

This class will be taught remotely during Fall 2020. Classes will meet online during regularly scheduled class time, with asynchronous opportunities provided for students to make-up missed material with teacher's approval. Asynchronous activities will also be planned in addition to the Zoom sessions.

Students will be exposed to a variety of activities providing them the opportunity to:

1. Apply learned fundamental skills.
2. Utilize physical activity, meditations, and holistic modalities to manage stress.
3. Create individual goals.
4. Participate in a motivating and nurturing environment resulting in a greater sense of well-being and self-esteem.
5. Participate in active learning to stimulate continued inquiry about physical education, health and fitness.

Students will demonstrate proficiency through knowledge and acquired skills enabling them to:

1. Understand and utilize various training methods.
2. Assess individual levels of fitness components.
3. Create a safe, progressive, methodical, and efficient activity-based plan to enhance movement and minimize risk of injury.
4. Recognize the benefits of physical activity and other holistic modalities as a lifetime pursuit and a means to better health

Course Notes

Class is scheduled to meet in the virtual classroom; however some classes will require us to meet outdoors during the engagement in the virtual classroom for activity. **Athletic attire is required for several classes due to the physical nature of some activities.** Most Wednesday classes will be activity days. Please check Blackboard regularly for updates, class notes, and announcements.

Technological Proficiency Required: Zoom, Social media outlets, PowerPoint or Prezy for final presentation.

Required Readings and Supplementary Materials

Online course reader is posted on **Blackboard**. Supplemental materials such as meditation videos, playlists, and resources will be posted in "Content" of Bb. Reading schedule is posted on the Calendar.

Grading Breakdown

How will students be graded overall, including the assignments detailed above. All must total 100%.

Assignment / Exam	Points	% of Grade
Assignments 1-4	20 points (5 pts each)	20%
Group Project & Presentation	30 points	30%
Attendance & Participation	20 points	20%
Semester Vitality Reflection	10 points	10%
Final Exam	20 points	20%
TOTAL	100	100%

Grading Scale: A = 93-100, A- = 90-92, B+ = 86-89, B = 83-85, B- = 80-82, C+ = 76-79, C = 73-75, C- = 70-72, D+ = 66-69, D = 63-65, D- = 60-62, F = 60 or less. Pass = >60

Extra credit work and make-up work are not available unless noted by instructor. It is your responsibility to attend class consistently, check scores on Blackboard, and fulfill the requirements of this course.

Participation (20 pts.):

Most class (13 classes) will be split into **Lecture** and **Activity**. Regular **on-line** active participation is required to obtain and integrate course material and to improve one's physical and mental fitness, so be prepared to be there! In addition, active regular participation is a large component of your final grade, **20 pts. (20%)**. If you are late (more than 5 mins) or leave early (more than 5 mins), you will only receive ½ credit for attending the class. During class, you will be asked to **join with video**, keep your microphone muted until noted, and you will be expected to participate in lecture by speaking, using chat text, and or responding to poll questions, so be prepared to engage in your learning. Those with special circumstances and prior approval from instructor who are unable to participate in the live class setting will be required to complete an alternative assignment asynchronously within 24 hours of class in order to obtain participation points. Some classes will meet asynchronously (on your own time schedule), these class directions will be posted on Bb.

Assignments (4 x 5 points each): All assignments are experiential in nature and will be discussed during class time and details posted on Bb. Points for each assignment are earned through thorough completing of the assignment and timeliness of submission. All assignments must be submitted through Turn-it-in via Bb. Late assignments will receive half credit. Spotify, iTunes, YouTube and other media outlet may be needed for full participation in class or asymmetrical activities and assignments. **Additional creative expressions of assignments are always welcome and accepted with instructors approval.**

Group Project & Presentation (30 pts): Students will create groups of 2-5 and present to the class their project which they've created having elements of social impact, modalities of health, fitness, vitality, and beyond. Students are expected to reveal how they have "become the expert" in anything related to managing stress, increasing vitality, etc. during the course of the semester. Additional information and a full rubric will be provided by week 8. Projects of the past several years have created impact on campus and beyond. This is a collaborative and impactful expression session opportunity.

Semester Vitality Reflection (10 pts): At the end of the semester this assignment allows students to reflect and share what specifically has positively impacted their vitality and influenced their whole health. Each class will offer several tools that students can immediately and consistently apply in order to gain mental and physical clarity, vitality, health, and relaxation. Each student will also share a short video of their most consistent stress-relieving breath modality from the course of their semester. Details will be posted on Bb by week 11.

Exam (20 pts): The exam will consist of 50 questions. Time allotted is 50 minutes and will consist of multiple choice and true/false questions. It will be a comprehensive exam given on-line a week after all lectures have been completed. Once you have opened the exam you will have 50 minutes to complete it.

