

TEXAS A & M UNIVERSITY - COMMERCE
DEPARTMENT OF HEALTH & HUMAN PERFORMANCE
COURSE SYLLABUS

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| COURSE TITLE: | HHPH 472: Stress Management |
| COURSE VALUE: | Three (3) credit hours |
| LOCATION/TIME: | online |
| PROFESSOR: | Quynh Dao Dang, PhD |
| OFFICE: | Field House 100J |
| OFFICE HOURS: | by appointment only during summer |
| PHONE: | (903) 886-5548 |
| FAX: | (903) 886-5365 |
| E-MAIL: | Quynh.dang@tamuc.edu |
| REQUIRED TEXT: | Kottler, J. & Chen, D. (2007). <u>Stress Management and Prevention</u> . Belmont, CA. Thomson Wadsworth Publishers. |

Course Description:

This course includes a study of the nature and psychology of stress with particular emphasis placed on coping strategies and relaxation techniques. Conflict resolution and interpersonal relationships will also be discussed.

Course Objectives:

At the end of this course the students will be able to:

1. Understand the meaning of stress.
2. List the body's reactions to stress.
3. Know the sources of stress across the lifespan.
4. Define Adaptive and maladaptive behavior.
5. Recognize individual and cultural differences.
6. Challenge Stressful thinking.
7. Learn strategies for problem solving and time management.
8. Discover psychological and spiritual relaxation methods.
9. Participate in physical methods of stress reduction.
10. Prepare for the future by handling college and occupational stress.
11. Care of self through nutrition and other lifestyle issues.
12. Understand stress and conflict in relationships.
13. Increase your resilience to stress.
14. Enhance your optimal functioning.
15. Make changes last.

Course Requirements: *All submissions are due by noon of designated day*

A. Workbook Assignments (20%): Due @ noon of specified dates on syllabus calendar

The student will be responsible for obtaining all materials presented online and assigned readings from the textbook. You are responsible for making sure your assignments are in on time. Use the appropriate dropbox to submit assignments. You will need to click on “announcements” so you can see the Instructor’s daily comments for homework. Due every day listed in calendar by noon.

B. Laughter project (5%): Due Monday, 6/13 @ noon

Post your favorite funny movie or TV clip or funny joke/story to share (please no profanity) under doc sharing (post it where we just have to click on your link, not have to open your document, then open your link...too much extra work for all). Please limit your submission to no more than 4 minutes. This grade also includes voting for your favorite under discussions by Thursday, 6/16 @ noon.

C. Volunteer Event (5%): Due Wednesday, 7/6 @ noon

Volunteerism has been shown to decrease anxiety and stress. Your choice of a minimum 2 hour volunteer activity you have never done before. Two links to help you with volunteer event opportunities: www.handsonnorthtexas.org or www.volunteernorthtexas.org/volunteercenter. After completing, write a one page paper (typed, single spaced, 12 font, and 1 inch margin) on who, where, when, and how this made you feel.

D. Physical Activity (5%): Due Monday, 6/27 @ noon

Students must complete a minimum 30 minute physical activity that they have *never* tried before. Choices are: whirlyball, disc golf, rock climbing, yoga, pilates, zumba dance, clay pigeon/skeet shooting, jazzercise, step aerobics, ice skating, snowboarding, hang gliding, snowmobiling, TRX and X-Bike. After completing, write a one page paper (typed, single spaced, 12 font, and 1 inch margin) on who, where, when, why you chose this activity, and how this made you feel.

E. Journals (15%): Due @ noon of specified dates on syllabus calendar

Students are required to turn in appropriate stress journal entries on specified dates. Journal entry topics will be posted with the corresponding due date. Entries will be 1 page (typed, single spaced, 12 font, and 1 inch margin).

F. Tests (40%): Due @ noon of specified dates on syllabus calendar

Three (3) tests and final exam will be given to determine student progress and assist students in learning. Tests will consist of objective questions (T/F, multiple choice, and matching) and application questions. Although open book, exams have a 3 hour time limit. Exams will be due at noon of the scheduled exam day. Late tests will result in a deduction of points regardless of the reason. **No make-up exams will be given, unless arrangements are made prior to the exam or a verifiable medical excuse is provided within 3 days.*

G. Technique Presentation (5%): Due Monday, 7/4 @ noon

Teams will develop a presentation on a stress management technique to share with the class. Please choose an issue not covered in class. Students will then post a power point presentation regarding the topic under doc sharing. To receive full credit for this assignment, you must also comment on one other team’s presentation in discussions by 7/6 @ noon. “Your presentation was cool or good” will not count. Something more profound such as “I was not aware that.....I will attempt to use this technique in the future.”

H. Article Report (5%): Due Thursday, 6/16 @ noon

Students will select a current article from peer reviewed journals over a stress management topic and turn in a 1-2 page (typed, single spaced, 12 font, 1 inch margin) summary of the article. This is not an article from a popular magazine such as Men's Health, Glamour, etc.

You must find an article through the online library. Here are the steps:

- TAMU-C's home web page
- Academics
- Library
- Find a database A to Z
- Choose any of these databases, but I would choose one of the health choices since this is a health course.
- Put in any stress management topic in for your keywords.
- Before you hit search, ensure that the full text article and refereed publications box is checked.
- Several articles will now appear. Pick the one you want to review.
- Upon submitting the summary report, make sure to also include the link to the article.

