Fall 9-1-2001

HHP 425.01: Relax and Enhancement

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The University of Montana

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Relax and Enhancement  
HHP 425  
Fall Semester–2001

Class Times: 12:30-2:00
Site: DHC 118
Professor: Tom Whiddon
Textbook: Self, Change and Relaxation (Fac Pack)
Office Hours: Tues. (10:10-11:00); Wed. (10:30-11:30, 2:00-3:00), Thur. (10:00 - 11:00)

Objectives: You will:
1. Identify the role of self in self-concept and self-esteem
2. Understand the influence of self in creating one's world.
3. Label factors that influence the creation of self.
4. Explain how self changes as its environment changes.
5. Identify what a comfort zone is.
6. Trace how self responds to change.
7. Identify physiological changes that the body undergoes as the result of stress.
8. Target activities to aid the change process.
9. Recognize how stress interferes with the change process.
10. Identify strategies to enhance self.

Book Chapters:
1. Traveling with Self  2. The Real Self  3. Road Signs
7. At the Crossroads  8. Expanding the Comfort Zone  9. Facing Change
16. The Rest Stop

Grading:

<table>
<thead>
<tr>
<th>Component</th>
<th>Points</th>
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</thead>
<tbody>
<tr>
<td>Final</td>
<td>100 pts.</td>
</tr>
<tr>
<td>Research Paper</td>
<td>200 pts.</td>
</tr>
<tr>
<td>Relaxation Act</td>
<td>25 pts.</td>
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<tr>
<td>Assign/Book Ex</td>
<td>100 pts.</td>
</tr>
<tr>
<td>Quizzes</td>
<td>50 pts.</td>
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</tbody>
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A = 435 - 475 pts.
B = 395 - 434 pts.
C = 350 - 394 pts.
D = 310 - 349 pts.
F < 310 pts.

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1 Final--Take Home Final

2 Research paper with 10 (only 3 www) references--SC&R (pp 169-174); hand in outline with reference on class day of presentation (100 pts.) No makeups; final typed paper (100 pts) (pp 7-10 with minimum of 10 - only 3 www--references) due--Nov. 30

3 Hand in description of relaxation with objectives. If you are unable to do scheduled relax activity, you must switch with someone. No makeups.

4 Fifty points for in class activities; fifty points for activities in text. The completed activities from book due Dec. 11.

5 Only five quizzes (five x 10 pts/quiz =50pts) computed for total points, although six will be given.