COURSE SCHEDULE			
Day 1 of the week is Zoom lecture; Day 2 of the week is Zoom Activity			
	Topics/Daily Activities	Readings & Meditations	Due Dates
Week 1	Introduction/Orientation: Vitality vs. Stress In-class Breath Lab	Ch. 1 3-5 min Breath Meditation from class	Begin Breath Meditation log
Week 2	Stress & Chronobiology In-class Breath Lab "STRESS: Portrait of a Killer"	Ch.2 3-5 min Breath Meditation from class	
Week 3	Stress, physiology, and the mind Technology for Vitality	Ch. 3 & 4 3-5 min Breath Meditation from class	Asnmnt #1 Due
Week 4	Nutrition & Adaptation: Nourish & Thrive No Classes on Monday 9/7 – Labor Day	Ch. 10 & 11	
Week 5	Healthy Lifestyles & Habits: Sleep	Ch. 12	Asnmnt #2 Due
Week 6	Healthy Lifestyles & Fitness	Ch. 9	
Week 7	Creativity, Flow States and Resilience	Ch. 6	
Week 8	Managing Emotions	Ch. 5	Assignment #3 due
Week 9	Prosperity Scarcity vs. Abundance	Ch. 7 Meditation	
Week 10	Lifecycles & Lifestyles	Ch. 8 & 13 Independent study/group work - final presentation	Assignment #4 due
Week 11	PRESENTATIONS	Independent study/group work - final presentation	
Week 12	PRESENTATIONS	TBD	
Week 13	PRESENTATIONS Final Review	TBD	Vitality Reflection DUE
Week 14	FINAL EXAM Online via Bb 11/17-11/20		FINAL

* schedule is subject to change or be modified at any point in the semester due to weather or other circumstances

Zoom Etiquette: "Netiquette" or "internet etiquette" describes the recommended behavior of online communication. Synchronous sessions of class will be recorded. Students are asked to keep their video unmute for class in order to engage in various activities.

Sharing of course materials outside of the learning environment: USC has a policy that prohibits sharing of any synchronous and asynchronous course content outside of the learning environment.

SCcampus Section 11.12(B)

Distribution or use of notes or recordings bases on university classes or lectures without the express permission of instructor for purposes other than individual or group study is a violation of the USC Student Conduct Code. This includes, but is not limited to, providing materials for distribution by services publishing class notes. This restriction on unauthorized use also applies to all information, which had been distributed to students or in any

way had been displayed for use in relationship to the class, whether obtained in class, via email, on the internet or in any other media. (See Section C.1 Class Notes Policy)

USC Technology Rental Program

We realize that attending classes online and completing coursework remotely requires access to technology that not all students possess. If you need resources to successfully participate in your classes, such as a laptop or internet hotspot, you may be eligible for the university's equipment rental program. To apply, please [submit an application](#). The Student Basic Needs team will contact all applicant in early August and distribute equipment to eligible applicants prior to the start of the fall semester. <https://studentbasicneeds.usc.edu>

USC Software downloads: <https://software.usc.edu>

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, policy.usc.edu/scientific-misconduct.

Statement on Academic Conduct and Support Systems

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:

Counseling and Mental Health - (213) 740-9355 – 24/7 on call

studenthealth.usc.edu/counseling

Free and confidential mental health treatment for students, including short-term psychotherapy, group counseling, stress fitness workshops, and crisis intervention.

National Suicide Prevention Lifeline - 1 (800) 273-8255 – 24/7 on call

suicidepreventionlifeline.org

Free and confidential emotional support to people in suicidal crisis or emotional distress 24 hours a day, 7 days a week.

Relationship and Sexual Violence Prevention Services (RSVP) - (213) 740-9355(WELL), press "0" after hours – 24/7 on call

studenthealth.usc.edu/sexual-assault

Free and confidential therapy services, workshops, and training for situations related to gender-based harm.

Office of Equity and Diversity (OED) - (213) 740-5086 | *Title IX* – (213) 821-8298

equity.usc.edu, titleix.usc.edu

Information about how to get help or help someone affected by harassment or discrimination, rights of protected classes, reporting options, and additional resources for students, faculty, staff, visitors, and applicants.

Reporting Incidents of Bias or Harassment - (213) 740-5086 or (213) 821-8298

usc-advocate.symplicity.com/care_report

Avenue to report incidents of bias, hate crimes, and microaggressions to the Office of Equity and Diversity | Title IX for appropriate investigation, supportive measures, and response.

The Office of Disability Services and Programs - (213) 740-0776

dsp.usc.edu

Support and accommodations for students with disabilities. Services include assistance in providing readers/notetakers/interpreters, special accommodations for test taking needs, assistance with architectural barriers, assistive technology, and support for individual needs.

USC Campus Support and Intervention - (213) 821-4710

campussupport.usc.edu

Assists students and families in resolving complex personal, financial, and academic issues adversely affecting their success as a student.

Diversity at USC - (213) 740-2101

diversity.usc.edu

Information on events, programs and training, the Provost's Diversity and Inclusion Council, Diversity Liaisons for each academic school, chronology, participation, and various resources for students.

USC Emergency - UPC: (213) 740-4321, HSC: (323) 442-1000 – 24/7 on call

dps.usc.edu, emergency.usc.edu

Emergency assistance and avenue to report a crime. Latest updates regarding safety, including ways in which instruction will be continued if an officially declared emergency makes travel to campus infeasible.

USC Department of Public Safety - UPC: (213) 740-6000, HSC: (323) 442-120 – 24/7 on call

dps.usc.edu

Non-emergency assistance or information