

# EXERCISE & RELAXATION

01:377:180, 1.5 credits, Section M2

Semester: Fall 2023

Department of Kinesiology and Health  
Rutgers University

## Course information

Pre/co-requisites: none

Online learning site: Canvas <https://canvas.rutgers.edu/>

Class format: In-person @ Livingston Recreation Center

Day & Time: Mondays and Thursdays 10:20am -11:40am

Dates: September 7 to October 23

## Instructor information

Instructor: Steff Gallante

Email: [steffa@kines.rutgers.edu](mailto:steffa@kines.rutgers.edu). Please email me via Canvas and I will respond within 2 business days.

Office hours: *By appointment before or after class.* Please email me via Canvas at least 2 business days in advance to request a time to meet.

Canvas email and announcements will be used for all information/communication related to this course.

## Technology Requirements

You will need access to an electronic device to access all course materials on Canvas and submit your assignments. Please visit the [Rutgers Student Tech Guide](#) page for resources available to all students. If you do not have the appropriate technology for financial reasons, please email Dean of Students [deanofstudents@echo.rutgers.edu](mailto:deanofstudents@echo.rutgers.edu) for assistance. If you are facing other financial hardships, please visit the Office of Financial Aid at <https://financialaid.rutgers.edu/>.

## Required Course Materials

Readings will be provided on Canvas and can be found in the module for each week.

## Course Description

The purpose of this course is to introduce students to cardiovascular, strength, and mind/body exercise to improve fitness, health and overall wellness. It will also explore techniques for mindfulness, meditation, self-care, relaxation and stress management. It provides knowledge and skills needed to perform safe and effective workouts. The course explores principles of physical fitness, fitness program development and promotes the benefits of an active life.

In every class meeting, you will participate in an exercise session and a mindfulness technique. Please dress accordingly. Bring a notebook, pen/pencil or electronic device to take notes to every class.

This course partially fulfills the Exercise Science elective requirement.

## Course Learning Goals

By the conclusion of this course, student-learners will:

- Recognize the physical and mental benefits of increased activity.
- Accept individual accountability for their physical health and well-being.
- Apply learned fundamental skills.
- Utilize physical activity as a tool to manage stress.
- Empower themselves by setting and working toward realistic individual goals.



## Grading Policy

- This class uses a points-based system to calculate grades. The description of each assignment includes how many points it is worth. The total number points for this class are 100.
- Assignments must be turned in **BY THE TIME LISTED IN CANVAS** for consideration of being graded for full credit. Please do not turn it in after because Canvas will automatically mark it late. Late assignments will be graded for a *maximum of half credit* unless the student communicates with the instructor **BEFORE** the due date and receives written approval of an extension.
- Concerns about a graded assignment must be brought to the instructor within seven days of receiving the grade. Assignment grades are finalized after this seven day period.
- Grades on Canvas will be updated regularly; if you notice any discrepancies or have questions, please do not wait until the end of the semester – let your instructor know right away.
- Extra credit is not given in this course.

Letter Grade	Percent	Points Needed
A	90-100	90-100
B+	85-89.9	85-89.9
B	80-84.9	80-84.9
C+	75-79.9	75-79.9
C	70-74.9	70-74.9
D	60-69.9	60-69.9
F	0-59.9	0-59.9

## Assignments

### ***Weekly Assignments: 14 homework assignments worth 2 points each - 28 points***

A type-written homework assignment will be due before every class session that will cover the assigned reading for that class. Assignments must be turned in **BY THE TIME LISTED IN CANVAS** for consideration of being graded for full credit. Please do not turn it in after because Canvas will automatically mark it late. Late assignments will be graded for a maximum of half credit.

Written assignments should have 1” margins, use 12 pt Times New Roman font. Assignments should be submitted using Canvas Assignments and are due by 9:00 AM ET on the date listed on the syllabus and class module. For the assignment, save the file as: “Lastname\_AssignmentName” (e.g., Smith\_WrittenAssignment.docx). Submit in Microsoft Word format (.doc or .docx). Please do not use the Pages app or submit handwritten assignments.

### ***In-Class Reflections: 2 class reflections in each class worth .5 points each - 13 points***

You will complete two reflections in each class. At the beginning of class, you will engage in a group discussion on an assigned topic relating to the reading you completed for your homework. You’ll write your name on a sign in sheet for the reflection before the discussion begins. If you arrive after the discussion begins, you will not receive credit.

