

Stretch and Relax
PHED – 2996
Section – 502
Summer Semester 2024
Online class
Su24_PHED_2996_502_KingG

Instructor: Glenda King

Email: gking22@unm.edu

Course Schedule:

8-week self-paced course available online via Canvas.

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)

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 each of 3 poses 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 keep the file small. 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.

--Title each week, for example, Week 1, Week 2, etc. Label each pose with its name.

Along with 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? 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. Choose any 3 poses from past 8 weeks as the before photos and add an after photo next to it. You can write about the challenges and improvements of these 3 poses, too. 125 word minimum.

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

All Record Class Videos, Weekly Class Journals and the Final Journal Summary will be found on UNM Canvas in **Assignments**. 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 + Photos	Sunday, June 9
2	Stretch & Relax Class: Weekly Journal + Photos	Sunday, June 16
3	Stretch & Relax Class: Weekly Journal + Photos	Sunday, June 23
4	Stretch & Relax Class: Weekly Journal + Photos	Sunday, June 30

5	Stretch & Relax Class: Weekly Journal + Photos	Sunday, July 7
6	Stretch & Relax Class: Weekly Journal + Photos	Sunday, July 14
7	Stretch & Relax Class: Weekly Journal + Photos	Sunday, July 21
8	Stretch & Relax Class: Weekly Journal + Photos	Sunday, July 28
8	Final Journal: Journal Summary of previous 8 weeks + Before/After Photos of 3 Poses w/critique	Sunday, July 28

Course Evaluation:

1. The class is graded on a scale of 0-100 points.
2. 80 points will be distributed as participation points. In order to receive all participation points, you must complete a post class Weekly Journal plus 3 poses photographed after every class. Each Weekly Journal with 3 photos is worth 10 points x 8 weeks = 80.
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 20 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 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 [] 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., 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.