

**Stretch and Relax**  
**PHED - 2996**  
**Section - 506**

**Fall Semester 2021**

**Online Platform &  
In-Person at 1:30pm  
Tuesday/Thursday  
Valencia Campus Wellness Center**

**Instructor Information**

**Primary Instructor**      **Email**

Victoria Perez              [missvperez@unm.edu](mailto:missvperez@unm.edu)

**Phone:**  
505-925-8833

**Course Schedule:**

**Tuesday / Thursday 1:30 PM, Mountain Time, and via Blackboard and YouTube**

**Course Description:**

These 8 weeklong courses is designed to help individuals decrease the stress that is placed upon the muscles and the mind from everyday life. Often in our busy lives, it is hard to find the time to just relax. This class will focus on the basics of flexibility and multiple relaxation techniques.

This course will go over common methods and techniques to lead a more relaxed lifestyle, methods such as: stretching, meditation, breathing and different myofascial release techniques.

This class is appropriate for all fitness levels.

**Please follow and bookmark the link below, to find a playlist to our classes:**

<https://youtube.com/playlist?list=PLKilp6p7wUkJYt9LejRLcDIdGhww6-GFq>

### Required Materials:

- - Access to the internet
  - Notebook
  - Yoga Mat
  - Foam Roller (highly suggested)
  - Tennis or Lacross ball (highly suggested)
  - Comfortable, athletic/yoga clothing

### Expectations and Goals:

- Understanding and applying different stretch and relax techniques.
- Students will develop an appreciation for the importance of how stretching can help the mind, body, and spirit!

### How this course will work:

- Every Tuesday and Thursday at 4pm Mountain Time, there will be a YouTube video uploaded for you to watch.
- After completing the YouTube video, complete the “post class review” to receive participation points.
- The “post class review” will very quick and short, simple questionnaire to inure you were in attendance.
- You will have 4 Assignments during the semester.
- Complete all assignments and reviews within one week.
- All assignments are found on your UNM Blackboard Learn.
- All dates are listed below.
- Reach out with any questions or concerns.

## Course Schedule

	Date
<b>Review Syllabus / Assignment 1</b>	August 24th
<b>YouTube Stretching &amp; Relax / Class Review</b>	August 31 <sup>st</sup>
<b>YouTube Stretching &amp; Relax / Class Review</b>	September 2 <sup>nd</sup>

YouTube Stretching & Relax / Class Review	September 7 <sup>th</sup>
<b>Submit Assignment 2 - No Zoom Class</b>	September 9 <sup>th</sup>
YouTube Stretching & Relax / Class Review	September 14 <sup>th</sup>
YouTube Stretching & Relax / Class Review	September 16 <sup>th</sup>
YouTube Stretching & Relax / Class Review	September 21 <sup>st</sup>
YouTube Stretching & Relax / Class Review	September 23 <sup>rd</sup>
<b>Submit Assignment 3 - No Zoom Class</b>	September 28 <sup>th</sup>
YouTube Stretching & Relax / Class Review	September 30 <sup>th</sup>
YouTube Stretching & Relax / Class Review	October 5 <sup>th</sup>
Last YouTube Stretching & Relax / Class Review	October 7 <sup>th</sup>
<b>Submit Class Review, Assignment 4</b>	October 12 <sup>th</sup>

#### Course Evaluation:

1. The class is graded on a scale of 0-100 points.
2. Students taking this class for a grade will have a total of four assignments turned in throughout the semester. Each completed lab is worth 10 points for a total of 40 points. All assignments can be found online in your UNM Blackboard Learn. Assignments should be submitted within one week. See the schedule above.
3. The remainder 60 points will be participation points. In order to receive participation points, you must complete a post class review after every class.
4. Below is the grading scale for PHED-2996 section 506.

**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.

### **Special Assistance:**

#### **Students with disabilities:**

Qualified students with disabilities needing accommodation should notify their academic advisor located at Student Services early each semester for a referral at 9258560. If you are a student with an identified disability, please notify me of your special needs as soon as possible.

**EQUAL OPPORTUNITY AND NON-DISCRIMINATION:** In an effort to meet obligations under Title IX, UNM faculty, Teaching Assistants, and Graduate Assistants are considered "responsible employees" by the Department of Education. This designation requires that any report of gender discrimination which includes sexual harassment, sexual misconduct and sexual violence made to a faculty member, TA, or GA must be reported to the Title IX Coordinator at the Office of Equal Opportunity ([oeo.unm.edu](http://oeo.unm.edu)). For more information on the campus policy regarding sexual misconduct, see: