



Health and Human Performance

A&M-COMMERCE

HHPH 472: STRESS MANAGEMENT COURSE SYLLABUS: SPRING 2024

Instructor: Rachel Aumann, MSW, MPH

Office Location: NHS 144

Office Hours: T/Th 12:30-3:30 pm or by appointment

University Email Address: Rachel.Aumann@tamuc.edu (best contact method)

COURSE INFORMATION

Required Text: Kottler, J. & Chen, D. (2017). Stress Management and Prevention. Belmont, CA. Routledge Publishers. ISBN: 113890628X

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 be discussed. The course will also cover how chronic stress is a pathway to disease and also how the social determinants of health interact with stress to create health disparities across populations.

Student Learning Outcomes

Upon completion of this course, students should 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. Define risk factors and protective factors.
6. Recognize individual and cultural differences.
7. Describe how chronic stress leads to health inequities.
8. Challenge Stressful thinking.
9. Learn strategies for problem solving and time management.
10. Discover psychological and spiritual relaxation methods.
11. Participate in physical methods of stress reduction.
12. Prepare for the future by handling college and occupational stress.
13. Care of self through nutrition and other lifestyle issues.
14. Understand stress and conflict in relationships.
15. Increase your resilience to stress.
16. Enhance your optimal functioning.
17. Make changes last.

Grading:

Module Assignments	300
Discussions	100
Exam 1	150
Exam 2	150
Final Project	300

Grade Scale:

A = 90 - 100
B = 80 - 89.9
C = 70 - 79.9
D = 60 – 69.9
F = 59.9 or below

Course Requirements:

- A. **Module Assignments (30%):** There will be ten (10) module assignments. These assignments will be related to the text or additional material presented by the instructor (podcasts, videos, panel discussions, etc.). Most assignments will be in the format of reflection, which means there are no incorrect responses. Full credit will be given to thoughtful and thorough responses.

B. **Discussions (10%):**

Five (5) discussion prompts will be given throughout the course. Students will need to **write an original statement** related to the week's material and **respond to at least 1 of their classmates' posts**. In addition, please proof read posts for grammar, spelling and punctuation. Responses should go beyond "Yes, I agree" or "No. I disagree". Use terms and topics from the material to show comprehension.

There will be either a discussion OR a module assignment each week.

C. **Tests (30%):**

Two (2) tests will be given to determine student progress. Tests will consist of objective questions (True/false and multiple choice) and application questions (written responses) Each exam is worth 15%.

****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.***

D. **Final Project (30%)**

There will be a 2-part final project consisting of a written portion and video presentation portion. Each component is worth 150 points, or 15% of the final grade. **Please see D2L for more details.**

TECHNOLOGY REQUIREMENTS

Browser support

D2L is committed to performing key application testing when new browser versions are released. New and updated functionality is also tested against the latest version of supported browsers. However, due to the frequency of some browser releases, D2L cannot guarantee that each browser version will perform as expected. If you encounter any issues with any of the browser versions listed in the tables below, contact D2L Support, who will determine the best course of action for resolution. Reported issues are prioritized by supported browsers and then maintenance browsers.

Supported browsers are the latest or most recent browser versions that are tested against new versions of D2L products. Customers can report problems and receive support for issues. For an optimal experience, D2L recommends using supported browsers with D2L products.

Maintenance browsers are older browser versions that are not tested extensively against new versions of D2L products. Customers can still report problems and receive support for critical issues; however, D2L does not guarantee all issues will be addressed. A maintenance browser becomes officially unsupported after one year.

Note the following:

- Ensure that your browser has JavaScript and Cookies enabled.
- For desktop systems, you must have Adobe Flash Player 10.1 or greater.
- The Brightspace Support features are now optimized for production environments when using the Google Chrome browser, Apple Safari browser, Microsoft Edge browser, Microsoft Internet Explorer browser, and Mozilla Firefox browsers.

Desktop Support

Browser	Supported Browser Version(s)	Maintenance Browser Version(s)
Microsoft® Edge	Latest	N/A
Microsoft® Internet Explorer®	N/A	11
Mozilla® Firefox®	Latest, ESR	N/A
Google® Chrome™	Latest	N/A
Apple® Safari®	Latest	N/A

Tablet and Mobile Support

Device	Operating System	Browser	Supported Browser Version(s)
Android™	Android 4.4+	Chrome	Latest
Apple	iOS®	Safari, Chrome	The current major version of iOS (the latest minor or point release of that major version) and the previous major version of iOS (the latest minor or point release of that major version). For example, as of June 7, 2017, D2L supports iOS 10.3.2 and iOS 9.3.5, but not iOS 10.2.1, 9.0.2, or any other version. Chrome: Latest version for the iOS browser.
Windows	Windows 10	Edge, Chrome, Firefox	Latest of all browsers, and Firefox ESR.

