING MEDITATION FOR RELAXATION

SEMESTER CREDIT HOURS: .5 - 5

DEPARTMENT: Special Interest

DIVISION: Workforce Education/Community Service

PREREQUISITE: None

COURSE DESCRIPTION:

This course will offer a variety of stress reduction techniques, guided meditations, and breathing exercises to increase relaxation and promote health and wellness in the midst of daily life.

COURSE OUTCOMES AND COMPETENCIES:

The student who successfully completes this course will be able to choose from a variety of stress-reduction techniques to promote self-awareness and reduce stress in his/her daily life.