

# PE C126: RELAXATION MOVEMENTS

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Item	Value
Top Code	083500 - Physical Education
Units	1 Total Units
Hours	36 Total Hours (Lecture Hours 9; Lab Hours 27)
Total Outside of Class Hours	0
Course Credit Status	Credit: Degree Applicable (D)
Material Fee	No
Basic Skills	Not Basic Skills (N)
Repeatable	No
Grading Policy	Standard Letter (S), • Pass/No Pass (B)
Local General Education (GE)	• CL Option 1 Self-Development (CE1)
California State University General Education Breadth (CSU GE-Breadth)	• CSU E2 Activity Course (E2)

## Course Description

The students will participate in a variety of techniques from various Eastern healing traditions, which can include Hatha Yoga, Qigong, and Taiji (Tai Chi), that are designed to improve quality of life on all levels-physical, emotional, and spiritual. Techniques on breathing, concentration/meditation, self-massage, gentle flowing movement, strength poses, and relaxation will be presented. Enrollment Limitation: KIN C126; students who complete PE C126 may not enroll in or receive credit for KIN C126. Transfer Credit: CSU.

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## Method(s) of Instruction

- Lecture (02)
- DE Live Online Lecture (02S)
- DE Online Lecture (02X)
- Lab (04)
- DE Live Online Lab (04S)
- DE Online Lab (04X)