

**FACULTY OF SOCIETY AND SCIENCE
STUDY COURSE DESCRIPTION**

Course Title:	Body intelligence and well-being				
Course code (LAIS):	<i>The course will be registered LAIS after receiving the accreditation</i>				
Study programme:	Tourism experience design and entrepreneurship				
Level of Study programme:	<input type="checkbox"/>	1st level professional higher education			
	<input checked="" type="checkbox"/>	Professional Bachelor			
	<input type="checkbox"/>	Professional Master			
	<input type="checkbox"/>	Academic Master			
	<input type="checkbox"/>	PhD level			
Type of Study programme:	<input checked="" type="checkbox"/>	Compulsory course (Part A)			
	<input type="checkbox"/>	Professional specialization courses (Part B, compulsory)			
	<input type="checkbox"/>	Professional specialization optional courses (Part B, optional)			
	<input type="checkbox"/>	Elective courses (Part C)			
Course Workload:	Credits	ECTS	Academic hours	Contact hours	Independent work hours
	4	6	160	64	96
	full time studies:			64	96
part-time studies:			20	140	140
Course Author/ Tutor:	Inese Ebele				
	Lecturer, Mg.sc.soc., Mg.oec.				
	inese.ebele@va.lv				
	Consultations: according to the consultation schedule for each semester				
Study form:	Full time studies/ part-time studies				
Study year, semester:					
full time studies:	3 rd year, 6 th semester				
part-time studies:	4 th year, 8 th semester				
Language:	Latvian/English				
Prerequisites for the Course: <i>(if necessary)</i>	-				
Course Summary:	The aim of the course is to improve knowledge, skills and competences about the awareness of one's body, healthy lifestyle and the importance of physical activity in everyday life, in order to maintain working abilities and quality of life in the long term.				
Course Methods, including description of the organization of students' individual work and tasks:	Lectures, seminars, independent works, exercises, physical activities, exam.				
Assessment:	Exam				
Requirements for Credits:	<p>All independent works must be prepared on time and submitted within the specified deadlines. All works require a positive evaluation. Papers must be prepared in accordance with the methodological guidelines and instructions mentioned in this study course description. It is mandatory to attend seminars and practical classes. In case of missed seminars or practical classes, the student must take a written test on the relevant questions. The ethics code of Vidzeme University must be followed. The exam (or final paper) can be taken only if all the requirements of the study course have been met. The study course attendance rules must be followed.</p> <p>Explanation of ratings: excellent (10) – knowledge, skills and competence exceed the requirements specified in the course description; excellent (9) – knowledge, skills and competence fully meet the requirements specified in the course description;</p>				

