

**I. CATALOG DESCRIPTION:**

- A. Department Information:  
Division: Physical Education, Athletics & Health  
Department: Physical Education  
Course ID: PE/I 186 X 4  
Course Title: Adapted Physical Education: Stretching and Stress Reduction  
Units: 1  
Lecture: None  
Lab: 3 Hours  
Prerequisite: None
- B. Catalog and Schedule Description:  
This course is designed for students with disabilities to improve or maintain their flexibility and joint range of motion as well as learn techniques for stress reduction and relaxation. A completed adapted P.E. physical form, obtained from either the instructor or DSPS, is required prior to participation in this class.

**II. NUMBER OF TIMES COURSE MAY BE TAKEN FOR CREDIT: Four**

**III. EXPECTED OUTCOMES FOR STUDENTS**

**Upon successful completion of level one of this course, the student should be able to:**

- A. Demonstrate 5 stretches correctly within personal limitations
- B. Identify 3 personal stress reduction and relaxation goals
- C. Demonstrate proper breathing techniques while stretching
- D. Apply beginning level meditation techniques
- E. Design and execute a beginning level stretching routine within personal limitations

**Upon successful completion of level two of this course, the student should be able to:**

- A. Demonstrate 8 stretches correctly within personal limitations
- B. Identify 5 personal stress reduction and relaxation goals
- D. Apply low intermediate level meditation techniques
- E. Design and execute a low intermediate level stretching routine within personal limitations

**Upon successful completion of level three of this course, the student should be able to**

- A. Demonstrate 10 stretches correctly within personal limitations
- B. Identify 7 personal stress reduction and relaxation goals
- C. Apply high intermediate level meditation techniques
- D. Design and execute a high intermediate level stretching routine within personal limitations

**Upon successful completion of level four of this course, the student should be able to:**

- A. Demonstrate 12 stretches correctly within personal limitations
- B. Identify 10 personal stress reduction and relaxation goals
- C. Apply advanced level meditation techniques
- D. Design and execute an advanced level stretching routing within personal limitations

**IV. CONTENT:**

- A. Definition of stress
  - 1. Good stress
  - 2. Bad stress
- B. Types of stressors
- C. Stress and breathing
- D. Personality and stress
- E. Social basis of stress

1. Life events
2. Daily challenges
- F. The effects of stress on the body
  1. Endocrine system
  2. Muscular system
  3. Cardiovascular system
  4. Immune system
  5. Digestive system
- G. Chronic stress and psychological illness
- H. Stretching techniques
  1. Passive stretches
  2. Active stretches
- I. Mental aspects
  1. Progressive relaxation
  2. Autogenic relaxation
  3. Visualization
  4. Meditation
- J. Journaling
- K. Wheelchair stretches
  1. Arms
  2. Torso
  3. Legs

**V. METHODS OF INSTRUCTION: (Please check all that apply and add any additional not listed)**

- Lecture
- Class and/or small group discussion
- Critical evaluation of texts, newspapers, journal articles, and other printed research
- Critical evaluation of films, videotapes, audiotapes, or other media forms
- Classroom demonstrations
- Field trips
- Guest speakers
- Other:
- Other:

**VI. TYPICAL OUT-OF-CLASS ASSIGNMENTS:**

- A. Reading Assignment. Reading assignments are required and may include (but are not limited to) the following: After reading a journal article on stretching techniques, discuss in small groups how the various exercises can be modified to suit individuals with disabilities.
- B. Writing Assignment. Writing assignments are required and may include (but are not limited to) the following: Write a 2-page paper identifying the various safety precautions one should take before beginning an extensive stretching program.
- C. Critical Thinking Assignment. Critical thinking assignments are required and may include (but are not limited to) the following: Design a personal stretching program within your personal limitations to increase flexibility and reduce stress.

**VII. EVALUATION:**

A student's grade will be based on multiple measures of performance and will reflect the objectives explained above. A final grade of "C" or better should indicate that the student has the ability to successfully apply the principles and techniques taught in this course. These evaluation methods may include, but are not limited to, the following (Please check all that apply, and add additional not listed):

- Portfolios
- Projects
- Written papers or reports
- Presentations (oral and visual)
- Work performance (internships or field work)
- Lab work
- Comprehensive examinations (cumulative finals or certifications)
- Peer evaluation
- Self evaluation
- Classroom participation
- Homework
- Other
- Other

**VIII. TYPICAL TEXT(S):**

- A. Kurz, Thomas. Stretching Scientifically: A Guide to Flexibility Training. Stadion Publishing Co. Inc., 2003.
- B. Mason, L. John. Stress Reduction. Celestial Arts, 2001.
- C. Groves, Dawn. Stress Reduction for Busy People: Finding Peace in an Anxious World. New World Library, 2004.

**IX. OTHER SUPPLIES REQUIRED OF STUDENTS:**

- A. Workout shoes, shirt, and sweatpants or shorts