At the end of class, you will be given time to write a reflection after the session’s activities to be shown to me before you leave. Failure to turn this in will result in a zero. You must be present in class during the entire time of the activity to receive credit for the reflection. These reflections may only be completed in class. If you are absent, you will not receive credit. No exceptions.

### ***Project 1: Meditations & Mindfulness Activities - 16 points***

The purpose of this project is to provide you with opportunities to try mindfulness techniques that can promote self-awareness, stress relief, and relaxation in your day. These techniques will not be covered in class. They will include: Walking Meditation, Mindful Eating, Walking Mindfully, and guided meditation for stress relief. Due on Class 8. Detailed guidelines for this project will be provided in the Project 1 module in Canvas and will be reviewed the first day of class.

Project 1 should have 1" margins, use 12pt Times New Roman font and double spaced. Papers should be submitted using Canvas Assignments and are due by 11:59 PM on the date listed. For the assignment, save the file as: "Lastname\_AssignmentName" (e.g., Smith\_Project1.docx). Submit in Microsoft Word format (.doc or .docx). Please do not use the Pages app or submit handwritten assignments. Late assignments will be graded for a maximum of half credit.

### ***Project 2: Tracking Exercise & Relaxation - 22 points***

The purpose of this project is to purposefully build time into your day for movement and/or relaxation so that it can become a lifelong habit. Every week, on your own time, you will perform a mind/body workout and the mindfulness technique performed in class (a video will be provided via Canvas for you to follow and the workouts and mindfulness sessions done in class do not count for this project). Workouts should be done on a day you're not in class. Repeating activities learned in class will improve proficiency and understanding of value. Detailed guidelines for this project will be provided in the Project 2 module in Canvas and will be reviewed the first day of class.

After each session, you will write a reflection on the activities based on the guidelines provided. You will complete 3 sessions (worth .5 points each). The project will also include a final reflection worth 4 points. Additional information will be provided. Written assignments should have 1" margins, use 12 pt Times New Roman font and double spaced. Papers should be submitted using Canvas Assignments and are due by 11:59 PM on the date listed. For the assignment, save the file as: "Lastname\_AssignmentName" (e.g., Smith\_WrittenAssignment.docx). Submit in Microsoft Word format (.doc or .docx). Please do not use the Pages app or submit handwritten assignments. Late assignments will be graded for a maximum of half credit.

### ***Quizzes (7 points/quiz) - 21 points***

There will be 3 Quizzes based on readings, lectures, and activities performed in class sessions:

Quiz 1 will cover: Classes 2-5

Quiz 2 will cover: Classes 6-9

Quiz 3 will cover: Classes 10-13

The format of quizzes will be a combination of true or false, multiple choice, matching and/or short answer questions. Online quizzes will be available on Canvas Quizzes at 12:00 AM ET and must be completed by 11:59 PM the day it is due. Each quiz's due date is outlined in the course schedule. Quizzes submitted late will be graded for a maximum of half credit.

### ***Final Exam Period:***

There will not be an exam during the final exam period.

### Summary of Assignments with Due Dates

Reading	Assignment	Due Date	Points	Percent of Grade
----	Homework 1 - Survey	9/7 @ 11:59pm	2	2%
Read Physical Activity Guidelines	Homework 2 Class Reflection	9/11	2 1	2% 1%
Pilates pages 7-13	Homework 3 Class Reflection	9/14	2 1	2% 1%
Light on Yoga pages 19-23 and Yoga Journal article	Homework 4 Class Reflection	9/18	2 1	2% 1%
Pilates pages 15-24	Homework 5 Class Reflection	9/21	2 1	2% 1%
	<b>Quiz 1 Due</b>	<b>Sunday, 9/24</b>	7	7%
Yoga pages 23-27 & Monkey Mind articles	Homework 6 Class Reflection	9/25	2 1	2% 1%
Yoga pages 27- 31	Homework 7 Class Reflection	9/28	2 1	2% 1%
Barre Core & Barefoot Fitness reading,	Homework 8 Class Reflection	10/2	2 1	2% 1%
	<b>Project 1 Due</b>	10/2	16	16%
Yoga pages 31-40	Homework 9 Class Reflection	10/5	2 1	2% 1%
	<b>Quiz 2 Due</b>	<b>Sunday, 10/8</b>	7	7%
Yoga pages 40-45	Homework 10 Class Reflection	10/9	2 1	2% 1%
Ayurveda & Self Care Readings	Homework 11 Class Reflection	10/12	2 1	2% 1%
Ayurveda Reading	Homework 12 Class Reflection	10/16	2 1	2% 1%
Yoga p 45-48, Ayurveda reading	Homework 13 Class Reflection	10/19	2 1	2% 1%
	<b>Quiz 3 Due</b>	<b>Sunday, 10/22</b>	7	7%
Yoga - p48-52, Loving Kindness Reading	Homework 14 Class Reflection	10/23	2 1	2% 1%
	<b>Project 2 due</b>	<b>10/23</b>	22	22%
	<b>Total</b>			<b>100.00%</b>