	<p>very good (8) – the requirements specified in the course description are fully met, however, in certain issues there is not enough deep understanding or the student needs support in decision-making in order to use the knowledge independently in solving more complex problems;</p> <p>good (7) – in general, the requirements specified in the course description are fulfilled, however, sometimes the inability to use the acquired knowledge independently can be detected;</p> <p>almost good (6) – the requirements specified in the course description are fulfilled, however, at the same time, an insufficiently deep understanding of the problem and the inability to use the acquired knowledge can be detected;</p> <p>average (5) – in general, the requirements specified in the course description have been mastered, however, insufficient knowledge of some topics and the inability to use the acquired knowledge can be detected;</p> <p>almost average (4) – in general, the requirements specified in the course description have been mastered, however insufficient understanding can be found even at the level of basic concepts, there are significant difficulties in the practical use of the acquired knowledge;</p> <p>weak (3) – knowledge is superficial and incomplete, the student is unable to use it to complete tasks;</p> <p>very weak (2) – there is only superficial knowledge of certain topics, most of the requirements specified in the course description have not been met; very, very weak (1) – lack of understanding and knowledge of the topics covered in the course.</p>	
Abiding by the Academic Ethics	<p>Students must abide by the academic and research ethics, Vidzeme University of Applied Sciences Ethics Regulations, incl.:</p> <ul style="list-style-type: none"> - study papers must be independently developed; - the study work should reference all statements, ideas and data used that have been authored by someone else; - appropriate data acquisition methods should be used in the acquisition of data, the research ethics must be respected, empirical data must be collected independently and cannot be distorted or falsified; - the examination must be carried out by the student independently, without the use of supporting materials and/or consultations with other students, unless the lecturer states otherwise. <p>In the event of non-compliance with the academic and research ethics, punishment is imposed in accordance with the ViA Ethics Regulations and the study course must be re-taken, unless the punishment is exmatriculation.</p>	
Learning Outcomes the evaluation methods and criteria	Learning Outcomes	The evaluation methods and criteria
	Knowledge	
	Knowledge of healthy lifestyle, body intelligence	Independent work. Exercises. Exam.
	Basic principles of healthy nutrition	Independent work. Exercises. Exam.
	Healthy physical activity	Independent work. Exercises. Exam.
	Healthy sleep	Independent work. Exercises. Exam.
	Skills	
	Daily habits and physical activities that contribute to the health, strength and well-being of the body	Independent work. Exercises. Exam.
	Healthy breathing, nutrition, sleep	Independent work. Exercises. Exam.
	Body awareness	Independent work. Exercises. Exam.
	Presence	Independent work. Exercises. Exam.
	Competency	
A healthy and balanced lifestyle	Independent work. Exercises. Exam.	
Perform quality work at high intensity	Independent work. Exercises. Exam.	
Have quality rest and restore strength	Independent work. Exercises. Exam.	
Course Compulsory literature:	<ol style="list-style-type: none"> 1. Dale Claire Physical Intelligence: Harness your body's untapped intelligence to achieve more, stress less and live more happily, Simon & Schuster UK, 2020 2. Wilber K., Patten T., Leonard A., Morelli M. Integral Life Practice: A 21st-Century Blueprint for Physical Health, Emotional Balance, Mental Clarity, and Spiritual Awakening, 2008 	
Course additional literature:	<ol style="list-style-type: none"> 1. Grafton Scott Physical Intelligence: The Science of How the Body and the Mind Guide Each Other Through Life, Pantheon, 2020 2. Johnson Martina, Johnson SBN Wagner Daniel Physical Intelligence An Introduction, Renaissance Publishing, 2018 	

	3. Kovejs S.R. Ļoti veiksmīgu cilvēku 7 paradumi, Zvaigzne ABC, ISBN: 978-9934-0-3361-2
Course confirmation date:	31.08.2022.
Date of course description update:	

Study Course Plan for full time (FT) studies and part-time (PT) studies:

Date	Theme	Academic hours				Study Form/ Organization of independent work of students and task description
		FT Contact hours	FT Independent work hours	PT Contact hours	PT Independent work hours	
<i>The date is specified before the implementation of the course</i>	Body intelligence. The importance of a healthy lifestyle for maintaining work ability and quality of life. Body awareness.	4	8	3	9	Lecture. Independent work.
	Strength. Pose. Attitude and self-confidence. Breathe. Emotional and mental stability and breathing. Focus and presence. Developing inner strength and focus. Voice and authority, self-confidence. Nutrition and physical activity for work capacity and strength.	14	22	4	32	Lecture. Exercises. Independent work.
	Flexibility. Movements that reduce tension in the body restore flow and promote feelings of happiness. Emotion recognition and management Building trust and relationships Engaging with people through presence and voice. Creativity and innovation. Nutrition, physical activity and developing creativity.	14	22	4	32	Lecture. Exercises. Independent work.
	Persistence. Relaxation and rejuvenation. Optimism and integration of negative experiences, letting go. Support and care. Strengthening immunity and recovery.	14	22	4	32	Lecture. Exercises. Independent work.
	Endurance. Setting and achieving long-term goals. Overcoming physical discomfort. Motivation and energy reserves. Quality sleep. A sustainable lifestyle.	14	20	3	31	Lecture. Exercises. Independent work.
	Developing body intelligence	4	2	2	4	Exam
Hours total:		64	96	20	140	