

Instructor: Janice Cook

Phone: (403)220-3425

Email: jcook@ucalgary.ca

Office: KNB 252

Office Hours: By appointment

Room: Lecture: KNA 160

Lab: KNA 013

Days: Mon/Wed

Time: Lecture: 9:00 am – 9:50 am

Lab 1: 10:00 am – 10:50 am

Lab 2: 11:00 am – 11:50 am

Course Website: [Http://blackboard.ucalgary.ca](http://blackboard.ucalgary.ca)

Course Description:

The study of joint flexibility, relaxation techniques and stress management and their importance to physical fitness, human performance, wellness and health.

Course Objectives:

At the completion of this course, students will:

1. Be able to define flexibility and understand physiology that relates to flexibility.
2. Understand the importance of maintaining flexibility for physical fitness, health, well-being, and sports performance and understand the benefits of stretching regularly.
3. Be able to correctly perform and understand the benefits and disadvantages of different techniques used to enhance flexibility including: passive, static, dynamic, ballistic, undulating (wave, pulse) and proprioceptive neuromuscular facilitation (PNF) stretching.
4. Be able to assess flexibility (your own and that of others), identify problem areas and improve your own flexibility if appropriate.
5. Be able to prescribe an exercise program designed to develop overall flexibility, and design a sport-specific flexibility program.
6. Be familiar with the CD-ROM "Stretch Coach", which can be used as a resource for designing flexibility programs.
7. Be able to define relaxation and describe the physiological changes that characterize the relaxation response.
8. Understand the importance of relaxation for physical fitness, health, well-being, and sport performance.
9. Be aware of a variety of relaxation resources (services, books, music and recordings).
10. Be familiar with relaxation techniques, be aware of what techniques work best for you and have experienced the relaxation response several times. Relaxation Techniques: Body Scan and Deep Muscle Relaxation, Autogenic Training, Progressive Muscle Relaxation, Yoga, Massage, Auto-Massage, Stretching, Meditation, and Visualization.
11. Be familiar with a variety of Mind-Body and Energy Medicine techniques used for relaxation and healing such as Reiki, Acupuncture, Qigong, Tai Chi and Applied Kinesiology.
12. Understand the role of relaxation, spirituality and stress management in the healing process.
13. Be able to define stress and describe the physiological changes that characterize the stress response. Understand the health consequences of excess stress (distress).

14. Able to evaluate stress and recovery via psychological (psychometric instruments) and physiological (various heart rate indices) means.
15. Understand different types and causes of stress and be able to describe and implement strategies to manage personal stress.
16. Be able to prescribe a relaxation program designed to aid in recovery based on individual needs.
17. Be familiar with strategies to cultivate inner peace and implications for health.
18. Understand the importance of core stability and correct posture for preventing muscle imbalances, chronic injuries, lower back pain and other stress related conditions; understand the importance of maintaining a balance of flexibility and core strength in maintaining healthy posture and correct alignment and be aware of techniques to develop this.

Required Reading Materials:

Assigned readings will be posted on Blackboard.
Herbert Benson, MD and William Proctor, JD. (2010) *Relaxation Revolution: Enhancing Your Personal Health Through the Science and Genetics of Mind Body Healing* is required for assignment.

Contacting the Instructor:

Students requiring assistance are encouraged to speak with their instructor during class or office hours. Should you wish to meet with the instructor outside of office hours, please phone or email the instructor to make an appointment. Any e-mail communication should have your course number and name in the subject line.

Email, while commonly used, does limit the effectiveness of communications and may not be the best way for instructors to answer student questions. Therefore, the instructor may request a telephone call or personal meeting. Your instructor will inform you as to his/her expectations about emails.

Grading Scale:

Grade	Percent	Grade Point Value	Description
A+	≥ 97.0	4.00	Outstanding
A	92.0 – 96.9	4.00	Excellent - superior performance, showing comprehensive understanding of subject matter.
A-	87.0 – 91.9	3.70	
B+	82.0 – 86.9	3.30	
B	77.0 – 81.9	3.00	Good-clearly above average performance with knowledge of subject matter generally complete.
B-	72.0 – 76.9	2.70	
C+	67.0 – 71.9	2.30	
C	62.0 – 66.9	2.00	Satisfactory – basic understanding of the subject matter. Grade point average below 2.00 is not sufficient for promotion.
C-	58.0 – 61.9	1.70	Minimum grade required if needed as a prerequisite course.
D+	54.0 – 57.9	1.30	
D	50.0 – 53.9	1.00	Minimal pass – marginal performance; generally insufficient preparation for subsequent courses in the same subject.
F	≤ 49.9	0	Fail – unsatisfactory performance or failure to meet course requirements.

**Evaluation of Course
Content:**

Assignments – On-going	10%
Midterm – Oct. 24 th	25%
Book Summary – Due Nov. 5 th	10%
Relaxation Logs	10%
Flexibility or Relaxation Plan – Due Nov. 21 st	15%
Final Exam – Scheduled by the Registrar’s Office (TBA)	30%

**Evaluation Tool
Descriptions:**

1. Assignments: 10%

Ongoing assignments throughout the semester posted on Blackboard.

2. Book Summary: 10% Due November 5th

Book: Herbert Benson, MD and William Proctor, JD. (2010) *Relaxation Revolution: Enhancing Your Personal Health Through the Science and Genetics of Mind Body Healing*.

