

# HHPA 158 : STRETCH AND RELAXATION

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## Transcript title

Stretch and Relaxation

## Credits

1

## Grading mode

Standard letter grades

## Total contact hours

30

## Other hours

30

## Course Description

Introduces students to progressive stretching activities and emphasizes the value of stretching to the overall relaxation process.

## Course learning outcomes

1. Explain the relationship between human behavior and health.
2. Engage regularly in skills development, safety practices, and fundamentals of stretching to develop overall physical fitness and enhance sport activities.
3. Demonstrate various forms of safe and effective stretches.
4. Explain basic anatomy as it applies to stretching.
5. Demonstrate the use of breath to relax.
6. Apply methods of relaxation when there are stressors and distractions working against you.
7. Work to your potential while preventing injury.
8. Apply safe and effective modifications of position when stretching.

## Content outline

- Intro to Stretch and Relaxation
- Fundamentals and Diaphragmatic Breathing practice
- Neutral Spine and Axial Elongation
- Stretches for the Spine, Hips, Legs, Shoulders, Neck
- Articulation of the Spine
- Resting Heart Rate Monitoring
- Sun Salutation practice
- Healthy Nutrition studies
- Physio Ball exercises
- Relaxing Visualization
- Flowing Stretches

## Required materials

Appropriate equipment will be highlighted and discussed in the first class. Equipment must be provided by the student.

## General education/Related instruction lists

- Health