

Course Name	Stress Management for Healthy Living SPRING 2021 <u>ON-LINE</u>
Class and Section	PHED 160 Section 49869
Class Meeting Day and Time	Tuesday/Thursday 1:00pm- 1:50pm PST
Location	<u>ON-LINE ONLY</u>
Instructor and Contact Information	Ian Culbertson e-mail: iculbert@usc.edu Zoom Office Hours 30 mins before OR after class or by appointment Office: ZOOM Phone: ZOOM

Program Objectives:

Students will understand the importance of sound health and fitness principles as they relate to better health and will be able to:

1. Define the various health components of fitness.
2. Recognize the physical and mental benefits of increased activity.
3. Apply anatomy, basic bio mechanical principles and terminology.
4. Determine factors involved with development, fitness levels, and training strategies.
5. Examine the effect of nutrition, rest, and other lifestyle factors that contribute to better health.

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

1. Apply learned fundamental skills.
2. Utilize physical activity as a tool 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. Identify common health and fitness myths along with trends involved with the evolving nature of physical education.
5. Recognize the benefits of physical activity as a lifetime pursuit and a means to better health.

Course Description:

Instruction on the effects of stress as it relates to work, sport, and academics; coping strategies are discussed and applied through physical conditioning interventions.

Course Learning Objectives:

At the completion of the course students will:

1. Describe different types of stressors.
2. Identify the psycho-physiological indicators of stress.
3. Identify the contributing factors to the stress response.
4. Explain how exercise is used in combating the effects of stress.

Prerequisites: None

Co-Requisite/Concurrent Enrollment: None

Recommended Preparation: Familiarity with Blackboard and Zoom.

Course Notes: Grading is by ABC, Pass/No Pass, or Audit for no credit (student preference).

Technological Proficiency and Hardware/ Software Required: None

Required Readings and Supplementary Materials: All required reading will be available in the form of a course reader: **Stress Management for Healthy Living** and will be available through **Blackboard** under the tab, 'Content'. **Blackboard™** <https://blackboard.usc.edu> will be used. Class information will be posted on Blackboard.

Assignments (114 pts.):

Assignments will be discussed in class **on-line** using lectures and handouts. Points will be assigned to each assignment for thorough completion and timeliness submission. Assignments must be typed and submitted on line via Turnitin on Blackboard for credit at the time they are due. Students are required to use correct grammar and punctuation on all assignments and are expected to express their ideas. Assignments turned in incomplete, with grammatical errors, and or not following directions will lose grade points. Late submissions will be accepted for half credit. Do your absolute best on your assignments and enjoy the process as they are a gateway to learning the most about yourself!

Participation (80 pts.):

Most class (28 classes) will be split into **Lecture (4 pts. x 9)** and **Activity (4 pts. x 11)**. Regular **on-line** active participation is required to obtain and absorb 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, **80 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, 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 every class. 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. The absence from an exam will result in the lowering of the student's grade on the makeup exam by one letter grade.

Exercise Log (106 pts.):

Exercise/activity logs begin week 1, so start now. Each class where there is an exercise/activity and 1 day minimum on your own per week (Monday-Sunday is considered a week) will be recorded. This log will be collected at the **end of week 15 via Turnitin on BB**. You are **required** to attend all activity sessions, either live or asynchronously during the semester. In addition, you are required to choose some type of physical activity/exercise on your own at least once per week (Monday-Sunday is considered a week) as a method of stress reduction. Comments regarding stress are required for exercise log. In your exercise log, you will begin by separating in-class activities from outside of class activities. Then indicate the week number, day of the week, date, time of day, duration of activity, type of activity, sentences describing how you felt before (2 pts.) and how you felt after (2 pts.) the activity, for a total of 4 points/activity logged/outside of class activity. You will do the same for the in-class activities but only be graded for prior and post responses for a total of 4 pts./activity logged/in-class activity. Therefore, by the end of semester you should have recorded a minimum of **26 exercise sessions, 11 in class and 15 outside of class (4 pts./log x 26 activities + 2 pts./correct format = Total of 106 pts.)**. Exercise Logs will be submitted via Turnitin on BB at the end of week 15.

Exam (100 pts.):

The 50 question (2 pts./question), 50 minute, multiple choice and true/false question comprehensive exam will be given on-line a week after all lectures have been completed. You will be allowed an 8 hour window to take the exam. Once you have opened the exam you will have 50 minutes to complete it. For example, the exam will be available

from 2pm-10pm PST on Tuesday 6/30. If you open it at 9:50pm, the exam will self-submit at 10pm and your grade will suffer, so please be smarter than this!

Assignments	114 pts.	Participation 80 pts. (20%)
Exam (25%)	100 pts.	
Exercise Log	106 pts.	Total 400 pts.

Grading Scale: A (376+ pts.), A- (360 -375 pts.), B+ (348-359 pts.), B (336-347 pts.), B- (320-335 pts.), C+ (308-319 pts.), C (296-307 pts.), C- (280-295 pts.), D+ (268-279 pts.), D (256-267 pts.), D- (240-255 pts.), Pass (>240 pts.)