Summary: Follow the template posted on Blackboard under assignments.

Note: This is an individual assignment. Each person is expected to read the book on their own, summarize the key messages and reflect on the meaning for them personally. Any duplication of work or portions downloaded from other sources will be considered cheating.

3. Exams: Midterm October 24th – 25% and Final Exam scheduled between Dec. 10th- 19th – 30%

The exams will be based on material from the lectures, guests, readings posted on Blackboard or text. They will include multiple choice, matching and short answer questions.

4. Relaxation Logs: 10% Ongoing

Template and details posted on Blackboard.

5. Flexibility or Relaxation Evaluation and Plan: 15% Due November 21st

Selecting either Flexibility or Relaxation, students will identify a ‘clients’ flexibility or relaxation current status, needs and goals. They will then create a flexibility plan that leads to long term flexibility increases taking into consideration time, type and techniques OR a relaxation plan that addresses individual recovery needs and includes specific techniques, time, frequency and stress management recommendations. More details posted on Blackboard.

Late Policy:

Class assignments are due at the beginning of class on the specified due dates. Late assignments will be docked 1% per day to a maximum of 3 days. After that, assignments will not be assessed and a mark of 0% will be assigned.

Final Examination:

The final exam will be scheduled between December 10th and 19th. It will include multiple choice and short answer questions. The exam will be based on material from lectures, labs, readings and guests.

**Additional Course
Information:**

The demands of this activity can be harmful to a student with physical limitations. It is the student’s responsibility to inform the instructor of any physical limitations (including a recent positive PAR-Q) or conditions such as low back pain, knee or should problems **PRIOR** to participating in lab activity component of this class. It is the responsibility of the student to listen to their bodies and stop any activity that

may be causing them pain or aggravating their conditions. Discuss any problems with the instructor and appropriate activity modifications will be made to accommodate these students

This course has a lab component integrated into all sessions. Attendance of labs is mandatory at the University of Calgary. Students are required to attend all Labs. Two or more unexcused absences will result in failure of this course. If an ongoing illness or other circumstances prevent the student from attending labs it is the responsibility of the student to discuss this situation with the instructor. The student may be required to withdraw from the course. Students are expected to attend lectures and labs, to arrive on time and actively participate in all Sessions. Students are expected to come to labs prepared to stretch and relax. Wear loose, comfortable, warm clothing (i.e. sweats, not jeans); do not eat heavily, drink caffeine or smoke 1 hour prior to lab. Students are expected to actively participate (do activities, peer teaching and sharing experiences) in class. Students are responsible for informing the instructor of reason for any absence prior to class by email or telephone.

Supplementary Course Information

In accordance with the University of Calgary Calendar

**Academic
Accommodation
Awareness
Information:**

It is the student's responsibility to request academic accommodation. If you are a student with a documented disability who may require academic accommodation and have not registered with the Disability Resource Centre, please contact their office at 220-8237. You are also required to discuss your needs with your instructor no later than fourteen (14) days after the commencement of this course. Students who have not registered with the Disability Resource Centre are not eligible for formal academic accommodation.

**Plagiarism/Cheating/O
ther Academic
Misconduct:
(see Calendar)**

A single offence of cheating, plagiarism, or other academic misconduct is a serious act that will not be tolerated in the Faculty of Kinesiology. Penalties for such acts will be determined by the Dean and may result in a failing grade, probation, suspension, or expulsion. Any student who is uncertain if an action falls into this category should consult the instructor and/or the Calendar.

Midterm Exam Policy:

The Faculty of Kinesiology policy is that all students are expected to write midterm exams on the dates listed on the course outline. Special accommodation may be granted by the instructor in **exceptional circumstances only** which include illness, participation in athletic events (varsity, national or international), domestic affliction, and religious conviction. It is the student's responsibility to supply proper documentation and/or notification **prior** to the originally scheduled midterm to support their circumstance. Personal travel plans and arrangements are **not** valid reasons for requesting a special accommodation for a midterm exam. Failure to comply with this policy will result in a grade of zero for the midterm and possible failure in the course.

FOIP Policy:

Please note that the University is under the jurisdiction of the provincial Freedom of Information and Protection of Privacy (FOIP) Act. Please refer to the website for details: <http://www.ucalgary.ca/secretariat/privacy>

**Internet and Electronic
Communication Device
Information:**

Any surfing of the Internet during lectures that is not directly related to the class discussion is distracting and strictly forbidden. Additionally, the use of any electronic devices (e.g., cellular phones, Blackberrys) for e-mailing, texting, etc. is strictly prohibited. Please turn OFF your phone before the beginning of each lecture.

Instructors have the authority, at the discretion of the dean of their faculty, to require

that specific course assignments, term papers and academic exercises be submitted in an electronic format. Instructors cannot require that multiple copies of an assignment be submitted.

**Emergency
Evacuation/Assembly
Points:**

For classes in the Kinesiology buildings Primary assembly point is the MacEwan Student Centre - North Courtyard and the Alternate assembly point is University Theatres Lobby

Safewalk Information:

Safewalk volunteers walk people safely to their destination on campus (including Health Sciences, Children's Hospital, McMahon Stadium, and University LRT station). This service is free and available to students, staff and campus visitors. Call 403-220-5333 (24 hours a day/7 days a week/365 days a year).

Student's Union:

The Kinesiology Representative is Calindy Ramsden - E-mail: kinesrep@su.ucalgary.ca