Students will be required to reference their journal articles according to APA style, see example below:

Orazem, P. (2003). Market expectations. Job search and gender differences in starting pay.

Journal of Labor Research, 24(2), 307-321.

***Take note:** Students will be unable to make-up a report/presentation/assignment when the due date has passed. Often after a student earns a poor grade, he/she is interested in doing "extra credit" projects to improve their grade. NO extra credit projects or assignments will be offered in this class. All students have the same opportunity to succeed on the assigned work. Please use these opportunities to work hard and succeed.

I am empathetic to students who have various events prohibiting them from completing class assignments on time. Believe me, I have heard them all! However, your lack of motivation is just that. I believe in being fair to all students and I simply cannot justify a student who misses the opportunity to complete activities earning the same grade as a student who finishes every class assignment on time. Students who just seem to meet every obstacle will be justly rewarded. All late assignments automatically earn a zero.

Grading:

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|---------------------------------------|----------------------|
| Workbook Activities (20 @ 10pts each) | 200 PTS (20%) |
| Laughter project | 50 PTS(5%) |
| Volunteer Event | 50 PTS(5%) |
| Physical Activity | 50 PTS (5%) |
| Journals (10 @ 15pts each) | 150 PTS (15%) |
| Three (3) exams @ 100pts each | 300 PTS (30%) |
| Article report | 50 PTS (5%) |
| Technique Presentation | 50 PTS (5%) |
| <u>Final</u> | <u>100 PTS (10%)</u> |
| TOTAL | 1000 PTS (100%) |

Grade Scale:

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|----------------|---------------|
| 900 - 1000 = A | 600 - 699 = D |
| 800 - 899 = B | 0 - 599 = F |
| 700 - 799 = C | |

A grade of C or above must be maintained in all courses of your major field.

HHPH 472: Stress Management
COURSE OUTLINE
 Summer 2016

| DAY | DATE | CHAPTERS to review | Topics to Cover | Assignments Due @ noon of specified date |
|-----|-----------|--------------------|--|--|
| 1 | Mon 6/6 | | Course Introduction | |
| 2 | Tues 6/7 | 1 | The Meaning of Stress | Journal #1 Due |
| 3 | Wed 6/8 | 2 | The Body's Reaction to Stress | Homework #1 & 2 |
| 4 | Thur 6/9 | 3 | Sources of Stress Across the Lifespan | Journal #2 Due Homework #3 |
| 5 | Mon 6/13 | 4 | Adaptive and Maladaptive Behavior | Laughter project Due Homework #4 |
| 6 | Tues 6/14 | | | Test #1 (Ch. 1-4) |
| 7 | Wed 6/15 | 5 | Individual and Cultural Differences | Journal #3 Due Homework #5 |
| 8 | Thur 6/16 | 6 | Challenging Stressful Thinking | Article Report Due Homework #6 |
| 9 | Mon 6/20 | 7 | Problem Solving and Time Management | Journal #4 Due Homework #7 |
| 10 | Tues 6/21 | 8 | Psychological and Spiritual Relaxation Methods | Journal #5 Due Homework #8 |
| 11 | Wed 6/22 | | | Test #2 (Ch. 5-8) |
| 12 | Thur 6/23 | 9 | Physical Methods of Stress Reduction | Journal #6 Due Homework #9 |
| 13 | Mon 6/27 | 10 | Preparing for the Future | Physical Activity Due Homework #10 |
| 14 | Tues 6/28 | 11 | Care of the Self: Nutrition and Other Lifestyle Issues | Journal #7 Due Homework #11 |
| 15 | Wed 6/29 | 12 | Stress and Conflict in Relationships | Journal #8 Due Homework #12 |
| 16 | Thur 6/30 | | | Test #3 (Ch. 9-12) |
| 17 | Mon 7/4 | 13 | Resilience and Stress | Technique Pres. Due Homework #13 |
| 18 | Tues 7/5 | 14 | Optimal Functioning | Journal #9 Due Homework #14 |
| 19 | Wed 7/6 | 15 | Making Changes Last | Volunteer Event Due Homework #15 |
| 20 | Thur 7/7 | | Review team presentations Final Exam (Ch. 13-15 & team presentation questions) | Journal #10 Due |

Please note that this schedule is tentative and is subject to change. Also, this is NOT all-inclusive (i.e., Homework/Participation). Other assignments will be given throughout the semester.

ALL STUDENTS ENROLLED AT THE UNIVERSITY SHALL FOLLOW THE TENETS OF COMMON DECENCY AND ACCEPTABLE BEHAVIOR CONDUCIVE TO A POSITIVE LEARNING ENVIRONMENT. (SEE STUDENT'S GUIDE BOOK.)

STUDENTS REQUESTING ACCOMMODATIONS FOR DISABILITIES MUST GO THROUGH THE ACADEMIC SUPPORT COMMITTEE. FOR MORE INFORMATION, PLEASE CONTACT THE DIRECTOR OF DISABILITY RESOURCES AND SERVICES, GEE LIBRARY, ROOM 132, (903) 886-5835.