

# ALCB 413Y: RELAXATION TECHNIQUES

## Foothill College Course Outline of Record

Heading	Value
<b>Units:</b>	0
<b>Hours:</b>	24 laboratory per quarter (24 total per quarter)
<b>Degree &amp; Credit Status:</b>	Non-Degree-Applicable Non-Credit Course
<b>Foothill GE:</b>	Non-GE
<b>Transferable:</b>	None
<b>Grade Type:</b>	Letter Grade (Request for Pass/No Pass)
<b>Repeatability:</b>	Unlimited Repeatability

## Student Learning Outcomes

- Student will be able to describe personal relaxation techniques
- The student will be able to explain the relationship of mental and physical tension with mental and physical health

## Description

Intended for the disabled student to acquire information about and develop techniques for achieving relaxation by releasing mental and physical tension.

## Course Objectives

The student will be able to:

- describe personal relaxation techniques.
- demonstrate tension control and relaxation methods.
- explain the relationship of mental and physical tension with mental and physical health.
- recognize the importance of using relaxation and breathing techniques to reduce tension.

## Course Content

This class may include all or part of these areas:

- Tension
  - Physical stress
  - Environmental stress
  - Lifestyle stress
- Tension management
  - Relaxation techniques
  - Breathing techniques
  - Benefits of relaxation
  - Relaxation exercises
    - Tai Chi
    - Yoga
    - Other

## Lab Content

Not applicable.

## Special Facilities and/or Equipment

Accessible classroom, television, video player, cassette/CD player.

## Method(s) of Evaluation

- Progress on Student Educational Contract
- Instructor observation to reflect course material
- Participation

## Method(s) of Instruction

Lecture

## Representative Text(s) and Other Materials

Selected articles, websites and other reference materials as assigned by instructor.

## Types and/or Examples of Required Reading, Writing, and Outside of Class Assignments

Not applicable.

## Discipline(s)

Specialized Instruction (Disabled Students Programs and Services)-  
Vocational: Noncredit