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| **University of Southern California****Department of Physical Education** |

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

**Spring 2018**

**Section 49872: MW 2:00 – 2:50pm (KAP 166)**

**Section 49873: TTH 2:00 – 2:50pm (VKC 203)**

**Section 49975: Thursday 3:00 – 4:50pm (THH 106)**

**Course = 2 units**

**Instructor: Steve Hsu**

**Office: PED 209**

**Office Hours: Arranged on an as-needed basis**

**Phone: (213) 740-6301**

**Email:** **stevehsu@usc.edu**

**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 portion 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:**

* Describe the different types of stressors
* Identify the psycho-physiological indicators of excessive stress
* Analyze the models of stress
* Describe the mind-body connection
* 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)

**Physical Education Department Objectives:**

1. **Students will understand the importance of sound health and fitness principles as they relate to better health and will be able to:**
* Recognize the physical and mental benefits of increased activity
* Understand anatomy and basic biomechanical principles and terminology
1. **Student will be exposed to a variety of activities providing them the opportunity to:**
* Apply learned fundamental skills
* Participate in a motivating and nurturing environment resulting in a greater sense of well-being and self-esteem
* Participate in active learning to stimulate continued inquiry about physical education, health, and fitness
1. **Students will demonstrate proficiency through knowledge and acquired skills enabling them to:**
* Create a safe, progressive, methodical, and efficient activity based plan to enhance improvement and minimize risk of injury
* Develop an appreciation of physical activity as a lifetime pursuit and a means to better health

**Course Reader:**

Online course reader is posted on Blackboard.

**Equipment:**

Appropriate workout attire for activity labs. Recommendations include: water, athletic shoes, and towel. USC Physical Education IS NOT responsible for any lost, stolen or damaged property.

**Blackboard:** [**http://blackboard.usc.edu**](http://blackboard.usc.edu)

Class information will be posted. We will use resources posted on BlackboardTM in addition to the Blackboard course reader.

**Participation/Performance:**

Timely and consistent attendance and participation are required in order to obtain and retain course material and to improve one’s physical and mental fitness. Failure to attend class **will impact** your final grade. If you are tardy and/or leave early, you will only receive partial credit for attending class. Participation in class discussions and activity labs are also significant determinants of your final grade.

**\**Please refer to the policy regarding the use of technological devices during class****.*

Please come prepared for class, be it lecture or activity. Prior reading of assigned reading is highly recommended. Courtesy, kindness, respect, and cooperation are expected from all participants during class discussions and activity labs.

**Grading Policy and Evaluation Criteria:**

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| 400 Total Points |
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|  **Cognitive** | **50%** | **200 Pts.** | **Psychomotor** | **50%** | **200 Pts.** |
| Final Exam | 25% | 100 Pts. |  Class Performance | 25% | 100 Pts. |
| Presentation | 25% |  100 Pts. |  Stress Portfolio |  25% |  100 Pts. |
|   |   |   |  Final Project |   |  Required  |

1. Class Performance: Participation in class discussion and activity labs
2. Presentation: Trader Joe’s one-week meal plan with PowerPoint presentation
3. Stress Portfolio: Stress journal entries, assessments, and in-class assignments
4. Final Exam: Comprehensive exam
5. Final Project: Self-Reflection

**Grading Scale:** A (94+%), A- (90-93%), B+ (87-89%), B (84-86%), B- (80-83%), C+ (77-79%), C (74-76%), C- (70-73%), D+ (67-69%), D (64-66%), D- (60-63%), F (0-59%)

360 – 400 points = A- to A

320 – 359 points = B- to B+

280 – 319 points = C- to C+ **PASS/NO-PASS** grading status, **Pass = greater or equal to 280 points**

240 – 279 points = D- to D+ \*Plus and minus grades will be issued accordingly

Below 240 points = F for each letter grade range based on grade percentage earned.

 See above grading scale for grade percentage.

*\*****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.*

**Use of Technological Devices During Class:**

Due to the abuse of using computer laptops, tablets, cellphones, and other electronic devices during class time for browsing social media, surfing the Internet, shopping online, and doing schoolwork for other classes, the use of these devices is not permitted during class. You will receive a 5 points deduction on your class performance grade each time that you violate this policy. You may take notes for class lectures by using pen/pencil and paper.

**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 Part B, Section 11, “Behavior Violating University Standards” policy.usc.edu/scampus-part-b. 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.

