

# Stretch & Relax

## PENP-178 Section-501

### I. General Information

**Spring 2018:** January 16 – March 9

**Instructor:** Andre Bird      **Phone:** 925-8832      **E-Mail:** [anbird@unm.edu](mailto:anbird@unm.edu)

**Class Day & Time:** Monday & Wednesday 1:30 pm – 2:45 pm

**Class Location:** The class is located in the Group Exercise Room inside of the Wellness Center (Located next to the bookstore)

**Office Hours:** Tuesday & Thursday 10:15 am – 11:45 am in the Wellness Center

**The Wellness Center is open:    Monday – Thursday 7:00AM – 7:00PM**  
**Friday 7:00AM – 3:00PM**

### II. Course Description

This 8 week long course is designed to help individuals decrease the stress that is placed upon the muscles and the mind from everyday life. Participants will learn how and when to apply a variety of stretching techniques such as: Active, Dynamic, Static, and Proprioceptive Neuromuscular Facilitation (PNF) stretches. Participants will use a variety of equipment such as an exercise ball, a yoga strap, a rolling chair, and a foam roller to perform different stretch and relaxation techniques. Participants will not only focus on the body but also the mind. The class will cover various stress reduction techniques such as Diaphragmatic breathing: Belly Breathing, 4-7-8 Breathing, and Roll Breathing. Art Therapy such as: Adult Coloring books, Free Drawing, or Dot-to-Dots. This class will help you reduce the stress that life's demands place on our minds and bodies.

### III. Textbook/Materials

- Delavier's Stretching Anatomy
- High Density Foam Roller
- Athletic, closed toed shoes. NO sandals, dress shoes, or boots!

### IV. Student Learning Objectives

1. Students will demonstrate an improvement in overall flexibility.
2. Students will demonstrate the ability to name and perform stretches for major muscle groups.
3. Students will be able to identify when to apply different types of stretches (Active, Static, Foam Rolling)
4. Students will be introduced to and list non-traditional stress management techniques.
5. Students will develop a stretch and stress reduction plan to help deal with day to day stressors.

## **V. Course Evaluations:**

1. This class is graded upon a 100 point system. **Students who do not attend the first week of class will be dropped.** Class attendance is the most important part of your grade, accounting for 50% of your total grade. Students will earn a total of 3.125 points for each class attended. Students are allowed to make up 1 missed class with an alternative assignment (Please see instructor about the missed class and make-up assignment).
2. Students will be doing non-traditional stress management techniques in the form of coloring, dot-to-dot, and free drawing. There will be a total of 4 assignments due throughout the class, with each assignment being worth 5 points each.
3. Students will be responsible for taking 3 online open book quizzes and one practical quiz at the end of the semester. Each quiz will be worth 5 points. Each Quiz will be open at 4:30 pm Thursday and will close on Sunday at midnight.
4. Students will be responsible for a total of 8 Exercise Induced Feeling Inventories. The first 7 are worth .75 points each. The last Exercise Induced Feeling Inventory is worth 5 points. Exercise Induced Feeling Inventories will be done in class every Thursday.
5. Students will have the opportunity to earn extra credit two different ways. The student will demonstrate and run the class through a short 5 - 10 minute stress reduction technique. The other option is to run the class through a short 5 - 10 minute stretch routine. Each opportunity will earn the student 2.5 extra credit points for a max of 5 extra credit points through the 8 weeks

**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% <60 points**

### **Academic 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 accommodations should notify their academic advisor located at Student Services early each semester for a referral at 925-8560. 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: <https://policy.unm.edu/university-policies/2000/2740.html>.

**VI. Due Dates**

**Quiz 1 -----Due by 1/21/2018**

**Activity 1 -----Due by 1/26/2018**

**Quiz 2 -----Due by 2/4/2018**

**Activity 2 -----Due by 2/9/2018**

**Quiz 3 -----Due by 2/18/2018**

**Activity 3 -----Due by 2/23/2018**

**Quiz 4 -----Due by 3/7/2018**

**Activity 4 -----Due by 3/9/2018**