

University of Southern California
Physical Education Department

PHED 160: Stress Management for Healthy Living
Fall 2020

Section 49873: TTH 2:00 – 2:50pm
Section 49975: Tuesday 5:00 – 6:50pm
Course = 2 units

This class will be taught remotely during Fall 2020 and will meet online via Zoom during regularly scheduled class time, unless indicated otherwise by instructor. Asynchronous activities and assignments will also be planned in addition to synchronous Zoom meetings.

Instructor: Steve Hsu
Office: PED 209
Office Hours: By appointment via Zoom meeting
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:

- Identify the different types of stressors
- Identify the psycho-physiological indicators of stress
- Identify the contributing factors to the stress response
- Create an activity plan used for transforming the effects of stress

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
- 2. 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

3. 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 and equipment as needed

Blackboard: <http://blackboard.usc.edu>

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

Participation/Performance:

Timely and consistent attendance and participation in Zoom sessions 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 activity labs is also a significant determinant of your final grade.

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

Grading Policy and Evaluation Criteria:

200 Total Points

Cognitive	50%	100 Pts.	Psychomotor	50%	100 Pts.
Final Exam		50 Pts.	Class Participation		40 Pts.
Presentation		50 Pts.	Stress Journals (5) (per activities)		60 Pts.

1. Class Participation: participation in class discussion and activity labs
2. Presentation: Trader Joe’s one-week meal plan with PowerPoint presentation
3. Stress Journals: five journals based on self-reflection and assigned activities
4. Final Exam: comprehensive, cumulative exam

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%)

180 – 200 points = A
 160 – 179 points = B
 140 – 159 points = C
 120 – 139 points = D
 Below 120 points = F

PASS/NO-PASS , Pass = greater or equal to 140 points
 *Plus and minus grades will be issued accordingly
 for each letter grade range based on grade percentage
 earned.

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.*

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 - Fall 2020
COURSE OUTLINE (TTh 2:00 – 2:50pm)*

	Tuesday	Thursday
Week 1 August 18, 20	Course Introduction	Chapter 1: Stress Today
Week 2 August 25, 27	Chapter 1: Stress Today	Chapter 2: Self-Assessment
Week 3 September 1, 3	Chapter 3: The Science of Stress	Chapter 3: The Science of Stress Top 5 Stressors Due
Week 4 September 8, 10	Chapter 4: The Mind Body Connection	Activity Lab
Week 5 September 15, 17	Chapter 5: Managing Emotions	Chapter 5: Managing Emotions
Week 6 September 22, 24	Chapter 6: Time and Life Management Stress Journal Ch. 5 – Fear and Acts of Kindness Due	Chapter 6: Time and Life Management Ch. 6 – 48 Hour Time Log Due
Week 7 September 29, October 1	Chapter 7: Money Matters	Chapter 7: Money Matters
Week 8 October 6, 8	Chapter 8 & 9: Healthy Lifestyles Stress Journal Ch. 7 – Spending Log Due	Chapter 8 & 9: Healthy Lifestyles
Week 9 October 13, 15	Chapter 8 & 9: Healthy Lifestyles	Chapter 8 & 9: Healthy Lifestyles Activity Lab
Week 10 October 20, 22	Chapter 10: Introduction to Relaxation	Chapter 10: Introduction to Relaxation Activity Lab
Week 11 October 27, 29	Chapter 10: Breathing, Meditation and Yoga Activity Lab	Chapter 10: Breathing, Meditation and Yoga Activity Lab
Week 12 November 3, 5	Presentations	Presentations
Week 13 November 10, 12	Presentations	Final Review Final Exam (online via Blackboard during Week 14)

*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 - Fall 2020
COURSE OUTLINE (Thursday 5:00 – 6:50pm)*

	First Hour	Second Hour
Week 1 August 18	Course Introduction	Chapter 1: Stress Today
Week 2 August 25	Chapter 1: Stress Today	Chapter 2: Self-Assessment
Week 3 September 1	Chapter 3: The Science of Stress	Chapter 3: The Science of Stress Top 5 Stressors Due
Week 4 September 8	Chapter 4: The Mind Body Connection	Activity Lab
Week 5 September 15	Chapter 5: Managing Emotions	Chapter 5: Managing Emotions
Week 6 September 22	Chapter 6: Time and Life Management Stress Journal Ch. 5 – Fear and Acts of Kindness Due	Chapter 6: Time and Life Management Stress Journal
Week 7 September 29	Chapter 7: Money Matters Ch. 6 – 48 Hour Time Log Due	Chapter 7: Money Matters
Week 8 October 6	Chapter 8 & 9: Healthy Lifestyles	Chapter 8 & 9: Healthy Lifestyles
Week 9 October 13	Chapter 8 & 9: Healthy Lifestyles Ch. 7 - Spending Log Due	Activity Lab
Week 10 October 20	Chapter 10: Introduction to Relaxation	Chapter 10: Breathing, Meditation and Yoga Activity Lab
Week 11 October 27	Chapter 10: Breathing, Meditation and Yoga Activity Lab	Chapter 10: Breathing, Meditation and Yoga Activity Lab
Week 12 November 3	Presentations	Presentations
Week 13 November 10	Presentations	Final Review Final Exam (online via Blackboard during Week 14)

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