## **Course Policies and Procedures**

### Email Etiquette

Please email me via Canvas. If for some reason you cannot, then please use your Rutgers e-mail address and identify yourself by full name and course number. Students are expected to place the course number, followed by the subject, in the subject line, use appropriate e-mail etiquette, and maintain reasonable expectations for instructor responses. The instructor will respond to student emails within 2 business days.

### Self-Reporting Absence Application: <https://sims.rutgers.edu/ssra/>

Students who have been told to quarantine, or are experiencing symptoms of any transmittable disease are encouraged to remain at home and not attend in-person class meetings.

### Make-up Policy

No make-ups or extensions will be offered for missed assignments except in one of the following situations, provided that the instructor is notified in advance:

- Athletic or other Rutgers sponsored trips: Travel dates and times accompanied by a signed memo from the group's advisor/coach must be presented to the instructor prior to travel dates.
- Religious observances.
- Extenuating circumstances: This includes (but is not limited to) family emergencies, severe illnesses, accidents, etc. It will be up to the prerogative of the instructor whether or not the student will be allowed to take the make-up or receive an extension.

### Academic Integrity Policy: <http://nbacademicintegrity.rutgers.edu/home-2/academic-integrity-policy/>

### Resources for Students: <https://nbprovost.rutgers.edu/academic-integrity-students>

Honor pledge: Students will need to sign the Rutgers Honor Pledge on every major exam or assignment as follows:

The Rutgers honor pledge will be included on all (major) assessments for you to sign:  
On my honor, I have neither received nor given any unauthorized assistance on this examination (assignment).

From the Office of Student Conduct: Rutgers University takes academic dishonesty very seriously. By enrolling in this course, you assume responsibility for familiarizing yourself with the Academic Integrity Policy and the possible penalties (including suspension and expulsion) for violating the policy. As per the policy, all suspected violations will be reported to the Office of Student Conduct.

Academic dishonesty includes (but is not limited to):

- Cheating
- Plagiarism
- Aiding others in committing a violation or allowing others to use your work
- Failure to cite sources correctly
- Fabrication
- Using another person's ideas or words without attribution—re-using a previous assignment
- Unauthorized collaboration
- Sabotaging another student's work

If in doubt, please consult the instructor. Please review the [Academic Integrity Policy](#).

Students are expected to maintain the highest level of academic integrity. You should be familiar with the university policy on academic integrity. Violations will be reported and enforced according to this policy.

Use of external website resources such as Chegg.com or others to obtain solutions to homework assignments, quizzes, or exams is cheating and a violation of the University Academic Integrity policy.

Cheating in the course may result in grade penalties, disciplinary sanctions, and/or educational sanctions. Posting homework assignments, or exams, to external sites without the instructor's permission may be a violation of copyright and may constitute the facilitation of dishonesty, which may result in the same penalties as plain cheating.

### Plagiarism

By enrolling in this course, you are indicating implicitly that you have read, understood, and accepted Rutgers University's policies and procedures regarding academic integrity and dishonesty. Plagiarism and cheating will not be tolerated and all University policies apply. Specifically, if plagiarism or cheating is suspected, the student(s) will be asked to meet with the instructor. If the instructor concludes that an instance of plagiarism or cheating has occurred, the student(s) will be subject to an appropriate sanction or penalty outlined in Rutgers University Academic Integrity Policy.

*Please note that plagiarism is using the ideas or writings of another as one's own. It varies in degree and severity. The most severe is the use of another's entire paper word-for-word. Less severe is the use of another's sentence, paragraph, or ideas without giving credit to that individual (i.e., without providing a reference).*

### Expectations

- Engage with all online class material
- Complete all assigned readings and assignments on time
- Actively participate in all class activities
- Follow the honor code when completing all quizzes, and exams
- Ask questions to enhance understanding of the material
- Communicate with the instructor if you have questions pertaining to the material or the course
- Check your email and Canvas announcements regularly to stay informed about class updates

### Misappropriating intellectual property:

Almost all original work is the intellectual property of its authors. This includes not just books and articles, but the syllabi, lectures, lecture slides, recorded lectures, course materials, presentations, homework problems, exams, and other materials used in this course, in either printed or electronic form.