**Support Systems:**

*Student Counseling Services (SCS) – (213) 740-7711 – 24/7 on call.* Free and confidential mental health treatment for students, including short-term psychotherapy, group counseling, stress fitness workshops, and crisis intervention. engemannshc.usc.edu/counseling

*National Suicide Prevention Lifeline – 1 (800) 273-8255.* Provides free and confidential emotional support to people in suicidal crisis or emotional distress 24 hours a day, 7 days a week. www.suicidepreventionlifeline.org

*Relationship and Sexual Violence Prevention Services (RSVP) – (213) 740-4900 – 24/7 on call.* Free and confidential therapy services, workshops, and training for situations related to gender-based harm. engemannshc.usc.edu/rsvp

*Sexual Assault Resource Center.* For more information about how to get help or help a survivor, rights, reporting options, and additional resources, visit the website: sarc.usc.edu

*Office of Equity and Diversity (OED)/Title IX Compliance – (213) 740-5086.* Works with faculty, staff, visitors, applicants, and students around issues of protected class. equity.usc.edu

*Bias Assessment Response and Support.* Incidents of bias, hate crimes and microaggressions need to be reported allowing for appropriate investigation and response. studentaffairs.usc.edu/bias-assessment-response-support

*The Office of Disability Services and Programs.* Provides certification for students with disabilities and helps arrange relevant accommodations. dsp.usc.edu

*Student Support and Advocacy – (213) 821-4710.* Assists students and families in resolving complex issues adversely affecting their success as a student EX: personal, financial, and academic. studentaffairs.usc.edu/ssa

*Diversity at USC.* Information on events, programs and training, the Diversity Task Force (including representatives for each school), chronology, participation, and various resources for students. diversity.usc.edu

*USC Emergency Information.* Provides safety and other updates, including ways in which instruction will be continued if an officially declared emergency makes travel to campus infeasible. emergency.usc.edu

*USC Department of Public Safety – UPC: (213) 740-4321 – HSC: (323) 442-1000 – 24-hour emergency or to report a crime.* Provides overall safety to USC community. dps.usc.edu

**USC Stress Management for Healthy Living - Spring 2018**

**COURSE OUTLINE (MW 2:00 – 2:50pm)\***

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|  | **Monday** | **Wednesday** |
| Week 1January 8, 10 | Course Introduction | Chapter 1: Stress Today |
| Week 2January 15, 17 | Chapter 1: Stress Today**No class meeting - MLK birthday** | Chapter 1: Stress Today |
| Week 3January 22, 24 | Chapter 2: Self Assessment**Ch. 1 - Stress Journal Due** | Chapter 3: The Science of Stress |
| Friday, january 26 | Last Day to Register and ADD classes |
| Week 4January 29, January 31 | Chapter 4: The Mind Body ConnectionStress Journal  | Chapter 4: The Mind Body Connection**Tombstone and** **Top 5 Stressors Due** |
| Week 5February 5, 7 | Chapter 5: Managing Emotions |  Chapter 5: Managing Emotions |
| Week 6February 12, 14 | Chapter 6: Time and Life Management**Ch. 5 – Fear and Acts of Kindness Due**  | Chapter 6: Time and Life Management**Ch. 6 - Stress Journal (Time Log) Due** |
| Week 7February 19, 21 | Chapter 7: Money Matters**No class meeting – President’s Day**  | Chapter 7: Money Matters  |
| Week 8February 26, February 28 | Chapter 7: Money Matters | Chapter 15: Healthy Lifestyles **Ch. 7 – Spending Log Due** |
| Week 9March 5, 7***Spring Recess 3/11 – 3/18*** | Chapter 8 & 9: Healthy Lifestyles **Ch. 8 & 9 - Stress Journal Due** **(THR and Behavior Change Contract)** | Chapter 8 & 9: Healthy LifestylesActivity Lab  |
| Week 10March 19, 21 | Chapter 10: Introduction to RelaxationExercise Journal | Chapter 10: Introduction to RelaxationActivity Lab |
| Week 11March 26, 28 | Chapter 10: Breathing, Meditation and YogaActivity Lab  | Chapter 10: Breathing, Meditation and YogaActivity Lab |
| Week 12 April 2, 4 |  **Final Review**Exercise Journal  | **Final Exam****Ch. 10 - Exercise Journal Due** |
| Friday, april 6 |  Last Day to DROP class with mark of “W” |
| Week 13April 9, 11 | **Presentations**  | **Presentations**  |
| Week 14April 16, 18 | **Presentations**  | **Presentations** |
| Week 15April 23, 25 | **Presentations** **Stress Portfolio Due** | **Final Project** **(Due by Final Exam Date & Time as posted on USC Final Exam Schedule)** |

