

Stretch and Relax
PHED - 2996
Section - 505
Fall Semester 2022
Online Platform

Instructor Information

Primary Instructor	Email
Victoria Perez	missvperez@unm.edu

Phone:
505-925-8833

Course Schedule:

Self-paced courses available online **Tuesday and Thursday**, via **Canvas 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://www.youtube.com/playlist?list=PLKilp6p7wUkLThtLy50okewoES8qpqeWi>

Required Materials:

- - Access to the internet
 - Notebook
 - Yoga Mat
 - Foam Roller (\$15 [on amazon](#))
 - 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 roughly at 3pm Mountain Time, there will be a YouTube video uploaded for you to watch.
- After watching and following along to the YouTube video, complete the Class Review to receive your participation points.
- The Class Review will very quick and short, simple questionnaire to insure you were in attendance for class.
- Along with the classes + Class Reviews, you will have 4 Assignments throughout the semester.
- Please complete each Assignment and Class Review by Sunday of each week.
- All videos, Class reviews and Assignments will be found are found on your UNM Canvas.
- All dates are listed below.
- **Reach out with any questions or concerns.**

Course Schedule

	Date
Review Syllabus / Complete Assignment 1	August 23 rd
YouTube Stretching & Relax / Class Review	August 25 th
YouTube Stretching & Relax / Class Review	August 30 th
YouTube Stretching & Relax / Class Review	September 1 st
YouTube Stretching & Relax / Class Review	September 6 th
Complete Assignment 2 - No YouTube Class	September 8 th
YouTube Stretching & Relax / Class Review	September 13 th
YouTube Stretching & Relax / Class Review	September 15 th

YouTube Stretching & Relax / Class Review	September 20 th
YouTube Stretching & Relax / Class Review	September 22 nd
Complete Assignment 3 - No YouTube Class	September 27 th
YouTube Stretching & Relax / Class Review	September 29 th
YouTube Stretching & Relax / Class Review	October 4 th
Last YouTube Stretching & Relax / Class Review	October 6 th
Complete Assignment 4 - No YouTube Class	October 11 th

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 Assignment is worth 10 points for a total of 40 points.
All assignments can be found online in your UNM Canvas. Assignments should be submitted within one week. See the schedule above.
3. The remainder 60 points will be distributed as participation points. In order to receive all participation points, you must complete a post class review after every class.
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.

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). For more information on the campus policy regarding sexual misconduct, see: