



**Section 1. Proposed Course Outline** (A general statement of course content that informs class syllabus construction. Once approved, all sections of a given course must include this content, no matter which instructor teaches the course, or the mode of delivery. Divisions must include this new course outline in the Divisional Course Outline binder as required by COPPs.)

Course Number: **REL 231** Full Course Title for print catalog: **Buddhist Meditation Traditions: Principles and Practices**

Abbreviated Course Title for Banner: **Buddhist Meditation Traditions** (30 character limit)

Prerequisites: None

Co-requisites: None

Grade Option: ☒ Graded (with P/NP option) ☐ Pass/No Pass only

Number/Type Credits	Term Minimum Contact	Term Maximum Contact	11-Week Term Contact
<u>4</u> Lecture	<u>4</u> hours (lecture credits x 10)	<u>4</u> hours (lecture credits x 12)	<u>4</u> hours (lecture credits x 11)
___ Lec/Lab	___ hours (lec-lab credits x 20)	___ hours (lec-lab credits x 24)	___ hours (lec-lab credits x 22)
___ Lab	___ hours (lab credits x 30)	___ hours (lab credits x 36)	___ hours (lab credits x 33)
<u>4</u> Total credits (sum)	<u>40</u> Total hours (sum)	<u>48</u> Total hours (sum)	<u>44</u> Total hours (sum)

**Course Description (300 character limit):** This course examines a number of Buddhist meditation principles and practices, drawing on the historical Buddha and content from the Zen, vipassana, metta, and vajrayana (Tibetan) Buddhist traditions. The course will stress conceptual understanding, and making use of meditation as a cognitive tool for improving mental and emotional intelligence.

### Course Outcomes and Proficiencies

What will the student *know* or *be able to do* at the end of the course?

What *attitudes* related to the subject will the student hold?

**Upon successful completion of this course, the student will:**

be able to articulately explain the purpose and effective use of at least 10 Buddhist meditation practices examined and used during the course.

have a deeper understanding of one's own thought processes, feelings, attitudes, and desires and how these internal states affect one's experience of life.

have a greater understanding of the underlying thought processes of Western culture and how they differ from thought processes cultivated by classic Buddhist teachings drawn from Asian cultures. The student will also have acquired a

### Assessments Planned

What evidence will demonstrate that students have achieved course outcomes? (assessment tools may include departmental tests, written products, portfolios, juried performances, quizzes and exams, or alternative assessments such as qualitative studies, capstone projects, external reviewers, etc.)

**How each outcome will be assessed:**

In-class written exams.  
Periodic short writing assignments.

Students will write in a meditation journal that will be evaluated by the instructor regularly throughout the term and as a complete body of work at the end of the term.

Mid-term and Final examinations,  
periodic short writing assignments, and writing in a meditation journal.

better understanding of the value and weaknesses of both Eastern and Western approaches to cognition.	
have the ability to make use of and benefit from the meditation principles and practices from the course in the context of the student's own life.	Periodic short writing assignments, and meditation journal.
have a greater appreciation for non-western ways of thinking and knowing.	Periodic short writing assignments, and meditation journal.
have an increased sense of the value of being aware of the inner workings of oneself (thoughts, feelings, desires, attitudes).	Periodic short writing assignments, and meditation journal.

### Course Content by Major Topics

What topics will be presented? What are the main activities of the course? What are the central themes?  
(See sample at <http://www.lanecc.edu/cops/format3.htm>.)

