

# Some Courses to Help You Be Well at Stanford (and Beyond)

Compiled for CTL 100: The Next Three Years – Making the Most of Stanford  
Spring 2011, Todd Davies  
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*NOTE: This is based on 2010-2011 courses – future offerings and schedules may vary*

## ATHLETIC 18: Strengthening the Heart through Compassion

This course is sponsored by Stanford's Center for Compassion and Altruism Research and Education (CCARE). The intent is to cultivate self-care, resilience and the strength to make a difference in the world based on a systematic approach to compassion meditation practices. Meditation, group discussions, real world applications and current research will be explored.

Terms: Spr | Units: 1

## ATHLETIC 27: Cross Training Fitness

Cross training fitness class will focus on combining different types of exercises to work the body as a whole to develop cardiovascular fitness, strength and power. All fitness levels are welcome. Class sessions will include exercises such as: indoor cycling, plyometrics, rowing, jump rope, circuit training, and various other exercises.

Terms: Aut | Units: 1

## ATHLETIC 44: Fitness for Life

For improving overall fitness level. Workouts include brief periods of high intensity exercise interspersed with lower intensity exercise or rest. Short duration agility runs, weight lifting, and cardiovascular improvement. Proper stretching techniques, warm-ups, cool-downs, and monitoring heart rate. Fee. (AU)

Terms: not given this year | Units: 1

## ATHLETIC 122: Spin Bike Cross Training

Aerobic based expansion utilizing spin bikes. Emphasis on volume work rather than anaerobic training. Heart rate monitoring, core, flexibility and nutrition information for more efficient fueling. Fee.

Terms: Win | Units: 1

## ATHLETIC 182: Yoga

Mind, body, and spirit meet in yoga. Increase flexibility and restore health to the body. Fee. (AU)

Terms: Aut, Win, Spr, Sum | Units: 1

## ATHLETIC 184: Yoga/Pilates Fusion

Combination of power and restorative yoga with strength building Pilates exercises. Fee.

Terms: Aut, Win, Spr, Sum | Units: 1

## **ATHLETIC 190: Introduction to Nutrition**

How to optimize nutrition for health and performance. Topics include macronutrients, fad diets, sugar addiction, low-calorie sweeteners, caloric restriction, disease prevention, and nutrition.

Terms: Aut, Spr, Sum | Units: 1-2

## **ATHLETIC 193: Lifestyle Fitness Challenge**

Lifestyle Fitness Challenge is a fun and engaging class. The students participate in a variety of exercises that include a focus on cardiovascular fitness, muscular strength and flexibility. They learn simple and easy ways to incorporate fun exercise into their weekly routines. Through presentations that cover everything from dealing with stress to back stretches, students learn more about their overall health, gaining a greater awareness about themselves and their bodies. The positive effects of this class definitely go beyond the experience that students have in the classroom and lead to lifelong changes for better health.

Terms: Aut, Win, Spr | Units: 2

## **ATHLETIC 195: Mind, Body, Spirit**

Spiritual features of everyday life primarily from a psychological perspective with a focus on health. Topics include cultivating gratitude, forgiveness, life purpose, and kindness; mind/body/spirit solutions to everyday problems. Meditation and other stress management practices.

Terms: Spr | Units: 2

## **ATHLETIC 196: HAPPINESS**

Guided practice in research proven methods of creating more happiness in your life. Simple strategies for finding the good, becoming more peaceful, improving relationships and appreciating yourself.

Terms: Aut, Spr | Units: 1

## **BIO 150: Human Behavioral Biology (BIO 250, HUMBIO 160)**

Multidisciplinary. How to approach complex normal and abnormal behaviors through biology. How to integrate disciplines including sociobiology, ethology, neuroscience, and endocrinology to examine behaviors such as aggression, sexual behavior, language use, and mental illness.

Terms: alternate years, given next year | Units: 5

## **CHEM 24N: Nutrition and History**

Preference to freshmen. Intended to broaden the introductory chemistry experience. The biochemical basis of historically important nutritional deficiencies (vitamins, minerals, starvation, metabolic variants that predispose to disease) and environmental toxins is related to physiological action and the sociological, political, and economic consequences of its effect on human populations. Prerequisite: high school chemistry. Recommended: 31A,B, or 31X, or 33.

