

PE 130 Stress Management Activities Fall 2005

Instructor: Dr. Penelope England, Office in Williams Gymnasium, 103HB

Email: penglan@emory.edu or type Penny England on Learnlink

Office Hours: MW 11:30-12:00 3:30-4 TTH 9:30-10; 2:30-3:30

Phone: 4-8350 FAX: 770/784-4677

Materials: Resource material for tests will be given in class handouts. There is no textbook for this class. You must bring a three ring notebook to class **each day** so that you can participate in daily pages and insert them.

Contraindicated materials: PDA's, cell phones, or any other items that could distract the student, other students, or the instructor must be turned off during class.

Physical activities for this class include vigorous movement. Whenever there is a medical condition which would cause you undue risk or prevent your full participation in this class, 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 a letter stating what you cannot do and) recommendations for physical activities you can use to achieve the goals of this course.

Learnlink: There is a class conference on Learnlink, Stress Management 2A and 10J. I will post announcements and class information on the conference. Students may ask questions of each other on this conference. Individual concerns should be sent directly to me.

Content:

Topics of Discussion

Ten C's for Thriving Under Pressure, Stress-Related Disorders, Procrastination, Anger and Fear, Hostility, Perfectionism, Worry, Flow, Sleep, Diet and Stress, Exercise, Emotions, and Stress, Pacing and Balance: Managing Time, Play, Maladaptive Reactions to Stress,

Hardiness, Explanatory Styles in Learned Optimism/Pessimism, Spirituality, Communication Skills, Music Therapy, Art Therapy, Journal Writing, Self-Talk Management, Cognitive Therapy and Behavior Modification, Meditation (Visualization Techniques, Walking Meditation, Mental Rehearsal)

Moving Meditations

Yoga

Tai Chi Chuan

Autogenic Relaxation

Progressive Muscle Relaxation

Breathing Techniques

Peaceful Warrior

Magnificent 7

Pilates

Goals: At the end of this course students should be able to: practice stress management techniques which enhance mind/body awareness, communicate more effectively, exercise responsible personal management regarding time, manage anger and frustration appropriately, and generally achieve balance in daily living

Major Tests: There will be one written test (Wed/Thurs Oct. 5/6) and a comprehensive personal stress management plan (first draft due Mon/Tues Nov 7/8; final results due Mon/Tues Dec. 5/6). Each student is expected to take tests/turn in assignments at the scheduled times. Any conflicts will be handled on an individual basis. If the excuse is considered legitimate by your instructor, arrangements will be made to take a test or turn in an assignment prior to the due date. Emergencies will be handled on an individual basis. Any student requiring special arrangement must provide documentation and give sufficient time for appropriate arrangements to be made.

Moving Meditations: The mind/body skills will be practiced each day in class. The expectation is that the student will practice each skill in good form, demonstrating the meditative mind/body connection, and creating an environment conducive to inner awareness. Criteria: correct order and pace (breath); excellent focus, form, balance, effortless effort. Grades for moving meditations are based on class attendance and adherence to criteria.. You will start with 200 points. Each absence from class (whether excused or not, except in very unusual situations) will reduce your moving meditation grade by 10 points. Based on these criteria, points can be added to this grade for quality of your moving meditations as follows:

exceptional excellence = 50 (very rare)

excellence on most days = 40

good is the most common grade = 30

like everyone else, average = 20

pretty ordinary = 10

inconsistent practice = 5

general sloppiness and general lack of focus = 0 extra points

Walking Meditation Script: You will write the personal script you will use during walking meditations. This script will be due September 13/14.

Journals: Students will write in notebooks as assigned. At semester's end, you will turn in a type-written summary of your journal. Your daily pages count 50 points. Each absence from class (whether excused or not, except in very unusual situations) will reduce your journal grade by 10 points. Your summary counts 50 points.

Haiku: Each student will create a personal peace haiku (due Wed/Thurs Dec. 7/8)

GRADING: The student's final course grade will be determined as follows:

Written Test	200 points
Personal Stress Management Plan	300 points (100 1st draft/200 2 nd)
Moving Meditations	200 points
Walking Meditation Script	100 points
Journals	100 points
Haiku	100 points

Total points = 1000

no plus/minus scale

A = 900-1000

B = 800-899

C = 700-799

D = 600-699

F = < 600

NOTE: POINTS CAN BE DEDUCTED/ADDED TO YOUR FINAL GRADE, DEPENDING ON YOUR PARTICIPATION AND CONTRIBUTION TO CLASS

DRESS CODE: Wear clothing that permits stretching, ease of motion, and is appropriate for strenuous exercise. Wear no jewelry that interferes with motion.