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

Course Schedule: A Weekly Breakdown

<u>Week #</u>	<u>Lecture Topic</u>	<u>Assignment # & Activity #</u>
1	Introduction Ch. 1 What is Stress? <i><u>Exercise Log Begins This Week</u></i>	<u>1. Top 10 Stressors (10 pts.)</u> ‘Portrait of a Killer’ Video assigned Ch. 1 Cont.
2	Ch. 2-4 Stress Assessment & Science of Stress	<u>2. 'Portrait of a Killer' Assn. (10 pts.)</u> 1. Activity: Organizing Spaces (4 pts.)
3	Ch. 2-4 Science of Stress cont. & Mind Body Connection	2. Exercise: Core Exercises (4 pts.)
4	Ch. 9 & 10 Healthy Lifestyles Nutrition and Stress	3. Activity: Box Breathing (4 pts.)
5	PRESIDENT’S DAY HOLIDAY NO CLASS MON Ch. 9 & 10 Healthy Lifestyles Nutrition and Stress	<u>3. 3-Day Food Log (20 pts.)</u> <u>4. CC & FFF (10 pts.)</u>
6	Ch. 9 & 10 Nutrition and Stress-cont.	4. Exercise: Group Circuit (4 pts.)
7	Ch. 6 Time and Life Management	<u>5. Quadrant Planning (8 pts.)</u> 5. Exercise: Flexibility Poses (4 pts.)
8	Ch. 6 Time and Life Management	<u>6. Emotional Intelligence (10 pts.)</u> 6. Activity: Open Journal (4 pts.) <u>(3 pts.)</u>

9	Ch. 5 Managing Emotions	<u>7. Box your Emotions (10 pts.)</u> 7. Activity: Expression Session (4 pts.)/(3pts.)
10	WELLNESS DAY # 2 NO CLASS TUES	8. Activity: Open Session (4 pts.)
11	Ch. 12 Intro to Relaxation, Meditation, and Mind-fullness	9. Activity: PMR (4 pts.)
12	Ch. 13 Sleep WELLNESS DAY # 3 NO CLASS WEDS	10. Activity: Guided Meditation (4 pts.)
13	Ch. 7 Money	11. Activity: Connect with Nature (4pts.) <u>8. Relationship with Money (10 pts.)</u>
14	Exam "Review" GAME 1	WELLNESS DAY # 4 NO CLASS THURS
15	Exam "Review" GAME 2 <u>EXAM (100 pts.)</u>	<u>EXERCISE LOGS DUE (116 pts.)</u> Course Evaluations
16		<u>8. Final Reflections Due (20 pts.)</u>

****course outline is subject to change**

COURSE REQUIREMENTS:

1. Attend class daily (arrive on time) and participate in both lectures and activities.
2. Complete all Assignments
3. Complete Exercise Log: Begin log and continue for the entirety of the semester. Students are encouraged to do some form of physical activity or exercise (cardio, resistance, sport, yoga, etc.) of once per week outside of class.
4. Complete EXAM
5. Complete Final Reflection

GENERAL CLASS POLICIES:

1. Prior reading of assigned material will be helpful.
2. Please refer to Blackboard before class for additional information.
3. It is expected that all students will participate entirely in each exercise/activity session. Failure to do so will reduce participation points.
4. Wear appropriate clothing for the activity days.
5. The appropriate use of laptops in the classroom will be permitted at some times please keep all other electronic devices off.
6. Courtesy, kindness, and respect are expected from all.
7. If you have any injuries, illnesses, or special concerns that I should know about that would limit your involvement in the course in any way, please let me know. I will keep your information strictly confidential.
8. No make-up exams allowed.
9. Work that is submitted past the week it is due will not be accepted for full-credit.
10. Be open, honest, and committed to the improvement of your spirit, mind, and body.

Lost & Stolen Articles:

USC Physical Education is not responsible for any personal lost, stolen, or damaged property. If students choose to bring valuables to class, it is recommended that they be minimized, locked up, and secured during class.

Statement for Students with Disabilities

Any student requesting academic accommodations based on a disability is required to register with Disability Services and Programs (DSP) each semester. A letter of verification for approved accommodations can be obtained from DSP. Please be sure the letter is delivered to me (or to TA) as early in the semester as possible. DSP is located in STU 301 and is open 8:30am – 5:00pm, Monday through Friday. Website and contact information for DSP: http://sait.usc.edu/academicsupport/centerprograms/dsp/home_index.html (213) 740-0776 (Phone), (213) 740-6948 (TDD only), (213) 740-8216 (FAX) ability@usc.edu.

Statement on Academic Integrity

USC seeks to maintain an optimal learning environment. General principles of academic honesty include the concept of respect for the intellectual property of others, the expectation that individual work will be submitted unless otherwise allowed by an instructor, and the obligations both to protect one's own academic work from misuse by others as well as to avoid using another's work as one's own. All students are expected to understand and abide by these principles. SCampus, the Student Guidebook, (www.usc.edu/scampus or <http://scampus.usc.edu>) contains the University Conduct Code (see University Governance, Section 11.00), while the recommended sanctions are located in Appendix A.

Statement on Academic Conduct and Support Systems

***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.

Important Dates and Deadlines

Check registration calendar for details!