Course Title: Spt & Rec 298, *Introduction to Relaxation and Meditation*. 1 credit

Location: Kenwood United Methodist Church
2319 E. Kenwood Blvd.

Section and Day/Time:

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<th>Section</th>
<th>Time</th>
<th>Days</th>
<th>Dates</th>
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<tbody>
<tr>
<td>LEC 131</td>
<td>2:00 PM-2:50 PM</td>
<td>TR</td>
<td>01/21/14-03/15/14</td>
<td>East Room-2nd floor</td>
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<tr>
<td>LEC 132</td>
<td>2:00 PM-2:50 PM</td>
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<td>03/24/14-05/08/14</td>
<td>East Room-2nd floor</td>
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<td>LEC 134</td>
<td>3:00 PM-3:50 PM</td>
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<td>LEC 139</td>
<td>6:00 PM-7:50 PM</td>
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<td>01/27/14-03/15/14</td>
<td>Ranson Ctr-1st floor</td>
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Instructor: Warren Garstecki, M.Ed

Email/Phone: garstec2@uwm.edu/ (262) 378-4355

Additional Contact: If you are unable to reach the instructor, contact the Sport & Rec Office at 414-227-3123 or email chs-outreach@uwm.edu

Prerequisites: None.


Optional: Students should bring their own cushion, mat or blanket to aid in the sitting postures.

Participation Policy: Any student who does not participate in classes cannot expect to satisfactorily complete course objectives and; therefore, should consider dropping the course.

Course Description/Objectives:

This course offers students an introduction and broad overview of the ancient practice of meditation, and instruction in the basic steps of the practice of meditation. Daily meditation can lead to reduced stress levels, improved health, a state of inner quiet, tranquility, & with continued practice, the knowledge of one’s essential nature. The class includes some work in yoga & postures (work within your limits), proper breathing, & meditation. Each class session will include a guided relaxation, meditation experience, or both.

Following the axiom; “The mind controls the body, but the breath controls the mind”; the course consists of three parts:

1- Using stress reduction exercises, yoga postures, and basic breathing techniques, students will learn to scan their bodies and become aware of where they hold onto tension.

2- When relaxation of the body occurs, one can become aware of problem breathing patterns and begin gaining control over one’s breathing & ones senses, improving concentration, focus, and mindfulness.

3- Once breath awareness is achieved, the mind becomes a fit instrument for meditation and can then begin the journey toward silence.
“Meditation is the journey of the self, through the self, to the Self” - Swami Veda

**Class conduct:**
All electronic devises must be turned completely off during class. Entering class late or leaving early may result in no credit for that class. No food or caffeinated drinks are allowed in the room. Shoes should be removed at the classroom door.

**Grading:**
60% Class participation. You need to be in class to participate. Illness requires a Doctor excuse.  
20% Journal. Students should reflect in a personal journal on their experiences while meditating, both in and outside of class, documenting both their struggles and growth.  
10% Final project/paper. Students will be asked to describe what they have learned and experienced during the semester in a short paper or creative project.  
10% Reading assignments. Students will be asked to discuss or review reading assignments.

**Grading Scale:**
A= 100-95, A- = 94-90, B+ = 89-87, B = 86-83, B- = 82-79, C+ = 79-77, C = 76-73, C- = 72-70,  

**Sport & Recreation Course Agenda**

Every class session will offer either a guided relaxation, meditation experience, or both.

**Week 1**
Introduction to the course. Students talk about their experience, goals, expectations and reason of taking the course. Guided relaxation experience.  
**Assignment:** Read “Your brain on Meditation”, 1st & 2nd article in “Simply Breathe”.

Spinal massage & walking awareness exercise. Learn to scan the body for tension.  
**Assignment:** Read 3rd & 4th article in “Simply Breathe”.

**Week 2**
Lecture, discussion & demo of yoga, Sun Salutation. Discuss breath work, view “The New Medicine”.  
**Assignment:** Read 5th & 6th article in “Simply Breathe.”

Demo of alternate nostril breathing & identifying hemispheres of the brain, mirror exercise.  
**Assignment:** Read preface, introduction & 1st chapter in text.

**Week 3**
Lecture and discussion on Astanga Yoga, using a Neti Pot. Journal review, relaxation & meditation.  
**Assignment:** Read chapter 2 of text.

Discussion of chapter 2. Practice alternate nostril breathing & meditation.  
**Assignment:** Read chapter 3 of text.

