

**Faculty of Health Sciences
School of Human Kinetics
APA 4323**

QUALITY LIVING

Terry Orlick

Winter 2009

SCS E218

Monday 4:00 -5:30

Wed 2:30 - 4:00

excel@zoneofexcellence.ca

www.zoneofexcellence.ca

Purpose of the Course

The purpose of this course is to enhance the quality of your life. Through self reflection, course reading materials, a variety of reflective questions and in-class activities, and a life enhancing project, you will increase your understanding of what is required to enhance the quality of your own life and the quality of lives of others. The goal is then to apply these insights and shared wisdom in meaningful ways to enhance the quality of your own life over the course of this semester, and beyond.

Objectives of the Course

1. To expand your conceptual understanding and applied knowledge on how to enhance the quality of learning, performance and living in your life and the lives of other human beings.
2. To enhance your ability to apply relevant Positive Living Skills, including positive focus, connected focused, appreciation, relaxation and positive perspectives to enhance the quality of your life.
3. To reflect in meaningful ways on how to collectively enhance the quality of all human life within individuals, relationships, families, schools, communities, countries and our world.

Methods of Learning

Books and Resources

In Pursuit of Excellence 2008

Embracing your Potential 1998

Articles from Journal of Excellence

Quality Living (QL) Project – An essential component of this course is to create a personal plan to enhance the quality of your daily life and to act on that plan. The goal of this project is for you to apply relevant positive living skills to enhance the quality of your daily life and achieve the life goals that are important to you. In your personal Quality Living Journal write down anything you read, do, did, act on or learn that is relevant to enhancing the quality of your life over the course of this semester (Personal Readings, Questions for Reflection, Lessons emerging from class Discussion, Actions you Take, Reactions, Personal Challenges, Personal Growth and Ongoing Lessons for Personal Improvement). In your QL Journal, if possible, include the date you recorded your lesson learned and the event or context that inspired that lesson (for example, what you read, what you did or did not do, the activity, action or the interaction in which you were engaged that helped you improve or learn a lesson). **Your QL Journal is the only written material required for this course. Anything you learn that you feel is relevant to adding connection, joy and quality to your life or the lives of others should be recorded in your QL Journal.** At the conclusion of your QL Journal, include a final two page typed summary of what you learned, what you acted on, what you changed in your life or perspective (if anything), what obstacles you faced, how you tried to overcome those obstacles and what you plan to do in the future to continue to add joy, meaning, love and connection to different parts of your life (if anything).

Collaborative Learning – Each of you will participate in small and large group discussions within the class to draw upon the positive power of collaborative learning. Collaborative learning includes being present and fully focused in class, sharing experiences and perspectives from your life, and discussing various assignments and responding to questions raised in class. Small groups will meet within the classroom setting on a regular basis. In the final classes of this semester, each student will briefly share their Lessons Learned for Quality Living with their classmates.

Commitment to Learning - When you take this class I expect you to come to the classes, and when you are here that you are totally here and totally focused. This means being physically here, mentally here, fully focused, willing and wanting to learn, to question, to speak out, share experiences and integrate meaningful concepts into your life and the lives of others. If you want to take advantage of the unique opportunities open to you in this course, you must do the assignments and attend classes regularly. If you are not committed to enhance the quality of your own life or to grow as person from this experience, you might want to choose another class, which will allow another student who wants to be here to take advantage of this opportunity to learn.

Methods of Evaluation

Engagement in Class Activities – Sharing Personal Lessons	30%
Quality Living Project	70%

READINGS/RESOURCES :**Class Texts**

Orlick, T. (2008). In Pursuit of Excellence. Champaign, Il.: Human Kinetics Publishers.
Orlick, T. (1998). Embracing Your Potential. Champaign, Il.: Human Kinetics Publishers.
Journal of Excellence (1998 - 2008) Vol.1 through Vol. 12. www.zoneofexcellence.ca

Supplemental Readings

Baker, D. (2003) What Happy People Know. Rodale, www.rodalestore.com.
Buscaglia, L. (1996) Love: What Life is all About. New York: Fawcett Books.
Orlick, T. (2004). Feeling Great: Teaching Children to Excel at Living. Carp ON: Creative Bound.
Orlick, T. (1995). Nice on my Feelings: Nurturing the Best in Children and Parents. Carp, ON : Creative Bound.
Orlick, T. (2006) Cooperative Games and Sports. Champaign, Il : Human Kinetics Publishers.

