

## THE DIVISION OF PHYSICAL EDUCATION AND DANCE

Students at Oxford College are required to enroll in three courses in the Division of Physical Education and Dance. The faculty of Oxford College has directed the students be acquainted with a capacity which is fundamental to all human beings. That capacity is one's physicality. Physicality pertains to the body and is linked to but differentiated from the mind and spirit.

Physicality includes but is not wholly limited to:

1. The refinement of the senses.
2. The maintenance of health, physical strength and stamina.
3. The management and control of body based emotions.
4. An appreciation of kinesthetic awareness, which includes the joy of movement and exploration of human movement as a form of expression.
5. The acquisition and refinement of perceptual motor skills.
6. An awareness that there is an intrinsic relationship between body, mind and spirit and that inadequacies in one of these affects the other two.

Each course offered by the Division of Physical Education and Dance emphasizes at least four of the elements of physicality with some elements being emphasized more than others. By enrolling in three different courses students will be exposed to all six elements of physicality to one degree or another.

Oxford College is and has always been committed to the liberal arts. The liberal arts curriculum for centuries has included the study of the body and its relationship to mind and spirit. From Plato's Academy to the present, institutions which espouse the study of the liberal arts make physical education and dance an integral part of the curriculum. Oxford College is no exception.

### PE 130 STRESS MANAGEMENT ACTIVITY

Fall, 2001

Dr. England, Williams Gymnasium, 4-8350

Office Hours:

MW 10:30-11:40, , 3:30-4

email: penglan@emory.edu

TTH 9:30-11:30; 1:45-2:20

or Penny England

F 10:30-11:40

#### **Overview:**

Each person perceives life from a unique perspective. Stress is managed from that unique perspective. The purpose of this class is to assist each individual in reaching a greater awareness of perspective options. Such awareness is achieved through individual practice. Practice means that we are striving. We practice our tennis game. We practice piano. We practice mathematics problems. We practice writing. The activities in this class are designed for the practice of self-awareness. Such practice must be done within our own minds, in the solitude of our selves. Yet, when practiced in the community, additional aspects of awareness are attained. You are expected to help create an environment in this classroom which is conducive to the practice of self awareness. We will create together a community of silent seekers of awareness. Only you who practice will be able to appreciate what the others in the community are practicing. You will know the solitude and discipline of mind which the practice requires of yourself and others.

*Physical activities for this class include mild to vigorous walking, vigorous calisthenics and movement for improving flexibility. 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, have your physician FAX (770/784-4677) a letter stating the nature of your limitation(s) and recommendations for physical activities which can be beneficial to you.*

#### **Text:**

Benson & Stuart, The Wellness Book: The Comprehensive Guide to Maintaining Health and Treating Stress-Related Illness. BRING THIS TEXT WITH YOU TO CLASS EACH DAY.

**Course Goals:**

1. practice stress management techniques which feature mind/body awareness
2. practice effective communication
3. practice personal time management

**Grading:**

Two Written Tests—400 possible points

200 points Benson & Stuart: Chapters 1-7, 10 and class discussion

200 points Benson & Stuart: Chapters 11-15, 24, epilogue, class discussion, and haiku (Japanese verse form of 17 syllables arranged in three lines)

100 points Journey—typed, weekly mind, body, spirit diary

You will keep a bi-weekly electronic record of your journey toward effective stress management. Each entry will include 1) what you have practiced, 2) your mental/emotional responses to your practice, 3) your physical responses to your practice, 4) one true, personal example of stress coping during the two-week period and how you handled, or mis-handled it, and 5) stress coping goals for the next two weeks. You will email the completed journal to me near semester's end.

Your grade will depend on your clarity of expression, evidence of self-reflection, and the thoroughness of your entries. Excessive grammar and/or spelling errors will also affect your grade.

Class Participation Grade—200 possible points

Your in-class practice determines how much you benefit from this class. Practice can transfer to your practice of life in general. Your class participation and contribution must be consistently focused and competent. It is your responsibility to demonstrate your focus and competency in class. It is my responsibility to judge and grade your demonstration. Consistency of practice is key.

200 points--extraordinary attention to focus, consistent contribution/attention in class, and concentrated practice of detail.

