

Course Name	Stress Management for Healthy Living Spring 2024
Class and Section	PHED 160 Section 49868
Class Meeting Day & Time	Mondays/Wednesdays 1:00 - 1:50pm
Location	THH 213
Instructor and Contact Info	Ian Culbertson e-mail: iculbert@usc.edu
Office Hours	By appointment before or after class (MW 12-1pm or 2-3pm) Office: PED 107 Phone: (213) 821-2567 (office)

Physical Education & Mind Body Health (PEMBH) Mission:

Physical Education & Mind Body Health (PEMBH) provides a variety of opportunities for students to improve their general health and fitness through fitness related and recreational activities classes. Courses are designed to introduce students to various aspects of health and physical education principles. With this exposure, knowledge, and skill, students are better equipped to make choices regarding a healthy and active lifestyle. All classes stress the importance of exercise and leisure time activity to physical, mental, and social well-being.

Program Objectives:

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

1. Define the various health components of fitness.
2. Recognize the physical and mental benefits of increased activity.
3. Apply anatomy, basic bio mechanical principles and terminology.
4. Determine factors involved with development, fitness levels, and training strategies.
5. 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:

1. Apply learned fundamental skills.
2. Utilize physical activity as a tool to manage stress.
3. Create individual goals.
4. Participate in a motivating and nurturing environment resulting in a greater sense of well-being and self-esteem.
5. Participate in active learning to stimulate continued inquiry about physical education, health, and fitness.

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

1. Understand and utilize various training methods.
2. Assess individual levels of fitness components.
3. Create a safe, progressive, methodical, and efficient activity-based plan to enhance movement and minimize risk of injury.
4. Identify common health and fitness myths along with trends involved with the evolving nature of physical education.

5. Recognize the benefits of physical activity as a lifetime pursuit and a means to better health.

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.

Course Learning Objectives:

At the completion of the course students will be able to:

- i. Describe and identify different types of stressors.
- ii. Identify the psycho-physiological indicators of stress.
- iii. Identify the contributing factors to the stress response.
- iv. Create an activity plan used for transforming the effects of stress.

Prerequisites: None **Co-Requisite/Concurrent Enrollment:** None

Recommended Preparation: Familiarity with Blackboard and Zoom.

Course Notes: Grading is by ABC, Pass/No Pass, or Audit for no credit (student preference).

Required Readings and Supplementary Materials: All required reading will be available in the form of a course reader: **Stress Management for Healthy Living** and will be available through **Blackboard** under the tab, 'Content'.

Blackboard™ <https://blackboard.usc.edu> will be used. Class information will be posted on Blackboard.

Assignments (28.5% of grade) (114 pts.):

Assignments will be discussed in class and **on-line** using lectures and handouts. There are **8** assignments. Points will be assigned to each assignment for thorough completion and timeliness submission. Assignments must be typed and submitted on line via Blackboard for credit at the time they are due. Students are required to use correct grammar and punctuation on all assignments and are expected to fully express their ideas. Assignments turned in incomplete, with grammatical errors, and or not following directions will lose grade points. Late submissions will be accepted for half credit. Do your absolute best on your assignments and enjoy the process as they are a gateway to learning the most about yourself!

Participation (20% of grade) (80 pts.):

Most class (**11 classes**) will be split into **Lecture (4 pts. x 11)** plus **Activity (4 pts. x 8)**. Regular active participation is required to obtain and absorb course material and to improve one's physical and mental fitness, so be prepared to be there and contribute! In addition, active regular participation is a large component of your final grade, **80 pts. (20%)**. If you are late (more than 5 mins) or leave early (more than 5 mins), you will only receive ½ credit for attending the class. During class, (if via zoom, you will be asked to join with video, keep your microphone muted, and you will be expected to participate in lecture by speaking, using chat text, and or responding to poll questions, so be prepared to engage in your learning every class.) you will be expected to participate in lecture by asking/answering questions. Those with special circumstances and prior approval from instructor who are unable to participate in class will be required to complete an

alternative assignment asynchronously within 24 hours of class in order to obtain participation points.

