

PE-1430: PHYSICAL RELAXATION TECHNIQUES

Cuyahoga Community College

Viewing: PE-1430 : Physical Relaxation Techniques

Board of Trustees:

January 2022

Academic Term:

Fall 2022

Subject Code

PE - Physical Education

Course Number:

1430

Title:

Physical Relaxation Techniques

Catalog Description:

Introduces student to basic physical techniques of relaxation including breathing, Jon Kabut-Zinn's body scan method, active and passive meditation. Includes awareness of body tension and stressors.

Credit Hour(s):

1

Lecture Hour(s):

0

Lab Hour(s):

2

Requisites

Prerequisite and Corequisite

None.

Outcomes

Course Outcome(s):

Demonstrate a basic knowledge of various forms of relaxation techniques.

Objective(s):

1. Demonstrate proficiency in Jon Kabut-Zinn's body scan technique noting body areas of tension and subsequently relaxing those areas through the proficiency in the following techniques: 1) Deep rhythmic breathing; 2) Passive meditation of choice: either sitting or prone; 3) Active meditation of choice: walking; 4) Yoga
2. Demonstrate theoretical knowledge of relaxation techniques, principles and potential stressors on a written exam.
3. Demonstrate a positive attitude toward the subject and class by regular attendance, participation and prompt arrival to class.
4. Demonstrate proficiency in evaluating one's relaxation techniques and progress by keeping a written progress journal.
5. Demonstrate proficiency in evaluating one's relaxation techniques and progress by doing an initial and final written stress awareness assessment.

Methods of Evaluation:

1. Students will demonstrate an understanding of course content through physical participation and demonstration through a practical exam of the techniques presented in class.
2. Written exam
3. Written Progress Report
4. Attendance, participation in class.

Course Content Outline:

1. Initial written stress assessment
2. Jon Kabut-Zinn's Body Scan Technique
3. Initial physical relaxation assessment
4. Breathing techniques for relaxation
5. Passive meditation techniques for relaxation:
 - a. Sitting position
 - b. Prone position
 - c. With music
 - d. With a visual such as a candle
6. Active meditation techniques for relaxation:
 - a. Walking meditation
 - b. Jogging meditation
 - c. Yoga
7. Combining the above techniques for maximum relaxation

Resources

Kabat-Zinn, Jon. *Full Catasrophe Living: Using the Wisdom of Your Body and Mind to Face Stress, Pain and Illness*. New York, NY: Dell Pubications, 1990.

Chopra, Deepak. *Total Meditation: Practice in Living the Awakened Life*. Harmony/Rodale, 2020.

Resources Other

Free Online Meditation Resources for Times of Social Distancing / COVID-19 <https://www.theawakenetwork.com/free-online-meditation-resources-for-the-time-of-social-distancing/>

PsychCentral: Best Online Meditation Options: <https://psychcentral.com/health/online-meditation#types-of-meditation>

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