

Stress Management - PHED 160

2 units (#49972R)

Fall 2022 – Wednesday 3-4:50 pm

Location: CPA 203

Blackboard: <https://blackboard.usc.edu>

Instructor: Marcos Briano, *Ph.D./MMFT “DrB”*
he/him/el [Pronouns](#)

Office Hours: By Appointment

Contact Info: marcos@usc.edu

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.

Prerequisite: None

Co-Requisite: None

Recommended Preparation: None

Course Learning 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 Objectives

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

- Recognize the physical and mental benefits of increased physical 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 & acquired skills enabling them to:

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

Course Textbook

Stress Management Course Reader – Available on Blackboard

Supplemental Readings – Available on Blackboard

Additional Course Policies

- **No Make-Ups** will be given for any missed in-class work or late assignments.
- Email (marcos@usc.edu) is the preferred method of communication outside of class. Email will be answered within 48 hours & 72 hours over a weekend, and the workday following a holiday.
Please use: PHED 160 in subject line of email.

Meeting w/ DrB (4% = 8 pts.)

To facilitate interactions with faculty outside of class, 8 points may be earned by scheduling an in-person or zoom meeting with DrB outside of class time. Meetings must be completed by Week 12.

In-Class Participation (18% = 36 pts. → 3 pts./class starting Week #2)

Each class will consist of a lecture and activity/exercise components. Consistent attendance, punctuality, and participation in ALL classes are extremely important to obtain and absorb course material and to obtain supplemental information for course assignments/final exam. Consistent tardiness to class will negatively affect participation grade. Please make sure you read assigned readings prior to class and be prepared to learn and engage with your classmates. Failure to participate in class **WILL IMPACT** your final course grade.

Class participation grading scale per class starting Week #2

3 pts. = full participation 2 pts. = partial participation
1 pt. = excused absence 0 pt. = absence/no participation

Group Discussion Board (25% = 50 pts.)

Pre-assigned groups will be responsible to lead a class discussion each week, which is intended to bring the concepts from class to life. These discussions are hoped to challenge you and to facilitate discussion amongst the class. You are encouraged to think creatively and critically about engaging your peers in class discussion. Each person in the group should share equal responsibility in leading discussion/activity. You will receive full points for your facilitation and engagement of your group's discussion. Each group should send their discussion/activity to DrB by **Friday at 12 noon**, before your assigned week, for discussion & approval. 25 points may be earned for initial post, 15 points for post responses & 10 points for group member's assessment.

Activities/Exercise Assignments

Various activities and exercise assignments are to provide additional supplemental and experiential reinforcement of course lecture. Activities/exercise assignments will be available on Blackboard and will have various points, based on the amount of time and effort needed to complete each assignment.

Grading Criteria

	% Grade	Points
Meeting w/ "DrB"	4%	8
Class Participation	18%	36
Group Discussion Board	25%	50
Final Exam	25%	50
Activities/Exercise Assignments	28%	56
Total	100%	200 Points

A (190 pts. & higher)	A- (180-188 pts.)	B+ (174-178 pts.)	B (166-172 pts.)	B- (160-164 pts.)
C+ (154-158 pts.)	C (146-152 pts.)	C- (140-144 pts.)	PASS (>140 pts.)	
D+ (134-138 pts.)	D (123-132 pts.)	D- (120-124 pts.)	Fail (<118 pts.)	

Course Schedule

<i>Week 1</i> August 24	Course Introduction <i>Overview of Stress Management</i>	Course Readings read prior to class
<i>Week 2</i> August 31	Self-Assessments	Chapters 1 & 4
<i>Week 3</i> September 7	Relaxation <i>Relaxation Techniques & Mechanisms</i>	Chapter 12
FRIDAY, SEPTEMBER 9	LAST DAY TO: REGISTER & ADD CLASSES, DROP WITHOUT MARK OF "W," CHANGE ENROLLMENT OPTION TO P/NP OR AUDIT & PURCHASE/WAIVE TUITION REFUND INSURANCE	
<i>Week 4</i> September 14	Time & Life Management	Chapter 6
<i>Week 5</i> September 21	Science of Stress	Chapter 2
<i>Week 6</i> September 28	Managing Emotions	Chapter 5
<i>Week 7</i> October 5	Suicide Intervention & Prevention	
FRIDAY, OCTOBER 7	LAST DAY TO: DROP COURSE WITHOUT MARK OF "W" ON TRANSCRIPT & CHANGE ENROLLMENT P/NP COURSE TO A LETTER GRADE	
<i>Week 8</i> October 12	Healthy Lifestyles <i>Exercise</i>	Chapter 9
<i>Week 9</i> October 19	Healthy Lifestyles <i>Nutrition</i>	Chapter 10
<i>Week 10</i> October 26	Career Insight/Sexual Health & Wellness	Chapters 8 & 14
<i>Week 11</i> November 2	Mindy Body Connection	Chapter 3
<i>Week 12</i> November 9	Financial Wellness	Chapter 7
FRIDAY, NOVEMBER 11	LAST DAY TO DROP CLASS WITH MARK OF "W"	
<i>Week 13</i> November 16	Final Exam (Review) <i>Overall Course Summary</i>	
<i>Week 14</i> November 23	Thanksgiving Break November 23-27	
<i>Week 15</i> November 30	Final Exam	

COVID-19 (Class Guidelines)

USC (Covid-19) Resource Center <https://we-are.usc.edu/>

Academic Conduct & Support Systems

Academic Conduct/Integrity

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](#).

Student & 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 & Mental Health – (213) 740-9355 – 24/7 on call

sites.google.com/usc.edu/counseling-mental-health

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

988 Suicide & Crisis Lifeline – 988 for both calls & text messages – 24/7 on call

988lifeline.org

The 988 Suicide and Crisis Lifeline (formerly known as the National Suicide Prevention Lifeline) provides free and confidential emotional support to people in suicidal crisis or emotional distress 24 hours a day, 7 days a week, across the United States. The Lifeline is comprised of a national network of over 200 local crisis centers, combining custom local care and resources with national standards and best practices. The new, shorter phone number makes it easier for people to remember and access mental health crisis services (though the previous 1 (800) 273-8255 number will continue to function indefinitely) and represents a continued commitment to those in crisis.

Relationship and Sexual Violence Prevention Services (RSVP) – (213) 740-9355 (WELL) – 24/7 on call

sites.google.com/usc.edu/rsvpclientservices/home

Free and confidential therapy services, workshops, and training for situations related to gender- and power-based harm (including sexual assault, intimate partner violence, and stalking).

Office of Equity and Diversity & 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.symplcity.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 & Intervention – (213) 740-0411

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 Information – UPC: (213) 740-4321 – HSC: (323) 442-1000 – 24/7 on call

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) 442-1200 – 24/7 on call

dps.usc.edu

Non-emergency assistance or information.

Office of Ombuds – UPC: (213) 821-9556 – HSC: (323) 442-0382

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) 442-2850 or otfp@med.usc.edu

chan.usc.edu/patient-care/faculty-practice

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