EQUIPMENT: You may bring a towel or mat to work on if you wish.

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If you miss more than two classes (one week) your final grade is reduced for each overcut:

three absences = 50 point penalty (could make A with difficulty)

four absences = 150 point penalty (could make B with difficulty)

five absences = 250 point penalty (could make C with difficulty)

six or more absences = student will most likely earn F

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If you believe you have justification for overcuts to be excused you must meet with me. I will want to know how you have used each of your previous absences. At that meeting we will decide whether make up work or penalty reduction is justified.

COME TO CLASS! If you do not feel well enough to physically participate, there are other ways you can contribute so that your grade will not be penalized. There are **NO MAKE UPS FOR WRITTEN WORK OR SKILLS TESTS** without medical documentation except in very unusual circumstances. I cannot legally adapt grading standards without such documentation.

AGREEMENT TO PARTICIPATE: All students are required to read and sign the Agreement to Participate Form prior to the first day of activity.

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.”

I expect that you will have read the Honor Code and that you will abide by its dictates. Whenever you take a written test or a skills test for this class you are under the dictates of the Honor Code. Therefore it is imperative that you read the skills tests descriptions carefully so that you can adhere to the Honor Code.

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.

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Materials: The textbook is Tennis Anyone, by Dick Gould. You must provide your own tennis racket. Athletic shorts, shirts and tennis shoes are required. **Shoes must be smooth-soled, must not make marks on the court, and must be approved by the instructor.** Running shoes, street clothes, and jeans are not permitted. It is important that you dress so you will be comfortable regardless of weather conditions. Shirts must be worn at all times. Failure to wear required attire will result in an absence.

Contraindicated materials: PDA's, cell phones, or any other items that could distract the student, other students, or the instructor must be turned off during class.

Medical/Therapeutic Concerns: *Physical activities for this class include vigorous movement. Whenever there is a medical condition which would cause you undue risk or prevent your full participation in this class, 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 a letter stating what you cannot do and) recommendations for physical activities you can use to achieve the goals of this course.*

Learnlink: There is a class conference on Learnlink, Stress Management 2A and 10J. I will post announcements and class information on the conference. Students may ask questions of each other on this conference. Individual concerns should be sent directly to me.

Web Site: On my web site there is video which you need to use to practice visualization techniques for improving your tennis skills. You can access that site from the Oxford College home page by going to the faculty directory.

Content: Skill content is dictated by the student's tennis experience on entry to the class.

Beginning Level: 1) footwork and positioning, and proper mechanics of groundstrokes and basic serve 2) elementary singles and doubles conventions, positioning, and scoring

Intermediate Level: 1) competent footwork, and mechanics of groundstrokes and serve in good form 2) singles and doubles conventions, scoring, positioning, and elementary strategy 3) consistent control

Advanced Level: 1) excellent footwork, and power with control on groundstrokes and serve with consistency and power 2) intermediate singles and doubles conventions, scoring, positioning, and intermediate strategy 3) controlled power

Goals: At the end of this course beginning students should be able to: move to the ball with confidence and return the ball over the net consistently, play elementary singles and doubles

using tennis conventions and courtesy, and manage frustration appropriately. At the end of this course intermediate students should be able to: return the ball over the net consistently, exhibit good form on groundstrokes and serves, play singles and doubles using basic strategy, tennis conventions and courtesy, and manage frustration appropriately. At the end of this course advanced students should be able to: return the ball over the net most of the time, exhibit good form with power on groundstrokes and serves, play singles and doubles using intermediate strategy, tennis conventions and courtesy, and manage frustration appropriately.

Major Tests: There will be two written tests (Thurs, Oct. 6 and Tues, Dec. 6) Each student is expected to take tests/turn in assignments at the scheduled times. Any conflicts will be handled on an individual basis. If your instructor considers your excuse legitimate, arrangements will be made to take a test or turn in an assignment prior to the due date. Emergencies will be handled on an individual basis. Any student requiring special arrangements must provide documentation and give sufficient time for appropriate arrangements to be made.

Skills—Each of these skills tests may be taken more than one time (weather and other conditions permitting). The score used to calculate your final grade will be the highest score you make on any one of the tests. The rest of your scores will be eliminated.

