**PHED 1600 – Performance Activities: Stress Management, Fall 2014**

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* **Office Hours: M –** 9AM -10PM; **T** – 4-5PM; **W –** 9AM -10PM; **TH** – 4-5PM
  + Please, email ([ssg0012@auburn.edu](mailto:ssg0012@auburn.edu) or [fbd0001@auburn.edu](mailto:fbd0001@auburn.edu)) for an appointment prior to meeting time.

**Days**: MW

**Credit Hours:** 2

**Location**: Coliseum, room 2093

**Time**: 11:00-12:15

**Physical Activity and Wellness Program Instructional Leader & Coordinator**, Jared Russell, Ph.D. [russej3@auburn.edu](mailto:russej3@auburn.edu)

**Required Course Materials:** Yoga mat, light blanket, Guided Mindfulness Meditation – Series 1. You will need these by the 2nd week of class or as soon as you can acquire them in order to complete the home practice. You may order the CDs at the following website: <http://www.mindfulnesstapes.com/>or find them via other websites.

**Objectives:**

1. Understand basic concepts of mindfulness-based stress reduction
2. Train methods that can be used to reduce overall life stress
3. Apply basic mindful practice in guided classroom activities
4. Apply basic mindful practice in daily activities

**Attendance Policy:**

**Physical Activity and Wellness Program (PAWP) Attendance Policy**

The material and experiences in this class are important and if you are not in class, you cannot take an active role as a student. Class attendance and appropriate participation is paramount to your success as a student. At the discretion of the instructor, students arriving tardy to class will lose 1% of their final grade per offense. Unexcused absences cannot be made up and will result in up to 3% deduction from the student’s final grade per absence. Once a student has accrued five (5) unexcused absences he/she will not be permitted to take the final examination and will receive a grade of FA (as stipulated by the Physical Activity and Wellness Program guidelines). Moreover, students who accrue eight (8) absences, (excused, unexcused or a combination of the two types) will not be permitted to take the final examination and will receive a grade of FA. If an unusual condition such as a serious illness results in this situation (8 total absences) students are encouraged to consult the AU Bulletin and/or an academic advisor in their college to determine if they meet university guidelines for requesting withdrawal from the course.

Excused absences will be treated as follows:

1. Students must provide the instructor with a valid excuse upon returning to class (refer to Auburn University’s policy concerning class attendance and excused/unexcused absences): and
2. Make-up work developed and assigned at the discretion of the instructor must be completed within a week of the student returning to class.

If the student fails to follow these instructions the excused absence in question will be calculated as an unexcused absence. There are times when unforeseen circumstances will not allow you to attend class. Exceptions to this policy due to extreme circumstances are only permitted with the professor’s timely knowledge and approval. Arrangements to make up missed assignments and examinations due to properly authorized excused absences shall be initiated by the student within a week of the excused absence as mandated by Auburn University. Again, the format of any make-up work/assignments will be at the instructor’s discretion. Finally, the instructor will address all issues concerning absences at his/her discretion. Students are encouraged to refer to Auburn University’s policies concerning attendance, absences, academic honesty, and make-up work as found in the Auburn Bulletin.

**For an excused absence:**

You must present me with an excuse within one week of returning to class. I will then assign you make-up work, which will be due within one week of receiving the make-up assignment from me. I must receive both the excuse and the assignment in order to change your absence to *excused*.

**Statement of Student Accommodation:**

Students who need accommodations are asked to arrange a meeting during office hours the first week of classes, or as soon as possible if accommodations are needed immediately. If you have a conflict with my office hours, an alternate time can be arranged. To set up this meeting, please contact me by e-mail. Bring a copy of your Accommodation Memo and an Instructor Verification Form to the meeting. If you do not have an Accommodation Memo but need accommodations, make an appointment with The Program for Students with Disabilities, 1244 Haley Center, 844-2096 (V/TT).

**Course Overview:**

This class will target stress reduction methods that have been shown, scientifically, to reduce stress and act as an aid to many health conditions that arise or are exacerbated by stress (e.g., weight gain/loss, insomnia, depression, anxiety, eczema, memory problems, etc.). This course is not a certified Mindfulness Based Stress Reduction course; however, it is based on many of the foundational principles of that program created by Jon Kabat-Zinn.

