



**Fall 2017**

**PHED 160: Stress Management for Healthy Living**

**Tuesday and Thursday 12:00-12:50pm**

**Instructor:** Linda Yaron, M.Ed., RYT 500

**Email:** [lyaron@usc.edu](mailto:lyaron@usc.edu)

**Office Hours:** By Appointment

**Section:** 49869R; 2.0 Units

**Location:** WPH 101

**Course Description:** Through this course, we will explore the impact of stress on individuals and society, including the mental and physiological effects. Students will explore the science around stress and learn practical strategies for working with it through exercise, mind-body approaches, and research-based techniques so that they can fully thrive. This course includes a combination of lecture/discussion and physical exercise sessions.

**Learning Outcomes:**

- Develop a scientific and practical understanding of different types of stressors and the impact they have on the mind and body.
- Gain an understanding of the ways in which exercise, diet, and mind-body interventions can mitigate the effects of stress.
- Learn physiological, behavioral, and cognitive methods and strategies for skillfully working with stress.
- Examine individual relationships with and responses to stress.
- Integrate course material into everyday life so that stressors can be prevented, recognized, worked with, and/or alleviated.

**Prerequisite(s):** none

**Co-Requisite(s):** none

**Concurrent Enrollment:** none

**Recommended Preparation:** none

**Course Note:** Class is scheduled to meet in the classroom, however some classes will meet outside of the classroom for activity. Proper athletic attire and athletic shoes are required for several classes due to the physical nature of some activities. USC Physical Education is not responsible for any lost, stolen or damaged items.

**Required Readings and Supplementary Materials:** Online course reader is posted on Blackboard (<http://blackboard.usc.edu>). Supplemental handouts posted accordingly to topic. Assignments and handouts will be given only in class.

**Grades and Assignments:**

- **58 points. Attendance and Participation.** (2 points each class session, with half credit if you are late to class or leave early). It is your responsibility to sign the sign-in sheet.

- **40 points. 4 One-Page Assignments (10 points each).** All work is to be typed and stapled with student name on first page. Additional information may be posted on Blackboard. Due dates under course outline.
  1. Stress Article Summary: read, research, and find an article about stress. Write a summary of the general idea of the article, what you thought, and how it relates to you. Be prepared to verbally share your summary in class.
  2. Recipe: Write down a healthy recipe and the story that accompanies that recipe. It might be an adaptation of a family recipe, or one that means something to you. Include the story first, then the recipe (ingredients and instructions). Picture optional. Times New Roman, 12 point Font, 1" margins. Give it a title and list your name on the line below the title.
  3. Eulogy: Write your eulogy. This is an exercise in determining the important priorities in your life that you want to remember looking back on it.
  4. Resume: Bring in an updated copy of your resume. Go to Career Center for information on putting one together if needed. You may use an alternate address/phone number information, as they will be used in class exercises.
- **40 points. Presentation.** Organize a 5-10 minute (per person) in-class presentation on a specific stress management strategy used regularly (daily or minimum 3x week) through the semester. Include the research behind it, reflections on how it went, and next steps for continuing the practice. These presentations must be visually displayed (ie. Video, PowerPoint, Prezy, etc.), and interactive in nature (the class participates in the particular technique).
  - Topics and strategies will be decided and communication/collaboration begins by Week 4. Topics: exercise, nutrition, self-expression (art, music, journaling), mind-body approaches (yoga, tai chi, qigong, meditation), sleep, and connection. While groups will choose a shared topic to explore as a community (mind-body approaches), they may all employ different strategies within it (individual meditation practice, app, sitting group, or classes).
  - All citations must be properly noted along with your presentation and must be submitted prior to presentation.
- **4 points. Reflection.** A reflection will be turned in by each student after presentation by the following class session. Include how your stress management strategy went, any challenges that arose, any benefits you noticed, and your next steps. Include a log of how often you did your strategy (number of days per week and duration).
- **20 points. USC vs UCLA We Run the City 5k or other community fitness event.** Alternate Option: 2-3 page paper on the effects of exercise on stress. Include 3 sources.
- **40 points. Stress Management Toolkit.** This is a collection of class worksheets, journal entries, assignments, weekly report forms, and anything additional from throughout the semester. Weekly report forms done past toolkit turn-in date will be due in subsequent class sessions. Each student is responsible for their organization and full inclusion of all material from class. Toolkit should include a table of contents on first page and page numbers on each sheet thereafter. All papers should be secured (with a staple or binding).
- **50 points. Final Exam**

**Grading scale.** There are 252 total points possible. The overall grading scale is as follows:

A 237 / A- 232 / B+ 225 / B 223 / B- 220 / C+ 210 / C 200 / C- 190 / D 180

**Assignment Submission Policy:** All assignments must be handed on the due date in class, at the start of class as indicated on the syllabus. Please bring assignments on the Tuesday class date unless otherwise noted. NO LATE ASSIGNMENTS ARE ACCEPTED.

