

PE C126: RELAXATION MOVEMENTS

Item	Value
Curriculum Committee Approval Date	10/04/2024
Top Code	083500 - Physical Education
Units	1 Total Units
Hours	36 Total Hours (Lecture Hours 9; Lab Hours 27)
Total Outside of Class Hours	0
Course Credit Status	Credit: Degree Applicable (D)
Material Fee	No
Basic Skills	Not Basic Skills (N)
Repeatable	No
Open Entry/Open Exit	No
Grading Policy	Standard Letter (S), • Pass/No Pass (B)
Local General Education (GE)	• Area 7E Self-Development (CE1)
California State University General Education Breadth (CSU GE-Breadth)	• CSU E2 Activity Course (E2)

Course Description

The students will participate in a variety of techniques from various Eastern healing traditions, which can include Hatha Yoga, Qigong, and Taiji (Tai Chi), that are designed to improve quality of life on all levels-physical, emotional, and spiritual. Techniques on breathing, concentration/meditation, self-massage, gentle flowing movement, strength poses, and relaxation will be presented. Enrollment Limitation: KIN C126; students who complete PE C126 may not enroll in or receive credit for KIN C126. Transfer Credit: CSU.

Course Level Student Learning Outcome(s)

1. Apply major theories and principles of relaxation and movements to everyday life.
2. Utilize appropriate basic posture and technique in performing relaxation movements.
3. Select appropriate techniques for stress reduction, mental clarity, and well-being.

Course Objectives

- 1. Demonstrate basic ability to perform movements with appropriate posture, breathing, coordination, and balance.
- 2. Evaluate growth in terms of body awareness and personal development.
- 3. Demonstrate techniques of a combination of yoga, Qigong, Taiji postures for improving balance, flexibility, strength, and overall relaxation.

Lecture Content

History of Eastern healing traditions as an integrated mind-body healing method. Breathing techniques to energize the body and calm the

mind. Yoga postures to build strength, flexibility and balance. Qigong movements to balance the mind, body and spirit and bring inner peace. Meditation techniques to reduce stress and help relax, focus and restore.

Lab Content

Practice integrated mind-body healing method. Learn calming breath. Learn stance, balance, and postures. Practice Qigong movements for balance of body, mind, and spirit. Practice meditation techniques for relaxation.

Method(s) of Instruction

- Lecture (02)
- DE Live Online Lecture (02S)
- DE Online Lecture (02X)
- Lab (04)
- DE Live Online Lab (04S)
- DE Online Lab (04X)

Instructional Techniques

Classroom method will use a series of lectures, demonstrations, and/or DVD and video enhancements as well as practice sessions to build student confidence and the ability to practice various postures.

Reading Assignments

Read textbook and do library research assignments, group and individual projects, preparation for discussions, and/or demonstrations.

Writing Assignments

Written observations, backed by cited sources; applying knowledge of the history and background of this ancient practice to the demonstration and explanation of movements.

Out-of-class Assignments

Reading and written assignments; research assignments; preparation of content and demonstrations to share with the class and responses to content presented; analysis of case studies; and/or self-assessments.

Demonstration of Critical Thinking

Examples include: application of movement theory to a variety of posture and balance issues. Demonstration of correct posture, stance and movement patterns.

Required Writing, Problem Solving, Skills Demonstration

Students may assess and critique their movement skills. Students may incorporate Eastern healing arts into a fitness-wellness routine. Students may demonstrate yoga postures, proper breathing, and Qigong and Taiji technique.

Eligible Disciplines

Health: Master's degree in health science, health education, biology, nursing, physical education, kinesiology, exercise science, dietetics, or nutrition OR bachelor's degree in any of the above AND master's degree in public health, or any biological science OR the equivalent. Master's degree required. Kinesiology: Master's degree in kinesiology, physical education, exercise science, education with an emphasis in physical education, kinesiology, physiology of exercise, or adaptive physical education OR Bachelor's degree in any of the above AND Master's degree in any life science, dance physiology, health education, recreation administration or physical therapy OR the equivalent. Physical education: Master's degree in physical education, exercise science, education

with an emphasis in physical education, kinesiology, physiology of exercise, or adaptive physical education, OR bachelor's degree in any of the above AND master's degree in any life science, dance, physiology, health education, recreation administration, or physical therapy OR the equivalent. Master's degree required.

Textbooks Resources

1. Required Schiffman, E. *The Spirit Practice of Moving into Stillness*, ed. Pocket Books, 1996 Rationale: - Legacy Textbook Transfer Data: Legacy text 2. Required Sivandana Yoga Center. *The Sivananda Companion to Yoga*, ed. Simon Schuster, 2014 Rationale: - Legacy Textbook Transfer Data: Legacy text 3. Required Jahnke, Roger. *The Healer Within*, ed. Harper Collins, 1997 Rationale: - Legacy Textbook Transfer Data: Legacy text 4. Required Shih, Tzu Kuo. *Qi Gong Therapy*, ed. Station Hill, Distributed by the Talman Company, 1994 Rationale: - Legacy Textbook Transfer Data: Legacy text

Other Resources

1. Coastline Library