

# Bemidji State University

## PHED 1240: Skills for Life: Techniques of Neuromuscular Relaxation

### A. COURSE DESCRIPTION

Credits: 1

Lecture Hours/Week: \*.\*

Lab Hours/Week: \*.\*

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. Liberal Education Goal Area 11.

**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 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
7. 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