Providing course materials to commercial suppliers such as CourseHero, Chegg, etc. and/or publicly distributing or displaying course materials, or helping others to do so, is a violation of academic integrity.

The authors hold copyrights in their works, which are protected by U.S. statutes. Copying this work or posting it online without the permission of the author may violate the author's rights. More importantly, these works are the product of the author's efforts; respect for these efforts and for the author's intellectual property rights is an important value that members of the university community take seriously.

For more instructions on copyright protections at Rutgers University, please refer to the [Rutgers Libraries](#).

Online Learning Tools from Rutgers University Libraries including Rutgers RIOT, Searchpath, and RefWorks: <http://www.libraries.rutgers.edu/tutorials>

Diversity & Inclusion

The Department of Kinesiology and Health supports an inclusive learning environment wherein diversity and authenticity are valued. We are committed to creating a culture of equality that respects the diverse voices of our students, faculty and staff. We will continuously strive to create a curriculum and academic environment to reflect the community we serve, and drive innovation, social responsibility and excellence. Our diversity in thought, skill, and academic discipline is a resource and strength, which stands to benefit the whole and positively contribute to University and global reach.

Academic Support

School of Arts and Sciences Academic Advising for personal, career, and educational goals.

<https://sasundergrad.rutgers.edu/> <https://sasundergrad.rutgers.edu/advising/advising>

Department of Kinesiology & Health Academic Advising for questions about Exercise Science or Sport Mangement major/minor requirements.

Dept. of Kinesiology & Health: Daria Gonzalez, Loree Gym, Room 110

Email: [Daria.Gonzalez@rutgers.edu](mailto:Daria.Gonzalez@rutgers.edu) <https://kines.rutgers.edu/academics/academic-advising>

Learning Centers: <https://rlc.rutgers.edu/>

Student Success resources: <https://success.rutgers.edu/>

<b>Service</b>	<b>Description</b>	<b>Contact Information</b>
<b>Student Accommodations</b>	<b>If you are a student in need of accommodations, please register with the Office of Disability Services in order to initiate the accommodations process. Please present your letter of accommodation to your instructor during the first week of the semester. Please note that accommodations are not retroactive.</b>	<b>(848) 445-6800 Lucy Stone Hall, Suite A 145, Livingston Campus, 54 Joyce Kilmer Avenue, Piscataway, NJ 08854 <a href="https://ods.rutgers.edu/">https://ods.rutgers.edu/</a></b>
<b>Just In Case Web App</b>	<b>Access helpful mental health information and resources for yourself or a friend in a mental health crisis on your smartphone or tablet and easily contact CAPS or RUPD.</b>	<b><a href="http://health.rutgers.edu/medical-counseling-services/counseling/caps-next-step/">http://health.rutgers.edu/medical-counseling-services/counseling/caps-next-step/</a></b>

