



dornsife.usc.edu/phed

PHED 160 | Stress Management for Healthy Living

Units: 2

Section: 49975R

Term: Spring 2025 | Tuesday 12:00-1:50 pm

Location: TBA

Instructor: Gudrun Bara Floyd, MS, ACSM EP-C

She/Her Pronoun

Office: PED 109

Office Hours: TBA

Contact Info: gbfloyd@usc.edu, (213) 821-1871

Brightspace: brightspace.usc.edu

IT Help: USC Information Technology Services Help

Phone: 213.740.555

Contact Info: <https://itservices.usc.edu/contact/>

PHYSICAL EDUCATION & MIND BODY HEALTH (PEMBH) MISSION STATEMENT

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.

ACKNOWLEDGEMENT

The PEMBH embraces an inclusive spirit, based on equity, diversity, and inclusion to achieve academic and institutional excellence. For PEMBH's acknowledgements and more information visit our website -- <https://dornsife.usc.edu/phed/about/>

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

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.

PEMBH 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.

PEMBH POLICY FOR THE USE OF AI GENERATORS

This course aims to develop creative, analytical, and critical thinking skills. Therefore, all assignments should be prepared by the student working individually or in groups. Students may not have another person or entity complete any substantive portion of the assignment. Developing strong competencies in these areas will prepare you for a competitive workplace. Therefore, using AI-generated text, code, or other content is prohibited in this course, will be identified as plagiarism and will be reported to the Office of Academic Integrity.

COURSE TEXTBOOK:

Olpin, M. & Hesson, M. (2021). *Stress Management for Life: A Research-Based Experiential Approach* (5th ed.). Cengage.

<https://www.cengage.com/c/stress-management-for-life-a-research-based-experiential-approach-5e-olpin/9780357363966PF/>

Course Textbook Reserve (Leavey Library) – **3 Hour Loan**

Item ID: 371566

Supplemental Readings – Available on Brightspace

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 includes water, athletic shoes, and towel.

EVALUATION CRITERIA:

Assignments/Exam	Points	% of Grade
8 Journals/Assignments	40 points (5 points each)	20%
"I Am" Film Questionnaire	5 points	2.5%
Stress Survey	10 points	5%
Class Participation	30 points	15%
Group Project & Presentation	50 points	25%
Final Exam	50 points	25%
Reflection Paper	15 points	7.5%
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 (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.), D+ (134-138 pts.), D (123-132 pts.), D- (120-124 pts.), Fail (<118 pts.) PASS (>140 pts.)

*A = 95%-100% A- = 90%-94% 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*

COURSE SCHEDULE - (Subject to Change)

TUESDAY	Lecture	Exercise / Activity
Week 1 Jan 14	Chapter 1: Stress Today	Course Introduction / In-Class discussion
Week 2 Jan 21	Chapter 2: Self Assessments	Breath, Fitness & Flexibility Assessments
Week 3 Jan 28	Chapter 16,17,21 &22: Relaxation, Breathing, Meditation & Yoga Journal 1 Due (Ch.1)	Yoga and Meditation
FRIDAY, JANUARY 31	LAST DAY TO REGISTER, ADD/DROP CLASS WITHOUT MARK OF "W" LAST DAY TO CHANGE TO P/NP OR AUDIT	
Week 4 Feb 4	Group Project Discussion	Power Walking
Week 5 Feb 11	Chapter 3: The Science of Stress "Top 10 Stressors" Due Journal 2 & Assessments Due (Ch. 2)	Core Strength & Pilates on the Mat
Week 6 Feb 18	Chapter 4: The Mind/Body Connection	Strength Lab: Exercise Bands
Week 7 Feb 25	Chapter 8: Managing Emotions Journal 3 Due (Ch. 4)	Strength Lab: Lower Body
Week 8 Mar 4	Chapter 11: Time and Life Management Journal 4 Due (Ch. 8)	Yoga and Meditation
Week 9 Mar 11	Chapter 12: Money Matters Journal 5 - Time Log Due (Ch.11)	Exercise Rx Power Lab: "Partners in Pain"
Mar 16-23	SPRING RECESS ☺	SPRING RECESS ☺
Week 10 Mar 25	Chapter 15: Healthy Lifestyles: Exercise Journal 6 - \$\$ Log Due (Ch.12)	Yoga and Meditation
Week 11 Apr 1	Chapter 15: Healthy Lifestyles: Nutrition Journal 7 – Food Label & Exercise Prescription Due (Ch.15)	Power Walking / Intervals
Week 12 Apr 8	EXAM	
FRIDAY, APRIL 11	LAST DAY TO DROP CLASS WITH MARK OF "W"	
Week 13 Apr 15	"I AM" Film	Group Project Discussions
Week 14 Apr 22	Journal 8 "I AM" Film-Due Presentations	Presentations
Week 15 Apr 29	Presentations	Presentations
Finals Week 5/14 2-4pm	REFLECTION PAPER DUE	

ACADEMIC INTEGRITY

The University of Southern California is foremost a learning community committed to fostering successful scholars and researchers dedicated to the pursuit of knowledge and the transmission of ideas. Academic misconduct is in contrast to the university's mission to educate students through a broad array of first-rank academic, professional, and extracurricular programs and includes any act of dishonesty in the submission of academic work (either in draft or final form).

This course will follow the expectations for academic integrity as stated in the [USC Student Handbook](#). All students are expected to submit assignments that are original work and prepared specifically for the course/section in this academic term. You may not submit work written by others or "recycle" work prepared for other courses without obtaining written permission from the instructor(s). Students suspected of engaging in academic misconduct will be reported to the Office of Academic Integrity.

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

Academic dishonesty has a far-reaching impact and is considered a serious offense against the university. Violations will result in a grade penalty, such as a failing grade on the assignment or in the course, and disciplinary action from the university itself, such as suspension or even expulsion.

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.

STATEMENT ON UNIVERSITY ACADEMIC & SUPPORT SYSTEMS

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

Student Financial Aid & Satisfactory Academic Progress

To be eligible for certain kinds of financial aid, students are required to maintain Satisfactory Academic Progress (SAP) toward their degree objectives. Visit the [Financial Aid Office webpage](#) for [undergraduate-](#) and [graduate-level](#) SAP eligibility requirements and the appeals process.

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 consists 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) 740-2500

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.