Exercise Log (26.5% of grade) (106 pts.):

Exercise/activity logs begin week 1, so start now. Each class where there is an exercise/activity and 1 day minimum on your own per week will be recorded. This log will be collected at the **end of week 15 via BB**. You are required to attend all activity sessions, during the semester. In addition, you are required to choose some type of physical activity/exercise on your own at least once per week (Monday-Sunday is considered a week) as a method of stress reduction. Comments regarding stress are required for exercise log. Comments regarding stress are required for exercise log. In your exercise log, you will begin by separating in-class activities from outside of class activities. Then indicate the week number, day of the week, date, time of day, duration of activity, type of activity, sentences describing how you felt before and how you felt after the activity, for a total of 4 points/activity logged/outside of class activity. You will do the same for the in-class activities but only be graded for prior and post responses for a total of 4 pts./activity logged/in-class activity. Therefore, by the end of semester you should have recorded a minimum of **26** exercise sessions, **11 in-class** and **15 outside of class (4 pts./log x 26 activities + 2 pts. correct format = Total of 106 pts.)**. Exercise Logs will be submitted via BB at the end of week 15.

Exam (25% of grade) (100 pts.):

The 50 question (2 pts./question), 50-minute, multiple choice and true/false question comprehensive exam will be given remotely a week after all lectures have been completed. You will be allowed an 8-hour window to take the exam. Once you have opened the exam you will have 50 minutes to complete it. For example, the exam will be available from **2pm-10pm PST on Monday 4/22**. If you open it at 9:50pm, the exam will self-submit at 10pm and your grade will suffer, so please be smarter than this! Make ups exams are not allowed. If a makeup exam is approved by instructor, this will result in the lowering of the student's grade on the makeup exam by one letter grade.

Assignments (28.5%)	114 pts.	Participation (20%)	80 pts.
Exam (25%)	100 pts.		
Exercise Log (26.5%)	106 pts.	Total 400 pts.	

Grading Scale: A (376+ pts.), A- (360 -375 pts.)

B+ (348-359 pts.), B (336-347 pts.), B- (320-335 pts.)

C+ (308-319 pts.), C (296-307 pts.), C- (280-295 pts.)

D+ (268-279 pts.), D (256-267 pts.), D- (240-255 pts.), Pass (>280 pts.)

**Extra credit work and make-up work are not available unless noted by instructor.* It is your responsibility to attend class consistently, check your scores on Blackboard, and fulfill the requirements of this course.

****course outline is subject to change**

<u>Week #</u>	<u>Mondays - Lecture Topic</u>	<u>Wednesdays - Assignment # & Activity #</u>
<u>1</u>	<u>Introduction</u> <u>Ch. 1 What is Stress?</u> <u>Exercise Log Begins This Week</u>	<u>1. Top 10 Stressors (10 pts.)</u> <u>Ch. 2-4 Stress Assessment & Science of Stress</u>
<u>2</u>	<u>MLK HOLIDAY, NO CLASS MON 1/15</u>	<u>Ch. 2-4 Science of Stress cont. & Mind Body Connection</u> <u>2. 'Portrait of a Killer' Assn. (10 pts.)</u> <u>1. Activity: Organizing Spaces (4 pts.)</u>
<u>3</u>	<u>Ch. 9 Healthy Lifestyles Exercise & Stress</u>	<u>Ch. 9 Healthy Lifestyles Exercise & Stress</u>
<u>4</u>	<u>Ch. 9 Healthy Lifestyles Exercise Cont. & Ch. 10 Healthy Lifestyles Nutrition and Stress (4 pts.)</u>	<u>2. Activity: Core Exercises (4 pts.)</u>
<u>5</u>	<u>Ch. 10 Healthy Lifestyles Nutrition and Stress-cont.</u>	<u>3. 3-Day Food Log (30 pts.)</u> <u>3. Activity: Box Breathing (4 pts.)</u>
<u>6</u>	<u>Ch. 6 Time and Life Management</u>	<u>4. Quadrant Planning (8 pts.)</u> <u>4. Activity: Group Circuit (4 pts.)</u>
<u>7</u>	<u>PRESIDENT'S DAY HOLIDAY, NO CLASS MON 2/19</u>	<u>Ch. 6 Time and Life Management (4 pts.)</u>
<u>8</u>	<u>Ch. 5 Managing Emotions</u>	<u>5. Emotional Intelligence (10 pts.)</u> <u>5. Activity: Flexibility Poses (4 pts.)</u>
<u>9</u>	<u>Ch. 5 Managing Emotions (4 pts.)</u>	<u>6. Box your Emotions (10 pts.)</u> <u>6. Activity: Expression Session (4 pts.)/(3 pts.)</u>
	<u>SPRING BREAK-LOTS OF ACTIVITIES!</u>	
<u>10</u>	<u>Ch. 12 Intro to Relaxation, Meditation, and Mind-fullness (4 pts.)</u>	<u>7. Activity: Game (4 pts.)</u>
<u>11</u>	<u>Ch. 13 Sleep (4 pts.)</u>	<u>8. Activity: Open Journal (4pts.)/(3 pts.)</u>
<u>12</u>	<u>Ch. 7 Money</u>	<u>7. Relationship with Money (10 pts.)</u> <u>9. Activity: Guided Meditation (4 pts.)</u>
<u>13</u>	<u>TBD</u>	<u>10. Activity: Connect with Nature (4 pts.)</u>