- You will need regular access to a computer with a broadband Internet connection. The minimum computer requirements are:
 - 512 MB of RAM, 1 GB or more preferred
 - Broadband connection required courses are heavily video intensive
 - Video display capable of high-color 16-bit display 1024 x 768 or higher resolution
- You must have a:
 - Sound card, which is usually integrated into your desktop or laptop computer
 - Speakers or headphones.
 - *For courses utilizing video-conferencing tools and/or an online proctoring solution, a webcam and microphone are required.
- Both versions of Java (32 bit and 64 bit) must be installed and up to date on your machine. At a minimum Java 7, update 51, is required to support the learning management system. The most current version of Java can be downloaded at: [JAVA web site](http://www.java.com/en/download/manual.jsp)
<http://www.java.com/en/download/manual.jsp>
- Current anti-virus software must be installed and kept up to date.

Running the browser check will ensure your internet browser is supported.

Pop-ups are allowed.

JavaScript is enabled.

Cookies are enabled.

- You will need some additional free software (plug-ins) for enhanced web browsing. Ensure that you download the free versions of the following software:
 - [Adobe Reader](https://get.adobe.com/reader/) <https://get.adobe.com/reader/>
 - [Adobe Flash Player](https://get.adobe.com/flashplayer/) (version 17 or later) <https://get.adobe.com/flashplayer/>
 - [Adobe Shockwave Player](https://get.adobe.com/shockwave/) <https://get.adobe.com/shockwave/>
 - [Apple Quick Time](http://www.apple.com/quicktime/download/) <http://www.apple.com/quicktime/download/>
- At a minimum, you must have Microsoft Office 2013, 2010, 2007 or Open Office. Microsoft Office is the standard office productivity software utilized by faculty, students, and staff. Microsoft Word is the standard word processing software, Microsoft Excel is the standard spreadsheet software, and Microsoft PowerPoint is the standard presentation software. Copying and pasting, along with attaching/uploading documents for assignment submission, will also be required. If you do not have Microsoft Office, you can check with the bookstore to see if they have any student copies.

ACCESS AND NAVIGATION

You will need your campus-wide ID (CWID) and password to log into the course. If you do not know your CWID or have forgotten your password, contact the Center for IT Excellence (CITE) at 903.468.6000 or helpdesk@tamuc.edu.

Note: Personal computer and internet connection problems do not excuse the requirement to complete all course work in a timely and satisfactory manner. Each student needs to have a backup method to deal with these inevitable problems. These methods might include the availability of a backup PC at home or work, the temporary use of a computer at a friend's home, the local library, office service companies, Starbucks, a TAMUC campus open computer lab, etc.

COMMUNICATION AND SUPPORT

Brightspace Support

Need Help?

Student Support

If you have any questions or are having difficulties with the course material, please contact your Instructor.

Technical Support

If you are having technical difficulty with any part of Brightspace, contact Brightspace Technical Support at 1-877-325-7778 or click **Live Chat** or click on the words “[click here](#)” to submit an issue via



please on the email.

System Maintenance

D2L runs monthly updates during the last week of the month, usually on Wednesday. The system should remain up during this time unless otherwise specified in an announcement. You may experience minimal impacts to performance and/or look and feel of the environment.

Interaction with Instructor Statement

I will return your grades within one week of assignment submission in most circumstances. Please email me if you have a question or are unable to view your grades at tara.tietjen-smith@tamuc.edu

COURSE AND UNIVERSITY PROCEDURES/POLICIES

Course Specific Procedures/Policies

Late Assignments

No late assignments will be accepted unless there are extreme circumstances that has prevented you from meeting the deadline. There is a full week to complete the work for each module and NO work assignment during Spring Break. You need to plan accordingly.

Syllabus Change Policy

The syllabus is a guide. Circumstances and events, such as student progress, may make it necessary for the instructor to modify the syllabus during the semester. Any changes made to the syllabus will be announced in advance.

University Specific Procedures

Student Conduct

All students enrolled at the University shall follow the tenets of common decency and acceptable behavior conducive to a positive learning environment. The Code of Student Conduct is described in detail in the [Student Guidebook](#).

<http://www.tamuc.edu/Admissions/oneStopShop/undergraduateAdmissions/studentGuidebook.aspx>

Students should also consult the Rules of Netiquette for more information regarding how to interact with students in an online forum: [Netiquette](#)

<http://www.albion.com/netiquette/corerules.html>

TAMUC Attendance

For more information about the attendance policy please visit the [Attendance](#) webpage and [Procedure 13.99.99.R0.01](#).