#### Topics:

#### Introduction to the Study and Practice of Buddhist Meditation

- Life and basic teachings of the historical Buddha
- Differences between Eastern and Western approaches to life
- Overview of the purpose and nature of meditation in Buddhist philosophical/religious traditions

#### Meditation Practices for Calming the Mind

- Stopping our own reactivity and regaining the ability to make conscious choices regarding responding to events
- Acknowledging mental content as it arises

#### Understanding Vipassana Meditation (also known as Insight Meditation)

- The connection between seeing our mental processes clearly and ending unnecessary suffering
- The idea of “mindfulness” in Buddhist teachings and it’s role in achieving increased awareness
- Using immediate perceptions as a tool for increasing present moment awareness
- Meditations for increasing our perception of specific aspects of the world
- “Looking deeply” (“seeing the cloud in a piece of paper”)

#### The Practice of Metta

- Creating a great capacity for compassion
- Seeing the connectedness of all living beings

## Zen Meditation Practices

- “Beginner’s mind” and “expert’s mind”
- Practices for decreasing our sense of separation from others and the world

## Vajrayana Meditation

- Tonglen meditation
- Chanting meditations
- Use of a mantrum

## Guided Meditations

- Guided metta practices
- Guided meditations for increased self awareness
- Breathing meditations

## More Active Forms of Meditation

- Walking meditation
- Working meditation
- Eating meditation

## Section 2. Proposal Information

### Course Developer:

Dale Lugenbehl

Date: 05-24-12

Catalog year to take effect:

2011-2012 \_\_\_\_\_

2012-2013 x

### Type of Proposal

☒ New course

☐ Currently 199 or 299

☐ Experimental Course

☐ 199 Special Studies

☐ 299 Trends

☐ Revised course (If increasing credits, use credit change form)

☐ Reactivated course with no change

☐ Reactivated course with changes

### Type of Course:

☒ Lower Division Collegiate (transfer)

☐ Professional/Technical (required or elective)

☐ Developmental, numbered below 100

### Rationale:

How does this proposal further the goals of the program or department?

Meditation is an essential aspect of Asian religious traditions, but one only touched upon lightly in existing course offerings. This course will fill this deficit in the curriculum.

What assessment evidence supports this proposal?

Roughly 5% of my existing Religions of China and Japan course deals with meditation. In the many years I have taught this course, I have seen many students benefit enormously from this component of the course. Meditation is an important cognitive tool and students receive virtually no instruction in it in

the standard curriculum.

How do you know there is a demand for this course?

Many students in Religions of China and Japan have expressed a strong interest in meditation.

### Section 3. Curriculum Equity (<http://www.lanecc.edu/cops/curric.htm>)

**To promote an environment where all learners are encouraged to develop their full potential, this course will support Lane's Curriculum Equity policy in the following way(s):**

- Readings and videos feature authors and speakers from Vietnam, Korea, China, Japan and Tibet, as well as both men and women from Western countries. This will encourage the perception that the information presented is universal in appeal and application.
- The study of meditation provides a radically different way of looking at the world from what students are used to from living in a Western culture.
- Buddhist teachings, dating back to the historical Buddha, have always emphasized that the teachings are intended for all people everywhere: both genders, all races and ethnicities, all ages, people of any social position and all cultural settings. The distinctions we see between people are viewed as artificial and false in Buddhist teachings.
- Meditation helps make a person aware of unconscious beliefs and thought patterns, including those that are prejudicial. Awareness of beliefs and mental patterns is the first crucial step toward changing them.

### Section 4. For revised courses only: PREVIOUS Catalog/Course Information:

Course Number: \_\_\_\_\_ Course Title in Banner: \_\_\_\_\_ (30 characters maximum)

Full Course Title in print catalog:

Prerequisites:

Co-requisites:

Grade Option: ☐ Graded (with P/NP option) ☐ Pass/No Pass only

Number/Type Credits	Term Minimum Contact	Term Maximum Contact	11-Week Term Contact
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__ Total credits (sum)	__ Total hours (sum)	__ Total hours (sum)	__ Total hours (sum)

### Course Description:

What will change? ☐ Course Number ☐ Title ☐ Course Description ☐ Credit hours ☐ Contact hours

**Section 5. Support Courses (New Professional/Technical course proposals must complete.)**

Professional/Technical courses are tracked within programs for purposes of Carl Perkins funding and budgetary planning. Indicate all degree or certificate programs for which this course will be required.

