
PHED 160:

Stress Management for Healthy Living (2 units)

Section: 49972 Monday: 3:00 - 4:50 pm / VKC 256

Office Hours: By appointment

Phone: (213) 740-2488

Office: PED 107

Instructor: Andre Haralyi, MA

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COURSE DESCRIPTION:

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

Prerequisite(s): none

Co-Requisite (s): none

Concurrent Enrollment: none

Recommended Preparation: none

Technological Proficiency Required: Powerpoint, Keynote or Prezy for final presentation

COURSE LEARNING OBJECTIVES:

- Describe different types of stressors
- Identify the psycho-physiological indicators of excessive stress
- Analyze the models of stress
- Describe the mind-body connection
- Understand the different thought streams which contribute to either a stressful or vital life
- Identify the contributing factors to the stress response
- Compare the differences between stress, anxiety, and arousal
- Describe the many types of coping responses to stress
- Describe the many somatic, behavioral, and cognitive stress management techniques
- Explain the importance of exercise in combating the effects of stress
- Actively engage in physiological, behavioral, and cognitive interventions throughout the semester
- Apply theoretical concepts to one's own experience to understand stress and its impact on health and our lives (experiential learning)
- Participate in interactive and dynamic classroom activities (active learning)
- Accept perspectives and experiences of all students in the class (divergent thinking)
- Foster an environment of self-directed learning (individual responsibility and self-challenge)

GENERAL CLASS POLICIES:

- Email is the preferred method of communication outside of class
- Prior reading of assigned material will be helpful.
- Please refer to Blackboard before class for additional information, updates, class notes, and announcements.
- It is expected that all students will participate *fully* in each activity / exercise session.
- Class is schedule to meet in the classroom, however some classes will meet outside of the classroom for activity.

- Wear appropriate clothing for the activity days. You will be held accountable for being properly prepared for class as well: proper attire and attitude.
- Arrive to class on time.
- **Turn off cell phones.**
- Refrain from talking during practice, unless asked to do so.
- No candy or chewing gum during practice.
- **Notify your instructor of any existing injuries, health problems, and medical conditions – including pregnancy - on the first class meeting. If you develop any new injuries, health problems, and medical conditions and/or become pregnant during the semester, you must inform your instructor. This will be kept STRICTLY confidential.**

**Please Note: USC Physical Education IS NOT responsible for 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.*

COURSE READER: Course reader available on Blackboard. Supplemental handouts will be posted accordingly to topic.

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.***

ASSIGNMENTS:

1. **Quiz 1 & 2:** Online Quiz through blackboard. Each quiz is out of 10 points. Additional information may be posted on Blackboard.
2. **Presentation:** Students will organize a 20 minutes in-class presentation on a specific stress management technique not covered in class. These presentations must be visually displayed (ie. Video, PowerPoint, Prezy, etc.) AND interactive in nature (the class participates in the particular technique).
 - a. **Topics will be decided** and communication and collaboration begins prior to week 12.
 - b. **All citations must be noted** along with your presentation and must be submitted prior to presentation date.
3. **Stress Portfolio:** This is a collection of class worksheets, journal entries, assignments, exercise log, and anything additional which has been helpful for you throughout the semester. These things are to be completed and saved throughout the semester. All of these items will be collected at the END of the semester. **Each student is responsible for their organization and full presentation of all material from class.** Portfolio is to be handed in a bound booklet. **Due week 14**

Assignment Submission Policy:

Assignments are always submitted IN CLASS. Late assignments are not accepted.

GRADING BREAKDOWN

Plus and minus grades will be issued accordingly for each letter grade based on grade percentage.

USC BLACKBOARD™: <https://blackboard.usc.edu>

Assignment / Exam	Points	% of Grade	Point/grade-base cutoffs	
Quiz 1 & 2	20 points	10%	A	180 - 200
Stress Portfolio	20 points	10%	B	160 - 179
Presentation	50 points	25%	C	140 - 159
Final Exam	50 points	25%	D	120 - 139
Participation	60 points	30%	F	below 120
Total Points	200 points	100%		

In addition to the course reader, Blackboard is where class information and addition resources will be posted.