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

**USC Stress Management for Healthy Living - Spring 2018**

**COURSE OUTLINE (TTH 2:00 – 2:50pm)\***

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|  | **Tuesday** | **Thursday** |
| Week 1January 9, 11 | Course Introduction | Chapter 1: Stress Today |
| Week 2January 16, 18 | Chapter 1: Stress Today | Chapter 2: Self Assessment |
| Week 3January 23, 25 | Chapter 3: The Science of Stress**Ch. 1 - Stress Journal Due** | Chapter 3: The Science of Stress |
| Friday, january 26 | Last Day to Register, ADD/DROP class without mark of “W”, &/or change to P/NP or Audit |
| Week 4January 30, February 1 | Chapter 4: The Mind Body ConnectionStress Journal  | Activity Lab**Tombstone and Top 5 Stressors Due** |
| Week 5February 6, 8 | Chapter 5: Managing Emotions |  Chapter 5: Managing Emotions |
| Week 6February 13, 15 | Chapter 6: Time and Life ManagementStress Journal**Ch. 5 – Fear and Acts of Kindness Due**  | Chapter 6: Time and Life Management**Ch. 6 - Stress Journal (Time Log) Due** |
| Week 7February 20, 22 | Chapter 7: Money Matters  | Chapter 7: Money Matters  |
| Week 8February 27, March 1 | Chapter 8 & 9: Healthy Lifestyles | Chapter 8 & 9: Healthy Lifestyles**Ch. 7 – Spending Log Due**  |
| Week 9March 6, 8***Spring Recess 3/11 - 3/18*** | Chapter 8 & 9: Healthy Lifestyles **Ch. 8 & 9 - Stress Journal Due** **(THR and Behavior Change Contract)** | Chapter 8 & 9: Healthy LifestylesActivity Lab  |
| Week 10March 20, 22 | Chapter 10: Introduction to RelaxationExercise Journal | Chapter 10: Introduction to RelaxationActivity Lab |
| Week 11March 27, 29 | Chapter 10: Breathing, Meditation and YogaActivity Lab  | Chapter 10: Breathing, Meditation and YogaActivity Lab |
| Week 12 April 3, 5 |  **Final Review**Exercise Journal  | **Final Exam****Ch. 10 - Stress Journal Due** |
| Friday, april 6 |  Last Day to DROP class with mark of “W” |
| Week 13April 10, 12 | **Presentations**  | **Presentations**  |
| Week 14April 17, 19 | **Presentations**  | **Presentations**  |
| Week 15April 24, 26 | **Presentations** **Stress Portfolio Due** | **Final Project** **(Due by Final Exam Date & Time as posted on USC Final Exam Schedule)** |

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**USC Stress Management for Healthy Living - Spring 2018**

**COURSE OUTLINE (Thursday 3:00 – 4:50pm)\***

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|  | **First Hour** | **Second Hour** |
| **Week 1**January 11 | Course Introduction | Chapter 1: Stress Today |
| **Week 2**January 18 | Chapter 1: Stress Today | Chapter 2: Self-Assessment |
| **Week 3**January 25  | Chapter 3: The Science of Stress**Ch. 1 - Stress Journal Due** | Chapter 3: The Science of Stress |
| **Week 4**February 1 | Chapter 4: The Mind Body Connection**Tombstone and Top 5 Stressors Due**  | Activity Lab  |
| **Week 5**February 8 | Chapter 5: Managing Emotions | Chapter 5: Managing EmotionsActivity Lab |
| **Week 6**February 15 | Chapter 6: Time and Life ManagementStress Journal**Ch. 5 – Fear and Acts of Kindness Due** | Activity Lab |
| **Week 7**February 22 |  Chapter 7: Money Matters**Ch. 6 – Stress Journal (Time Log) Due**   | Chapter 7: Money Matters |
| **Week 8**March 1 | Chapter 8 & 9: Healthy Lifestyles**Ch. 7 - Spending Log Due** | Chapter 8 & 9: Healthy Lifestyles |
| **Week 9**March 8***Spring Recess 3/11 – 3/18*** | Chapter 8 & 9: Healthy Lifestyles**Ch. 8 & 9 - Stress Journal Due** **(THR and Behavior Change Contract)**  | Activity Lab |
| **Week 10**March 22 | Chapter 10: Introduction to Relaxation | Chapter 10: Breathing, Meditation and YogaActivity Lab |
| **Week 11**March 29 |  **Final Review** | Activity Lab |
| **Week 12**April 5  | **Ch. 10 - Stress Journal Due** | **Final Exam**  |
| **Week 13**April 12 |  **Presentations** | **Presentations** |
| **Week 14**April 19 | **Presentations**  | **Presentations** **Stress Portfolio Due** |
| **Week 15**April 26 | **Final Project** **(Due by Final Exam Date & Time as posted on USC Final Exam Schedule** | Activity Lab |

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