**Unit A2 Basic Breathing and Relaxation Knowledge Assignment**

**Summative Assignment 2: Stress, Breath and Relaxation**

**Intended learning outcome**

By the end of the Unit the student teacher will be able to;

*Understand the relationship between the breath, relaxation, stress and the individual*

This is evidenced by meeting the following **assessment criteria**

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| **Assessment Criteria** |
| A2.1 Define stress and describe the effects |
| A2.2 Explain how relaxation and conscious breathing techniques can reduce stress |
| A2.3 Evaluate the need to adapt breathing and relaxation techniques for different individuals |

Please write an essay using the following subheadings. The essay can be 1500 to 2000 words, and if it is any longer, please make sure that you keep on task and avoid repetition. Thanks.

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| **Summative Assignment 2: Stress, Breath and Relaxation  (unit A2 Foundational Knowledge Unit)** |
| 1. **Definition of stress from a recognised source**   *Here you will need to visit a reputable website or text and give a definition making sure that you use quotation marks for a direct quotation and give the source adjacent to the quote. Please check with your Written Work Guidelines Handout to see how referencing must be done. If you wish you can give more than one definition as each one may have something useful to contribute and it would be excellent to see some evaluation given concerning the usefulness of the definition(s).* |
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| 1. **Describe the positive effects of stress, with everyday examples**   *For questions 2 and 3 you will need to incorporate the ideas of eustress and distress and don’t forget to include everyday examples, one or two which could relate to your own personal experience.* |
| 1. **Describe the negative effects of stress, with everyday examples** |
| 1. **How does relaxation, conscious breathing and meditation reduce the negative effects of stress, with examples**   *Here you will need to outline what constitutes the relaxation response and vagal tone, with reference to the parasympathetic and sympathetic branches of the autonomic nervous system, and the poly vagal theory. Then you can give examples of how the three kinds of practices can beneficially affect us allowing is to counteract the negative effects of stress for instance, how relaxation helps us to identify held or tight muscles so we can consciously release them.* |
| 1. **How might breathing and relaxation techniques need to be adapted for different individuals**   *To answer this part of the assignment you will need to refer to your notes taken from our group work where for example we saw how postures will need to be adapted to make them accessible and comfortable. Think of inclusivity and cautions.* |
| 1. **References**   *Please see your written work handout where you are shown how to reference quotes and concepts used in the body of your essay and write the final bibliography.*  *Remember to keep a list of all source materials as you go along so you can show the breadth of your research, and this will include the references for any images used.* |

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| **Summative Assignment 2: Stress, Breath and Relaxation   Assessment Sheet** | | |
| **Student Teacher Name**  **BWY Number** | | |
| **Assignment Format (select ONE)**  Written Essay OR Worksheet  Video Presentation – file link:  Audio Presentation – file link: | | |
| **Intended learning outcome**  By the end of the Unit the student teacher will be able to;  *Understand the relationship between the breath, relaxation, stress and the individual* | | |
| **Assessment Criteria** | | **P/R** |
| A2.1 Define stress and describe the effects | |  |
| A2.2 Explain how relaxation and conscious breathing techniques can reduce stress | |  |
| A2.3 Evaluate the need to adapt breathing and relaxation techniques for different individuals | |  |
| **Apply Level 4 Criteria (highlight those that meet or exceed the required standard)** | | |
| Content relates to the assessment criteria of the assignment | Shows appropriate knowledge of the topic | |
| Clear expression | Appropriate organisation and coherence | |
| Appropriate interpretation of stress theories/definition | Analysis of stress theories/definition evident | |
| Appropriate range of evidence used | Appropriate quality of sources | |
| In text citation or end notes | Bibliography/references | |
| **Assessor general comments/development points**  **Assessor Name Date** | | |
| **Referral feedback (if applicable) including comments/dates when referral decision changes**  **Assessor Name Date** | | |
| **Student Teacher confirmation of receipt**  **Name Date** | | |