



Instructor: Tim Burton
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Phone: 213-740-2496
Location: WPH 103
Time: 1-150pm / 2-250pm

Stress Management for Healthy Living: PHED 160 (2 units)

Grading	%	Week(s)	Course Content
Class Participation	25	1-15	Regular active participation in class discussions, labs and activities
Stress Presentation	25	13-14	Presentation topic, outline and PowerPoint
Stress Portfolio	25	13 April 16	Includes: journals, article, assessments and in class assignments
Exam	25	12 April 9	Comprehensive exam: PE Scantron Grade Master Form #25420
Total	100%	*No class make- ups, missed exams or late work will be accepted.	

COURSE DESCRIPTION

Instruction on the effects of stress related to work, sport and academics; coping strategies are discussed and applied through physical conditioning activities. The nature of stress, determinant causes, and the physiological and psychological reactions to stress are addressed in the lecture segments of the course. The activity portion of the class will introduce and implement physiological, cognitive and behavioral stress management techniques and exercise programming.

COURSE OBJECTIVES

Upon completion of the course, students will be able to:

Identify

- the psycho-physiological indicators of excessive stress
- the contributing factors to the stress response

Describe

- the types of stressors
- the mind-body connection
- the many types of coping responses to stress.
- the many somatic, behavioral, and cognitive stress management techniques.

Analyze

- Analyze the models of stress

Apply

- theoretical concepts to one's own experience to understand stress and its impact on health and our lives (experiential learning).
- And foster an environment of self-directed learning (individual responsibility sand self-challenge).

Compare

- the differences between stress, anxiety, and arousal.
- and accept perspectives and experiences of all students in the class (divergent thinking).

Explain

- the importance of exercise in combating the effects of stress.

Experience

- and actively engage in physiological, behavioral, and cognitive interventions throughout the semester.
- As well as participate in interactive and dynamic classroom activities (active learning).
- breathing techniques to utilize as a means of restoring homeostasis

BLACKBOARD: <http://blackboard.usc.edu>

Class information and course reader will be posted. We will use resources posted on Blackboard in addition to the course reader. Students should check the Announcements and their USC EMAIL as Instructor may need to add, delete, or update assignments or lecture topics at his discretion.

COURSE REQUIREMENTS

- Attend Class Regularly
- Participation in Activities / Labs
- Stress Management Portfolio
- Complete Assignments
- Presentation
- Final Exam

Extra credit work and make-up work are not available. You are not permitted to make-up absences in another section. **Make-ups will not be given for any of the cognitive or psychomotor components. If you are absent on a day that an assignment is due, you must still submit your assignment in on time. Late assignments will NOT be accepted. It is your responsibility to attend class consistently and fulfill the requirements of this course.*

GENERAL CLASS POLICIES

- Email is the preferred method of communication outside of class
- Prior reading of assigned material will be helpful.
- Please refer to black board before class for additional information.
- It is expected that all students will participate *fully* in each activity / exercise session.
- Wear appropriate clothing for the activity days. You will be held accountable for being properly prepared for class as well: proper attire and attitude.

ASSIGNMENTS

❖ **Class Participation/Performance (25%)**

Regular active participation in class activities. This is a cumulative portion of grade and participation during is fully expected. Including discussions, lecture, activity and all course labs.

❖ **STRESS PORTFOLIO: (25%)**

This is a collection of class worksheets, assessments, quick writes, journal entries, assignments write ups, articles and all class work, which should be completed and saved throughout the semester. All of your work will be collected at the **end** of the semester. Stress Portfolio due week 13.

❖ **PRESENTATION: (25%)**

Students will present on a Stress Management Technique and organize a 15-20 minute in-class presentation on a specific stress management technique not covered in class. These presentations must be visually–displayed (i.e. video, PowerPoint, poster) or interactive in nature. Students will submit in writing or (email) their proposed presentation topic/technique to the instructor ASAP. Students will be required to work in groups. Groups must select different topics and will not be repeated.

❖ **FINAL EXAMINATION: (25%)** *Grade Master Form (blue) #25420*

One final examination will be scheduled. Students are responsible for all material covered. Examination will consist of (**50**) multiple choice, true/false, short answer, and essay questions. The exam will be cumulative. Students are responsible for all material covered. PE Scantron will be required.

GRADING: A (94+pts), A- (90-93pts), B+ (89-87pts), B (86-84pts), B- (80-83pts), C+ (79-77pts), C (76-74pts), C- (70-73pts), D+ (69-67), D (66-64pts), D- (60-63pts), F (59-0pts) Pass (>69 pts), Fail (<60pts) *Pass/No Pass grade option requires a **70%** or greater in the course.

