



COURSE UNIT (MODULE) DESCRIPTION

Course unit (module) title in English	Course unit (module) title in Lithuanian	Code
Mental and physical health: healthy person	Psichinės ir fizinės sveikatos vienovė: samprata ir praktika	

Annotation
Students will be introduced to the theoretical background and practical aspects of mental and physical unity of a human being, personality development and understanding of mental activity, as well as the role of physical activity, principles of physical fitness development. The students will be capable to evaluate and impact their lifestyle basing on scientific arguments, and to choose and apply well-being models beneficial to their health, thus become motivated and able to take responsibility for their own mental and physical health.

Lecturer(s)	Department(s) where the course unit (module) is delivered
Coordinator: : Assoc. Prof. Dr. R. Žilinskienė Other: Assoc. Prof. Dr. R. Viliūnienė, Assoc. Prof. Dr. J. Armonienė	Vilnius University Faculty of Medicine M. K. Čiurlionio str. 21

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/online	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

Students will be introduced Purpose of the course unit (module)		
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 develop abilities to analyse the impact of sociocultural environment upon the formation of harmonious/coherent personality. The students will be capable to evaluate and impact their lifestyle basing on scientific arguments, and to choose lifestyle models beneficial to their health.		
Learning outcomes of the course unit (module)	Teaching and learning methods	Assessment methods
Student will know the basic laws of human's mental and physical development, impact of cultural, social and microsocial environment upon the of development of personality; Student will know and will be able to identify and critically asses context of personal mental and physical problems and opportunities of personal lifestyle interventions and corrections via use of optimal mental and physical tools	Lecture, problem-based teaching, analysis of studied literature sources, discussion, case study. .	Essay on chosen/given topic and assessment of personal healthy lifestyle programme Exam
Students will be able to understand basics of mental and physical functioning of a human	Lecture, problem-based teaching, discussion,	Assessment of personal healthy lifestyle and

being, responsibility for their own physical and mental health; they will be able to identify and apply optimal, science-based solutions aimed at personal well-being and healthy lifestyle	evaluation/self-testing of individual fitness, development of personal healthy lifestyle programme	physical activity programme (text and PowerPoint presentation)
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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: physical, mental, emotional, social well-being and quality of life. Concept of mental health. WHO recommendations (physical activity, nutrition). Lifestyle features/peculiarities in particular periods of human life, gender-related aspects. Addictions and their prevention. Concept of Healthy School, Healthy University (R. Žilinskienė).	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. Biopsychosocial concept of personality functioning, contribution of psychoanalysis in the development of this model, impact of this model on understanding of health and illness. Problems and potency of everyday life from the psychosomatic point of view. Non-drug (self)help opportunities in case of emotional problems and mental disorders (R. Viliūnienė).	4		4					8	10	To prepare essay on main psychosomatic disorders (Nakao, M., <i>Work-related stress and psychosomatic medicine</i>).
3. Contemporary concepts of mental activity: attachment, mentalization, neuropsychology. Importance of early relations in the process of attachment development on life quality and relations. Disorders of mentalization process, possible reasons and correction options. Consequences of experienced bonding deficits and possible correction in adulthood (R. Viliūnienė)	2		2					4	8	To prepare for the seminars a) "Attachment development", "Types of attachment, their impact on mature personality development" https://internal.psychology.illinois.edu/~rcfraley/attachment.htm and http://labs.psychology.illinois.edu/~rcfraley/attachment.htm and https://www.youtube.com/watch?v=kwxjfuPIArY&t=2s b) Mentalization as a tool for structuring everyday emotional experiences" https://www.youtube.com/watch?v=MJ1Y9zw-n7U&t=6s)