Forehand and Backhand Groundstroke Test: The test on which your score is higher will be counted twice (after you've taken both groundstroke tests).

Against the wall, hit four consecutive groundstrokes, demonstrating good form (one test is all forehands; the other is all backhands). The ball can bounce more than one time between the wall and you. Good form on the groundstroke is: **1) racket back before the ball bounces twice, 2) contact the ball at waist height or lower, 3) transfer weight from back foot to forward foot, 4) racket moves from below the ball to above the ball, 5) full followthrough.** One legal hit = 70 points; two consecutive legal hits = 83; three consecutive hits = 95; four consecutive legal hits = **100**. Taking a groundstroke test with zero legal hits earns 40points.

Singles Play

You will play tie-breaks in singles. You must demonstrate that you know how to keep score in singles, and that you know the rules, conventions, and courtesies of the singles game. In addition to demonstrating that you know how to keep score in singles, and that you know the rules, conventions, and courtesies of the singles game, you will demonstrate that you understand the basic strategy in singles: **Beginners**--return EVERY shot OVER THE NET; **Intermediates**--keep the opponent BEHIND HIS/HER BASELINE, hit CROSSCOURT most of the time, serve CONSISTENTLY (do NOT double fault), respect your opponent.

Advanced: keep the opponent BEHIND HIS/HER BASELINE, hit CROSSCOURT most of the time, serve CONSISTENTLY and DEMONSTRATE GOOD FORM ON ALL SKILLS. **EVERYONE:** (do NOT double fault), respect your opponent.

Doubles Play

You will play tie-breaks in doubles. You must demonstrate that you know how to keep score

in doubles, and that you know the rules, conventions, and courtesies of the doubles game. In addition to demonstrating that you know how to keep score in doubles, and that you know the rules, conventions, and courtesies of the doubles game, you will demonstrate that you understand the basic strategy in doubles: **Beginners**--return EVERY shot OVER THE NET. **Intermediates**--keep the ball away from the net player, hit most shots crosscourt. **Advanced**--keep the ball away from the net player, hit most shots crosscourt, get the first serve in, play aggressively when at net. **Everyone**: support your partner, respect your opponent. You can earn up to **200 points**.

Serve Tests

Beginners--While you are playing doubles, you will serve your serve in.

Intermediates—While you are playing doubles you will serve in good form. You may serve a “poopy” second serve, since you must not double fault. You will be graded on the form of your first serve. **Excellent form is: 1) contacting the ball at full extension and within your chimney, 2) moving your weight UP to the ball as you contact the ball and moving toward the net only AFTER ball contact, 3) powerful wrist pronation, 4) full followthrough** You may fault some of your first serves. At least 30% should land in the proper service court. You can earn **100 points** for excellent form and at least 30% consistency.

Advanced-- While you are playing doubles you will serve in good form and with power. You must not double fault. You will be graded on the form of your first serve. **Excellent form is: 1) contacting the ball at full extension and within your chimney, 2) moving your weight UP to the ball as you contact the ball and moving toward the net only AFTER ball contact, 3) powerful wrist pronation, 4) full followthrough** You may fault some of your first serves. At least 10% should land in the proper service court and demonstrate power. You can earn **100 points** for excellent form with power and at least 10% consistency.

Visualization Techniques—You will be asked to watch the visualization skills on my web site and then demonstrate your understanding to the class during the semester.

Help Sessions:

Your instructor will stay after class (until 3:15) on Thursdays (weather and other conditions permitting--attendance). At that time you can show the instructor what you have practiced outside of class time and she will help. You earn extra credit points for your out-of-class

practices at the instructor's discretion (up to fifty points)

GRADING: The student's final course grade will be determined as follows:

Written Tests	200 points
Groundstroke Tests	300 points
Singles Play	100 points
Doubles Play	200 points
Serve Test	100 points
Visualization Techniques	100 points

no plus/minus scale

A = 900-1000

B = 800-899

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SUMMARY OF IMPORTANT DATES

Monday, September 5	Labor Day Holiday
Wednesday, September 7	Last day for changing classes
Wednesday, October 5	Last day for dropping courses without penalty
Thursday, October 6	Written Test I
Monday & Tuesday, October 10 & 11	Midsemester Break
Wednesday, Thursday, Friday November 23-25	Thanksgiving Recess
Tuesday, December 6	Written Test II
Tuesday, December 13	Classes End
Wednesday, December 14	Reading Day

Conquering Anxiety

“Whether you believe you can do something or believe you can’t—you’re right!”