EQUIPMENT REQUIREMENTS

Appropriate workout attire and safety wear. Recommendations include: water, athletic shoes, towel and locker. Lockers and towels are available through the Lyons Center as well other equipment and may be checked out with student ID.

**Please Note: USC Physical Education IS NOT responsible or any lost, stolen or damaged property. If you choose to bring any valuables to class, it is strongly recommended that they be locked up during class. Locker rooms are available in the PE building and the Lyons Center*

SPRING SEMESTER 2014

3rd week Last day to add a class or drop a class without a W on permanent record
 3rd week Last day to change grading option (Letter Grade, P/NP, Audit)
 12th week Last day to drop a class with a W on permanent record

Open Registration: Thur-Fri. Jan 9-10
Classes Begin: Mon. Jan 13
MLK Day: Mon. Jan 20
Presidents Day: Mon. Feb. 17
Spring Recess: Mon-Sat. March 17-22
Classes End: Fri. May 2
Exams: Wed-Wed. May 7-14

COURSE OUTLINE*

Week	Dates	Monday	Wednesday
1	August 26, 28	Course Introduction	Chapter 1: Stress Today
2	September 4	Chapter 1: Stress Today	Chapter 2: Self Assessment
3	Sept. 9,11	Chapter 3: The Science of Stress	Chapter 3: The Science of Stress Video: Stress Portrait of a Killer
4	Sept. 16,18	DVD: Stress Portrait of a Killer	Chapter 4: The Mind Body Connection
5	Sept. 23, 25	Chapter 5: Power of Perceptions Chp. 6: Thinking/Choosing	Chapter 7: Mindfulness As A Man Thinketh
6	Sept. 30, Oct 2	Chapter 8: Managing Emotions	Chapter 11: Time and Life Management
7	October 7, 9	Chapter 15: Healthy Lifestyles (Exercise Activities dates TBD)	Chapter 15: Healthy Lifestyles
8	October 14, 16	Chapter 15: Healthy Lifestyles	Chapter 15: Healthy Lifestyles
9	October 21, 23	Chapter 16: Introduction to Relaxation	Chapter 16: Introduction to Relaxation
10	October 28, 30	Chapter 16: Introduction to Relaxation	Chapter 16: Introduction to Relaxation
11	November 4, 6	Chapter 17, 21, 22: Breathing, Meditation and Yoga	Chapter 17, 21, 22: Breathing, Meditation and Yoga
12	Nov. 11, 13	Final Review	Final Exam (25%)
13	Nov. 18, 20	Presentations (25%) Stress Portfolio Due (25%)	Presentations
14	Nov.	Presentations	Presentations
15	April 29, May 1	Presentations Course Wrap-Up	Course Wrap-Up Stress Managed

****Please note this is a tentative outline and is subject to change. Any changes will be announced in class and/or via email.***

STATEMENT FOR STUDENTS WITH DISABILITIES

Any student requesting academic accommodations based on a disability is required to register with Disability Services and Programs (DSP) each semester. A letter of verification for approved accommodations can be obtained from DSP. Please be sure the letter is delivered to me as early in the semester as possible. DSP is located in STU 301 and is open 8:30am–5:00pm, Monday -Friday. Website and contact information for DSP:

http://sait.usc.edu/academicsupport/centerprograms/dsp/home_index.html, (213) 740-0776 (Phone), (213) 740-6948 (TDD only), (213) 740-8216 (FAX) ability@usc.edu.

STATEMENT ON ACADEMIC INTEGRITY

USC seeks to maintain an optimal learning environment. General principles of academic honesty include the concept of respect for the intellectual property of others, the expectation that individual work will be submitted unless otherwise allowed by an instructor, and the obligations both to protect one's own academic work from misuse by others as well as to avoid using another's work as one's own. All students are expected to understand and abide by these principles. *SCampus*, the Student Guidebook, (www.usc.edu/scampus or <http://scampus.usc.edu>) contains the University Student Conduct Code (see University Governance, Section 11.00), while the recommended sanctions are located in Appendix A.

EMERGENCY PREPAREDNESS/COURSE CONTINUITY IN A CRISIS

In case of a declared emergency if travel to campus is not feasible, USC executive leadership will announce an electronic way for instructors to teach students in their residence halls or homes using a combination of Blackboard, teleconferencing, and other technologies.