

University of Southern California
Physical Education Department

PHED 160: Stress Management for Healthy Living
Spring 2021

Section 49871: TTH 2:00 – 2:50pm
Section 49973: Tuesday 3:00 – 4:50pm
Section 49975: Thursday 3:00 – 4:50pm
Course = 2 units

This class will be taught remotely during Spring 2021 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 - Spring 2021
COURSE OUTLINE (TTh 2:00 – 2:50pm)*

	Tuesday	Thursday
Week 1 January 19, 21	Course Introduction	Chapter 1: Stress Today
Week 2 January 26, 28	Chapter 1: Stress Today	Self-Assessments
Week 3 February 2, 4	Chapter 2: The Science of Stress	Chapter 2: The Science of Stress Top 5 Stressors Due
Week 4 February 9, 11	Chapter 3: The Mind Body Connection	Activity Lab
Week 5 February 16, 18	Chapter 5: Managing Emotions	Chapter 5: Managing Emotions
Week 6 February 23, 25	Chapter 6: Time and Life Management Fear and Acts of Kindness Due	Chapter 6: Time and Life Management 48 Hour Time Log Due
Week 7 March 2, 4	Chapter 7: Financial Wellness	Chapter 7: Financial Wellness
Week 8 March 9, 11	Chapter 7: Financial Wellness	Chapter 7: Financial Wellness
Week 9 March 16, 18	Chapter 9-11: Healthy Lifestyles Spending Log Due	Chapter 9-11: Healthy Lifestyles
Week 10 March 23, 25	Chapter 9-11: Healthy Lifestyles Wellness Day, 3/23 (no class meeting)	Chapter 9-11: Healthy Lifestyles Activity Lab
Week 11 March 30, April 1	Chapter 12: Introduction to Relaxation	Chapter 12: Introduction to Relaxation Activity Lab
Week 12 April 6, 8	Chapter 12: Breathing, Meditation and Yoga Activity Lab	Chapter 12: Breathing, Meditation and Yoga Activity Lab
Week 13 April 13, 15	Chapter 13: Optimizing Restorative Sleep Activity Lab	Chapter 13: Optimizing Restorative Sleep Activity Lab
Week 14 April 20, 22	Presentations	Presentations Wellness Day, 4/22 (no class meeting)
Week 15 April 27, 29	Presentations Final Exam Review	Final Exam (online via Blackboard during Week 15)

*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 2021
COURSE OUTLINE (Tuesday or Thursday 3:00 – 4:50pm)***

	First Hour	Second Hour
Week 1 January 19 or 21	Course Introduction	Chapter 1: Stress Today
Week 2 January 26 or 28	Chapter 1: Stress Today	Self-Assessments
Week 3 February 2 or 4	Chapter 2: The Science of Stress	Chapter 2: The Science of Stress Top 5 Stressors Due
Week 4 February 9 or 11	Chapter 3: The Mind Body Connection	Activity Lab
Week 5 February 16 or 18	Chapter 5: Managing Emotions	Chapter 5: Managing Emotions
Week 6 February 23 or 25	Chapter 6: Time and Life Management Fear and Acts of Kindness Due	Chapter 6: Time and Life Management
Week 7 March 2 or 4	Chapter 7: Financial Wellness 48 Hour Time Log Due	Chapter 7: Financial Wellness
Week 8 March 9 or 11	Chapter 7: Financial Wellness	Chapter 7: Financial Wellness
Week 9 March 16 or 18	Chapter 9-11: Healthy Lifestyles Spending Log Due	Chapter 9-11: Healthy Lifestyles
Week 10 March 23 or 25	Chapter 9-11: Healthy Lifestyles Wellness Day, 3/23 (no class meeting)	Activity Lab
Week 11 March 30 or April 1	Chapter 12: Introduction to Relaxation	Chapter 12: Introduction to Relaxation Activity Lab
Week 12 April 6 or 8	Chapter 12: Breathing, Meditation and Yoga Activity Lab	Chapter 12: Breathing, Meditation and Yoga Activity Lab
Week 13 April 13 or 15	Chapter 13: Optimizing Restorative Sleep Activity Lab	Chapter 13: Optimizing Restorative Sleep Activity Lab
Week 14 April 20 or 22	Presentations Wellness Day, 4/22 (no class meeting)	Presentations
Week 15 April 27 or 29	Presentations Final Exam Review	Final Exam (online via Blackboard during Week 15)

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