



COURSE UNIT (MODULE) DESCRIPTION

Course unit (module) title	Code
Mental and physical health: healthy person	

Lecturer(s)	Department(s) where the course unit (module) is delivered
Coordinator: Assoc. Prof. Dr. R. Žilinskienė Other: Assoc. Prof. Dr. E. Laurinaitis, Assoc. Prof. Dr. R. Viliūnienė, Assoc. Prof. Dr. J. Armonienė	Faculty of Medicine

Study cycle	Type of the course unit (module)
First	General university studies

Mode of delivery	Period when the course unit (module) is delivered	Language(s) of instruction
Classroom/auditorium	Spring and autumn semesters	English

Requirements for students	
Prerequisites: none	Additional requirements (if any): English B2

Course (module) volume in credits	Total student's workload	Contact hours	Self-study hours
5	130	48	82

Purpose of the course unit (module)		
<p>The aim of this study module is to introduce students to the theoretical background and practical aspects of mental and physical unity of a human being as well as to the role of physical activity; to analyse the impact of sociocultural environment upon the formation of harmonious/coherent personality. The students will be capable to evaluate their lifestyle based on scientific arguments and to choose lifestyle models beneficial to their health.</p>		
Learning outcomes of the course unit (module)	Teaching and learning methods	Assessment methods
<p>Student will learn the main concepts upon which holistic (biopsychosocial) concept of health and quality of life is based; the laws of human's mental development, most common disorders and means of its correction and prevention; principles of development of mental peculiarities, means of physical activity and their impact upon mental health, means for the prevention of physical injuries.</p>	<p>Lecture, problem-based teaching, study of literature, discussion.</p>	<p>Exam (see Assessment criteria)</p>
<p>Student will be able to analyse and critically assess various components of mental and physical health and the forms of their interaction and expression; to identify and reflect upon problems and to offer knowledge-based models/means of healthy lifestyle.</p>	<p>Case study, preparation for the discussion, preparation of presentations; testing and self-examination of individual physical and mental aspects.</p>	<p>Discussion of individual presentations, summarising of the discussions (formative assessment). Assessment of presentation on chosen/given topic during the every seminar (see Assessment criteria)</p>
<p>Student will be able to apply main principles, concepts and means of biopsychosocial human health concept on the field (on the practical level).</p>	<p>Preparation of personal healthy lifestyle programme and its presentation</p>	<p>Assessment of personal healthy lifestyle programme (see Assessment criteria)</p>

Student will be able to take responsibility for their own physical and mental health, basing on scientific arguments; to make a positive impact upon community by personal example.		
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Content: breakdown of the topics	Contact hours							Self-study work: time and assignments		
	Lectures	Tutorials	Seminars	Exercises	Laboratory work	Internship/work	E-learning	Contact hours	Self-study hours	Assignments
1. Holistic approach to health and wellbeing. WHO recommendations on wellbeing. Lifestyle features/peculiarities in particular periods of human life, gender-related aspects.	2		2					4	8	To prepare for the discussion "Healthy university?" (http://www.healthyuniversities.ac.uk/toolkit-and-resources/ and Okanagan Charter https://internationalhealthycampuses2015.sites.olt.ubc.ca/files/2016/01/Okanagan-Charter-January13v2.pdf)
2. Interaction of physical and mental components in biopsychosocial concept of personal health. Psychosomatic problems and their prevention in everyday life.	2		2					4	8	To prepare presentation on main psychosomatic disorders (Nakao, M., Work-related stress and psychosomatic medicine).
3. Understanding of mental activity and it's aspects. Fundamental psychotherapy schools, their basic concepts.	2		2					4	6	To prepare for the seminar "Fundamental statements of psychoanalysis, models of the psychic functioning, (Mc. Williams, 22-26);
4. Development of the understanding of mental functioning. Normal and disturbed personality development from the point of view of different psychotherapy schools. Possibilities and limits of correction	2		2					4	6	To prepare for the seminar "Everyday mental functioning from the point of view of object relations theory" (McWilliams, 23-36)
5. Contemporary psychotherapy methods: attachment, MBT, DBT. Importance of early relations in the process of attachment development. Consequences (emotional and physical) of experienced bonding deficits and possible correction in adulthood.	2		2					4	8	To prepare for the seminars "Attachment development", "Types of attachment, their impact on mature personality development" http://labs.psychology.illinois.edu/~rcfraley/attachment.htm and https://www.youtube.com/watch?v=kwxjfuPIArY&t=2s
6. Reflective function as a contributor to the learning process and quality of life Mentalisation: influencing factors, correction potential, relation to learning abilities. Development of reflective function in adulthood.	2		2					4	6	To prepare for the seminar "Mentalisation as a tool for structuring everyday emotional experiences" (https://www.youtube.com/watch?v=MJ1Y9zw-n7U&t=6s) To prepare for the seminar "Mentalisation and ability to learn" https://www.youtube.com/watch?v=ZBeEOkwLToM&list=PLWRywRCJ0uwxEI9793yOjeMyXvIKIZJGn

