

NAME: _____ PER _____ DATE _____

Relaxation Project

Project 19

You will create a recording of your own voice performing one of the four relaxation techniques found in Ch. 19: Relaxation.

I. Make the Recording

Option 1: *If you know already how to create a recording of your own voice, then proceed to do so according to your own knowledge. You could create a digital recording using a computer or digital recorder, OR if you have access to the proper equipment you could record onto a cassette tape.*

Option 2: *If this is your first time then follow these instructions:*

1. You will need a computer with internet capability, speakers, and a microphone
2. Go to www.SportPsychSchool.com → Student Zone → Resources by Chapter → Ch. 19
3. Print off your favorite relaxation exercise OR use the printed script on pages 167-176 in the textbook
4. Download and install the Audacity program as explained on the website (Audacity is a free program for recording and editing software)
5. Use your audio recording software and microphone to record yourself reading the script. Read it in a slow, quiet voice.
6. Listen to the recording to verify that it sounds the way you want it to.
7. Export the audio file as an MP3 (takes up less space and can be put onto your iPod or MP3 player) or as a WAV (takes up more space but is best to burn onto a CD, if you want to use a standard CD player)
8. Import the new MP3 file to your player, or burn your WAV file to a CD

II. Practice

Use your new recording to practice relaxation each day for 1 week

III. Log

Fill out the back side of this handout as your Relaxation Log

IV. Turning it in

You will turn in your recording and your log. (Your teacher will return your recording to you.) Consult with your teacher for specific instructions how to turn this project in:

Grading:

Recording 20 points; Week of practice 20 points; Log 10 points

Total = 50 points

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Relaxation Log

1. I chose this Relaxation Technique to practice (circle yours)

Progressive Muscle Relaxation

Autogenic Training

Breath Control

Imagery

2. Rate your ability to relax BEFORE you started practice a relaxation technique (circle your choice)

Totally Unable Average Perfect
1 2 3 4 5 6 7 8 9 10

3. Rate your ability to relax AFTER a week of practicing a relaxation technique (circle your choice)

Totally Unable Average Perfect
1 2 3 4 5 6 7 8 9 10

4. Record how many minutes you spent practicing your relaxation exercise each day

Day 1	2	3	4	5	6	7

5. The biggest lesson that I have learned from Relaxation is . . . (use the space below)