Program	Division

**Section 6. Overlap Courses (New course proposals must complete.)**

While overlap of course materials is not necessarily a flaw, duplication of course materials may lead to inefficient use of college resources. If there is overlap, the faculty of overlapping courses must agree on the extent of overlap and attach a rationale explaining its necessity.

Indicate all departments/courses that this course may overlap. Division Dean of existing course enters one of two options at right. Note: N/A is not an option.

Options:

1. No overlap.
2. Approved: overlap is acceptable. Rationale attached.
3. Disapproved: reasons attached.

Division	Course Number / Title	% Overlap	Option	Division Dean of existing course (Signature required for all options)	Date
Physical Education	PE 185M Meditation	5%	2		

The above is a PE 1 credit lab course and does not have the breadth, depth, conceptual or academic content and rigor of the course proposed in this document.

**Section 7. Qualification to fulfill degree requirements** (complete all relevant forms, available at <http://www.lanec.edu/currshed/index.html> and send to Mary Brau for the Degree Requirements Review Committee):

☐ Form(s) applying for the following degree requirement status have been attached. (Only check this box when forms have been completed and attached.)

**AAOT, ASOT-Bus, OTM:**

- ☒ Arts & Letters  
☒ Social Sciences  
☐ Science /Computer Science  
☐ Mathematics

**AAOT:**

- ☒ Cultural Literacy Option

**AAS, 1-year and 2-year certificates:**

- ☐ Human Relations

## Section 8. Library Impact Statement

Under accreditation standards, Library consultation is essential for new programs, new courses and for substantively revised courses when the revisions entail any change in library use.

### What assignments will require the use of library and information resources?

As this will be a combination of lecture and practical application, there will be no special research requirements for this course.

Each academic area has a Liaison Librarian (<http://www.lanecc.edu/library/services/liaison.htm>). Contact the designated librarian to discuss the library needs of your course. Please allow the librarian at least one week to assess library resources.

#### To be completed by Liaison Librarian:

- ☐ Library resources are adequate to support this proposal.  
☐ Additional resources are needed but can be obtained from current funds.  
☐ Significant additional Library funds/resources are required to support this proposal.

\_\_\_\_\_  
Liaison Librarian

\_\_\_\_\_  
Date

## Section 9. Divisional Approval (To be completed by Division Chair and Administrative Assistant)

### Human, Physical, and Financial Resources:

☐ Additional instructional costs (staff, materials, services or facilities) will be incurred to offer this course. Source of funding:

☐ No additional instructional resources (staff, materials, services or facilities) are needed to offer this course.

Explain:

### Required Certifications:

☐ We have developed minimum course certification standards according to the COPPs procedure "Instructor Qualifications: Credit," to be filed with ASA upon course approval.

☐ We have completed faculty certification form(s) for faculty qualified to teach this course, to be filed with ASA and Human Resources upon course approval.

### Fees:

- ☐ We have completed fee rationale and fee request forms to be submitted to ASA upon course approval, in compliance with the COPPs procedure, "Fees: Special"  
☐ No special fees will be required for this course.

### Divisional Recommendation:

☐ The Division Chair and Administrative Assistant have reviewed this course proposal and kept a copy for divisional files.

☐ Faculty review of this course was completed within the division on \_\_\_\_ (date).

☐ Pass

☐ Do Not Pass

\_\_\_\_\_  
Administrative Assistant/Coordinator

\_\_\_\_\_  
Date

\_\_\_\_\_  
Academic Dean

\_\_\_\_\_  
Date

## Section 10. College Approval

\_\_\_\_\_  
Curriculum Committee Chair

\_\_\_\_\_  
Date

\_\_\_\_\_  
Executive Dean for Academic Affairs

\_\_\_\_\_  
Date

Curriculum Approval Committee hearing:

\_\_\_\_\_  
Date

\_\_\_\_\_  
Vice President for Academic &  
Student Affairs

\_\_\_\_\_  
Date