

ALCB 413Y: RELAXATION TECHNIQUES

Foothill College Course Outline of Record

Heading	Value
Effective Term:	Summer 2024
Units:	0
Hours:	2 lecture per week (24 total per quarter)
Advisory:	Students are advised to participate at their own pace and notify the instructor of any personal or physical limitations.
Degree & Credit Status:	Non-Degree-Applicable Non-Credit Course
Foothill GE:	Non-GE
Transferable:	None
Grade Type:	Non-Credit Course (Receives no Grade)
Repeatability:	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 techniques to release tension and achieve relaxation through the practice of targeted exercises and proven techniques.

Course Objectives

The student will be able to:

1. Demonstrate tension control and relaxation methods.
2. Employ deep breathing techniques.
3. Use positive visualization.

Course Content

1. Demonstrate tension control and relaxation methods including, but not limited to:
 - a. Relaxation and deep breathing techniques
 - b. Positive visualization and meditation
 - c. Tai Chi
 - d. Modified Yoga
 - e. Gentle exercise
 - f. Patterned movement
2. Recognize the importance of using relaxation and breathing techniques to reduce tension

Lab Content

Not applicable.

Special Facilities and/or Equipment

1. When taught on or off campus: accessible classroom.
2. When taught online/virtual: students and faculty need internet access with Zoom-capable computer, monitor, and speakers.

Method(s) of Evaluation

Methods of Evaluation may include but are not limited to the following:

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

Method(s) of Instruction

Methods of Instruction may include but are not limited to the following:

Lecture
Demonstration

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 Student Programs and Services):
Noncredit