

PE 130 STRESS MANAGEMENT ACTIVITY

Dr. England, Gym 3, 4-8350

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Spring, 2000

Office Hours: MW 10:15-11, 1-2

TTH 9-9:30; 1:30-2:30

F 10:15-11

Course Objectives:

1. develop stress management techniques which feature mind/body awareness
2. practice mind/body awareness techniques
3. improve and practice effective communication

Class activities may include vigorous exercise. If there is any medical condition which would cause you undue risk or prevent your full participation in such activity, it is your responsibility to inform me immediately. If you have a chronic condition which limits your potential for fulfilling the requirements for this class, you should have your physician FAX (770/784-4677) a letter stating the nature of your limitation(s) and recommendations for physical activities you can use to achieve the objectives of this course as listed above.

Text: Blonna, Coping with Stress in a Changing World

Class Participation: You are expected to contribute/participate fully in each class period. If you do not feel well enough to participate in class physical activity you should attend class, take notes with your comment on activities of the day. Turn those notes in to me at the end of that class period.

Grading:

Written work--All assignments are due at the beginning of class on the due date.

400 points Two Take-home, Open-book Tests

IT IS AN HONOR CODE VIOLATION TO CONSULT WITH ANYONE (DR. ENGLAND EXCEPTED) ABOUT YOUR ANSWERS FOR THESE QUESTIONS. However, you are encouraged to seek help from the Writing Center (or other qualified people) regarding grammar and mechanics, organization, and clarity of your work.

Practical work

600 points Moving Relaxation Activities

1. back strengthening routine
2. yoga--Sun salutation
3. tai chi chuan warm-ups

Absences: If you miss more than 3/2 classes FOR ANY REASON (including sickness, religious holidays, doctor/lawyer appointments) fifty points per overcut will be deducted from your final grade.. THERE ARE NO MAKE-UPS FOR ANY CLASSES, WRITTEN OR SKILLS TESTS, PAPERS, OR HOMEWORK EXCEPT UNDER VERY UNUSUAL CIRCUMSTANCES. Students who experience unusual circumstances must speak with me in a timely manner (within the week) in order for exceptions to be made in this policy. If you arrive after roll is called, you must see me AT THE END OF THAT CLASS to initiate a change in your recorded absence.

Extra credit points: Points may be added to your final grade for superior demonstration of focus, exceptional participation in class, and thoughtful one minute papers.

Fifty points will be added to your final grade if you have missed NO classes.

Grading Scale A=>899 points; B=800-899; C=700-799; D=600-699

THE OXFORD COLLEGE HONOR CODE APPLIES TO ALL WORK FOR THIS CLASS.

Oxford College of Emory University
Division of Physical Education and Health

CLASS POLICIES FOR STRESS REDUCTION ACTIVITY

I have access to a copy of the course syllabus and have read it. Further, the instructor has explained:

1) the course requirements, 2) the policies on attendance, and 3) the grading policies. I have had an opportunity to ask questions and understand the three areas listed above.

WARNING OF RISK FOR STRESS REDUCTION ACTIVITY

Every sport has certain inherent risks and regardless of the precautions taken, it is impossible to ensure the safety of the participant. The physical activities in this class require a certain degree of physical exertion and concentration. These activities are reasonably safe as long as certain guidelines are followed. Students having a physical condition that precludes such activity should see the instructor before participating.

Many injuries may occur while participating in this class. Some examples of possible injuries are:

1. bruises and abrasions
2. muscle sprains and strains
3. joint injuries
4. broken bones
5. heat exhaustion and/or heat stroke; frostbite and hypothermia
6. cardiovascular incidents

These and other injuries may occur as a result of such hazards as:

1. environmental factors
2. vehicular traffic
3. equipment failure
4. allergic reactions to insect bites

To help reduce the likelihood of injury to yourself and other students, the following rules need to be followed while in class:

1. warm-up and stretch adequately
2. prepare mentally for each class
3. be aware of surroundings during activity
4. drink adequate water before, during, and after class