

**Stretch and Relax**  
**PHED – 2996**  
**Section – 502**  
**Spring Semester 2025**  
**Online class**  
**Sp25\_PHED\_2996\_502\_KingG**

**Instructor:** Glenda King

**Email:** [gking22@unm.edu](mailto:gking22@unm.edu)

**Course Schedule:**

8-week self-paced course available online via Canvas. 8 week course begins January 21st and ends March 14th.

**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. 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 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.

After the practice session ends write in your journal explaining how to do each of **3**

poses of your choice plus uploaded photos to receive participation points. Class Journal due the following Sunday.

--Each Class Journal consists of you describing how to do each of 3 poses (your choice). Include 3 technical details described in your own words. The choice of these 3 poses must be different every week. **Do not choose *Passive Child's Pose* nor *Relaxation Pose*.** Also, what was your emotional response to the class and how you felt you did: challenging or not? You can talk about alignment, strength, flexibility or breathing, for example. Weekly Journal is 75 words minimum.

--Then take photos of those 3 poses (include names of poses) you have chosen to detail for that day. Photos can be sent as a jpeg on a Word document. Please set the file at a medium size. Make sure I can see your body in full and that the lighting is in front and not behind you (as you will appear as a silhouette).

-- Each Weekly Journal entry + photos 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.**

**Critiques:** Once an assignment is turned in I will send back critiques (constructive criticism) on how to do the pose a bit better. Some of your poses will look fine and I may say so. Other poses may need an adjustment here, an adjustment there, a use of blocks or a strap to better the pose. I expect you to use **3** of these critiques to better your poses for the Final Assignment. Again, I am not expecting a 'perfect' pose but I do expect an 'improved' pose using my critiques.

**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 is 5.

Along with the 7 Weekly Class Journals + Photos there will be one Final Journal Summary due at the end of the 8th week.

The **Final Journal** will be a summary paragraph of how you did over the whole of the 8 weeks: improvements or not? What you have learned or not? **Please include technical details, not just your feelings.** So, if you have been keeping up on the journaling then most of the final paper is already complete (!). Also, I would like to see before and after photos of **3** poses that I critiqued. Choose any **3** poses from past 7 weeks as the before photos and add an after photo (using my critiques) next to it. You can write about the challenges and improvements of these **3** poses, too. Your poses do **NOT** have to be perfect. I want to see you get as close to an aligned pose as possible using my critiques and/or props for modifications as needed. 125 word minimum.

--Paper should be typed in 12 pt. font size, Times New Roman font, single spacing.

All Recorded Class Videos, Weekly Class Journals and the Final Journal Summary will be found on UNM Canvas in **Assignments**. Due dates listed below.

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

### Course Schedule:

| Week | Assignments   | Due Date                |
|------|---|-------------------------|
| 1    | Stretch & Relax Class: Weekly Journal + 3 Photos  | Sunday, Jan 26          |
| 2    | Stretch & Relax Class: Weekly Journal + 3 Photos  | Sunday, Feb 2           |
| 3    | Stretch & Relax Class: Weekly Journal + 3 Photos  | Sunday, Feb 9           |
| 4    | Stretch & Relax Class: Weekly Journal + 3 Photos  | Sunday, Feb 16          |
| 5    | Stretch & Relax Class: Weekly Journal + 3 Photos  | Sunday, Feb 23          |
| 6    | Stretch & Relax Class: Weekly Journal + 3 Photos  | Sunday, Mar 2           |
| 7    | Stretch & Relax Class: Weekly Journal + 3 Photos  | Sunday, Mar 9           |
| 8    | Final Journal: Journal Summary of previous 7 weeks + Before/After Photos of 3 Poses w/critiques | <b>Saturday, Mar 14</b> |

### Course Evaluation:

1. The class is graded on a scale of 0-100 points.
2. 77 points will be distributed as participation points. In order to receive all participation points, you must complete a Weekly Journal plus 3 poses photographed after every class. Each Weekly Journal with 3 photos is worth 11 points x 7 weeks = 77.
3. Points will be subtracted not only for lateness but for not following instructions or including obviously wrong details of poses.
3. One Final Journal Summary will be turned in by the end of the 8th week of the session. This Final Journal Summary is worth 23 points.
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.

### **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](mailto: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](mailto:sjclawson@unm.edu).

Support: Contact me at [ ] or 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](mailto: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.