

Calendar: This schedule is subject to change due to unforeseen circumstances
PE 130 Spring, 2002 MWF Dr. England

| DAY/DATE | ACTIVITY |
|-----------------|---|
| | *on web site |
| January | |
| W 16 | Overview* and evaluation |
| F 18 | Yoga* |
| M 21 | Martin Luther King, Jr. holiday |
| W 23 | Overview, Yoga is Mindfulness*, S&B, 1,2 |
| F 25 | Yoga |
| M 28 | Yoga and Magnificent 7* |
| W 30 | S&B, 3, 4, 5 |
| February | |
| F 1 | Yoga and Magnificent 7 |
| M 4 | Yoga and Magnificent 7 |
| W 6 | 6, 7, 10 |
| F 8 | Sun Salutation* |
| M 11 | JOURNAL DUE PRIOR TO 6 A.M. (4) |
| W 13 | Y, M7, Sun Salutation |
| F 15 | survey |
| M 18 | no class—study for review and test I |
| W 20 | review: overview and web material |
| F 22 | TEST I—OVERVIEW AND WEB MATERIAL |
| M 25 | Y, M7, SS |
| W 27 | T'ai Chi Ch'uan |
| March | 10 & 11 |
| F 1 | Y, M7, SS, Tai Chi Chuan |
| M 4 | Y, M7, SS, TC |
| W 6 | JOURNAL DUE PRIOR TO 6 A.M. 12 & 13 |
| F 8 | Y, M7, SS, TC |
| M 11-15 | SPRING BREAK—RELAX |
| M 18 | Y, M7, SS, TC, Personal meditation |
| W 20 | 14 and review |
| F 22 | Practice all |
| M 25 | TEST II—S & B 1-7, 10 |
| W 27 | 14 & 15 |
| F 29 | Practice all |
| April | |
| M 1 | Practice all |
| W 3 | 16, 24, Epilogue |
| F 5 | Practice all |
| M 8 | JOURNAL DUE PRIOR TO 6 A.M. Practice all |
| W 10 | Putting it all together |
| F 12 | Practice all |
| M 15 | Practice all |
| W 17 | Putting it all together |
| F 19 | Practice all |
| M 22 | Practice all |
| W 24 | course/instructor evaluations |
| F 26 | review test II—11-16, 24, epilogue and haiku |
| M 29 | TEST III—11-16, 24, EPILOGUE AND HAIKU |

EMORY UNIVERSITY



050000021145

Calendar: This schedule is subject to change due to unforeseen circumstances

PE 130 Spring, 2002

TTH

Dr. England

| DAY/DATE | | ACTIVITY |
|-----------------|-------|--|
| | | *On web site |
| January | | |
| Th | 17 | Overview* and evaluation |
| T | 22 | Overview, Yoga is Mindfulness*, S&B 1 & 2, Yoga |
| Th | 24 | “ “ “ |
| T | 29 | S & B 3,4,5, Yoga and Magnificent 7* |
| Th | 31 | “ “ “ |
| February | | |
| T | 5 | 6,7,10, Yoga, Magnificent 7 |
| Th | 7 | 6,7,10, Yoga, Magnificent 7, SunSalutation* |
| T | 12 | JOURNAL DUE PRIOR TO 6 A.M. Y, M7, Sun Salutation |
| Th | 14 | survey |
| T | 19 | review for Test I—Overview and web material |
| Th | 21 | TEST I—OVERVIEW AND WEB MATERIAL |
| T | 26 | 10, 11 Y, M7, SS, T'ai Chi Ch'uan |
| Th | 28 | “ “ |
| March | | |
| T | 5 | 10,11, Y,M7, SS, Tai Chi Chuan |
| Th | 7 | JOURNAL DUE PRIOR TO 6 A.M. 12, 13, Y,M7,SS,TC |
| M | 11-15 | SPRING BREAK—RELAX |
| T | 19 | 14 and review, Y, M7, SS, TC, Personal meditation |
| Th | 21 | 14 and review for Test II—S & B 1-7, 10 |
| T | 26 | TEST II—S & B 1-7, 10 |
| Th | 28 | 14 & 15, Practice all |
| April | | |
| T | 2 | 16, 24, epilogue, practice all |
| Th | 4 | 16,24, epilogue, practice all |
| T | 9 | JOURNAL DUE PRIOR TO 6 A.M. Putting it all together, practice all |
| Th | 11 | “ “ |
| T | 16 | “ “ |
| Th | 18 | “ “ |
| T | 23 | “ “ |
| Th | 25 | Course/instructor evaluations; review for Test III |
| T | 29 | TEST III—11-16, 24, EPILOGUE, HAIKU |

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.