### Course Outline: USC Stress Management for Healthy Living - Fall 2017

	<b>Topics/Activities</b>	<b>Readings (Additional given in Class)</b>	<b>Due</b>
<i>Week 1</i> 8/22, 24	Stress Today: Science and Practice in our Relationship with Stress	Ch. 1, 2	
<i>Week 2</i> 8/29, 31	The Mind Body Connection	<i>Ch. 3, 4</i>	
<i>Week 3</i> 9/5, 7	Stress, Physiology, and the Mind		Stress article summary
<i>Week 4</i> 9/12, 14*	Healthy Lifestyles: Fitness for Strength, Flexibility, and Cardio Health	Ch. 8	Presentation group & topic
<i>Week 5</i> 9/19, 21*	Healthy Lifestyles: Nutrition to Thrive	Ch. 9	Favorite healthy recipe with story
<i>Week 6</i> 9/26, 28*	Healthy Lifestyles: Optimizing Restorative Sleep		
<i>Week 7</i> 10/3, 5*	Mindfulness-Based Stress Reduction	Ch. 10	
<i>Week 8</i> 10/10, 12*	Cultivating Positive Emotions and Working with Difficult Emotions	Ch. 5	
<i>Week 9</i> 10/17, 19*	Mindfulness in Communication		
<i>Week 10</i> 10/24, 10/26	Balancing Times and Priorities; Turning Obstacles into Allies	Ch. 6	Eulogy
<i>Week 11</i> 10/31, 11/2	Money Matters: Loans, Credit, and Wealth in Today's Economy	Ch. 7	Resume
<i>Week 12</i> 11/7, 9	Review of Material		Toolkit
<i>Week 13</i> 11/14, 16	Presentations		November 19 USC vs UCLA We Run the City 5k!
<i>Week 14</i> 11/21	Presentations (Tuesday) Thanksgiving Holiday Thursday!		
<i>Week 15</i> 11/28, 30	Presentations		
<i>Finals Week</i>			Final Exam Due by 11:59pm on Scheduled Exam Date

*Schedule is subject to change at any point due to weather or other circumstances.*

*\*Activity Days: Dress for exercise and wear athletic shoes.*

## Statement on Academic Conduct and Support Systems

### Academic Conduct

Plagiarism – presenting someone else’s ideas as your own, either verbatim or recast in your own words – is a serious academic offense with serious consequences. Please familiarize yourself with the discussion of plagiarism in *SCampus* in Section 11, *Behavior Violating University Standards* <https://scampus.usc.edu/1100-behavior-violating-university-standards-and-appropriate-sanctions/>. Other forms of academic dishonesty are equally unacceptable. See additional information in *SCampus* and university policies on scientific misconduct, <http://policy.usc.edu/scientific-misconduct/>.

Discrimination, sexual assault, and harassment are not tolerated by the university. You are encouraged to report any incidents to the *Office of Equity and Diversity* <http://equity.usc.edu/> or to the *Department of Public Safety* <http://capsnet.usc.edu/departments/departments-public-safety/online-forms/contact-us>. This is important for the safety whole USC community. Another member of the university community – such as a friend, classmate, advisor, or faculty member – can help initiate the report, or can initiate the report on behalf of another person. *The Center for Women and Men* <http://www.usc.edu/student-affairs/cwm/> provides 24/7 confidential support, and the sexual assault resource center webpage [sarc@usc.edu](mailto:sarc@usc.edu) describes reporting options and other resources.

### Support Systems

A number of USC’s schools provide support for students who need help with scholarly writing. Check with your advisor or program staff to find out more. Students whose primary language is not English should check with the *American Language Institute* <http://dornsife.usc.edu/ali>, which sponsors courses and workshops specifically for international graduate students. *The Office of Disability Services and Programs* [http://sait.usc.edu/academicsupport/centerprograms/dsp/home\\_index.html](http://sait.usc.edu/academicsupport/centerprograms/dsp/home_index.html) provides certification for students with disabilities and helps arrange the relevant accommodations. If an officially declared emergency makes travel to campus infeasible, *USC Emergency Information* <http://emergency.usc.edu/> will provide safety and other updates, including ways in which instruction will be continued by means of blackboard, teleconferencing, and other technology.

### Academic Accommodations:

Students requesting academic accommodations based on a disability are required to register with Disability Services and Programs (DSP) each semester. A letter of verification for approved accommodations can be obtained from DSP when adequate documentation is filed. Please be sure the letter is delivered to me as early in the semester as possible. DSP is open Monday-Friday, 8:30 am -5:00 pm. The office is in Student Union 301 and the phone number is (213) 740-0776.