Terms: Spr | Units: 3

## **CSRE 28N: The Cultural Shaping of Mental Health and Illness (PSYCHOLOGY 28N)**

This seminar examines how our cultural ideas and practices shape our conceptions, perceptions, experiences, and treatment of emotional wellness and distress. We will read and discuss empirical

research and case studies from psychology, anthropology, sociology, and medicine. Course requirements include weekly reading and thought papers, weekly discussion, and a final research project and presentation.

Terms: Win | Units: 3

## **CTL 53: Working Smarter**

College-level strategies and skills in time management, reading, speaking, writing, and test preparation. Students explore learning preferences to develop strategies in different academic settings.

Terms: Sum | Units: 2

## **EDUC 193A: Listen Up! Core Peer Counseling Skills**

Topics: verbal and non-verbal skills, open and closed questions, paraphrasing, working with feelings, summarization, and integration. Individual training, group exercises, role play practice with optional video feedback. Sections on relevance to crisis counseling and student life. Guest speakers from University and community agencies. Students develop and apply skills in University settings.

Terms: Aut, Win, Spr | Units: 2 | Repeatable for credit

## **EDUC 193B: Peer Counseling in the Chicano/Latino Community**

Topics: verbal and non-verbal attending and communication skills, open and closed questions, working with feelings, summarization, and integration. Salient counseling issues including Spanish-English code switching in communication, the role of ethnic identity in self-understanding, the relationship of culture to personal development, and Chicana/o student experience in University settings. Individual training, group exercises, role play, and videotape practice.

Terms: Aut | Units: 1

## **EDUC 193C: Peer Counseling in the African American Community**

Topics: the concept of culture, Black cultural attributes and their effect on reactions to counseling, verbal and non-verbal attending, open and closed questions, working with feelings, summarization, and integration. Reading assignments, guest speakers, role play, and videotaped practice. Students develop and apply skills in the Black community on campus or in other settings that the student chooses.

Terms: Aut | Units: 1

## **EDUC 193F: Psychological Well-Being on Campus: Asian American Perspectives**

Topics: the Asian family structure, and concepts of identity, ethnicity, culture, and racism in terms of their impact on individual development and the counseling process. Emphasis is on empathic understanding of Asians in America. Group exercises.

Terms: Spr | Units: 1

## **FAMMED 213: Medical Tai Chi**

Tai chi as a recognized form of complimentary and alternative medicine. Intended to promote student health and well-being and to decrease stress, depression, and anxiety through the practice of tai chi.

Weekly practices under the instruction of world-renowned 20th generation tai chi expert, Master Shu Dong Li. Analysis of the literature regarding health benefits of tai chi.

Terms: Aut, Win, Spr | Units: 2

## HUMBIO 82Q: The Omnivore's Dilemma - Or Is It?

The omnivore's dilemma- making the right food choices from the vast number possible. The health implications of our food choices. Why we make these choices- the positive and negative influences of the food industry, research in nutritional science, and public health policies and the resulting confusion about what we should eat. Discussion-based class with readings including "In Defense of Food" by M. Pollan and primary reference materials. Introduction to the scientific literature in human nutrition.

Terms: Aut | Units: 3

## HUMBIO 86Q: Love as a Force for Social Change

Preference to sophomores. Biological, psychological, religious, social and cultural perspectives on the concept of love. How love is conceptualized across cultures; love as the basis of many religions; different kinds of love; the biology of love; love as sickness; love and sex; the languages of love including art, literature, music, and poetry. Emphasis is on writing. Oral presentation. A requirement of this class is participation in public blogs.

Terms: Win | Units: 3

## HUMBIO 87Q: Women and Aging (MED 87Q)

Preference to sophomores. Biology, clinical issues, social and health policies of aging; relationships, lifestyles, and sexuality; wise women and grandmothers. Sources include scientific articles, essays, poetry, art, and film. Service-learning experience with older women. Service Learning Course (certified by Haas Center).

Terms: not given this year | Units: 5

## HUMBIO 126: Promoting Health Over the Life Course: Multidisciplinary Perspectives

Disease prevention and health promotion topics pertinent to different stages of the life span emphasizing healthy lifestyle and reducing risk factors in both individuals and communities. Focus is on scientific investigation, the application of behavioral science to risk reduction strategies, and the importance of health promotion as a social and economic imperative. Topics include: epidemiology of chronic diseases; social determinants of health, behavior change; obesity, nutrition, and stress; young adult, mid-life and aging health issues; health care delivery and public health system; workplace wellness programs; and environmental and international issues. Prerequisite: Human Biology core or equivalent, or consent of instructor.