Course Title: Stress Management Activity, Spring, 2002

Instructor: Dr. England **Email:** penglan@emory.edu or type in Penny England for LearnLink

Phone: 4-8350, Williams Gymnasium

Office Hours MW 12:30-1:45, 3:30-4

TTH 9:30-10, 2:30-3

I am on campus many other hours and available for appointments at other times.

Physical activity for this class may be quite vigorous at times and may require good flexibility and mobility. 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 adapting this class so that it can be beneficial to you.

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 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.

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:

- Grading:**

| | |
|------------|---|
| 100 points | Overview, online material, and class discussion |
| 100 points | Benson & Stuart: Chapters 1-7, 10 and class discussion |
| 100 points | Benson & Stuart: Chapters 11-16, 24, epilogue, class discussion, and haiku. |

Your haiku will be worth 10 extra credit points. You will write it on the last page of your test. Your haiku will be the Japanese verse form, first and third lines containing five syllables, and the second line containing seven syllables. Let your haiku express the culmination of how you grow as a result of your thinking and experience with the stress management ideas and techniques you have experienced this semester.

Example from last semester:

Tension makes me cold
My warmth found in mindfulness
The heat of patience

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

You will keep a weekly electronic record of your journey toward effective stress management. You should make an entry each week, but you will not post the email until the due date. On each due date, you will send all your entries (usually three) in one email addressed directly to me (Penny England). Your journal 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.

Follow this format for each entry:

- 1) Practice (day, date, start time, finish time): what stress management techniques you have practiced outside of class (include the day, date, and time of each practice),
- 2) Psychic response: your mental/emotional responses to your practice,
- 3) Physical response: your physical responses to your practice,
- 4) Stress story: one true, personal example of stress coping during the week of the entry
- 5) Management of 4: how you handled, or mis-handled it, and
- 6) Goals: stress coping goals for the next week.

Class Participation Grade—100 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.

90-100 points--extraordinary attention to focus, consistent contribution/attention in class, and concentrated practice of detail.

80-89 points—average attention to the above. **This is the grade most students will earn.**

70-79 points—below average attention to the above

Less than 50 points—distracted or distracting behavior

This 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 25 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—500 possible points. Please understand that the points you earn for each of these will be based both on the criteria listed below and your participation in class.

| | |
|---|--|
| 100 points—yoga* | Criteria: correct order and pace; |
| 100 points—magnificent 7 | excellent focus, form, balance, effort |
| 100 points—sun salutation | 90-100--excellent |
| 100 points—tai chi chuan | 80-89--good |
| 100 points—personal moving meditation** | 70-79—average |
| | 60-69—poor |

*You will practice a sequence of about 25 yoga poses. Eventually you will choose seven of those (three which you believe your body needs and four which are relaxing to your body) to put into your own personal yoga routine.

**You will create your own moving meditation to present in class. You may use any movements we have done in class, movements you have learned elsewhere, or movements you have created. Your moving meditation may be any combination of the aforementioned. It will be one minute long (+ or – 10 seconds). You will title it and write a brief description of its meaning to you (no more than 50 words). You will read this description to the class.

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.

OVERVIEW

Goals of Discussion Class

1. learn to listen closely to what is said
2. learn to explain your ideas
3. learn how to speak and work with others whether you know them or not
4. learn how to receive correction and criticism from others
5. learn how to ask about what you don't understand
6. learn how to admit when you're wrong
7. learn how to think about questions whose answers are very uncertain
8. learn how to learn from others
9. learn how to teach others
10. learn how to teach yourself.

Practice

1. Read the text carefully. In discussions your opinions are important. Realize your opinions are your interpretation of the text.
2. Listen to what other say. Don't interrupt. A discussion cannot occur if what people have said has not been listened to carefully.
3. Speak clearly. For others to respond to your opinions, everyone must be able to hear and understand what you say. If you do not speak clearly, you convey doubt.
4. Give others your respect. A discussion is a cooperative exchange of ideas. It is not an argument or a debate. Don't talk privately to your neighbor. You may become excited and wish to share your ideas. Yet, in a discussion this is done publicly for the benefit of the whole class.

Mend your speech a little, lest you mar your fortunes. William Shakespeare

Our greatest freedom is the freedom to choose our attitude. Victor Frankl

One's philosophy is not best expressed in words, it is expressed in the choices one makes. In the long run, we shape our lives and we shape ourselves. The process never ends until we die. And the choices we make are ultimately our responsibility. Eleanor Roosevelt

If you are distressed by anything external, the pain is not due to the thing itself, but to your estimate of it; and this you have the power to revoke at any moment. Marcus Aurelius

If at first you don't succeed, you're about average. Anonymous

I was always looking outside myself for strength and confidence, but it comes from within. It is there all the time. Anna Freud

Words can destroy. What we call each other ultimately becomes what we think of each other, and it matters. Jeanne Kirkpatrick.

Nothing is a waste of time if you use the experience wisely. Auguste Rodin