

YORK UNIVERSITY
Kinesiology and Health Sciences
HH/AS/KINE 4420M RELAXATION: THEORY AND PRACTICE
Mark Cummings, M.A. (markscummings@hotmail.com)

This course depends upon **in-person teaching and learning**. **Students will be required to follow rules for On-Campus classes as determined by York Senate. This course may need to revert to an on-line format due to COVID related issues if necessary, but it is my intention to conduct this class in-person so that everyone gets the most out of this course.** If we do need to revert to an on-line format, students will need a computer with webcam and microphone, and/or a smart device with these features as well as a stable higher speed internet connection. Course information will be provided on the course eclass page. All classes and exams will be in-person unless otherwise notified.

PURPOSE AND OBJECTIVES

The purpose of the course is to develop awareness, knowledge and skill in utilizing body/mind strategies in sport, leisure and daily life. The course objectives include:

- 1) To provide research based information on the psychological and neuro-physiological basis of self-regulation
- 2) To provide a variety of Learned Self-Regulation (LSR) skills
- 3) To facilitate the application of the knowledge and LSR skills to maintain and/or enhance health and performance.

TEXT WILSON, V.E. and CUMMINGS, M.S., 2015
. LEARNED SELF-REGULATION. 4th Edition. Toronto: YSAM Inc.

This is a required text and can be obtained through the York University Bookstore webpage (<https://bookstore.yorku.ca>)

COURSE OUTLINE

- I Understanding Disregulation and Learned Self-Regulation
 - A. Overview
 - B. Models
 - C. Causes of Disregulation
 - D. Signs & Symptoms of Disregulation
- II Physiological Basis of Self Regulation
 - A. Brain and Neural Structure
 - B. Neuroendocrine Pathways
 - C. Muscle Functioning
 - D. Cardiorespiratory/pulmonary Functioning
 - E. Gastrointestinal Functioning and Urinary Functioning
 - F. Immune Functioning
- III Psychological Foundations of Self Regulation
 - A. Genetics and Early Learning
 - B. Personality and Stress
 - C. Perception, Attention and Stress
 - D. Cognition and Stress
- IV Learned Self-Regulation Techniques
 - Breathing
 - Muscle Awareness Training
 - Autogenic Training
 - Meditation
 - Hypnosis
 - Ahhsome
 - Brief Techniques
 - Open Focus
 - Exercise
 - Imagery
 - Biofeedback
 - Attention Control
 - Energy Grounding
 - Power Hour

Prerequisites: AS/SC 2031 3.0, AS/SC/KINE 3011 3.0, AS/SC/KINE 3012 3.0

COURSE ORGANIZATION

Prerecorded Narrated Powerpoint lectures will be found on the course eclass page and can be viewed ahead of the scheduled Tuesday lecture times. Tutorials will be held at your assigned tutorial time on Thursday at 12:30 pm or 1:30pm. Students are required to attend and participate in lectures and tutorials to get the greatest benefit from this course. Attendance will be taken. Exams will be given in class at the pre-announced times.

EVALUATION

Log Book	35%	April 6th
Assessment Assignment	10	April 6th
Midterm Exam	35	March 5th
Final Exam	<u>20</u>	April 2nd
	100%	

Log Book Assessment

The purpose of the logbook is to record reactions to the various self-regulation techniques that are presented in this course. The type of reaction, positive or negative or nothing, is not graded, only whether or not you have recorded the event and your reaction. It is also a place to record thoughtful comments on how concepts and material covered in class and the readings are relevant and meaningful in your life. A further purpose of the logbook is to provide an opportunity to encourage and assess change across time.

Logbooks are taken in for midterm feedback according to tutorial assignment starting before reading week. Keep them up to date.

"A" grade - "*excellent*" - **Daily integration of readings and experiences into one's life** (i.e. if we have discussed and learned proper breathing techniques, one could demonstrate knowledge and application by explaining how and where your breathing patterns change, how this relates to course concepts and is pertinent to your life/sport, how you have integrated breathing exercises in your normal daily living patterns, and description of responses to the breathing exercises). Evidence of critical thinking, integration of course material, and comparison of effectiveness of different self-regulation techniques are expected.

"B" grade - "*good*" - requires completion of the weekly assignments and training, with the integration of readings, material and experiences from each class session into meaningful comments. Requires a fairly high level of application and discussion of effects of the class material upon your thoughts and feelings.

"C" grade - "*satisfactory/acceptable*" - mostly repetition of the class material and completion of weekly training without comments demonstrating understanding or thoughtfulness regarding theories and applications.

"D" grade - "*minimal application*" - or limited training / recording of responses, limited understanding / integration of course concepts is demonstrated.

An "F" grade is when there is no log book or fabrication of entries.

Since practice of the techniques occurs during both lectures and tutorials, **absences beyond three hours, other than for medical reasons, will result in the lowering of the mark for the logbook of approximately 10% per hour of absences beyond three hours.** Please ensure you participate in lectures and tutorials to get the most from this class.

Examinations

The first mid-term examination mainly cover the knowledge of self-regulation models, and the second midterm covers the physiological basis of self-regulation as well as several self-regulation techniques. The final examination covers the psychological basis of self-regulation, additional self-regulation techniques and an understanding of how the material can be integrated into daily living. Exams generally consist of multiple choice/true-false questions and several short answer or essay questions.

In this course, we strive to maintain academic integrity to highest extent possible. Please familiarize yourself with the meaning of academic integrity by completing SPARK's Academic integrity module at the beginning of the course. Breaches of academic integrity range from cheating (i.e., the improper crediting of another's work, the representation of another's ideas as your own, etc.) to aiding and abetting (helping someone else to cheat). All breaches in this course will be reported to

the appropriate university authorities and can be punishable according to the Senate Policy on Academic Honesty.”

Audio recordings will be provided on the eclass page to assist with home practice of some of the deep relaxation strategies. Students do not have permission to duplicate, copy and /or distribute the recordings outside of class.

While all individuals are expected to satisfy the requirements of their program of study and to aspire to achieve excellence, the university recognizes that persons with disabilities may require reasonable accommodation to enable them to perform at their best. The university encourages students with disabilities to register with Student Accessibility Services to discuss their accommodation needs as early as possible in the term to establish the recommended academic accommodations that will be communicated to Course Director as necessary. Please let me know as early as possible in the term if you anticipate requiring academic accommodation so that we can discuss how to consider your accommodation needs within the context of this course.

Assignment Submission, Lateness Penalties and Missed Tests

Assignments must be received on the due date specified for the assignment. Assignments are to be submitted at my email address given above. Assignments received later than the due date will be penalized one half a letter grade. Exceptions to the lateness penalty for valid reasons such as illness, compassionate grounds, etc., may be considered by the course director but will require supporting documentation.

Students who miss a test with a documented reason such as illness, compassionate grounds, etc., may request accommodation from the Course Director. A makeup test will be written as soon as possible during the next available lecture time upon returning.