

San José State University
Department of Kinesiology
KIN/HS 169, Diversity, Stress, and Health, Section 7, Fall 2018

Instructor:	Alissa Shaw, MLA
Office Location:	HB 115
Email:	alissa.shaw@sjsu.edu
Office Hours:	Monday 10:30am-11:30am and by appointment
Class Days/Time:	MW 3:00pm-4:15pm
Classroom:	YUH 236
Prerequisites:	Passage of the Writing Skills Test (WST) or ENGL/LLD 100A with a C or better (C- not accepted). Upper division standing (60 units) and Completion of Core General Education. 100W is strongly recommended as a prerequisite or co-requisite to all Self, Society, and Equality in the U.S. courses.
GE/SJSU Studies Category:	Area S - Self, Society, & Equality in the U.S.

Students are strongly encouraged to satisfy GE Areas R, S, and V with courses from departments other than the major department. Completion of, or co-registration in, a 100W course is strongly recommended. A minimum aggregate GPA of 2.0 in GE Areas R, S, & V shall be required of all students (University Policy S12-9).

Faculty Web Page and MYSJSU Messaging

All course materials can be found on the Canvas Learning Management System, which can be accessed at <http://www.sjsu.instructure.com>. You are responsible for regularly checking Canvas and the messaging system through MySJSU.

Course Description

This course will cover the impact of structured inequalities on stress and health of diverse populations. This will include analysis of physiological/psychosocial health factors related to diversity, as well as behavioral interventions and social actions that mediate stress and optimize health and social justice.

Course Goals and Student Learning Outcomes

Premise

Diverse racial and cultural groups that encounter prejudice and structured inequalities experience a form of social injustice that results in triple jeopardy. First, their experiences with prejudice, discrimination, and structured inequalities often result in unequal access to, and ownership of, various resources (e.g., social support, health care, employment and educational opportunities, financial and corporate advancement opportunities). Second, their experiences of inequality are invariably associated with chronic psychosocial and environmental stressors (e.g., social alienation, language barriers, cultural conflicts, violent neighborhoods, exposure to chemical hazards, overcrowded housing) that are often disruptive to a person's lifestyle and productivity in the work environment. Third, the chronic stressors experienced by racial and cultural groups often result in health-related disorders and/or illnesses.

Goals

Students will study the interrelationship of individuals, racial/ethnic, and cultural groups to understand and appreciate issues of diversity, equality, and structured inequalities in the U.S., its institutions, and its culture within the context of stress and health. How one's identity, behavior, and health are shaped by cultural and social influences in the contexts of equality and inequality will be addressed throughout the course. From both a theoretical and experiential perspective, students will study behavioral interventions, social actions, and positive interactions that: (a) diminish or eliminate inequalities and related stressors; and (b) promote health and social justice. Through cooperative and interactive exercises, students will develop ideas for new legislation and social actions that promote equality and social justice. Processes (historical, social, economic, and political) that lead to either greater equality or structured inequality will also be analyzed.

Particular attention will be given to examining inequalities that have been interwoven into the fabric of various social institutions (e.g., health care systems, educational institutions, advertising/media agencies, financial and legal systems, business corporations, sport organizations and franchises, religious denominations, government/military institutions) within the context of stress and health.

General Education Learning Outcomes (GELOs) for Area S

Upon successful completion of this course, students will be able to:

GELO 1: describe how identities (religious, gender, ethnic, racial, class, sexual orientation, disability, and/or age) are shaped by cultural and societal influences in contexts of equality and inequality

- **Assessment: *Personal Health and Identity Paper***

GELO 2: describe historical, social, political, and economic processes producing diversity, equality, and structured inequalities in the United States

- **Assessment: *Research Paper***

GELO 3: describe social actions that have led to greater equality and social justice in the U.S. (i.e., religious, gender, ethnic, racial, class, sexual orientation, disability, and/or age)

- **Assessment: *Research Paper***

GELO 4: recognize and appreciate constructive interactions between people from different cultural, racial, and ethnic groups in the U.S.

- ***Assessment: Personal Health and Identity Paper***

Course-Specific Learning Outcomes (CLOs)

Upon successful completion of the course, students will be able to:

CLO 1: recognize and describe structured inequalities, and related psychosocial and environmental stressors and health risks prevalent in racial, ethnic, and cultural groups.

CLO 2: describe physiological, psychological, and immune responses to chronic stressors experienced by racial and cultural groups which lead to increased health risks.

CLO 3: describe how stereotyping, prejudice, and structured inequalities shape the identity, behavior, and health of racial and cultural groups.

CLO 4: describe and apply behavioral and cognitive interventions that reduce/eliminate structured inequalities and prejudice, as well as mediate stress and promote optimal health.

CLO 5: describe social actions and positive interactions that have been successful in diminishing/eliminating inequalities for racial and cultural groups, as well as construct new paradigms for reducing structured inequalities and related stressors.

Course Content

- Structured inequities and related psychosocial stressors and health consequences for racial and cultural groups
- Chronic stress: Physiological consequences
- The role of perception on stress and prejudice
- Racial, ethnic, and cultural groups: Inequities and related stressors
- Identity, behavior, and health of racial and cultural groups: Societal and cultural influences in the contexts of equality and inequality

- Historical, social, economic, and political processes that lead to greater equality or structured inequality in the U.S.
- Social actions, constructive interactions, and new models promoting equality
- Laboratory assignments: Developing internal & social resources

Required Texts/Readings

KIN 169 custom textbook available only in the bookstore.

Other reading assignments will be posted to Canvas.

Course Requirements and Assignments

Writing Assignments

Students will complete both in-class and out-of-class writing.