7. Healthy lifestyle motivation: understanding and promoting. Everyday physical activity habits, their impact on health and possible adjustment. PA as effective tool for stress management, illness prevention and rehabilitation.	2		2						4	8	To prepare for the discussion "Interrelation of regular physical activity and mental health: myth or science-based fact?" Bouchard, C., Blair, S. N., Haskell, W. L., J.
8. Assessment of physical fitness, testing, use of various self-monitoring tools. Principles of PA planning, optimal choice of loads, sports and physical activities. Active leisure: diversity of sports and activities, main regulations and principles, possible impact on health, opportunities, risks. Injuries, prevention.	2		2	2					6	10	To investigate and to try main self-monitoring tools and physical fitness testing methods
9. Principles of physical skills development. Motor skills and their development: endurance, velocity, power, coordination etc, physiological and psychological aspects. Aerobic and anaerobic loads, their impact on mental health. Anxiety and mood disorder prevention and treatment: impact of physical activity	4		4	2					10	14	To develop personal healthy lifestyle programme (text and presentation) To prepare for the seminars "Mental stability, it's maintenance"; "Defence mechanisms. Cases from everyday life"; "Mature defence mechanisms in academic life", "Psychological resilience: given thing or aspiration?" (McWilliams etc.)
10. Everyday maintenance of mental resilience and self-esteem. Coping and defence mechanisms. Levels of defence, their classification and impact on everyday life and pathology. Psychological resilience, its importance and skills building.	2		2						4	8	
Total	22		22	4					48	82	

Assessment strategy	Weight, %	Deadline	Assessment criteria
Essay on chosen/given topic (X)	15	During the semester	Evaluation of essay on proposed topic (10 points max.): <ul style="list-style-type: none"> expedient choice of sources, precise formulation of statements (6 points); the choice of arguments for the conclusions (3 points); written language and style (1 point)
Personal healthy lifestyle programme (text and presentation)(Y)	35	During the semester	Evaluation of healthy lifestyle programme (10 points max.): <ul style="list-style-type: none"> complexity of the programme (3 points); psychological basing of lifestyle changes (2 points); the correspondence of physical activity programme to the principles of methodology and persons physical abilities indicators (2 points); presentation's clarity and visuality (2 points); answers to the questions (adequacy, comprehensiveness) (1 point).
Written exam (Z)	50	During the exam session	Exam consists of 2 open questions / modelling of situation Evaluation of the exam (10 points max.): <ul style="list-style-type: none"> clarity and complexity of answers (5 points); expediency of the choice of arguments (4 points); written language and style (1 point). [in case of distance learning situation, exam will be taken in Vilnius university Virtual Learning Environment (VMA), 1 hour for the exam]
Final grade of cumulative assesment: $A = 0,15 \times X + 0,35 \times Y + 0,5 \times Z$			

Author	Year	Title	Issue of a	Publishing
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	of public ation		periodical or volume of a publication	place and house or web link
Compulsory reading				
	2015	Okanagan Charter		https://internationalhealthycampuses2015.sites.olt.ubc.ca/files/2016/01/Okanagan-Charter-January13v2.pdf
	2018	Healthy universities: UK		(http://www.healthyuniversities.ac.uk/toolkit-and-resources/)
Nancy McWilliams	2011	Psychoanalytic diagnosis. Understanding Personality Structure in the Clinical Process		The Guilford Press
R. Chris Fraley University of Illinois	2010	A Brief Overview of Adult Attachment Theory and Research		https://internal.psychology.illinois.edu/~rcfraley/attachment.htm
Jon G. Allen	2013	What We All Need to Know About Attachment		https://www.youtube.com/watch?v=RdCBip-8pC8&t=264s
Peter Fonagy	2016	What is Mentalization?		https://www.youtube.com/watch?v=MJ1Y9zw-n7U&t=6s
Jon G. Allen	2013	What is Mentalizing & Why Do It		https://www.youtube.com/watch?v=NLT7ieO3hTk
	2017	Mentalizing and epistemic trust		https://www.youtube.com/watch?v=ZBeEOkwLToM&list=PLWRywRCJ0uwxEI9793yOjeMyXvIKIzJGn
Zautra, Alex & Stuart Hall, John & Murray, Kate.	2010	Resilience: A new definition of health for people and communities.	Handbook of Adult Resilience (pp. 3-30)	New York: Guilford.
Bouchard, C., Blair, S. N., Haskell, W. L.	2012	Physical Activity and Health		Human Kinetics
Nakao, M.	2010	Work-related stress and psychosomatic medicine	BioPsychoSocial Medicine	https://bpsmedicine.biomedcentral.com/articles/10.1186/1751-0759-4-4 (presented in pdf)
Optional reading				
	2017	The Strange Situation Mary Ainsworth, 1969 Developmental Psychology		https://www.youtube.com/watch?v=m_6rQk7jIrc
Mary Ainsworth		The Strange Situation		https://www.youtube.com/watch?v=gIjyEHd6

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	2017	How Babies Form Attachments Four Stages Schaffer & Emerson		https://www.youtube.com/watch?v=WRQiCch351E
	2011	Science Bulletins: Attachment theory - Understanding the Essential Bond		https://www.youtube.com/watch?v=kwxjfuPIArY&t=2s
Katharine Wulff, Darrin Donato, and Nicole Lurie	2015	What Is Health Resilience and How Can We Build It?	Annu. Rev. Public Health 2015. 36:361–74	https://www.annualreviews.org/doi/pdf/10.1146/annurev-publhealth-031914-122829