4. Normal and disturbed personality development. Limits and possibilities of correction. Borderline personality: identifying, possible professional interventions and self-help. Everyday maintenance of mental stability and self-esteem. Defence levels, their classification and significance in everyday life and pathology (R. Viliūnienė).	2		2					4	8	To prepare essay "Mature defence mechanisms – concepts and examples from everyday life; "Mature defence mechanisms – understanding and examples from academic life" (Mc. Williams 92-113 and 115-134 p.)
5. Mood and anxiety disorders. Identifying, possible professional interventions and self-help. Significance of physical activity in maintaining mental stability R. Viliūnienė).	2		2					4	6	To prepare for the seminar a) Depression types https://www.nimh.nih.gov/health/topics/depression/index.shtml b) Anxiety symptoms: variety and relation to https://www.nimh.nih.gov/health/topics/anxiety-disorders/index.shtml c) Panic disorder https://www.nhs.uk/conditions/panic-disorder/
6. Physical activity and healthy lifestyle motivation, creating healthy environment. Everyday physical activity habits, their impact on health and possible adjustment. Physical activity as effective tool for stress management, illness prevention and rehabilitation (R. Žilinskienė).	2		2					4	10	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.
7. 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 (J. Armonienė, R. Žilinskienė).	4		4	2				10	16	To investigate and to try main self-monitoring tools and physical fitness testing methods https://www.topendsports.com/testing/tests/index.htm?utm_source=sendinblue&utm_campaign=Staying_fit_and_healthy_at_home_a_letter_from_Topend_Sports&utm_medium=email .
8. Assessment of physical fitness, testing, use of various self-monitoring tools for health (devices, apps etc). Principles of physical activity 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 (R. Žilinskienė).	4		4	2				10	16	To develop personal healthy lifestyle programme (text and presentation)
Total	22		22	4				48	82	

Assessment strategy	Weight, %	Deadline	Assessment criteria
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Essay on chosen/given topic (X)	20	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); • language, text consistency (1 point) • references (1 point).
Personal healthy lifestyle programme and physical activity programme (text and presentation)(Y)	30	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 (test) (Z)	50	During the exam session	Exam consists of 2-part test aimed at assessment of achievements (mental health 40 percent and physical health/activity 60 percent). Test consists of up to 30 open and closed questions. Evaluation of the exam in 10 points scale (one point for one correct answer, and sum of points divided by 3 and converted to 10-points-scale)
Final grade of cumulative assessment: $A = 0,12 \times X + 0,30 \times Y + 0,5 \times Z$			

Author	Year of publication	Title	Issue of a periodical or volume of a publication	Publishing place and house or web link
Compulsory reading				
	2015	Okanagan Charter		https://internationalhealthycampuses2015.sites.olt.ubc.ca/files/2016/01/Okanagan-Charter-January13v2.pdf
Nancy McWilliams	2011	Psychoanalytic diagnosis. Understanding Personality Structure in the Clinical Process		The Guilford Press
Patrick Luyten, Boudewijn van Houdenhove, Alessandra Lemma, Mary Target & Peter Fonagy	2012	A mentalization-based approach to the understanding and treatment of functional somatic disorders		Psychoanalytic Psychotherapy, 26:2, 121-140, DOI: 10.1080/02668734.2012.678061
R. Chris Fraley University of Illinois	2010	A Brief Overview of Adult Attachment Theory and Research		https://internal.psychology.illinois.edu/~rcfraley/attachment.htm
Zautra, Alex & Stuart Hall, John & Murray, Kate.	2010	Resilience: A new definition of health for people and communities.	Handbook of Adult Resilience	New York: Guilford.

			(pp. 3-30)	
Bouchard, C., Blair, S. N., Haskell, W. L.	2012	Physical Activity and Health		Human Kinetics
Optional reading				
	2018	Healthy universities: UK		(http://www.healthyuniversities.ac.uk/toolkit-and-resources/)
	2017	The Strange Situation Mary Ainsworth, 1969 Developmental Psychology		https://www.youtube.com/watch?v=m_6rQk7jlrc
Mary Ainsworth		The Strange Situation		https://www.youtube.com/watch?v=gljyEHaD6BU
	2017	How Babies Form Attachments Four Stages Schaffer & Emerson		https://www.youtube.com/watch?v=WRQICcH351E
Jon G. Allen	2013	What We All Need to Know About Attachment		https://www.youtube.com/watch?v=RdCBip8pC8&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=ZBeEOkwLTtoM&list=PLWRYwRCJ0uwxEI9793yOjeMyXvIKIZJGn
	2011	Science Bulletins: Attachment theory - Understanding the Essential Bond		https://www.youtube.com/watch?v=kwxjfuPIArY&t=2s
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)
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