

Stretch & Relax
PHED 2996
Section 503
Spring Semester 2004
In-Person Class
Sp24_PHED_2996_503_KingG

Instructor: Glenda King

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Course Times:

8 week course meeting twice weekly on Tuesdays and Thursday from 12:45pm-2:00pm.

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, a nonresistant releasing of tension. 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:

Props will be provided in the Wellness Center if you do not have your own.

If you can provide your own props:

Yoga mat (preferably sticky so that feet/hands don't slip)
2 Yoga blocks (4"x 9"x 6")
Yoga strap (8-10', preferably cotton or hemp)

Attendance:

Please both scan your ID card and sign-in at the front desk or you will be counted as absent. Over the 8-week term, meeting twice weekly, there are 16 classes. Each class meeting is worth 5 points for a total of 80 points. This is an experiential class so the majority of the points

go to attendance. Please show up early or on time already dressed in proper stretching attire. I will deduct 2 points per class for lateness. ***Please have an empty stomach.*** There will be many stretches that move or twist your belly.

Attire:

Elastic waist or draw string shorts or leggings with loose or fitted tank top and bare feet. Dress to move freely. No jeans or other restrictive clothes. Please have clean feet.

Final Paper Topics:

TBD and will be posted on Canvas soon.

Recommended Readings:

Light on Yoga by B.K.S. Iyengar

Ashtanga Yoga: The Practice Manual by David Swenson

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 Final Paper to turn in by the end of the **7th week** of the session. This assignment is worth 20 points.
3. The remaining 80 points will be distributed as participation points, 5 points per class. In order to receive all participation points you must show up to class without being late (2 points deducted for tardiness per 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.

I would like to add: **NO AI** (plagiarism software) use for final paper. Use your own words and thoughts.

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 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 at gking22@unm.edu. 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 <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.