APA 4323
 Monday 4:00 – 5:30
 Wednesday 2:30 - 4:00

Quality Living

Class Schedule and Assignment Overview

MONDAY	WEDNESDAY
<p>Jan 12th Focused Connection for Joyful Living Live to Enjoy – More Joy – Less Stress Read to Remember, Reflect and Grow In Pursuit of Excellence – Chapter 1 and 3 due Embracing Your Potential – Intro (pp viii – xvi) and Chapter 1 due Embracing - Responses to Relevant Questions on pg 14 and 15 due Love and Passion</p>	<p>Quality Living – What is it? Pre – Course Reflections Positive Focus – Connected Focus Appreciation</p> <p>Jan 14th The Power of Positive When the Impossible Becomes Possible Read to Remember, Reflect and Grow In Pursuit – Chapter 4 & 5 due Embracing Your Potential Chap 2 & 3. due Embracing - Responses to Relevant Questions on pg 16 and 17 due Relationships</p>
<p>Jan 19th Distraction Control In Pursuit - Chapter 6 and 7 Embracing - Chapter 4 and 5 Responses to Mission to Excellence Interview Questions on pg 67 applied to Quality Living due Belief – Why I Can – How I Will Relaxation and Connection Distraction Control Plan</p>	<p>Jan 21st Learning from Setbacks In Pursuit – Chapter 11 & 12 Embracing - Chapter 6 & 7 Zen Experiences and Positive Perspective Discuss Zen Focus Experiences</p>
<p>Jan 26th In Pursuit - Chapter 13 & 14 Embracing - Chapter 8 & 9 Goals and Commitment Managing Overload Turning Negatives into Positives</p>	<p>Jan 28th In Pursuit - Chapter 15 & 17 Connections and Actions Embracing Chapters 9 & 10</p>
<p>Feb 2nd In Pursuit – Chapter 18 & 19</p>	<p>Feb 4th In Pursuit – Chapter 20 & 21</p>

Embracing Chapters 11 & 12 Composure and Balance Quality Living Actions and Lessons	Embracing Chapters 13 & 14 Consistency and Resilience – Teamwork and Setbacks Quality Living Actions and Lessons
Feb 9th TG Special Populations Focus	Feb 11th TG Finding Advantages in Adversity
Feb 16th QUALITY LIVING STUDY BREAK	Feb 18th QUALITY LIVING BREAK
Feb 23rd Reflections on Quality Living Progress Class Activities	Feb 25th Journal of Excellence – Article of Choice due
March 2nd Reflections on Quality Living Challenges Class Activities	March 4th What Happy People Discover Journal of Excellence – Article of Choice due
March 9th Sharing Quality Living Progress	March 11th Sharing Quality Living Challenges
March 16th Open Discussions and Questions	March 18th Open Discussions and Questions
March 23rd Sharing Quality Living Lessons Class Activities	March 26th Sharing Quality Living Lessons
March 30th Sharing Quality Living Lessons Class Activities	April 1st Sharing Quality Living Lessons
April 6th Sharing Quality Living Journal Lessons Learned	April 8th LAST CLASS Quality Living Journal due – Wrap Up

APA 4323 – Winter 2009 – Terry Orlick – Guidelines for Quality Living Journal

Welcome to the Quality Living (QL) Project Adventure.

In your Quality of Living Project Journal, write down anything relevant to you - from all your readings, all our classes and from your personal experiences that you feel can help you enhance the quality or joyfulness of your life. Begin today - and as we move through the 13 weeks in this semester, continue to write down in your QL Journal anything you learn, do, or to try to do enhance the quality of day or your life. Entries should be made in your Journal at least 3-4 times a week - class days, days you read course assignments, and days when you act on what you are learning to try to improve the quality of some part of your day or life. In your QL Journal also indicate how the strategies you are trying to implement are working or not working. The "Quality Living Reflection Questions" on page 6 of the course outline which were handed out in the first class should be completed (all 6 Questions) and included in your Quality Living (QL Journal).

The Quality Living Course Journal can be hand-written or completed on your computer (or some of each). You can even include pictures or art work if you like. In our final class you will hand in your written or typed QL Journal - which contains your essential learning experiences and actions related to your journey to enhanced quality living. Conclude your QL Journal with a two page typed overview of your experience with Quality Living.

Class Readings. When you are reading books chapters and articles for class, read to remember, learn, act and share. Getting something out of the chapter is the goal – not just getting through the chapter. Be focused enough to remember the key points you are reading so you can share them in class. Read to Remember.

LEARN AND REMEMBER THE IMPORTANCE OF:

Moments of silence

Moments of reflection

Recording highlights at the end of the day

Planning positive action

Engaging in positive action – deciding

Evaluating/debriefing your actions

Did I act on the positive things I wanted to act on? Yes or No?

If yes, how did I get myself to do it?

If no, why didn't I do what I wanted to do?

Who controls your focus and your actions or inactions?

Do you control your focus or does someone else control your focus?

Are you capable of deciding – to make a positive decision and acting on it?

Our goal in this course and our lives is to become Olympians at quality living – not just so-so, average or good - but great.

Use the mission to excellence questions on page 67 in "In Pursuit of Excellence" (2008 edition) to guide your excellence at living.

Use the questions on balance and highlights on pages 14 and 15 in “Embracing Your Potential” to guide your positive growth.

Use this course and this Quality Living project as opportunity to become more focused, more positive, more joyful, more connected, more insightful, more balanced, more relaxed and better at learning and performing. As you begin to learn and refine essential positive living skills through this class you will also become better able to let go of negativity, anger, loss, frustration or stress and begin to responding in more positive ways or ways you would prefer respond. This is the essential goal.

Collaborative Learning - Participating in collaborative small group discussions in this class and outside of class can be beneficial to everyone with respect to initiating positives actions continuing to draw out lessons and moving forward in positive and meaningful ways.