**《幸福人生》课程教学大纲**

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| 课程基本信息（Course Information） |
| 课程代码（Course Code） | SO098 | \*学时（Credit Hours） | 32 | \*学分（Credits） | **2** |
| \*课程名称（Course Name） | （中文）幸福人生 |
| （英文） Happy life |
| 课程性质(Course Type) | 公共选修课, public elective course |
| 授课对象（Audience） | 全校大一新生, all the new undergraduates in the campus |
| 授课语言(Language of Instruction) | 中文和英文, Chinese and English |
| \*开课院系（School） | 生命科学技术学院,School of Life Sciences and Biotechnology机械动力学院,School of Mechanical Engineering |
| 先修课程（Prerequisite） | 无, no |
| 授课教师（Instructor） | 张大兵 教授, Prof. Dabing Zhang张文光 副教授，Associate Prof. Wenguang Zhang | 课程网址(Course Webpage) |  |
| \*课程简介（Description） | （中文300-500字，含课程性质、主要教学内容、课程教学目标等）**课程性质**针对目前部分大学过分注重知识积累和学习，往往忽视对社会、文化等了解和关注，对未来产生担心和忧虑，特别是在遇到一些实际困难时候，如感情挫折、学业就业压力时候，往往表现出迷茫和无所适从，导致精神紧张，甚至出现心理问题。因此，为了提升学生身心健康，适应未来工作生活压力，培养身心健康高素质人才，本课程针对全校本科生、硕士研究生、博士研究生等开设一些启迪人生智慧的讲座，介绍缓解压力、克服心理障碍的对治方法，预期可以缓解这类问题发生，对学生的健康学习和生活具有非常重要的意义。**教学内容**引言：大学学习和幸福人生第一章：幸福分子与调控第二章：爱情激素和分子第三章：食物与健康第四章：幸福分子的信号传递第五章：幸福分子与现代社会科技第六章：如何实现幸福分子持久表达 **课程目标**1）让学生从生物学角度明白理解幸福、认识幸福；2）引导学生掌握与控制幸福分子表达的技巧；3）培养提升身心健康的幸福之路；4）让学生理性看到现代科技、社会压力与人来自身的幸福。 |
| \*课程简介（Description） | （英文300-500字）**Course Objectives**At present, some students are suffering from the study and life pressure because they spend more time on the specialized course and knowledge, which frequently causing negative social, cultural and problems of the students. To educate the students with a positive attitude and help them have a healthy and happy life, this course will present practical knowledge and skills in overcoming the emotional, family and professional problems from biological view. **Teaching Contents**Introduction：University study and happy lifeChapter 1: Molecules controlling happiness Chapter 2: Molecule controlling loveChapter 3: Food and happinessChapter 4: Signal transduction of happinessChapter 5: Happy molecule and social crisis and t current science and technology Chapter 6: How to develop a long-term happiness by controlling the molecular expression. **Course Objectives**1. This course help students improve their philosophy, develop an ideal personality from biological view;
2. Guide the students to master communication skills for having happiness;
3. This course also introduce good habits which are conducive to mental and psychological health.
4. Future trend of science and technology and happiness.
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| 课程教学大纲（Course Syllabus） |
| \*学习目标(Learning Outcomes) | **引言：大学学习和幸福人生****第一章：幸福分子与调控**1)幸福的定义和类型；2)幸福分子的定义和类型；3)幸福分子的调控。**第二章：爱情激素和分子**1)爱情激素和分子； 2)爱情信号分子神经传导；**第三章：食物与健康**：1) 食物与疾病； 2) 健康饮食； **第四章：幸福分子的信号传递**1) 幸福分子生物学传导机制；2）幸福分子社会学传导机制；3) 幸福分子传导不通畅常见问题； 3) 如何建立良好的幸福分子传递机制。**第五章：幸福分子与现代社会科技**1)目前社会哪些因素影响幸福分子表达？2)目前科学技术如何服务幸福生活；3)未来影响人类幸福挑战和应对措施。**第六章：如何实现幸福分子持久表达**1)幸福分子持久表达的条件； 2)持久幸福的生物学因素；3)持久幸福的社会因素和自身努力。**Introduction: University study and happy and healthy life****Chapter 1：How to deal with mental difficulties and pains**1) Defination and types of happiness;2) Types of molecules for happiness; 3) Regulations of the expression of happiness molecules**Chapter 2: Hormone and molecules of love**1) The love molecule and hormones 2) Signal transduction of love molecules. **Chapter 3: Food and happiness**1) Food and disease; 2) Food and health**Chapter 4: Signal transduction of happiness**1) Biological way；2) Social approaches; 3) Frequent problems of happiness signal transduction.4) How to maintain the proper signal transduction for happiness**Chapter 5: Happiness and current science and technology**1) Current crisis of the society affecting the happiness; 2) How to get happiness from current science and technology; 3) Future challenges to hapiness and possible solutions. **Chapter 6: How to maintain a long-term expression happiness molecule** 1) Conditions for maintaining the expression of happiniess molecules2) Biological aspects3) Social aspects. |
| \*教学内容、进度安排及要求(Class Schedule & Requirements) |

