

CALIFORNIA STATE UNIVERSITY, FULLERTON
Division of Kinesiology and Health Science

KNES/HESCI 342 STRESS MANAGEMENT
Syllabus

Instructor: Maureen Haney, M.S.
Fall 2009
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Office: KHS 142
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Office Hours:
Tues.: 6:45 pm – 7:45 pm (in person)
Wed: 10:00am – Noon (email/online)

I. COURSE DESCRIPTION

An examination of the theoretical concepts and practical application strategies in the field of stress management. Physiological and psychological consequences of stress are explored. Coping skills presented include: Biofeedback and relaxation techniques, cognitive restructuring, nutrition, exercise, values clarification, humor, art & music therapy, spirituality, time management, social support, sleep tips, personality variables and behavioral interventions.

II. COURSE OBJECTIVES (PRODUCT OBJECTIVES) - The student will be able to:

1. Describe the pioneering research on stress.
2. Define - stress, stressor, and stress reactivity.
3. Understand the psychophysiology of stress as it relates to medical disorders.
4. Assess individual risk factors (behavioral, emotional, physical, socio-cultural).
5. Describe short term and long term interventions.
6. Explain the role of biofeedback in both managing stress and in controlling various physiological processes.
7. Develop and implement an individualized stress management plan.

Product objectives will be assessed through performance on exams, written assignments and discussion board forums.

PROCESS OBJECTIVES

1. Utilize various cooperative learning techniques to foster an interactive and dynamic educational environment.
2. Provide opportunities for students to improve computer technology skills related to stress management through web assignments.
3. Utilize group activities and discussion board forums to allow exposure to different opinions and develop appreciation for perspectives and experiences of all students.
4. Demonstrate through written assignments and discussion board forums the ability to apply theoretical concepts presented in the class.

III. GENERAL EDUCATION REQUIREMENTS

KNES/HESCI 342 is designed to meet the following Category IV Lifelong Learning goals:

1. to understand the human being as an integrated physiological, socio-cultural and psychological organism.
2. to understand the course of human life, that is, how human life and experience are constructed and altered through biological, psychological, social, scientific, technological and cultural differences.

3. to understand conceptions of the course of human life from different cultural perspectives.
4. to understand the importance of a lifelong commitment to physical activity and a healthy manner of living for both personal well being and civic responsibility.
5. to understand the basis and the means by which individuals and society make decisions.

IV. MINIMUM TECHNICAL REQUIREMENTS AND COMPETENCIES

To fully participate in this course, you will need to have and successfully operate a computer system that meets the following minimum technical specifications. The latest version of the software listed below will be used.

Operating System: Windows 95 or higher, Macintosh OS X

Processor: 450 MHz or higher preferred

Memory: 256 MB of RAM or higher

Plug-ins: Adobe PDF reader, Real Player

Browser: If you have a Windows PC, use the Microsoft Internet Explorer Web browser (5.0 or higher) or Netscape Navigator 7.1 only. Mac users can use the Safari Web browser. Do not use the AOL browser or Opera to access Blackboard 6.1

Sound Card: Required

Video Card: Required

Modem: 56 Kbps

Monitor: 15" monitor with 88 x 600 resolution capability or larger

Printer: Graphics-capable (inkjet or laser)

Software: Microsoft Office, Adobe Acrobat Exchange

CD-R: 12x (24x preferred)

E-mail Account: Must be able to send/receive attachments

Internet Connection: You are required to have a dependable connection to the Internet. The speed and reliability of your connection will directly influence your online learning experience and ability to successfully complete exams.

V. TEXT and Supplies

Seaward, B. *Managing Stress*. Sudbury, MA

Jones and Bartlett, 2009, 6th Edition ISBN: 978-0-7637-6163-9

Biofeedback Thermometers - 2 (available at the CSUF TITAN bookstore –second floor; 79¢ a piece)

The required textbook is worth the expense; this is a book you will keep on your bookshelf for life!

The biofeedback thermometers are fragile; wrap in tissue when not in use.

