Bemidji State University

PHED 1240: Skills for Life: Techniques of Neuromuscular Relaxation

A. COURSE DESCRIPTION
   Credits: 1
   Lecture Hours/Week: 0
   Lab Hours/Week: 0
   OJT Hours/Week: *
   Prerequisites: None
   Corequisites: None
   MnTC Goals: None
   An introduction to skill development in Jacobson's techniques to improve awareness of muscular tension and procedures for enhanced neuromuscular relaxation. Origins of stress and the body's responses to stress and stress management techniques will be included. [BSU Focus: Performance and Participation]

B. COURSE EFFECTIVE DATES: 08/22/1997 - Present

C. OUTLINE OF MAJOR CONTENT AREAS
   1. What is Stress?
   2. Stress psychophysiology
   3. Interventions/Stress theory model
   4. Intrapersonal
   5. Interventions: Perception

D. LEARNING OUTCOMES (General)
   1. develop their capacity to critically analyze their own level of muscular tension.
   2. analyze their own stressful behaviors.
   3. demonstrate the ability to solve problems (higher order thinking) by developing a plan for relieving stress in their lives.
   4. develop the skill of releasing excessive muscle tension (a skill that leads to a higher level of wellness).
   5. demonstrate their ability to write an analysis of their stressful behaviors.
   6. demonstrate safe behavior in the skill target setting and the elements of effective skill execution.
   7. demonstrate knowledge and experience the benefits of course's "Skill for Life" as a lifetime skill/physical activity.
   8. use their newly acquired knowledge to work collaboratively with an assigned class partner and/or to give quality of performance feedback.
   9. demonstrate knowledge of the common causes of stress in our culture and importance/value of relaxation techniques to reduce the physical and physiological effects of stress.
   10. verbally instruct the class through a relaxation session.

E. Minnesota Transfer Curriculum Goal Area(s) and Competencies
   None

F. LEARNER OUTCOMES ASSESSMENT
   As noted on course syllabus
G. SPECIAL INFORMATION

None noted