

## **Biophilic Design Approach for Improved Performance**

### **About the Course:**

Biophilic design is more than just a trend; it's a transformative approach to architecture and interior design that prioritizes the well-being of occupants, environmental sustainability, and a deep connection to nature. This course delves into the principles, practices, and benefits of biophilic design, offering participants a comprehensive understanding of how to create spaces that enhance human health, productivity, and happiness while reducing the ecological footprint.

### **Learning Objectives:**

- **Grasp the Essence of Biophilic Design:** Gain a profound insight into the meaning and philosophy behind biophilic design and its profound impact on human well-being.
- **Distinguish Biophilic, Sustainable, and Green Design:** Differentiate between biophilic design, sustainable architecture, and green design, understanding their unique contributions and interactions.
- **Comprehend the Need for Sustainable Architecture:** Explore the global environmental challenges and resource depletion that make sustainable architecture an imperative in today's world.
- **Explore the Elements of Biophilic Design:** Investigate the various elements that make up biophilic design, including natural materials, patterns, lighting, and spatial arrangements.
- **Synergize Biophilic and Green Approaches:** Discover how biophilic and green design can work together harmoniously to create environmentally responsible and human-centered spaces.
- **Appreciate the Benefits:** Analyze the extensive benefits of biophilic and green architecture, including enhanced occupant health, increased productivity, and reduced energy consumption.

### **Course Structure:**

The self-paced e-certificate course covers the following key themes using diverse learning tools:

- **Introduction to Biophilic Design**
  - What is "Biophilic"? Historical context
  - Biophilic vs. Sustainable vs. Green design concepts
- **Sustainable Architecture and Its Significance**
  - Environmental challenges and the need for sustainability
  - Economic and ecological benefits of sustainable design
- **Components of Biophilic Design**
  - Natural elements, materials, and patterns
  - Spatial design and sensory experiences
- **Integrating Biophilic Design into Architecture**
  - Practical strategies for successful integration

**Who is the Course For/ Intended Audience:**

This course is designed for students, architects, interior designers, sustainability professionals, and anyone interested in creating healthier and more sustainable built environments.

**Duration and Time Commitment:**

1 – 1.5 Hours