



PHED 1164

Introduction to Physical Fitness and Wellness

Rubric: Progressive Muscle Relaxation

Core Objective: PR, SR | SLO: 5

GOAL: The purpose of this activity is for you to learn Progressive Muscle Relaxation. When you develop the muscle memory to master this skill, you are expected to use it daily as a stress management and muscle tension tool.

INSTRUCTIONS:

1. Find a quiet place free from distractions. Lie on the floor , a flat surface, or recline in a chair. Loosen any tight clothing, including your collar and belt, and remove glasses or contacts. Rest your hands in your lap or on the arms of the chair. Take a few slow, even breaths. **If you have not already, spend a few minutes practicing diaphragmatic breathing before starting.** As you breathe, practice counting by seconds, as this is important for the activity. You can hear ticks in the background that help out with rhythm.
2. Using the audio provided, complete a progressive muscle relaxation. Let the voice guide you step by step through which specific parts to concentrate on as you progress through your body.
3. Focus intensely on the feelings of tension, release, and most especially relaxation. Remembering how tense muscles feel, and how relaxed muscles feel is crucial to your assignment.

SUBMISSION: Not during, but AFTER you have successfully completed PMR, pick 3 of the muscle groups covered in PMR and take a picture of them tensed and relaxed. Caption these pictures tensed and relaxed. Please present these pictures in a Word document in a clean, neat, and organized manner. Manipulate the size of the picture to do so.