

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. 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 PROGRAM OBJECTIVES

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.
- 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:

- Utilize physical activity as a tool to manage stress.
- Participate in a motivating and nurturing environment resulting in a greater sense of well-being and self-esteem.

Students will demonstrate proficiency through knowledge and acquired skills enabling them to:

- Develop an appreciation of physical activity as a lifetime pursuit and a means to better health.

TEXTBOOK:

Stress Management Course Reader will be posted on blackboard.

PARTICIPATION / PERFORMANCE:

Each class will be split into lecture (~40min) and exercise (~40min) components. Consistent attendance, punctuality, and participation in ALL classes are extremely important in order to obtain and absorb course material and to improve one's physical and mental fitness. Consistent **tardiness** to class will negatively affect participation grade. Please come prepared for class. Prior

reading of assigned reading is a great idea. Courtesy, kindness, and respect are expected from all participants. 😊

EXERCISE / ACTIVITY REQUIREMENTS:

Appropriate workout attire is required for ALL CLASSES. Recommendations include: water, athletic shoes, and towel.

EVALUATION CRITERIA:

Grades, course reader, detailed descriptions of your assignments, activity lab instructions and handouts will be posted on Blackboard at: <https://blackboard.usc.edu>

Assignments/Exam	Points	% of Grade
8 Journals/Assignments	40 points (5 points each)	20%
Stress Survey	10 points	5%
Attendance & Participation	40 points	20%
Group Project & Presentation	50 points	25%
Final Exam	50 points	25%
Reflection Paper	10 points	5%
TOTAL	200 points	100%

*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.** Exam make-ups will not be given. Extra credit is not available.*

Grading Scale: A (187+pts), A- (179-186pts), B+ (173-178pts), B (167-172pts), B- (159-166pts), C+ (153-158pts), C (147-152pts), C- (139-146pts), D+ (133-138), D (127-132pts), D- (119-126pts), F (118-0pts) Pass (>118 pts), Fail (<118pts)

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 [Research and Scholarship Misconduct](#).

Students and Disability Accommodations:

USC welcomes students with disabilities into all of the University’s educational programs. The Office of Student Accessibility Services (OSAS) is responsible for the determination of appropriate accommodations for students who encounter disability-related barriers. Once a student has completed the OSAS process (registration, initial appointment, and submitted documentation) and accommodations are determined to be reasonable and appropriate, a Letter of Accommodation (LOA) will be available to generate for each course. The LOA must be given to

each course instructor by the student and followed up with a discussion. This should be done as early in the semester as possible as accommodations are not retroactive. More information can be found at osas.usc.edu. You may contact OSAS at (213) 740-0776 or via email at osasfrontdesk@usc.edu.

Support Systems:

Counseling and Mental Health - (213) 740-9355 – 24/7 on call
studenthealth.usc.edu/counseling

Free and confidential mental health treatment for students, including short-term psychotherapy, group counseling, stress fitness workshops, and crisis intervention.

National Suicide Prevention Lifeline - 1 (800) 273-8255 – 24/7 on call
suicidepreventionlifeline.org

Free and confidential emotional support to people in suicidal crisis or emotional distress 24 hours a day, 7 days a week.

Relationship and Sexual Violence Prevention Services (RSVP) - (213) 740-9355(WELL), press "0" after hours – 24/7 on call

studenthealth.usc.edu/sexual-assault

Free and confidential therapy services, workshops, and training for situations related to gender-based harm.

Office for Equity, Equal Opportunity, and Title IX (EEO-TIX) - (213) 740-5086
eeotix.usc.edu

Information about how to get help or help someone affected by harassment or discrimination, rights of protected classes, reporting options, and additional resources for students, faculty, staff, visitors, and applicants.

Reporting Incidents of Bias or Harassment - (213) 740-5086 or (213) 821-8298
usc-advocate.symplicity.com/care_report

Avenue to report incidents of bias, hate crimes, and microaggressions to the Office for Equity, Equal Opportunity, and Title for appropriate investigation, supportive measures, and response.

