

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

COURSE TITLE:	HHPH 472: Stress Management
COURSE VALUE:	Three (3) credit hours
LOCATION/TIME:	online
PROFESSOR:	Quynh Dao Dang, PhD
OFFICE:	NHS 138
OFFICE HOURS:	by appointment only during summer
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, 6/8 @ noon

Post your favorite funny movie or TV clip (youtube link works best) or funny joke/story to share (please no profanity) under assigned discussion board. Please limit your submission to no more than 4 minutes. This grade also includes voting for your favorite under discussions by Thursday, 6/11 @ noon.

C. Volunteer Event (5%): Due Wednesday, 7/1 @ 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: <http://www.volnow.org/> or <https://www.volunteermatch.org/>. 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. Minimum of 500 words.

D. Physical Activity (5%): Due Monday, 6/22 @ 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. Minimum of 500 words.

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). Minimum of 500 words.

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, 6/29 @ 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 (what is technique/define process in detail; who is target market; when is it done such as night or alone; where can it be done, why choose this, how this can actually cause stress thus not for everybody) under assigned discussion board. To receive full credit for this assignment, you must also comment on one other team’s presentation in discussions by 7/1 @ 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, 6/11 @ 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:

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:

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 2020

DAY	DATE	CHAPTERS to review	Topics to Cover	Assignments Due @ noon of specified date
1	Mon 6/1		Course Introduction	
2	Tues 6/2	1	The Meaning of Stress	Journal #1 Due
3	Wed 6/3	2	The Body's Reaction to Stress	Homework #1 & 2
4	Thur 6/4	3	Sources of Stress Across the Lifespan	Journal #2 Due Homework #3
5	Mon 6/8	4	Adaptive and Maladaptive Behavior	Laughter project Due Homework #4
6	Tues 6/9			Test #1 (Ch. 1-4)
7	Wed 6/10	5	Individual and Cultural Differences	Journal #3 Due Homework #5
8	Thur 6/11	6	Challenging Stressful Thinking	Article Report Due Homework #6
9	Mon 6/15	7	Problem Solving and Time Management	Journal #4 Due Homework #7
10	Tues 6/16	8	Psychological and Spiritual Relaxation Methods	Journal #5 Due Homework #8
11	Wed 6/17			Test #2 (Ch. 5-8)
12	Thur 6/18	9	Physical Methods of Stress Reduction	Journal #6 Due Homework #9
13	Mon 6/22	10	Preparing for the Future	Physical Activity Due Homework #10
14	Tues 6/23	11	Care of the Self: Nutrition and Other Lifestyle Issues	Journal #7 Due Homework #11
15	Wed 6/24	12	Stress and Conflict in Relationships	Journal #8 Due Homework #12
16	Thur 6/25			Test #3 (Ch. 9-12)
17	Mon 6/29	13	Resilience and Stress	Technique Pres. Due Homework #13
18	Tues 6/30	14	Optimal Functioning	Journal #9 Due Homework #14
19	Wed 7/1	15	Making Changes Last Review team presentations	Volunteer Event Due Homework #15
20	Thurs 7/2		Final Exam (Ch. 13-15 & team presentation questions)	Journal #10 Due

Students with Disabilities-- ADA Statement

The Americans with Disabilities Act (ADA) is a federal anti-discrimination statute that provides comprehensive civil rights protection for persons with disabilities. Among other things, this legislation requires that all students with disabilities be guaranteed a learning environment that provides for reasonable accommodation of their disabilities. If you have a disability requiring an accommodation, please contact:

Office of Student Disability Resources and Services of Texas A&M University-Commerce

Gee Library- Room 162

Phone (903) 886-5150 or (903) 886-5835 or Fax (903) 468-8148

Email: studentdisabilityservices@tamuc.edu

Website: <http://www.tamuc.edu/campusLife/campusServices/studentDisabilityResourcesAndServices/>