<b>Counseling, ADAP &amp; Psychiatric Services (CAPS)</b>	<p>CAPS is a university mental health support service that includes counseling, alcohol and other drug assistance, and psychiatric services staffed by a team of professional within Rutgers Health services to support students' efforts to succeed at Rutgers University. CAPS offers a variety of services that include individual therapy, group therapy and workshops, crisis intervention, referral to specialists in the community and consultation and collaboration with campus partners.</p>	<p>(848) 932-7884  17 Senior Street,  New Brunswick, NJ 08901  <a href="http://www.rhscaps.rutgers.edu/">www.rhscaps.rutgers.edu/</a>  <b>Medical Services:</b>  <a href="http://health.rutgers.edu/medical-counseling-services/medical/">http://health.rutgers.edu/medical-counseling-services/medical/</a>  <b>Counseling Services:</b>  <a href="http://health.rutgers.edu/medical-counseling-services/counseling/">http://health.rutgers.edu/medical-counseling-services/counseling/</a></p>
<b>Violence Prevention &amp; Victim Assistance (VPVA)</b>	<p>The Office for Violence Prevention and Victim Assistance provides confidential crisis intervention, counseling and advocacy for victims of sexual and relationship violence and stalking to students, staff and faculty. To reach staff during office hours when the university is open or to reach an advocate after hours, call 848-932-1181.</p>	<p>(848) 932-1181  3 Bartlett Street  New Brunswick, NJ 08901  <a href="http://www.vpva.rutgers.edu/">www.vpva.rutgers.edu/</a></p>
<b>Scarlet Listeners</b>	<p>Free and confidential peer counseling and referral hotline, providing a comforting and supportive safe space.</p>	<p>(732) 247-5555  <a href="mailto:scarlet.listeners@gmail.com">scarlet.listeners@gmail.com</a>  <a href="https://scarletlisteners.wixsite.com/scarletlisteners">https://scarletlisteners.wixsite.com/scarletlisteners</a></p>
<b>Academic Support</b>	<p>School of Arts and Sciences Academic Advising for personal, career, and educational goals.</p> <p>Department of Kinesiology &amp; Health Academic Advising for questions about Exercise Science or Sport Management major/minor requirements.</p>	<p>SAS:  <a href="https://sasundergrad.rutgers.edu/">https://sasundergrad.rutgers.edu/</a></p> <p>Dept. of Kinesiology &amp; Health:  Lin Williams   <a href="mailto:lin.williams@rutgers.edu">lin.williams@rutgers.edu</a>  Loree Gym, Room 148  Becky DeMarco   <a href="mailto:becky.demarco@rutgers.edu">becky.demarco@rutgers.edu</a>  <a href="https://kines.rutgers.edu/academics/academic-advising">https://kines.rutgers.edu/academics/academic-advising</a></p>
<b>Last Updated: 7-26-2023</b>		



## COURSE OVERVIEW

Week	Day	Date	Topic	Reading	Activity	Mindfulness	Assignment Due
1	Th	9/7	Class overview	none	none	none	Homework 1 (survey) - due at 11:59pm
2	M	9/11	Exercise Guidelines	Read Physical Activity Guidelines	Cardio & Bodyweight Strength Workout	Self Awareness in Present Moment	Homework 2
3	Th	9/14	Intro to Pilates	Pilates pages 1-13	Intro to Pilates	Simple Elongated Breath	Homework 3
4	M	9/18	Yoga & Meditation - General info	Light on Yoga pages 19-23 and Yoga Journal article	Intro to Yoga & Meditation	Equal Breathing	Homework 4
5	Th	9/21	Pilates - Principles & Key Elements	Pilates pages 15-24	Pilates II	Belly Breathing	Homework 5
<b>Quiz 1 Due Sunday, 9/24 at 11:59pm via Canvas</b>							
6	M	9/25	Monkey Mind, How Distractions Affect Mental State, Elements of Happiness	Yoga pages 23-27 & Monkey Mind articles	Yoga Sun Salutation	Full Torso Breathing	Homework 6
7	Th	9/28	How our Ego & Expectations Affect Interactions and Cause Stress, Positive Affirmations	Yoga pages 27- 31	Yoga Standing Strength Poses	Mantra Meditation	Homework 7
8	M	10/2	Barefoot Fitness, Barre	Barre Core & Barefoot Fitness reading	Barre & Foot Mobility	Self-Havening	Homework 8 <b>Project 1 Due</b>
9	Th	10/5	8 Limbs of Yoga, How Self-Discipline Eases Stress	Yoga pages 31-40	Barre II	Foot Self-Massage & Tapping	Homework 9
<b>Quiz 2 Due Sunday, 10/8 at 11:59pm via Canvas</b>							
10	M	10/9	How Exercise & Breathing Techniques Support Health & Wellbeing	Yoga pages 40-45	Yoga Standing Balance Poses	Alternate Nostril Breathing	Homework 10
11	Th	10/12	Intro to Ayurveda and Self-Care	Ayurveda & Self Care Readings	Yoga Backbends	Right & Left Nostril Breathing	Homework 11
12	M	10/16	Ayurveda & Self-Awareness in the moment	Ayurveda Reading	Gentle & Restorative Yoga	Ujjayi Breathing	Homework 12
13	Th	10/19	How our Connection to Social Media and Affects Stress, Ayurveda III	Yoga p 45-48, Ayurveda reading	Yoga Standing & Seated Forward Folds	Savasana & Body Scan Meditation	Homework 13
<b>Quiz 3 Due Sunday, 10/22 at 11:59pm via Canvas</b>							
14	M	10/23	Understanding the Connection Between Concentration, Meditation, and Bliss	Yoga - p48-52, Loving Kindness Reading	Yoga Hip Openers	Loving Kindness Meditation & OM	Homework 14 <b>Project 2 due</b>