Henry Ford

PE 110 Beginning Swimming Fall 2005

Instructor: Dr. Penelope England, Office in Williams Gymnasium, 103HB

Email: penglan@emory.edu or type Penny England on Learnlink

Office Hours: MW 11:30-12:00 3:30-4 TTH 9:30-10; 2:30-3:30 and others by appointment

Phone: 4-8350 FAX: 770/784-4677

Materials: Resource material for tests will be given in class handouts

Contraindicated materials: PDA's, cell phones, or any other items that could distract the student, other students, or the instructor must be turned off during class.

Physical activities for this class include vigorous movement. Whenever there is a medical condition which would cause you undue risk or prevent your full participation in this class, 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 a letter stating what you cannot do and) recommendations for physical activities you can use to achieve the goals of this course.

Learnlink: There is a class conference on Learnlink, Beginning Swimming 8A and Beginning Swimming 9A.. I will post announcements and class information on the conference. Students may ask questions of each other on this conference. Individual concerns should be sent directly to me.

Web Site: You may go to my web site from the Oxford College Home Page. From my web site you can go to Beginning Swimming. There you will find video of the swimming skills for this class. You are encourage to watch these to improve your rate of learning in this class.

Content: personal water safety and rescue techniques, treading water, survival stroke, front crawl, elementary back stroke, bobbing, front and back flips, jumping from the deck into thirteen foot depth, treading water, swimming underwater, managing fear

Goals: At the end of this course you will be able to:

1. jump into the water from the deep end of the pool and return safely to the side wall
2. survival float/stroke for thirty minutes in the thirteen foot water, always staying ten feet away from any wall
3. in lanes 3 and 4, swim 1/2 length of the pool using front crawl stroke and finish the length using the survival stroke; then rest and return 1/2 length using the front crawl stroke and finish the length using the elementary back stroke
4. bob for five minutes non-stop in eight foot water without the use of your hands staying ten feet from any wall
5. tread water for three minutes in the thirteen foot water, ten feet from any wall
6. do a front flip and a back flip and return to wall in the thirteen foot water, ten feet from any wall
7. use reaching rescues to aid another swimmer
8. relax and enjoy being in deep water, relying only on your self

Written Work: You will write one paper (no less than 1200 words, no more than 1500 words) documenting your experience learning to swim. You will document the number of times you practiced outside of class and the frustrations and accomplishments of those outside of class practices. You will share names of students who were most helpful to you as you learned to swim and describe the ways they helped. You will describe how you implemented the video material you watched. You will relate what you learned about yourself during your experience of learning to swim. You will share, in retrospect, what you would have done differently if you had to learn to swim all over again. You will give the best advice you have for future students in beginning swimming classes. The first draft of this paper will be due at the beginning of class Monday, November 21. The final draft will be due at the beginning of class Monday, December 12.

Each student is expected to take skills tests/turn in assignments at the scheduled times. Any conflicts will be handled on an individual basis. If the excuse is considered legitimate by your instructor, arrangements will be made to take a test or turn in an assignment prior to the due date. Emergencies will be handled on an individual basis. Any student requiring special arrangement must provide documentation and give sufficient time for appropriate arrangements to be made.

Skills Tests: You will have several chances to take each skill test (it is possible that unforeseen circumstances—e.g., pool shutdown, unusual inclement weather—could limit the number of testing opportunities). To earn credit for any skill, you must successfully complete it three times. **When you have completed EVERY skill three times, you will demonstrate your competence in the deep water by staying in the deep water and doing all the skills for the entire class period (fifty minutes) for three consecutive days.**

GRADING: The student's final course grade will be determined as follows:

Paper	200 points
Jump into deep end	50 points
30 minute survival float/swim	300 points
Combined stroke swims	200 points
Bobbing	50 points
Treading water	100 points
Front and back flips	100 points
Total points = 1000	

no plus/minus scale

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- F = < 600

NOTE: POINTS CAN BE DEDUCTED/ADDED TO YOUR FINAL GRADE, DEPENDING ON YOUR PARTICIPATION AND CONTRIBUTION TO CLASS

DRESS CODE: Wear goggles and a bathing suit appropriate for strenuous exercise. Wear no jewelry that interferes with motion. Street shoes are not permitted on the pool deck.

EQUIPMENT: Bring a towel and ear drops e.g., Swim Ear. You may wear ear plugs if necessary. You may NOT use nose plugs or hold your nose.

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