The Office of Student Accessibility Services (OSAS) - (213) 740-0776
osas.usc.edu

OSAS ensures equal access for students with disabilities through providing academic accommodations and auxiliary aids in accordance with federal laws and university policy.

USC Campus Support and Intervention - (213) 821-4710

campussupport.usc.edu

Assists students and families in resolving complex personal, financial, and academic issues adversely affecting their success as a student.

Diversity, Equity and Inclusion - (213) 740-2101
diversity.usc.edu

Information on events, programs and training, the Provost's Diversity and Inclusion Council, Diversity Liaisons for each academic school, chronology, participation, and various resources for students.

USC Emergency - UPC: (213) 740-4321, HSC: (323) 442-1000 – 24/7 on call
dps.usc.edu, emergency.usc.edu

Emergency assistance and avenue to report a crime. Latest updates regarding safety, including ways in which instruction will be continued if an officially declared emergency makes travel to campus infeasible.

USC Department of Public Safety - UPC: (213) 740-6000, HSC: (323) 442-120 – 24/7 on call

dps.usc.edu

Non-emergency assistance or information.

Office of the Ombuds - (213) 821-9556 (UPC) / (323-442-0382 (HSC)

ombuds.usc.edu

A safe and confidential place to share your USC-related issues with a University Ombuds who will work with you to explore options or paths to manage your concern.

Occupational Therapy Faculty Practice - (323) 442-3340 or otfp@med.usc.edu

chan.usc.edu/otfp

Confidential Lifestyle Redesign services for USC students to support health promoting habits and routines that enhance quality of life and academic performance.

PHED 160 – Stress Management

FRIDAY	Lecture	Exercise / Activity
Week 1 Aug 23	Chapter 1: Stress Today	Course Introduction / In-Class discussion
Week 2 Aug 30	Chapter 2: Self Assessments	Breath, Fitness & Flexibility Assessments
Week 3 Sept 6	Chapter 10: Relaxation Journal 1 Due (Ch.1)	Yoga and Meditation
FRIDAY, SEPTEMBER 9	LAST DAY TO REGISTER, ADD/DROP CLASS WITHOUT MARK OF “W”, &/OR CHANGE TO P/NP OR AUDIT	
Week 4 Sep 13	Group Project Discussion	Power Walking
Week 5 Sept 20	Chapter 3: The Science of Stress "Top 10 Stressors" Due Journal 2 & Assessments Due (Ch. 2)	Core Strength & Pilates on the Mat
Week 6 Sept 27	Chapter 4: The Mind Body Connection	Strength Lab: Exercise Bands
Week 7 Oct 4	Chapter 5: Managing Emotions Journal 3 Due (Ch. 4)	Strength Lab: Lower Body
Week 8 Oct 11	Chapter 6: Time and Life Management Journal 4 Due (Ch. 5)	Power Walking / Intervals
Week 9 Oct 18	Chapter 7: Money Matters Journal 5 - Time Log - Due (Ch.6)	Exercise Rx Power Lab: “Partners in Pain”
Week 10 Oct 25	Chapter 8: Healthy Lifestyles: Exercise Journal 6 - \$\$ Log - Due (Ch.7)	Yoga and Meditation
Week 11 Nov 1	Chapter 9: Healthy Lifestyles: Nutrition Journal 7 – Food Label & Exercise Prescription - Due (Ch.8 & 9)	Power Walking / Intervals
Week 12 Nov 8	EXAM	EXAM
FRIDAY, NOVEMBER 11	LAST DAY TO DROP CLASS WITH MARK OF “W”	
Week 13 Nov 15	“I AM” Film	Group Project Discussions
Week 14 Nov 22	Journal 8 “I AM” Film-Due Presentations	Presentations
Week 15 Nov 29	Presentations	Presentations
Finals Week 12/13 2-4pm	REFLECTION PAPER DUE	