**Week 4**
Meditation postures, & breath awareness. Review journals.  
**Assignment:** Read chapter 4 of text.

Continuation of meditation postures. Group exercises & meditation.  
**Assignment:** Chapter 5 of text. Instructions for final project

**Week 5**
Stress reduction teaching. Discuss chapter 5 & thoughts on diet & Meditation.  
**Assignment:** Chapter 6 of text.

Discussion of current research studies. Guided meditation.  
**Assignment:** Read chapter 7 of text.
**Week 6**  Discuss chapter 7. Guided meditation.  
**Assignment:** Bring your written questions on Meditation.

Lecture and discussion of Mantras. View Guided meditation.  
**Assignment:** Final project.

**Week 7**  View DVD of Swami Veda. Relaxation exercises, alternate breathing. Turn in journals for final review.

Meditation. **Assignment:** Turn in your projects for review.

**Week 8**  Discussion of relaxation and meditation practices. Return of projects. Meditation. Review of semester. Warm-up, final group meditation & exercises.

**Guidelines for wireless and electronic devices in the classroom:** The guidelines are on the College of Health Sciences website under the current students tab and resources section http://www4.uwm.edu/chs/students/current_students/guide_elec_wireless_in_class.cfm

**Definition of a credit hour:** This is a 1 credit course. Students are expected to invest approximately 6 + hours per week in class activities. This includes class participation, lectures and outside assignments.

**University Policies**

1. **Students with disabilities.** If you will need accommodations to meet any of the requirements of this course please contact me as soon as possible. Verification of disability, class standards, the policy on the use of alternate materials and test accommodations can be found at the following:  
   http://www4.uwm.edu/sac/SACltr.pdf

2. **Religious observances.** Policies regarding accommodations for absences due to religious observance are found at the following: 
   http://www4.uwm.edu/secu/docs/other/S1.5.htm

3. **Students called to active military duty.** Accommodations for absences due to call-up of reserves to active military duty should be noted.  
   http://www4.uwm.edu/current_students/military_call_up.cfm

4. **Incompletes.** The conditions for awarding an incomplete to graduate and undergraduate students can be found at the following: 
   http://www4.uwm.edu/secu/docs/other/S31.pdf

5. **Discriminatory conduct (such as sexual harassment).** Definitions of discrimination, harassment, abuse of power, and the reporting requirements of discriminatory conduct are found at the following:  
   https://www4.uwm.edu/secu/docs/other/S_47.pdf

6. **Academic misconduct.** Policies for addressing students cheating on exams or plagiarism can be found at the following:  
   http://www4.uwm.edu/dos/conduct/academic-misconduct.cfm and  
   http://www4.uwm.edu/acad_aff/policy/academicmisconduct.cfm
7. **Class misconduct**: Disruption of class, harassment, and any behavior considered hazardous to others may be cause for dismissal from class.

8. **Complaint procedures.** Students may direct complaints to the head of the academic unit or department in which the complaint occurs. If the complaint allegedly violates a specific university policy, it may be directed to the head of the department or academic unit in which the complaint occurred or to the appropriate university office responsible for enforcing the policy. 
   http://www4.uwm.edu/secu/docs/other/S49.7.htm

9. **Grade appeal procedures.** Procedures for student grade appeal appear at the following:
   http://www4.uwm.edu/secu/docs/other/S28.htm

10. **Final examination policy.** Policies regarding final examinations can be found at the following:
    http://www4.uwm.edu/secu/docs/other/S22.htm

11. **Firearms and dangerous weapons policy.** Policy regarding firearms and dangerous weapons can be found at the following:
    http://www4.uwm.edu/secu/docs/other/S24.5.pdf

**Assumption of Risk:**
Students are notified that this course/activity has inherent hazards, exposures, and risks, some known and some unanticipated, which could result in harm, injury (physical or mental), illness, disease, death or damages to the student, the student’s property or to other third parties or their property.

By enrolling in and continuing to participate in this course/activity, students are voluntarily agreeing to assume all of the inherent hazards, exposures, and risks associated with this course. Students must accept full responsibility for their own health and well-being by participating in this activity. Students must also accept full responsibility for third parties whose health and well-being are affected by the students’ participation in this course/activity.

Students are also notified that UWM does not provide any accident or health insurance to cover participation in this course/activity, and that students are responsible to provide their own such insurance.

Student will not be required to sign a separate Assumption of Risk Waiver and Release form for this class.