Stretch and Relax
PHED – 2996
Section – 505
Fall Semester 2026
Online class
FA26_PHED_2996_505_KingG

Instructor: Glenda King

Email: gking22@unm.edu
Office Hours: by appointment (in person or virtual)

Course Schedule:

8-week self-paced course available online via Canvas. 8-week course begins August 17 and ends October 7.

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, for example. 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 the 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)
All yoga props can be found in the Bookstore in the Learning Center.

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 to practice. After the practice session ends write in your journal explaining how to do each of **3** poses of your choice to receive participation points. Class Journal is due the following Sunday.

--Each Class Journal consists of you describing (1) **how to do** each of 3 poses (your choice). Include 3 technical details per pose that I used in the video to describe how to do the pose. The choice of these poses must be different every week***. Do not choose Passive Child's Pose nor Relaxation Pose.*** Also***,*** (2) what was your **emotional response** to each of your 3 chosen poses. For example, was the pose challenging and why? How can you make the pose more accessible to you? **Or,** was the pose too easy and why? How can you make the pose more challenging to you? Please use modifications I have given in class. You can talk about alignment, strength, flexibility, breathing, and use of props. Be specific and detailed here, don't generalize. Relate the details to you and your body. Weekly Journal is 100 words minimum.

--Each Weekly Journal entry should be on one running (or continuing) document. Each week you will add to that same document, upload it and send it to me. Do not send me a new document each week!

--Title each week, for example, Week 1, Week 2, etc. Label each pose with its name I gave in the video.

Critiques: Once an assignment is turned in I will send back critiques (constructive criticism) on your journal entry for the week. Did you follow the above instructions? Did you hand in the assignment on time?

Late Assignments: You will have one full week to do the assignment. There will be a penalty of 1 point for each day late after the due date up to 5 points off for each week. So, if you are late 7 days for an assignment the most points taken off for that week will be 5.

There will be 8 Journal Assignments to go along with 8 video classes. No final—just weekly class participation.

All Recorded Class Videos and Weekly Class Journals will be found on UNM Canvas in **Assignments**. Due dates are listed below.

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

Course Schedule:

Week	Assignments	Due Date
1	S & R Class: Weekly Journal 1	Sun, Aug 23
2	S & R Class: Weekly Journal 2	Sun, Aug 30
3	S & R Class: Weekly Journal 3	Sun, Sept 6
4	S & R Class: Weekly Journal 4	Sun, Sept 13
5	S & R Class: Weekly Journal 5	Sun, Sept 20
6	S & R Class: Weekly Journal 6	Sun, Sept 27
7	S & R Class: Weekly Journal 7	Sun, Oct 4
8	S & R Class: Weekly Journal 8	**Wed, Oct 7**

Course Evaluation:

1. The class is graded on a scale of 0-100 points.
2. 96 points will be distributed as participation points. In order to receive all participation points, you must complete a Weekly Journal. Each Weekly Journal is worth 12 points x 8 weeks = 96.
3. 4 points will be distributed as responses to Syllabus Questions. I want to make sure you have read it. These 4 questions are included in the first week's assignment only.
4. Points will be subtracted not only for lateness but for not following instructions or including obviously wrong details of poses or for responding incompletely. ***Points will also be subtracted for no or low attendance—you must practice the whole video class!***

5. 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 Accessibilty Resource Center at 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

Support: Contact me 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. Or Accessibility Resource Center (https://arc.unm.edu/) at mail to: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 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.