VI. GRADING PROCEDURES

Three exams, Discussion Board forums and a written values clarification assignment will be utilized for evaluation purposes. A description of each of these will be posted on Blackboard as they are assigned. Due dates for Discussion Board forums will be the following Tuesday unless otherwise indicated.

<u>Course Evaluation</u>	<u>DATE</u>	<u>POINTS</u>	<u>PERCENT</u>
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Exam 1:	Sept. 22	300	30%
Exam 2:	Oct. 27	300	30%
Exam 3:	Dec. 15	300	30%
Written Assignment- Values Clarification Paper:	Nov 17	50	5%
Participation in Discussion Board:		50	5%
<i>Total Points and Percentages:</i>		1000	100%

GRADING CRITERIA

Each exam grade and assignment is dependently calculated based on percentage of points. Plus/minus grading will not be used. No extra credit work will be considered.

900 – 1000 points (90 – 100%)	A
800 – 899 points (80 - 89%)	B
700 – 799 points (70 - 79%)	C
600 – 699 points (60 – 69%)	D
0 – 599 points (0 - 59%)	F

MAKE-UP POLICY

All students are required to take and submit the exams on the scheduled dates and times. Only under exceptional circumstances may a student make up an exam; and then only if the instructor is notified in advance and appropriate documentation is provided. **It is not up to the student's discretion to determine if a circumstance qualifies as exceptional. The earned points of a make-up exam will have a minimum of five points deducted. Late assignments will not be accepted.**

EXAMS

There will be three exams. Exam three is not cumulative. Each exam is worth 30% of your grade. Exams will consist of multiple choice, and true and false questions. The questions will be taken from the course readings, and from the Blackboard PowerPoint slides and materials. Your textbook provides study guides at the conclusion of each chapter. Also, page xxi of the 6th edition textbook list a website students may access with practice quizzes, animated flashcards and an interactive glossary. I encourage you to utilize these resources in preparing for the exams. However, exams are to be taken without the use of lecture notes or class materials.

For all exams you will have access to the exam between 5am – 11:45 pm on the date of the scheduled exam; however the exam must be completed by 11:45pm of the scheduled exam day. See course schedule for exam dates. You will find exams in **Assignments**.

Testing Procedures:

All exams will be timed. **Once you begin the exam you must finish within the allotted 2 hour time period. When you are done the exam, click “SUBMIT”. DO NOT click “SAVE” after submitting any of your answers as this may cause you to be kicked off the exam by Blackboard.**

You may NOT stop and restart the exam as this will result in an incomplete. Do not begin the exam until you are ready to complete it.

It is critical that you pay attention and have a watch to monitor your time, because the system will not stop you after the time is up; however, it will monitor how long you took to complete the exam. If your time is over the allotted time then you will

not receive credit for the exam.

DISCUSSION BOARD FORUMS

There will be ten Discussion Board forums worth five points each, for a total of 50 points – 5% of your course grade. Specific topics and dates will be provided on the Discussion Board. You will have a week from the topic posting to respond to the Discussion Board. Lack of full participation will result in points being deducted from your overall grade. You must post a response to the topic presented in each forum, as well as reply to at least one student's comment in order to receive full credit. This is a minimum requirement. You may reply to more than one student's comments and are encouraged to do so as it lends itself to the intellectual stimulation that is possible with online discussions. Postings of comments that only offer "me too" or "I agree" substance will not be toward your participation in the discussion forums.

The role of the Discussion Board is for student to student discussion, not discussion with your Professor. My role is to monitor and grade discussions.

WRITTEN ASSIGNMENT: Due November 17th

A description of the Values Clarification written assignment will be posted on Blackboard in Assignments. Refer to the **Assignment Button** for directions on how to submit your paper. If your assignment has been received, you will find an exclamation point in the grade book for that assignment. Note that you must enter at least one character in the "Comments" section for your submission to be successful. Keep a copy of your work. The paper is worth 50 points – 5% of your grade.

DISTANCE LEARNING ASSISTANCE

This is an online course so please make sure you are familiar with all aspects of distance learning. If this is your first time taking an on-line course at California State University, Fullerton, you may find it helpful to visit the Blackboard Support Web Site and click on the tutorial section. You may also click on the Help tab once you have logged into the Blackboard portal.

