

**Stretch and Relax**  
**PHED – 2996**  
**Section – 502**  
**Spring Semester 2024**  
**Online class**  
**SP24\_PHED\_2996\_502\_KingG**

**Instructor:** Glenda King

**Email:** [gking22@unm.edu](mailto:gking22@unm.edu)

**Course Schedule:**

8 week self-paced course available online via Canvas.

**Course Description:**

This 8-week course is designed to help students release the stress and tension of everyday life using the body as a mechanism for release. In turn, the relaxation of the body can relieve mental stress and emotional unease. This class focuses on using active stretching as opposed to passive stretching techniques. In active stretching a muscle group is engaged and held over 15-30+ seconds enabling the complementary muscle group to lengthen and release. Passive stretching is used in restorative yoga classes. Coordinating active stretching with the breath increases that release, increases focus, and builds tolerance and perseverance. The basics of pranayama, or the control of the breath, will be taught. Props will be used to support modifications if needed. All fitness levels welcome.

**Required Materials:**

Yoga mat (preferably sticky so that feet/hands don't slip)  
2 Yoga blocks (4"x 9"x 6" - can be found fairly inexpensively on Amazon)  
Yoga strap (a long leather belt or something non-stretchy can be substituted)

**Homework:**

Each Monday there will be an approximately 45-minute video uploaded for you to follow along and practice with the instructor. You have the full week to practice whenever you choose. Feel free to use the video more than once.

After the practice session ends write in your journal your experience of the class plus uploaded photos/videos to receive participation points. Class Journal due the following Sunday.

--Each Class Journal consists of your response to the class. Responses should include, for example, how you felt you did in the poses, whether they were challenging or not, what your struggles are in that class whether of alignment or strength or flexibility or breathing or technical details of the poses. I may include questions (to ask yourself) after the video. These are only suggestions.

--Please do a video or photos of **3** poses (include names of poses) we covered in class for that day. Videos or photos can be sent as attachment jpeg or Word doc or other video attachment. Please make sure I can see your body in full and that the lighting is **in front** and not behind you (as you will appear as a silhouette).

Along with Class Journals + Photos/Videos there will be one Paper Assignment due at the end of the 8th week.

Paper Assignment will include the 8 weeks of journaling plus your summary of how you did over the whole of the 8 weeks: improvements or not? What you have learned or not? So, if you have been keeping up on the journaling then most of the final paper is already complete (!). All you have to do is add a final paragraph or two summarizing your experience in the whole of the 8 week class.

--Paper should be typed in 12 pt. font size, Times New Roman font, 1.5 or double spacing. No single spacing please—it's too hard to read.

All recorded videos, Class Journaling and Paper Assignment will be found on UNM Canvas. Dates listed below.

Please reach out to me via email if you have any questions.

### Course Schedule:

Week	Assignments	Due Date
1	Stretch & Relax Class: Journal + Photos/Video	Sunday, 1/21
2	Stretch & Relax Class: Journal + Photos/Video	Sunday, 1/28
3	Stretch & Relax Class: Journal + Photos/Video	Sunday, 2/4
4	Stretch & Relax Class: Journal + Photos/Video	Sunday, 2/11
5	Stretch & Relax Class: Journal + Photos/Video	Sunday, 2/18

6	Stretch & Relax Class: Journal + Photos/Video	Sunday, 2/25
7	Stretch & Relax Class: Journal + Photos/Video	Sunday, 2/3
8	Stretch & Relax Class: Journal + Photos/Video	<b>Saturday, 2/9</b>
8	Final Paper: 8 weeks of journaling + Summary	<b>Saturday, 2/9</b>

### Course Evaluation:

1. The class is graded on a scale of 0-100 points.
2. Students taking this class for a grade will have one Journal assignment turned in by the end of the 8th week of the session. This assignment is worth **28** points. All journal assignments can be found online in your UNM Canvas. Journal assignments should be submitted within one week. See the schedule above.
3. The remaining 72 points will be distributed as participation points. In order to receive all participation points, you must complete a post class journal plus attachment of 3 poses via photos or video after every class. Each journal with photo/video attachment is worth **9** points x 8 weeks = 72.
4. Below is the grading scale:

A = 90% - 100% - 90-100 points

B = 80% - 89.9% - 80-89 points

C = 70% - 79.9% - 70-79 points

D = 60% - 69.9% - 60-69 points

F = <59.9% <59 points

### Course Dishonesty – Section 4.8:

"Academic dishonesty" includes, but is not limited to, dishonesty in quizzes, tests, or assignments; claiming credit for work not done or done by others; hindering the academic work of other students; misrepresenting academic or professional qualifications within or without the University; and nondisclosure or misrepresentation in filling out applications or other University records.

**Accommodations:**

UNM is committed to providing equitable access to learning opportunities for students with documented disabilities. As your instructor, it is my objective to facilitate an inclusive classroom setting, in which students have full access and opportunity to participate. To engage in a confidential conversation about the process for requesting reasonable accommodations for this class and/or program, please contact Accessibility Resource Center at [arcsrvs@unm.edu](mailto:arcsrvs@unm.edu) or by phone at 505-277-3506. The UNM-Valencia Equal Access Services (Sarah Clawson, Coordinator), at (505) 925-8840 or by email at [sjclawson@unm.edu](mailto:sjclawson@unm.edu).

Support: Contact me at [ ] or in office/check-in hours and contact. The UNM-Valencia Equal Access Services (Sarah Clawson, Coordinator), at (505) 925-8840 or by email at [sjclawson@unm.edu](mailto:sjclawson@unm.edu), Or Accessibility Resource Center (<https://arc.unm.edu/>) at <mailto:arcsrvs@unm.edu> (505) 277-3506.

**Title IX:**

Our classroom and our university should always be spaces of mutual respect, kindness, and support, without fear of discrimination, harassment, or violence. Should you ever need assistance or have concerns about incidents that violate this principle, please access the resources available to you on campus. Please note that, because UNM faculty, TAs, and GAs are considered "responsible employees" any disclosure of gender discrimination (including sexual harassment, sexual misconduct, and sexual violence) made to a faculty member, TA, or GA must be reported by that faculty member, TA, or GA to the university's Title IX coordinator. For more information on the campus policy regarding sexual misconduct and reporting, please see: <https://policy.unm.edu/university-policies/2000/2740.html>.

Support: LoboRESPECT Advocacy Center, the Women's Resource Center, and the LGBTQ Resource Center all offer confidential services.