

Academic Year AY2022/23**Academic Units** 3AUs**Tutorial Hours** 39

COURSE AIMS

This course aims to provide multi-disciplinary competence in a cross-disciplinary, collaborative learning environment, with student interaction and collaboration across schools as a key learning foundation. As the title connotes, the main objective of this compulsory undergraduate course is to examine what constitutes living a good, healthy, and flourishing life.

It provides students with the building blocks to thrive – physically and mentally – in their everyday lives. Students will gain knowledge and skills to develop a physically healthy lifestyle, enhance their awareness of prevalent mental health issues, and be equipped with resources and tools to cope with common situational challenges.

By the end of the course, students should also have a deeper appreciation of how physical and mental health are intricately linked.

INTENDED LEARNING OUTCOMES

By the end of this course, you should be able to:

1. Describe what healthy living and wellbeing means to you as an undergraduate student.
2. Identify common health and mental issues (including knowing the sources of help) in Singapore and how this knowledge would benefit you and the people around you.
3. Demonstrate coping strategies for developing resilience and self-care, playing an active role in living a healthy and meaningful life.
4. Explain and distinguish between healthy and toxic relationships and apply mitigating skills to resolve relational conflicts.
5. Recognize the importance of self-determination, values-based actions, wisdom, and creativity in the pursuit of personal growth and self-actualization.
6. Explain health and mental health care issues at a global level, in relation to understanding national policies and other related matters.
7. Collaborate effectively on health and wellbeing issues in cross-disciplinary teams.

COURSE CONTENT

This course will cover the following topics:

1. The body-mind-spirit connection for healthy living and wellbeing
2. Health and Nutrition
3. Health and Fitness
4. Health and Disease
5. Health and Maturation
6. Health and Wholeness in Building Resilience
7. Understanding Stress and Fostering Self-care
8. Building Mental Health Awareness and Resources
9. Nurturing Healthy Relationships and Social Wellness
10. Aspiring Personal Growth and Self-actualization
11. Cultivating Wisdom and Creativity for a Flourishing Life

REFERENCES

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