<http://blackboard.fullerton.edu/>.

Communication:

1. If you want your e-mail sent to an address other than the one registered on Blackboard, it is your responsibility to change it. If you need help, see the *Distance Education Blackboard Tutorial*. It would be wise to verify your Blackboard email address at this time.
2. You must gain access to your e-mail by going to CSUF home page and logging on to the Internet Portal.
3. Check your e-mail at least twice a week.
4. Please provide your full name when communicating via e-mail as your email may not provide that information. This will allow me to respond appropriately.
5. Please inform me within the first week of class if you have specific disabilities that need to be addressed

Technical Assistance:

If you need technical assistance, please contact the Help desk at (657) 278-7777 or visit their website: <http://blackboard.fullerton.edu>.

NETIQUETTE

Netiquette refers to a set of behaviors that are appropriate for online activity, especially with e-mail and thread discussions. The core rules of netiquette can be found at:

<http://www.albion.com/netiquette/corerules.html>. Please read these rules to ensure that you are familiar with what will be the expected online behavior for this course. You are expected to follow all rules; however, please note that rules 5, 7 and 10 are frequently violated by students. Make sure you carefully review these rules as they will reflect on your grade. Violation of the rules may also result in delays of email responses.

ACADEMIC DISHONESTY

The academic dishonest policy is as stated in the University Policy Statement 300.02. Please refer to the university handbook for a full description of the policy. A copy of the university handbook can be found at the following Web site: <http://www.fullerton.edu/handbook/policy/discipline.htm>. A student who employs dishonest tactics shall be subject to action ranging from a reprimand to a grade of F.

DISABILITY / SPECIAL NEEDS

Please inform the instructor during the first week of classes about any disability or special needs that you have that may require specific arrangements related to attending the class sessions, carrying out class assignments, or writing papers or examinations. According to California State University Policy, students with disabilities need to document their disabilities at the Disabled Student Services Office.

CAVEAT

The above schedule and procedures in this course are subject to change in the event of extenuating circumstances.

HESC 342 – STRESS MANAGEMENT

Tentative course Schedule: Fall 2009

<u>Date</u>	<u>Topic</u>	<u>Chapter Readings</u>
WK 1: 8/25	Nature of Stress/Diaphragmatic Breathing	1 & 17
WK 2: 9/1	Physiology of Stress/Muscle Relaxation	2 & 24
WK 3: 9/8	Psychology of Stress/Emotions/ Journaling	4, 5 & 10
WK 4: 9/15	Time Management/ Massage Therapy	15 & 22
WK 5: 9/22	EXAM 1: Covers all chapters listed above Complete on 9/22 between 5:00am – 11:45pm; however, you must finish within the 2 hour allotted time.	
WK 6: 9/29	Biofeedback/Visualization/Autogenics	26, 20, & 25
WK 7: 10/6	Stress and Disease/ Art Therapy	3 & 11
WK 8: 10/13	Stress Prone/Resistant Personality / Meditation	6 & 18
WK 9: 10/20	Humor Therapy/Music Therapy	12 & 21
WK 10: 10/27	Yoga Pilates/Tai Chi	19 & 23
WK 11: 11/3	EXAM 2: Covers all chapters listed above from 9/29 through 10/27 Complete on 11/3 between 5:00am – 11:45pm; however, you must finish within the 2 hour allotted time	
WK 12: 11/10	Cognitive Restructuring/Creative Problem Solving	8 & 13
WK 13: 11/17	Communication Skills	14
	<i>11/23 Thanksgiving Break</i>	
WK 14: 12/1	Nutrition and Stress/ Behavior Modification	27 & 9
WK 15: 12/8	Physical Activity/Spirituality/ Coping Skills	28, 7 & 16
WK 16 12/15	Final Exam: Compete on 12/15 , Tuesday, between 5:00 am – 11:45pm; however, you must finish within the 2 hour allotted time.	

You will find PowerPoint slides, which correspond with the week's assigned readings, in the Course Documents at the start of each week.

There are no on-campus course meetings.