



STRESS MANAGEMENT: PHED 160

2 Units • Instructor: Kevin Robinson • Email: kevinrob@usc.edu • Class Location: KAP 145
Office Hours: 2-4pm TU/TH • Office: PED 107 • Brightspace: <https://brightspace.usc.edu>

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.

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.

PEMBH 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 for healthy living is posted on Brightspace under content Recommended: **Stress Management for life**, Olpin and Hesson, Cengage Learning, fourth edition **Stress Management for healthy living** summary is posted on Brightspace under content.

Brightspace™: <https://brightspace.usc.edu>

We will use it in addition to classroom instruction for class information, review material, and assignments.

Equipment:

Workout attire is required for many (but not all) classes. Experiential learning activity and location will be announced at the start of each week.

Grading Policy and Evaluation Criteria:

Assignment / Exam	Points
Participation	30 points
Assignments	60 points
Stress Journals	60 points
Final Exam	50 points
TOTAL	200

Participation:

Most classes will be split into Lecture and Activity. This class is an experience-based interactive Physical Education course that requires presence, participation, and interaction with the instructor and peers. **Choosing not to participate in class will impact one’s final course grade. Participation is defined as: 1) showing up for class on time 2) Actively participating in class discussion, activities/exercises.**

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

- Excused absences: doctor’s note or travel note re: USC sport/class(maximum of 2 excused absences for the semester)
- Unexcused absences: weather, personal travel, sore muscles, oversleeping, visiting relatives, non-emergency doctor’s appointment i.e. dental cleaning, etc.
- Absences for illness (maximum of 2) must provide documentation that includes your name, date and the place where you received treatment.
- **Extra credit work and make-up work is not available.**
- Workout attire is required for most classes (you will be notified via Brightspace).
- If you have an injury, illness, or medical condition preventing physical activity, please talk to me in advance about how we can modify for your needs.
- **Live-streaming class is not available.** Physical education classes require in-person presence. Activities will often be held outside of the classroom.

Assignments:

Assignments will be discussed in class using lectures and handouts. Students will have one week to complete written assignments which will be turned in on Brightspace. Points will be assigned to each assignment for thorough completion and timeliness submission. Students are encouraged to express their ideas using complete sentences. Assignments turned in after the due date will lose 10% of grade points.

Stress Journals:

Five journals based on assigned activities. Self-reflection is key: not just what you did, but how you felt before, during, and after.

Final Exam:

Comprehensive, cumulative exam.

Grading Scale:

Course final grades will be determined using the following scale based on percentage range
A 94-100, A- 90-93, B+ 87-89, B 83-86, B- 80-82, C+ 77-79, C 73-76, C- 70-72, D+ 67-69, D 63-66, D- 60-62, F 59 and below.

A 180-200 pts = A- to A
B 160-179 pts = B- to B
C 140-159 pts = C- to C
D 120-139 pts = D- to D
F Below 120

Pass/No Pass – Pass > 140 points

Plus and minus grades will be issued accordingly
for each letter grade range based on grade percentage earned.

Additional Course Policies:

- No Make Ups are given for absences, missed material, class activities, or late assignments. It is the individuals' responsibility to attend class consistently, check Brightspace, and fulfill requirements.
- Communication – Email (kevinrob@usc.edu) is the preferred method of communication outside of class. Emails will be answered within 72 hours, unless following a holiday weekend.
- Use of Technological Devices During Class: This course requires active participation with peers and instructor, therefore, the abuse of using computer laptops, tablets, cellphones, and other electronic devices during class time for browsing social media, surfing the internet, shopping online, and doing schoolwork for other classes, will impact your class participation points.

Course Schedule

(Tentative schedule, subject to change. Changes will be announced in class and via email.)

	Lecture/Topics	Activity/Lab 2 nd hour or 2 nd day	Assignment
Week 1	Introduction/Orientation: Chapter 1-4 Stress Today; Self-Assessment; Mind/Body	In class discussion, Choices	Assess your stress
Week 2	LABOR DAY – NO CLASS		
Week 3	Chapter 5, 6 The power of perception; Thinking & choosing	Rorschach	What is your stress reliever?
Week 4	Chapter 15 Healthy Lifestyles	Frisbee	Journal: 3-Day Food Log
Week 5	Chapter 8, Managing emotions	Mandala	Journal: Overcoming emotions
Week 6	Chapter 7 Mindfulness	Mindful Walk	Practicing Mindfulness
Week 7	Chapter 13, 14 Social support, Relationships & communication; Creating a healing environment	Brain Games Perfection	Creating a stress- free environment
Week 8	Chapter 11, 12 Time & Life Management; Money Matters	Soccer	Journal: Financial health
Week 9	Chapter 16, 17 Introduction to relaxation; take a breath	Box Breathing	Breathing exercises
Week 10	Chapter 21 Meditation	Guided Meditation	How do you meditate?
Week 11	NO CLASS – VETERANS DAY		
Week 12	Chapter 20, (18) Guided imagery	Cornhole	Journal: Guided Imagery
Week 13	Chapter 24 What else can I do?	Connect with nature	How music affects your mood
Week 14	Exam review	Open Journal	
Week 15	FINAL EXAM	FINAL EXAM	FINAL REFLECTIONS

Academic Conduct & 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 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.