1. **Course**
   Name of the course- “Body Mind Relations”
   Faculty-
   Department- Nutrition
   No. of course- 2-40233101
   Degree-B.A. studies.

2. **Schedule**
   Semester-b
   Year-second
   Day-Monday
   Hour-17:00-19:00

3. **Lecturer**- Dr. Shiri Schonbach-Medina

4. **Teaching assistant/tutor**- No.

5. **Course goal**- Practicing and Awareness of body mind relation and its impact on therapeutic processes.

6. **Prerequisites**- None.

7. **Method of instruction**- Dynamic group workshop.

8. **Course plan**- The first part of the course is in a workshop pattern and the second part is in a frontal tutoring pattern.

9. **Course requirements**- Attendance to class. Participation in the workshop, performance of a final test.

10. **Course grading**- 100% test.

11. **Learning Outcomes**- Elaborating the awareness to self, to others feelings, to stereotypes, awareness of body image and its role in life, ventilation of eating disorders or obsessiveness with food consumption within students.

12. **Main textbook and additional text books**-

13. **Reading List**


14. **Required material for the examination**

3 Articles and material studied in frontal lessons in class dealing with feeding di.