

PHED 160: Stress Management for Healthy Living
Spring 2022

Section 49863: MW 10:00 – 10:50am (CPA 154)

Section 49864: MW 11:00 – 11:50am (WPH 106)

Course = 2 units

Instructor: Steve Hsu

Office: PED 209

Office Hours: By appointment

PEMBH Department Phone: 213-740-2488

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 Mind Body Health 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 in-person and 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 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)		60 Pts.
Final Project		Required	(per activities)		

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
5. Final Project: Self-Reflection = submission required to maintain total points earned in class

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 Student Accessibility Services. Provides certification for students with disabilities and helps arrange relevant accommodations. <https://osas.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

COVID-19 Policies:

Per University Student Affairs, students are expected to comply with all aspects of USC's COVID-19 policy. Failure to do so may result in removal from the class and referral to Student Judicial Affairs and Community Standards. Mask mandate is in place for indoor teaching and learning for Spring 2022. Faculty may ask to see evidence of students' compliance with Trojan Check prior to allowing them into their classrooms.

USC Stress Management for Healthy Living - Spring 2022
COURSE OUTLINE (MW 10:00 – 10:50am and MW 11:00 – 11:50am)*

	Monday	Wednesday
Week 1 January 10, 12	Course Introduction	Chapter 1: Stress Today
Week 2 January 17, 19	Martin Luther King's – No class meeting	Self-Assessments
Week 3 January 24, 26	Chapter 2: The Science of Stress	Chapter 2: The Science of Stress Top 5 Stressors Due
Week 4 January 31, February 2	Chapter 3: The Mind Body Connection	Activity Lab
Week 5 February 7, 9	Chapter 5: Managing Emotions	Chapter 5: Managing Emotions
Week 6 February 14, 16	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 February 21, 23	Presidents' Day – No class meeting	Chapter 7: Financial Wellness
Week 8 February 28, March 2	Chapter 7: Financial Wellness	Chapter 7: Financial Wellness
Week 9 March 7, 9 Spring Recess: 3/13-3/20	Chapter 9-11: Healthy Lifestyles Spending Log Due	Chapter 9-11: Healthy Lifestyles
Week 10 March 21, 23	Chapter 9-11: Healthy Lifestyles	Chapter 9-11: Healthy Lifestyles Activity Lab
Week 11 March 28, 30	Chapter 12: Introduction to Relaxation	Chapter 12: Breathing, Meditation and Yoga Activity Lab
Week 12 April 4, 6	Final Exam Review	Final Exam (online via Blackboard) Activity Lab
Week 13 April 11, 13	Chapter 13: Optimizing Restorative Sleep Activity Lab	Chapter 13: Optimizing Restorative Sleep Activity Lab
Week 14 April 18, 20	Presentations	Presentations
Week 15 April 25, 27	Presentations	Final Project (Due by Final Exam Date & Time as posted on USC Final Exam Schedule)

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