While this course draws from some Buddhist traditions of breathing meditation and the Eastern practice of yoga, the content of this course is not faith-based and has been used with great success by individuals who have deep spiritual practice in Christianity, Judaism, and other faiths. The content of this course is not intended to create a fundamental conflict with any faith journey that you may be taking at this time. It is intended to support you, as an individual, wherever you are on your path at this time. To that end, I ask that each class member practice unconditional positive regard toward the other members of the class, listening with respect and suspending judgment to create an atmosphere of trust. Sharing personal experiences in class, without fear of judgment, is a gift that you can offer each other. I also ask, out of respect for yourself and the other class members, to please, keep personal details shared in class by other students in your confidence. It is only in an environment of trust that we may engage in the kind of deep discussions that will promote the most benefit.

Finally, you will need to keep a journal of some sort, in which you can keep track of completion of the home practice and any questions, comments, observations, or insights that you have throughout the term. I will ask that you share observations of your experiences and practice at regular intervals to keep track of your experience in the course. The material for these short assignments can be drawn from your journals. If you would like to share your journal with me at anytime, I would be happy to review it and provide feedback.

**Observation Assignments:**

You will be assigned written personal observations in which you will share experiences that arise from the class and the assigned home practice. These are intended as a means for me to keep track of how you are doing and they provide a confidential opportunity for me to help you fit this program to your individual needs. The observations should be a paragraph or two in length – basically, just long enough for you to genuinely share how you are doing. The length is not as important as an honest account of your experience in and out of class.

As the instructor for this course, I reserve the right to change the syllabus to meet the needs of the class. I will provide notice of syllabus changes during class and via email. You are responsible for checking your emails to see if there are any changes.

**Class Schedule:**

***Training the Basic Skills:***

8/21 Introduction to the course; introductory mindful practice

8/26 Mindful practice in class

Home practice – guided relaxation; short body scan; short breathing practice

8/28 Mindful practice in class

Home practice – mindful eating, daily guided body scan (with CD), daily breathing practice

9/4 Mindful practice in class

Home practice – daily guided body scan (with CD); breathing practice

9/9 Mindful practice in class

Home practice – daily guided yoga (1st set); breathing practice

9/11 Mindful practice in class

Home practice – gratitude & appreciation, daily guided yoga (1st set); breathing practice

9/16 Mindful practice in class

Home practice – gratitude & appreciation, daily guided yoga (2nd set); alternate with body scan

9/18 Mindful practice in class

Home practice – choose one daily practice – body scan, yoga, imagery, breathing, gratitude & appreciation

***Application of the Practice:***

For this section of the course, we will begin to discuss how the formal practice that you have engaged in applies to the “real” world. In order to promote more discussion of personal experiences, we will use the Monday class time for readings, sitting practices and discussion. We will use the Wednesday class time for active practice that will require your mat, etc. So, on Mondays, leave your mat at home and on Wednesday bring your mat.

9/23 Mindful practice in class – Walking

9/25 Mindful practice in class

9/30 Mindful practice in class – Awareness of spillover into life on Monday

10/2 Mindful practice in class

Home practice – Daily - alternate guided body scan with guided yoga; breathing practice

10/7 Mindful practice in class

Home practice – Daily sitting breathing meditation; either body scan or yoga

10/9 Mindful practice in class

Home practice – Daily sitting breathing meditation; either body scan or yoga

10/14 Mindful practice in class

Home practice – Daily sitting breathing meditation; either body scan or yoga

10/16 Mindful practice in class

Home practice – Daily sitting breathing meditation; either body scan or yoga

10/21 Mindful practice in class

Home practice – Daily sitting breathing meditation; either body scan or yoga

10/23 Mindful practice in class

Home practice – Daily sitting breathing meditation; either body scan or yoga

10/28 Mindful practice in class

Home practice – Daily - alternate guided body scan with guided yoga; breathing practice

11/4 Mindful practice in class

Home practice – Daily sitting breathing meditation; either body scan or yoga

11/6 Mindful practice in class

Home practice – Daily sitting breathing meditation; either body scan or yoga

11/11 Mindful practice in class

11/13 Mindful practice in class

Home practice – Daily sitting breathing meditation; either body scan or yoga

11/18 Mindful practice in class

Home practice – Daily sitting breathing meditation; either body scan or yoga

11/20 Mindful practice in class

Home practice – Daily sitting breathing meditation; either body scan or yoga

12/2 Mindful practice in class

Home practice – Daily sitting breathing meditation; either body scan or yoga

12/4 Mindful practice in class & strategies for continuing stress reduction practice; ***Stress Management plan due***

**Grading:**

The overall course grade will be determined based on a total of 100 possible points, as outlined below:

*Attendance* – 60 %

*Participation* – 10 %

*Completion of web portal* – 20%

*Completion of writing assignments* – 10 %

* Total points = 100

Letter grades will be assigned as follows:

90-100 = A

80-89 = B

70-79 = C

60-69 = D

<60 = F