<http://www.tamuc.edu/admissions/registrar/generalInformation/attendance.aspx>

<http://www.tamuc.edu/aboutUs/policiesProceduresStandardsStatements/rulesProcedures/13students/academic/13.99.99.R0.01.pdf>

Academic Integrity

Students at Texas A&M University-Commerce are expected to maintain high standards of integrity and honesty in all of their scholastic work. For more details and the definition of academic dishonesty see the following procedures:

[Undergraduate Academic Dishonesty 13.99.99.R0.03](#)

<http://www.tamuc.edu/aboutUs/policiesProceduresStandardsStatements/rulesProcedures/13students/undergraduates/13.99.99.R0.03UndergraduateAcademicDishonesty.pdf>

[Graduate Student Academic Dishonesty 13.99.99.R0.10](#)

<http://www.tamuc.edu/aboutUs/policiesProceduresStandardsStatements/rulesProcedures/13students/graduate/13.99.99.R0.10GraduateStudentAcademicDishonesty.pdf>

ADA Statement

Students with Disabilities

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

Texas A&M University-Commerce

Gee Library- Room 162

Phone (903) 886-5150 or (903) 886-5835

Fax (903) 468-8148

Email: studentdisabilityservices@tamuc.edu

Website: [Office of Student Disability Resources and Services](#)

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

Nondiscrimination Notice

Texas A&M University-Commerce will comply in the classroom, and in online courses, with all federal and state laws prohibiting discrimination and related retaliation on the basis of race, color, religion, sex, national origin, disability, age, genetic information or veteran status. Further, an environment free from discrimination on the basis of sexual orientation, gender identity, or gender expression will be maintained.

Campus Concealed Carry Statement

Texas Senate Bill - 11 (Government Code 411.2031, et al.) authorizes the carrying of a concealed handgun in Texas A&M University-Commerce buildings only by persons who have been issued and are in possession of a Texas License to Carry a Handgun. Qualified law enforcement officers or those who are otherwise authorized to carry a concealed handgun in the State of Texas are also permitted to do so. Pursuant to Penal Code (PC) 46.035 and A&M-

Commerce Rule 34.06.02.R1, license holders may not carry a concealed handgun in restricted locations.

For a list of locations, please refer to the [Carrying Concealed Handguns On Campus](#) document and/or consult your event organizer.

Web url:

<http://www.tamuc.edu/aboutUs/policiesProceduresStandardsStatements/rulesProcedures/34SafetyOfEmployeesAndStudents/34.06.02.R1.pdf>

Pursuant to PC 46.035, the open carrying of handguns is prohibited on all A&M-Commerce campuses. Report violations to the University Police Department at 903-886-5868 or 9-1-1.

Class Schedule
subject to change

HHPH 372 Planned Spring 2024 Schedule		
Module	Topic	Assignments (Due: Sundays @ 11:59 pm)
1 1/19-1/14	Syllabus Ch. 1: The Meaning of Stress	Discussion 1-Introduction (1/14) Syllabus Quiz-Extra Credit
2 1/15-1/21	Ch. 2 The Body's Reaction to Stress	Assignment # 1
3 1/22-1/28	Ch. 3: Sources of Stress across the Lifespan	Assignment # 2
4 1/29-2/4	Ch. 4: Adaptive & Maladaptive Behavior	Assignment # 3
5 2/5-2/11	Ch. 5: Individual & Cultural Differences	Discussion 2
6 2/12-2/18	Ch. 6: Challenging Stressful Thinking	Assignment # 4
7 2/19-2/25	Ch. 7: Problem Solving & Time Management	Assignment # 5
8 2/26-3/3	Ch. 8 Psychological & Spiritual Relaxation Methods	Exam # 1 (3/3) Ch. 1-7 Discussion 3

Class Schedule
subject to change

HHPH 372 Planned Spring 2024 Schedule		
Module	Topic	Assignments (Due: Sundays # 11:59 pm)
9 3/4-3/10	Ch. 9: Physical Methods	Assignment # 6
10 3/18-3/24	Ch. 10: Prep for the Future	Assignment # 7
11 3/25-3/31	Ch. 11: Care of the Self	Discussion 4
12 4/1-4/7	Ch.12: Conflict in Relationships	Assignment # 8
13 4/8-4/14	Ch.13: Resilience	Assignment # 9
14 4/15-4/21	Ch.14: Lasting Change	Assignment # 10 Exam 2 (4/21) – Ch. 8-14
15 4/22-4/28	Final Project- Video Presentations (Part 2)	Project Showcase!!! You will view each other's video presentations
Week of Apr 29	Final Project-Write Up	Discussion 5-Review of peer projects Submit Final Project Write-Up (Part 1)*

***Final project write-up is due Sunday, May 5th @ 11:59 pm**