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| **教学内容** | **学时** | **教学方式** | **作业及要求** | **基本要求** | **考查方式** |
| 引言：大学学习和幸福人生 | **2** | 面授、视频、讨论 | 阅读参考书写心得体会 | 完成 | 课堂抽查 |
| 幸福分子与调控 | 4 | 面授、视频、讨论 | 阅读参考书写心得体会 | 完成 | 课堂抽查 |
| 爱情激素和分子 | 4 | 面授、视频、讨论 | 阅读参考书写心得体会 | 完成 | 课堂抽查 |
| 食物与健康 | 4 | 面授、视频、讨论 | 阅读参考书写心得体会 | 完成 | 课堂抽查 |
| 幸福分子的信号传递 | 4 | 面授、视频、讨论 | 阅读参考书写心得体会 | 完成 | 课堂抽查 |
| 幸福分子与现代社会科技 | 4 | 面授、视频、讨论 | 阅读参考书写心得体会 | 完成 | 课堂抽查 |
| 如何实现幸福分子持久表达 | 8 | 面授、视频、讨论 | 阅读参考书写心得体会 | 完成 | 结束提交报告 |

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| **Teaching contents** | **Credit Hours** | **Teaching Method** | **Assignments Requirements** | **Basic Requirements** | **Examination** |
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| Introduction: University study and happy and healthy life | 4 | contact studies, video and discussion | read reference books and write reflections | Fulfill requirements | random |
| Introduction: University study and happy and healthy lifeChapter 1：How to deal with mental difficulties and pains | 4 | contact studies, video and discussion | read reference books and write reflections | Fulfill requirements | random |
| Chapter 2: Hormone and molecules of love | 4 | contact studies, video and discussion | read reference books and write reflections | Fulfill requirements | random |
| Chapter 3: Food and happiness | 4 | contact studies, video and discussion | read reference books and write reflections | Fulfill requirements | random |
| Chapter 4: Signal transduction of happiness  | 4 | contact studies, video and discussion | read reference books and write reflections | Fulfill requirements | random |
| Chapter 5: Happiness and current science and technology | 4 | contact studies, video and discussion | read reference books and write reflections | Fulfill requirements | random |
| Chapter 6: How to maintain a long-term expression happiness molecule  | 8 | contact studies, video and discussion | read reference books and write reflections | Fulfill requirements | submit report |

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| \*考核方式(Grading) | （成绩构成）1. 作业 20%
2. 课堂讨论 30%
3. 期末报告 50%

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| 1. Homework 20%
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| 1. Classroom Communication 30%
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| 1. Final Exam 50%
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| \*教材或参考资料(Textbooks & Other Materials) | （必含信息：教材名称，作者，出版社，出版年份，版次，书号）1. 智慧与人生，傅佩荣
2. 论语别裁，作者：南怀瑾
3. 中国智慧，作者：易中天
4. 漫谈弟子规，索达吉堪布
 |
| 其它（More） |  |
| 备注（Notes） |  |

备注说明：

1．带\*内容为必填项。

2．课程简介字数为300-500字；课程大纲以表述清楚教学安排为宜，字数不限。