150 points—average attention to the above

100 points—below average attention to the above

Less than 50 points—distracted or distracting behavior

The participation grade is reduced by your absence from class. **THERE ARE NO EXCUSED ABSENCES.** Religious holidays, medical appointments, or court appearances are NOT excused unless you inform me in writing (email is fine) prior to the absence. It is your responsibility to find out from your classmates what went on during the class you miss. It is your responsibility to be prepared for the next class. If you are late to class it is your responsibility to see me AFTER CLASS so I can change your absence. **Three tardies constitute an absence.**

**Plus 50 points if you are absent no more than one time.**

**Minus 25 points for each absence above three.**

**Minus 5 points for each class which you attend but in which you cannot participate actively.**

THERE ARE NO MAKE-UPS FOR ANY CLASSES, WRITTEN OR SKILLS TESTS, PAPERS, OR HOMEWORK EXCEPT UNDER **VERY UNUSUAL CIRCUMSTANCES**. If you experience such unusual circumstances you 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, see me AT THE END OF THAT CLASS to initiate a change in your recorded absence.

Relaxation Movement Grades—300 possible points

60 points—yoga

Criteria: correct order and pace;

60 points—magnificent	7	excellent focus, form, balance, effort
60 points—sun salutation		60--excellent
60 points—tai chi chuan		40--average
30 points—personal written meditation		20—below average
30 points—personal moving meditation		10--poor

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

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

**THE OXFORD COLLEGE STUDENT HONOR CODE: Article 2.A. “A student’s signature on a paper or test submitted for credit shall indicate he or she has neither given nor received unauthorized information on the work, nor has condoned the giving or receiving of unauthorized information by others.”**

**On the practical tests in this class you are expected to perform independently of those around you. Simply by taking the practical test, you are indicating that you need no prompting from others and are performing independently.**

From **Steven R. Covey, The Seven Habits of Highly Successful People**,  
“Principles of Personal Management”

“The successful person has the habit of doing the things failures don’t like to do. They don’t like doing them either necessarily. But their disliking is subordinated to the strength of their purpose.” From E.M. Gray, “The Common Denominator of Success”

You have to decide what your highest priorities are and have the courage—pleasantly, smilingly, nonapologetically—to say “no” to other things. And the way you do that is by having a bigger “yes” burning inside.

The key is not to prioritize what’s on your schedule, but to schedule your priorities.

“Time management” is really a misnomer—the challenge is not really to manage time, but to manage ourselves.

**Class Calendar, Fall, 2001**  
**Stress Management, TTH**

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August

TH	30	introduction		
<u>September</u>				
T	4	Chap. 1-5	How is chapter 5 related to each previous chapter? Yoga	
TH	6	1-5	continued	
T	11	1-5	do pages 18-20 in class. Magnificent 7	
TH	13	1-5	continued	
T	18	6 & 7	Compare and contrast these two chapters	
TH	20	6 & 7	continued	
T	25	10 & 12	Compare the optimist to the pessimist in light of the whole chapter	
TH	27	10 & 12	continue. <b>YOGA</b>	

October

T	2	13	Define coping (p. 233). Do pp. 241-242 in class. Do pp. 244-45 in class. Create three affirmations in class. Sun Salutation. <b>YOGA</b>	
TH	4		continue	
T	9		<b>TEST I</b>	
TH	11		no class I am away at a conference. Practice.	
T	16		Fall Break	Practice.
TH	18	14	Give examples of all these techniques. Tai Chi Chuan	
T	23	14	continue. <b>SUN SALUTATION</b>	
TH	25	15	Discuss "hardening of the attitude." Cite real-life roles. <b>SUN SALUTATION</b>	
T	30	15	continue	

November

TH	1	16	Complete the sleep diary. Discuss basic facts about sleep.	
	T	6	16	continue. Personal meditation practice.
TH	8	24	Do pp. 448-454 in class. Discuss the importance of Goals and values.	
	T	13	24	continue. <b>TAI CHI CHUAN</b>
TH	15	24	What to do now?	
	T	20	Epilogue	Discuss
	TH	22	Break	Practice
T	27	Epilogue	continue. Personal meditation practice	
TH	29	Epilogue	continue. <b>PERSONAL WRITTEN MEDITATION DUE WITH PERSONAL MEDITATION.</b>	

December

	T	4	<b>TEST II</b>	
	TH	6	class evaluations	
	T	11	wrap up. Last class day.	
	W	12	READING DAY	

NOTE: All bold capitals mean a grade. THERE ARE NO MAKE-UPS FOR THESE EXCEPT UNDER **EXTRAORDINARY CURCUMSTANCES**. YOU MUST BE IN CLASS ON THESE DAYS OR YOU WILL RECEIVE A ZERO FOR THE GRADED MATERIAL.

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