Terms: Aut | Units: 3

## HUMBIO 130: Human Nutrition

The study of food, and the nutrients and substances therein. Their action, interaction, and balance in relation to health and disease. Emphasis is on the biological, chemical, and physiological processes by which humans ingest, digest, absorb, transport, utilize, and excrete food. Dietary composition and individual choices are discussed in relationship to the food supply, and to population and cultural, race, ethnic, religious, and social economic diversity. The relationships between nutrition and disease; ethnic diets; vegetarianism; nutritional deficiencies; nutritional supplementation; phytochemicals.

Prerequisite: Human Biology core or consent of instructor.

Terms: Spr | Units: 4

## **HUMBIO 149L: Longevity (PSYCH 102)**

Interdisciplinary. Challenges to and solutions for the young from increased human life expectancy: health care, financial markets, families, work, and politics. Guest lectures from engineers, economists, geneticists, and physiologists.

Terms: given next year | Units: 4

## **HUMBIO 166: Food and Society: Exploring Eating Behaviors in Social, Environmental, and Policy Context**

The array of forces that affect the foods human beings eat, and when, where, and how we eat them, including economics, business, agriculture, law, politics, trade, ideology, culture, biology, and psychology. The impact of current policies, and actions that might be taken to improve human nutrition and health. Macro-scale influences on food, nutrition, and eating behavior.

Terms: Win | Units: 4

## **ME 104B: Designing Your Life**

The course employs a design thinking approach to help students develop a point of view about their career. The course focuses on an introduction to design thinking, the integration of work and worldview, and practices that support vocation formation. The course will include seminar-style discussions, role-playing, short writing assignments, guest speakers, and individual mentoring and coaching. Enrollment limited to; Jrs. and Srs., all majors. Admission confirmed by email to Axess registered students prior to first class session. See [www.designingyourlife.org](http://www.designingyourlife.org)

Terms: Aut, Win, Spr | Units: 2 | Repeatable for credit

## **MED 130: YES+Empowerment Course**

Adapted for Residential Education from the national YES+ workshop program, an innovative, dynamic, and fun life skills program which empowers students with tools to eliminate stress, increase energy, handle negative emotions, increase mental focus, heighten awareness, and develop strong social and leadership skills. Students learn a set of powerful breath-based meditation techniques which clear the mind and enhance success in school, work, and interpersonal relationships. See <http://us.yesplus.org/> for further insight into the program. Enrollment limited; priority to residents of Castano Hall; others selected by application.

Terms: Win, Spr | Units: 1

## **PEDS 106: Pursuit of Happiness and Health (PEDS 206)**

Evidence-based correlations between health and quality of life measures: core theoretical concepts and research findings. Topics include cognitive neuroscience and positive emotion, genetics and set point theory, psychological research and subjective well-being. Emphasis on issues relevant to high-achieving adolescents and young adults.

Terms: Win | Units: 3

## **PSYCHIATRY 72Q: Traumatic Stress**

Effects of traumatic events; interventions to alleviate their psychosocial impact. Events include natural disasters, illness, interpersonal violence, war, the Holocaust, and terrorism. Resilience factors that protect individuals from adverse effects. Oral and multimedia presentation.

Terms: Win | Units: 3

## **PSYCHIATRY 78Q: Mental Health in Collegiate Athletes**

Developmental, psychological, social, and performance issues in collegiate sports. Topics include transition to Stanford, time management, optimizing mental fitness, coping with injuries.

Terms: Win | Units: 3

## **PSYCHIATRY 135: Sleep and Dreams (PSYC 235)**

Current research on how sleep affects our daily lives. Physiology of non-REM and REM sleep, dreams and dreaming, content, psychophysiological cause, lucid dreaming, sleep need, sleep debt, daytime alertness, and performance; biological clock and circadian rhythms; sleep disorders, insomnia, narcolepsy, sleep apnea, sleepwalking, jet lag, sleeping pills, sleep and mental illness, sleep and memory, and the impact of sleep deprivation and sleep disorders on academic and social life.

Multimedia presentations, guest lectures, and projects.

