

<b>Module title (EN)</b>	<b>Interoception &amp; Body-Awareness (Seminar - online)</b>		
<b>Veranstaltungs-Titel (DE)</b>	Körperwahrnehmung (Seminar - online)		
<b>Veranstaltungs-Nummer</b>	454434-FS	<b>Programm</b>	Bachelor
		<b>Credits</b>	5
<b>Voraussetzungen</b>	Major: Abgeschlossenes Propädeutikum Minor 60: Abgeschlossenes Propädeutikum empfohlen		
<b>Erste Durchführung</b>	2020	<b>Letzte Kontrolle</b>	Nov. 2021
<b>Veranstaltungsleitung</b>	Prof. Dr. Mirko Schmidt		
<b>Unterrichtende</b>	Amie Wallman-Jones		
<b>Sprachen</b>	English (online)		
<b>Einführung</b>	<p>The theory of body-awareness outlines the importance of bidirectional body-brain interactions in the process of cognition, perception and action. New insights into the role of interoception in aspects such as emotional regulation, has opened the potential for developments in multidisciplinary practice, with overlaps between cognitive neuroscience, physiology, psychology, philosophy and medicine. The seminar will address current issues in the field of body-awareness acknowledging the overlap between both research and practice. One part of the seminar will include an introduction to the empirical and theoretical research of body-awareness. During the other part of the seminar we will expand upon these concepts, providing examples of practical applications for the theory, relaying the importance of body-awareness in connection to personality development, self-regulation and emotional control.</p>		
<b>Lernergebnisse</b>	<p>The students</p> <ul style="list-style-type: none"> <li>• can define the constructs interoception &amp; body perception</li> <li>• know theories and current empirical research results</li> <li>• can apply and interpret objective and subjective measurement methods</li> <li>• know the structure of a scientific poster</li> </ul>		
<b>Inhalte</b>	<ul style="list-style-type: none"> <li>• Lectures on theoretical concepts and empirical results</li> <li>• Practical experience of body awareness</li> <li>• Measure their own body's signals</li> <li>• Creation of a scientific poster</li> </ul>		
<b>Arbeitsformen</b>	<ul style="list-style-type: none"> <li>• Active participation in the seminar (30h = 1 credit)</li> <li>• Self-study and processing of the preparatory assignments (30h = 1 credit)</li> <li>• Planning &amp; implementation of a teaching unit (45h = 1.5 credit; work teams)</li> <li>• Creation and presentation of a poster (45h = 1.5 credit; work in teams)</li> </ul>		
<b>Bewertung</b>	<ul style="list-style-type: none"> <li>• Preparation and implementation of the practical lesson (1/3)</li> <li>• Poster (1/3)</li> <li>• Oral presentation of the poster (1/3)</li> <li>• The poster must be "passed", that is, it must be rated with at least sufficient (4.0)</li> </ul>		
<b>Unterlagen</b>	On the ILIAS learning platform		
<b>Literatur</b>	Recommended reading will be announced at the beginning of the seminar.		