

# WPE Wellness Courses

In collaboration with Physical Education, Recreation, and Athletics (PERA), the Center for Well-Being offers wellness courses as an option for completing the Wellness and Physical Education (WPE) requirement. Wellness courses are numbered WPE 1600 to 1999 for students to easily identify the wellness courses that fulfill the WPE requirement.

## CONTACT

**Location:** [Daniels Hall](#)

**Phone:** [+1-508-831-6494](tel:+1-508-831-6494)

[cwb@wpi.edu](mailto:cwb@wpi.edu)

## Approved Wellness Courses for the Wellness and PE (WPE) Requirement (Course numbers WPE 1600 to 1999)

WPE 1601 Insight Program	+
WPE 1610 Approaches to Holistic Wellness	+
WPE 1611 Introduction to Mindfulness	+
WPE 1612 Introductory Yoga	+
WPE 1613: Succeeding as an Introvert (Cat I)	+

## Special Topic Wellness Courses

WPI offers several variations of the Special Topics in the Holistic Well-Being (WPE 1699) course. This course provides an opportunity for students to learn about a special topic in holistic wellbeing. The topics are subject to change on a rotating basis to provide flexibility in the offerings based upon student interest and the latest practice and science of well-being.

**Varied special topics course offerings within WPE 1699**

- **WPE 1699- Special Topics in Holistic Well-Being: Intuitive Eating**

- Intuitive Eating (IE) is defined as a positive mind-body integration of instinct, emotion, and rational thought. It is an individual process of honoring our health by paying attention to the senses of our body and meeting our physical and emotional needs. This 7 week PE course will outline the 10 Principles of Intuitive Eating as developed by Evelyn Tribole and Alyse Resch, Registered Dietitians. Its participants will understand the possible physical and mental benefits of incorporating IE into their individual lifestyles. Each class will involve interactive activities/worksheets to highlight the topic of that class. This class is not designed for those students with an active or history of eating disorders. Please contact me directly if you have any concerns I should be aware of.

Instructor: Shavaun Cloran

- **WPE 1699- Special Topics in Holistic Well-Being: Exploring the Impact of Nutrition on Brain, Body and Planet**

- This course is designed to introduce and educate its participants on multiple facets of nutrition and explore varied current topics of nutrition today. Students will understand how food and beverage choices impact their everyday lives and the environment. Over the course of the term we will discuss multiple current nutritional trends and learn how to become an educated consumer while navigating the complex world of nutritional messaging. Each class will involve interactive activities to highlight the topic of that class.

Instructor: Shavaun Cloran

- **WPE 1699- Special Topics in Holistic Well-Being: Pranayama: An Introduction to Yogic Breathing**

- Pranayama, one of the eight limbs of yoga, is an essential component of traditional yoga practice, which uses breath control to harness energy. Pranayama is a type of meditation technique that involves various methods for controlling breathing with the goal of withdrawing one's senses from the outside world. Its purpose is to connect body and mind, increase the flow of oxygen to the body, and provide physiological benefits.

Instructor: Katherine Foo

- **WPE 1699- Special Topics in Holistic Well-Being: Finding Joy in the Visual Arts**

- This course introduces students to the aesthetic benefits that works of visual art impart as a means to promote well-being. Participating in Museum gallery discussions will foster social connection, as students learn the tools of visual analysis needed for a thoughtful understanding of paintings, sculptures, and works of decorative art. Brief but relevant supplementary readings and video material related to the appreciation of beauty in art will enhance the experience of perceiving qualities inherent in emotional responses to an artwork.

Instructor: Michelle Borowski

- **WPE 1699- Special Topics in Holistic Well-Being: Sophomore Success**

- In this Sophomore Success course, students will gain valuable insight into several facets of the WPI experience along with important skills and abilities to successfully navigate their second year at WPI. This course will cover topics such as building and creating habitual time management, self-care, and

organizational skills while learning how to apply for an Interactive Qualifying Project, track academic progress at WPI, and explore potential career, internship, and co-op opportunities. These topics will be presented by the course instructor and guest speakers from student resource offices across WPI.

Instructor: Miriam Cohen