Terms: Win | Units: 3

## **PSYCHIATRY 136A: Valuescience: Shedding Illusion to Live Better (PSYCHIATRY 236A)**

Applying scientific methods and principles to discern and realize value. Readings in history, philosophy, ecology, economics, sociology, linguistics and psychology pertinent to scientific and cultural revolutions attending the emergence of valuescience as foundation for an increasing range of human action. Perceptual, cognitive, and cultural impediments to valuescience; strategies for overcoming these; personal and social benefits of doing so. 4 units includes 5 practices weekly, ranging from meditation to aerobic exercise.

Terms: Aut | Units: 3-4

## **PSYCHIATRY 136B: Valuescience: Shedding Illusion to Live Better (PSYCHIATRY 236B)**

Continuation of 136A/236A. Applying scientific methods and principles to discern and realize value. Readings in history, philosophy, ecology, economics, sociology, linguistics and psychology pertinent to scientific and cultural revolutions attending the emergence of valuescience as foundation for an increasing range of human action. Perceptual, cognitive, and cultural impediments to valuescience; strategies for overcoming these; personal and social benefits of doing so. 4 units includes 5 practices weekly, ranging from meditation to aerobic exercise.

Terms: Spr | Units: 3-4

## **PSYCHIATRY 233: Mindfulness: An Awareness-Based Stress Reduction Program in Medicine**

An experiential program in which the participants learn the techniques of mindfulness meditation. Modeled after the program started by Jon Kabat-Zinn and featured on Bill Moyers' *Healing and the Mind*, there are approximately 400 hospitals around the world that provide mindfulness-based programs. Courses are designed to work with the mind/body relationship to stress and chronic illness. Participants are involved in a class with patients and observe the impact of the program on a variety of medical conditions. Requires daily practice of mindfulness meditation, a weekly class meeting and home reading, and a final paper covering the student's observations.

Terms: Aut, Win, Spr, Sum | Units: 3

## **PSYCHOLOGY 1: Introduction to Psychology**

Human behavior and mental processes including the nervous system, consciousness, learning, memory, development, emotion, psychopathology, interpersonal process, society, and culture. Current research.

Terms: Aut, Win, Spr | Units: 5

## **PSYCHOLOGY 90: Introduction to Clinical Psychology**

History of clinical psychology, models and assessment of personality, behavior, cognition, psychopathology, and approaches to the treatment of abnormal behavior. Emphasis is on current theory, research, issues in, and the role of clinical psychology in contemporary society. Recommended: 1.

Terms: Aut | Units: 3

## **PSYCHOLOGY 101: Community Health Psychology (HUMBIO 128)**

Social ecological perspective on health emphasizing how individual health behavior is shaped by social forces. Topics include: biobehavioral factors in health; health behavior change; community health promotion; and psychological aspects of illness, patient care, and chronic disease management.

Prerequisites: HUMBIO 3B or PSYCH 1, or equivalent.

Terms: Win | Units: 4

## **PSYCHOLOGY 111S: Abnormal Psychology**

What is it like to be clinically depressed, to see things no one else sees, to be a victim of a traumatic experience? What are psychological, biological, and social factors involved in depression, schizophrenia, or post-traumatic stress disorder? The subjective experience, causal factors, clinical presentation, methods of assessment, treatment, and sociocultural context of psychological disorders.

Terms: Sum | Units: 3

## **PSYCHOLOGY 138: Wise Interventions (PSYCH 238)**

Classic and contemporary psychological interventions; the role of psychological factors in social reforms for social problems involving healthcare, the workplace, education, intergroup, relations, and the law. Topics include theories of intervention, the role of laboratory research, evaluation, and social policy.

Terms: Win | Units: 4

## **PSYCHOLOGY 151: Emotion Regulation and Psychopathology**

A broad overview of specific emotion regulation impairments in various psychopathologies and discussion of how current treatment protocols are likely to aid recovery by forming more adaptive emotion regulation ability. \n\nTopics include: Foundations and Emotion regulation models, Emotion regulation impairments in Mood disorders (Unipolar Depression and Bipolar Disorder), Anxiety disorders (Social Phobia, Post Traumatic Stress Disorder, General Anxiety Disorder), Eating disorders (Anorexia and Bulimia Nervosa), and Personality Disorders (Narcissistic Personality Disorder, Borderline Personality Disorder).

Terms: Win | Units: 3