ACADEMIC ACCOMODATIONS:

Students requesting academic accommodations based on 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, 8:30am – 5:00pm. The office is in the Student Union 301 and the phone number is (213) 740-0776.

PARTICIPATION:

Regular participation is required and is a large component of your final grade. Tardiness and/or leaving early will not be tolerated as it disrupts the class and practice – this is especially true of 50-minute class sections. If you are late or leave early, you will only receive partial credit for attending the class. You will be expected to attend the section for which you are enrolled. Make-ups are only allowed for emergency situations and then only upon approval from instructor. Make-up absences may only take place in sections of the same class with the same instructor. *You are not permitted to make-up absences in another instructor’s section. ***Extra credit work and make-up work are not available unless noted by instructor. Midterm and Final make-ups are only available in emergency situations, yet note, that the exam grade will drop a letter grade from exam’s score. It is your responsibility to attend class consistently and fulfill the requirements of this course.***

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/department/department-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 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 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.

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

Dates	Topic		Read
Week 1			
08/21	Orientation	Introduction Review of Syllabus What is Stress? Context and Overview	Chapter 1
	Class Activity	Pre-Course Stress Assessment / Stress Index Questionnaire	
	Practice	Physical Practice	
Stress Portfolio 1		Semester Plan Chart	
Week 2			
08/28	Lecture	Stress from a Scientific Perspective I & II	Chapter 3
	Class Activity	How are your Stress Coping Skills? / 10 Main Stressors in my Life	
	Practice	Physical Practice	
Stress Portfolio 2		Perceived Stress Scale	
Week 3			
09/04	HOLIDAY	Labor Day	
Week 4			
09/11	Movie	Documentary "STRESS: Portrait of a Killer"	
	Lecture	The Mind Body Connection	Chapter 3
	Class Activity	Visualization / Group discussion	
	Practice	Physical Practice	
Stress Portfolio 3		Holmes and Rahe Stress Scale	
NOTICE		Last day to change grading option (letter grade, P/NP, audit)	
Week 5			
09/18	Lecture	Stress from a Yogic Perspective I & II	
	Class Activity	Breathing Practice	
	Practice	Physical Practice	
Stress Portfolio 4		Purpose Chart	
Week 6			
09/25	Lecture	Healthy Lifestyle I - Exercise	Chapter 15
	Class Activity	Exercise Prescription	
	Practice	Physical Practice	
Stress Portfolio 5		Exercise Log	
Week 7			
10/02	Lecture	Healthy Lifestyle II - Nutrition	Chapter 15
	Class Activity	Behavior Change Contract	
	Practice	Physical Practice	
	Quiz 1	Online quiz through blackboard	
Stress Portfolio 6		Food Log	

Week 8			
10/09	Lecture	Relaxation, Breathing, Meditation and Yoga	Chapter 16, 17
	Class Activity	Guided Meditation	
	Practice	Physical Practice	
Stress Portfolio 7		Mandala Coloring exercise	
Week 9			
10/16	Lecture	Managing Emotions	Chapter 8
	Class Activity	Lab Assessment - Believes / Gratitude Meditation	
	Practice	Physical Practice	
Stress Portfolio 8		Perform 5 acts of kindness and write about your experience.	
Week 10			
10/23	Lecture	Time & Life Management	Chapter 11
	Class Activity	How do I use my time	
	Practice	Physical Practice	
Stress Portfolio 9		Week Planning Chart	
NOTICE		Last day to drop without a W and to switch a P/NP status to letter grade	
Week 11			
10/30	Lecture	Money Matters - Fiancial Education	Chapter 12
	Class Activity	Group discussion	
	Practice	Physical Practice	
	Quiz 2	Online quiz through blackboard	
Stress Portfolio 10		Financial Planning Chart	
Week 12			
11/06	Lecture	Extraordinary Lives	
	Class Activity	Group discussion / Post Course Stress Assessment	
	Practice	Physical Practice	
Stress Portfolio 11		Do something you fear and write about your experience.	
Week 13			
11/13	REVIEW	Final Test Review	
	TEST	FINAL TEST	
Week 14			
11/20	Presentation	Presentations I	
	Presentation	Presentations II	
NOTICE		Stress Portfolio due	
Week 15			
11/27	Presentation	Presentations III	
	Presentation	Presentations IV	