

***PHED 160: Stress Management for Healthy Living***  
**Fall 2022**

**Section 49863: MW 10:00 – 10:50am (KAP 145)**

**Section 49864: MW 11:00 – 11:50am (CPA 155)**

**Course = 2 units**

**Instructor: Steve Hsu**

**Office: PED 209**

**Office Hours: By appointment**

**PE & MBH Department Phone: 213-740-2488**

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**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 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**

<b>Cognitive</b>	<b>50%</b>	<b>100 Pts.</b>	<b>Psychomotor</b>	<b>50%</b>	<b>100 Pts.</b>
Final Exam		50 Pts.	Class Participation		40 Pts.
Presentation		50 Pts.	Stress Journals (5 (per activities)		60 Pts.
Final Project		Required			

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](http://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](http://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](http://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](http://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](http://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](http://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](http://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](http://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](http://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](http://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](http://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](http://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. 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 - Fall 2022**  
**COURSE OUTLINE (MW 10:00 – 10:50am and MW 11:00 – 11:50am)\***

	<b>Monday</b>	<b>Wednesday</b>
Week 1 August 22, 24	Course Introduction	Chapter 1: Stress Today
Week 2 August 29, 31	Self-Assessment	Chapter 2: The Science of Stress
Week 3 September 5, 7	<b>Labor Day (No class meeting)</b>	Chapter 2: The Science of Stress <b>Top 5 Stressors Due</b>
Week 4 September 12, 14	Chapter 3: The Mind Body Connection	Activity Lab
Week 5 September 19, 21	Chapter 5: Managing Emotions	Chapter 5: Managing Emotions
Week 6 September 26, 28	Chapter 6: Time and Life Management <b>Fear and Acts of Kindness Due</b>	Chapter 6: Time and Life Management <b>48 Hour Time Log Due</b>
Week 7 October 3, 5	Chapter 7: Financial Wellness	Chapter 7: Financial Wellness
Week 8 October 10, 12	Chapter 7: Financial Wellness	Chapter 7: Financial Wellness
Week 9 October 17, 19	Chapter 7: Financial Wellness <b>Spending Log Due</b>	Chapter 9-11: Healthy Lifestyles
Week 10 October 24, 26	Chapter 9-11: Healthy Lifestyles Activity Lab	Chapter 9-11: Healthy Lifestyles
Week 11 October 31, November 2	Chapter 11: Relaxation, Breathing, Meditation and Yoga Activity Lab	Chapter 12: Optimizing Restorative Sleep
Week 12 November 7, 9	<b>Final Exam Review</b>	<b>Final Exam (online via Blackboard)</b>
Week 13 November 14, 16	<b>Presentations</b>	<b>Presentations</b>
Week 14 November 21, 23	Chapter 11: Relaxation, Breathing, Meditation and Yoga Activity Lab	<b>Thanksgiving Holiday (No class meeting)</b>
Week 15 November 28, 30	<b>Presentations</b>	<b>Final Project (Due by Final Exam Date &amp; Time as posted on USC Final Exam Schedule)</b>

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