

**YORK UNIVERSITY**  
**Kinesiology and Health Sciences**  
**HH/KINE 4420M/N 3.0 RELAXATION: THEORY AND PRACTICE**  
Mark Cummings, M.A. (markscummings@hotmail.com)

**COURSE LEARNING 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.

**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, Intention and Stress
  - D. Cognition and Stress
- IV Learned Self-Regulation Techniques
  - Breathing - Open Focus
  - Muscle Awareness Training - Exercise
  - Autogenic Training - Imagery
  - Meditation - Biofeedback
  - Hypnosis - Attention Control
  - Ahhsome – Power Hour
  - Brief Techniques

**Mandatory Prerequisites:** KINE 2031 3.0, KINE 2011 3.0, KINE 3012 3.0

<b><u>EVALUATION</u></b>	Log Book	35%	
	Mid Term Exam	35	March 7th
	Final Exam	<u>30</u>	
		100%	

Final course grades may be adjusted to conform to Program or Faculty grades distribution profiles.

## Log Book Assessment

The purpose of the log book 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 log book is to provide an opportunity to encourage and assess change across time.

**Logbooks are taken in for midterm feedback according to lab assignment. 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, or when there is poor attendance.

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

Since practice of the techniques occurs during formal classes and labs, **absences beyond three hours, other than for medical reasons, will result in the lowering of the mark for the log book of approximately 10% per hour of absences beyond three hours.**

## Examinations

A mid-term examination mainly covers the knowledge of self-regulation models, physiological basis and 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 40-50 multiple choice/true-false questions and several short answer or essay questions.

## Experiences

The purpose of including three (3) experiences as part of the log book component is to provide an opportunity to experience and evaluate alternate forms of self regulation, or to provide an opportunity to experience LSR in stressful or new environments. You must receive written approval from the instructor for all 3 experiences prior to February, 2017. The LSR Experience Reports may be completed following each experience but submitted together at the end of the term (each report: 2 page, typed, single spaced). You are encouraged to turn in one experience sheet early in the term for feedback. Whether or not you liked or disliked the experience is not relevant to the marking of the experience.

### **Sample experiences:**

Body Treatment:	Massage	Shiatsu	Acupuncture/Acupressure	Medical Qigong
	Reflexology	Float Tanks	Cranial Sacral Therapy	
Awareness :	Fasting (24 hours)	Blind (24 hours)	Wheelchair/Crutches (8 hours)	
	Aromatherapy	Whirlpool vs Sauna	Bath w/ Epsom Salt vs Regular Bath	
Movement:	Tai Chi	Qi Gong	Feldenkrais	Pilates
	Yoga	Aston Patterning	Dance Therapy	
Audio/Visual CD's:	Compare (2 ) CD's eg. meditation, relaxation, imagery, time line, hypnosis, motivation, etc.			
Stretching the Limits:	Rock climbing	Bungee Jumping	Hang Gliding	Ropes Course
Altered States:	Hypnosis	NLP	Formal Breathwork Therapy	New Sport
Book/DVD Review:	Review lay book/DVD or review 2 key articles Surf the Net and review LSR topic			
Other:	Pottery	Giving Blood	Past Life-Changing Experience	

## **Assignment Submission, Lateness Penalties and Missed Tests**

Assignments must be received on the due date specified for the assignment. Assignments are to be handed in at class or left in my mailbox at the KINE Undergraduate office at Bethune College. 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., which is supported by documentation, may request accommodation from the Course Director. A makeup test will be written as soon as possible during the next available lab or lecture time upon returning.

## **IMPORTANT COURSE INFORMATION FOR STUDENTS**

### **Academic Honesty and Integrity**

York students are required to maintain high standards of academic integrity and are subject to the Senate Policy on Academic Honesty (<http://www.yorku.ca/univsec/policies/document.php?document=69>).

There is also an academic integrity website with complete information about academic honesty. Students are expected to review the materials on the Academic Integrity website (<http://www.yorku.ca/academicintegrity>).

### **Access/Disability**

York provides services for students with disabilities (including physical, medical, learning and psychiatric disabilities) needing accommodation related to teaching and evaluation methods/materials. These services are made available to students in all Faculties and programs at York University.

Students in need of these services are asked to register with disability services as early as possible to ensure that appropriate academic accommodation can be provided with advance notice. You are encouraged to schedule a time early in the term to meet with each professor to discuss your accommodation needs. Please note that registering with disabilities services and discussing your needs with your professors is necessary to avoid any impediment to receiving the necessary academic accommodations to meet your needs.

Additional information is available at [www.yorku.ca/disabilityservices](http://www.yorku.ca/disabilityservices) or from disability service providers:

- **Office for Persons with Disabilities:** N108 Ross, 416-736-5140 416-736-5140 , [www.yorku.ca/opd](http://www.yorku.ca/opd)
- **Learning and Psychiatric Disabilities Programs - Counselling & Development Centre:** 130 BSB, 416-736-5297 416-736-5297 , [www.yorku.ca/cdc](http://www.yorku.ca/cdc)
- **Atkinson students - Atkinson Counselling & Supervision Centre:** 114 Atkinson, 416 - 736 – 5225 416 - 736 - 5225 , [www.yorku.ca/atkcsc](http://www.yorku.ca/atkcsc)
- **Glendon students - Glendon Counselling & Career Centre:** Glendon Hall 111, 416 - 487 - 6709 416 - 487 - 6709 , [www.glendon.yorku.ca/counselling](http://www.glendon.yorku.ca/counselling)

### **Ethics Review Process**

York students are subject to the York University *Policy for the Ethics Review Process for Research Involving Human Participants*. In particular, students proposing to undertake research involving human participants (e.g., interviewing the director of a company or government agency, having students complete a questionnaire, etc.) are required to submit an Application for Ethical Approval of Research Involving Human Participants at least one month before you plan to begin the research. If you are in doubt as to whether this requirement applies to you, contact your Course Director immediately

## Religious Observance Accommodation

York University is committed to respecting the religious beliefs and practices of all members of the community, and making accommodations for observances of special significance to adherents. Should any of the dates specified in this syllabus for an in-class test or examination pose such a conflict for you, contact the Course Director within the first three weeks of class. Similarly, should an assignment to be completed in a lab, practicum placement, workshop, etc., scheduled later in the term pose such a conflict, contact the Course director immediately. Please note that to arrange an alternative date or time for an examination scheduled in the formal examination periods (December and April/May), students must complete an Examination Accommodation Form, which can be obtained from Student Client Services, Student Services Centre or online at [http://www.registrar.yorku.ca/pdf/exam\\_accommodation.pdf](http://www.registrar.yorku.ca/pdf/exam_accommodation.pdf) (PDF)

## Student Conduct

Students and instructors are expected to maintain a professional relationship characterized by courtesy and mutual respect and to refrain from actions disruptive to such a relationship. Moreover, it is the responsibility of the instructor to maintain an appropriate academic atmosphere in the classroom, and the responsibility of the student to cooperate in that endeavour. Further, the instructor is the best person to decide, in the first instance, whether such an atmosphere is present in the class. A statement of the policy and procedures involving disruptive and/or harassing behaviour by students in academic situations is available on the York website <http://www.yorku.ca/univsec/policies/document.php?document=82>

***Please note that this information is subject to periodic update. For the most current information, please go to the CCAS webpage (see Reports, Initiatives, Documents):***

[http://www.yorku.ca/secretariat/senate\\_cte\\_main\\_pages/ccas.htm](http://www.yorku.ca/secretariat/senate_cte_main_pages/ccas.htm).

March 22, 2006.