
PHED 160: Stress Management for Healthy Living (2 units)**Section: 49972 Monday: 3:00 - 4:50 pm THH 110****49977 Friday: 12:00 - 1:50 pm GFS 207****Office Hours: By appointment****Phone: (213) 740-2488****Office: PED 107****Instructor: Andre Haralyi, MA, C-IAYT****Email: haralyi@usc.edu**

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 50 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:** Stress Portfolio refers to class worksheets, journal entries, exercise log, and additional assignments which will be helpful for you throughout the semester. They need to be completed and turned in every week.

Assignment Submission Policy:

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

GRADING BREAKDOWN

Assignment / Exam	Points	% of Grade	Point/grade-base cutoffs	
Portfolio	10	5.00%	A	180 - 200
Quiz 1	20	10.00%	B	160 - 179
Quiz 2	20	10.00%	C	140 - 159
Final Exam	50	25.00%	D	120 - 139
Group Presentation	50	25.00%	F	below 120
Participation	50	25.00%		
Total Points	200	100%		

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

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

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

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. 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.*

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

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

PHED 160: Stress Management for Healthy Living - Course Outline		
Week 1 - Aug 20 - 24		
Lecture	Introduction; Review of Syllabus Understanding Stress - Overview	
Class Activity	What do you know about Stress? How Are Your Stress Coping Skills?	
Practice	Breath / posture explanation; Breathing exercises	
Stress Portfolio 1	Semester Plan Chart	
Week 2 - Aug 27 - 31		
Lecture	Body-Mind Connection Stress from a Scientific Perspective	
Class Activity	How Your Body Reacts To Acute Stress? Do you Suffer From Chronic Stress?	
Practice	Alternate nostril breathing & Introduction to Meditation	
Stress Portfolio 2	Personal Stress Test	
Week 3 - Sep 3 - 7		
Labor Day - Mon - September 3		
Movie	Documentary: STRESS: Portrait of a Killer (Youtube)	
Stress Portfolio 3	Movie Questionarie	
Last day toads, drop classes - September 9		
Week 4 - Sep 10 - 14		
Lecture	Stress-illness connection	
Exercise	Group Selection & Exercise	
Stress Portfolio 4	The Social Readjustment Rating Scale (SRRS)	
Quiz 1	Online quiz through blackboard	20 Points
Week 5 - Sep 17 - 21		
Lecture	Yoga, Breathing, Relaxation & Meditation	
Exercise	Yoga, Breathing, Relaxation & Meditation	
Stress Portfolio 5	Purpose Chart	
Week 6 - Sep 24 - 28		
Lecture	Exercise Science	
Class Activity	Calculating Appropriate Target Heart-Rate Range Body Mass Index - BMI	
Exercise	Outdoor Exercise	
Stress Portfolio 6	5 Steps Toward Initiation and Sustenance of a Physical Activity or Exercise Program	

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Week 7 - Oct 1 - 5		
Lecture	Nutritional Science	
Stress Portfolio 7	Food Frequency Questionnaire	
Last day to change grading option to P/NP, drop W/O "W" - October 5		
Week 8 - Oct 8 - 12		
Lecture	Managing Emotions	
Class Activity	Communication Assessment	
Exercise	Outdoor Exercise	
Stress Portfolio 8	Taylor Manifest Anxiety Scale	
Quiz 2	Online quiz through blackboard	20 points
Week 9 - Oct 15 - 19		
Lecture	Behavior Change	
Class Activity	Identifying Type of Personality Assessing Assertive Behavior	
Stress Portfolio 9	Behavior Contract	
Week 10 - Oct 22 - 26		
Lecture	Time & Life Management	
Class Activity	Enhancing Awareness of How You Spend Your Time	
Exercise	Group Activity	
Week 11 - Oct 29 - Nov 2		
Lecture	Financial Strategy	
Class Activity	Enhancing Awareness about Financial Status and Creating a Budget	
Review	Final Review	
Week 12 - Nov 5 - 9		
GROUP PRESENTATION 1 & 2		50 Points
Last day to drop with a "W" - November 9		
Week 13 - Nov 12 - 16		
GROUP PRESENTATION 3 & 4		50 Points
Week 14 - Nov 19 - 23		
Movie	Documentary: Heal	
Stress Portfolio 10	Movie Questionnaire	
Thanksgiving Holiday - Wed-Sun - November 21-25		
Week 15 - Nov 26 - 30		
Review	Final Exam Review	
Class Activity	Additional Stress-Reduction Strategies	
EXAM	FINAL EXAM Through Blackboard	50 Points
Week 16 - Dec 3 - 7		
PORTFOLIO	Portfolio Due	10 Points