<u>14</u>	<u>Exam “Review” GAME (8 pts.)</u>	<u>11. Activity: PMR Open Journal (4pts.)</u>
<u>15</u>	<u>ON-LINE EXAM (100 pts.) POSTED AFTER CLASS 4/22 (4 pts.)</u>	<u>EXERCISE LOGS DUE 4/24 (106 pts.)</u> <u>Course Evaluations (4 pts.)</u>
<u>16</u>		<u>8. Final Reflections Due 5/1 (20 pts.)</u>

COURSE REQUIREMENTS:

1. Attend class daily and participate in both lectures and activities.
2. Complete all Assignments.
3. Complete Exercise Log: Begin log and continue for the entirety of the semester. Students are encouraged to do some form of physical activity or exercise (cardio, resistance, sport, yoga, etc.) of once per week outside of class.
4. Complete the EXAM.
5. Complete the Final Reflection.

GENERAL CLASS POLICIES:

1. Prior reading of assigned material will be very helpful.
2. Please refer to Blackboard before each class for additional information.
3. It is expected that all students will participate entirely in each exercise/activity session. Failure to do so will reduce participation points.
4. Wear appropriate clothing for the activity days.
5. The appropriate use of laptops in the classroom will be permitted at some times, otherwise please keep all other electronic devices off.
6. Courtesy, kindness, and respect are expected from all.
7. If you have any injuries, illnesses, or special concerns that I should know about that would limit your involvement in the course in any way, please let me know. I will keep your information strictly confidential.
8. No make-up exams allowed.
9. Work that is submitted past the week it is due will not be accepted for full-credit.
10. Be open, honest, and committed to the improvement of your spirit, mind, and body.

Lost & Stolen Articles:

USC Physical Education is not responsible for any personal lost, stolen, or damaged property. If students choose to bring valuables to class, it is recommended that they be minimized, locked up, and secured during class.

Important Dates and Deadlines:

Check registration calendar for details!

Academic Conduct and Support Systems

Academic Integrity

The University of Southern California is a learning community committed to developing successful scholars and researchers dedicated to the pursuit of knowledge and the dissemination of ideas. Academic misconduct, which includes any act of dishonesty in the production or submission of academic work, comprises the integrity of the person who commits the act and

can impugn the perceived integrity of the entire university community. It stands in opposition to the university's mission to research, educate, and contribute productively to our community and the world.

All students are expected to submit assignments that represent their own original work, and that have been prepared specifically for the course or section for which they have been submitted. You may not submit work written by others or "recycle" work prepared for other courses without obtaining written permission from the instructor(s).

Other violations of academic integrity include, but are not limited to, cheating, plagiarism, fabrication (e.g., falsifying data), collusion, knowingly assisting others in acts of academic dishonesty, and any act that gains or is intended to gain an unfair academic advantage.

The impact of academic dishonesty is far-reaching and is considered a serious offense against the university. All incidences of academic misconduct will be reported to the Office of Academic Integrity and could result in outcomes such as failure on the assignment, failure in the course, suspension, or even expulsion from the university.

For more information about academic integrity see the student handbook or the Office of Academic Integrity's website, and university policies on Research and Scholarship Misconduct.

Please ask your instructor if you are unsure what constitutes unauthorized assistance on an exam or assignment, or what information requires citation and/or attribution.

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 and Mental Health

(213) 740-9355 – 24/7 on call

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

988 Suicide and Crisis Lifeline

988 for both calls and text messages – 24/7 on call

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

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 for Equity, Equal Opportunity, and Title IX (EEO-TIX)

(213) 740-5086

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

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 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) 740-0411

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

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

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

Non-emergency assistance or information.

Office of the Ombuds

(213) 821-9556 (UPC) / (323-442-0382 (HSC)

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

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