In-Class Writing: 2 pages (minimum)

Personal Inequality Assignment: 4-6 pages

Research Paper: 5-7 pages

Personal Health and Identity Paper

In this paper students will explore the connection between their social identity and health. Students will select two parts of their identity (choosing from gender, ethnicity, socioeconomic status, sexuality, disability, age, and/or religion) and discuss two specific health risks supported by research that are associated with the chosen aspects of their identity. Students will write a 4-6 page paper addressing the following components: (a) critical discussion of the cultural and societal influences, including instances of inequality and interactions with other sociocultural groups, that have shaped the student's identities; (b) detailed description of specific health risks associated with the chosen identities; (c) discussion of the historical, social, political, and/or biological contexts that contribute to the associated health risks; (d) discussion of personal and social interventions, including constructive interactions between social groups, that could be taken to prevent or treat the associated health risks. This paper will satisfy GELO 1, which states that students should be able to describe how identities are shaped by cultural and societal influences in contexts of equality and inequality, and GELO 4, which states that students should be able recognize and appreciate constructive interactions between people from different cultural, racial, and ethnic groups in the U.S.

The paper (4-6 pages, double spaced) should ***integrate and synthesize information from at least three (3) academic, peer-reviewed journals*** that relate to one or more components that are addressed in the assignment (e.g., social or cultural context of social identity, appropriateness of chosen intervention, personal/social actions or strategies for diminishing the health risks). Reference citations must be in the format and style recommended by the American Psychological Association (APA) manual unless otherwise specified by the course instructor. Papers will be evaluated on the following criteria: (a) content and organization, including synthesis of primary references; (b) adherence to the assignment guidelines;

Research Paper

Students will synthesize current research related to structured inequalities experienced by a particular diverse group in the U.S. Students will also describe stressors and health consequences related to the inequalities identified. The group selected should represent one or more of the following characteristics: race, ethnicity, gender, religion, disability, sexual orientation, socioeconomic status, age. Students will discuss important research findings and the implications of these findings in a review paper (5-7 pages, double-spaced), *citing a minimum of five (5) academic, peer-reviewed journals*. Papers should include a synopsis, analysis, and application of current research as reported in the literature. In addition, papers should address the impact of inequities/stressors from a physiological, psychological, or emotional perspective. Social actions and behavioral interventions for reducing/eliminating inequities and related stressors and health consequences must also be addressed. Evaluation criteria include the following: (a) identification of ethnic/cultural group and structured inequalities associated with selected group; (b) political, historical, economic, and/or social processes that have produced diversity, equality and/or structured inequality; (c) related stressors and health consequences; and (4) constructive individual/social action(s) that have led to greater equality and social justice. Evaluation criteria include the following: (a) synthesis, critical analysis and application of the literature; (b) adherence to the assignment guidelines; (c) citations, references, and format; (d) syntax, grammar, and spelling; and (e) originality and creativity.

Participation

Participation includes in-class writing, discussion postings, quizzes, contributions to class discussions, and laboratory activities.

In-Class Writing (minimum of 2 pages)

Students will use introspection, problem solving, and critical thinking techniques for in-class writing assignments by: (a) addressing stressors and risk behaviors unique to diverse populations,

(b) identifying innovative ideas or models for eliminating inequalities, (c) identifying health-promoting behaviors and programs for specific diverse populations, and (d) identifying social and cultural influences that have played a role in shaping students' perceptions of people and events in their environment. Students will be evaluated on the following criteria: (a) ability to write in a clear, coherent, and concise manner including proper grammar and syntax; (b) ability to critically analyze and synthesize material from class lectures; and (c) ability to generate and express alternative ideas for health promotion and equality.

Contributions to Class Discussions and Laboratory Activities

Students are required to actively participate in laboratory exercises by analyzing and applying behavioral, social, and cognitive interventions for the purpose of diminishing structured inequalities, as well as related psychosocial/environmental stressors and health consequences. Laboratory and interactive assignments are designed primarily to increase students' internal resources and, secondarily, to increase awareness of available social resources. Activities will include problem solving and cooperative learning exercises for managing prejudice and structured inequalities, critical thinking assignments involving the creation of new social action models for reducing/eliminating inequalities and related psychosocial and environmental stressors, and behavioral and cognitive interventions for mediating stress and health risks associated with prejudice, discrimination and structured inequalities. Some laboratory assignments will also include reflective exercises to determine the effectiveness of the interventions and the degree to which individual resources have been enhanced.

Examinations

Faculty members are required to have a culminating activity for their courses, which can include a final examination, a final research paper or project, a final creative work or performance, a final portfolio of work, or other appropriate assignment.

A multiple choice-based midterm and final examination will be administered during the semester.

Grading Model

Personal Health and Identity Paper	20%
Research Paper	20%
Participation (Labs, Worksheets, Discussion handouts)	20%
Midterm Examination	20%
Final Examination	20%

Grade	Percentage
A plus	97 to 100%
A	93 to 96%
A minus	90 to 92%
B plus	88 to 89%
B	83 to 87%
B minus	80 to 82%
C plus	78 to 79%
C	73 to 77%
C minus	70 to 72%
D plus	68 to 69%
D	66 to 67%

D minus	65%
F	Less than 65%

- SJSU classes are designed such that in order to be successful, it is expected that students will spend a minimum of forty-five hours for each unit of credit (normally three hours per unit per week), including preparing for class, participating in course activities, completing assignments, and so on. More details about student workload can be found in [University Policy S12-3](http://www.sjsu.edu/senate/docs/S12-3.pdf) at <http://www.sjsu.edu/senate/docs/S12-3.pdf>.
- Note that [University policy F69-24](http://www.sjsu.edu/senate/docs/F69-24.pdf) at <http://www.sjsu.edu/senate/docs/F69-24.pdf> states that “Students should attend all meetings of their classes, not only because they are responsible for material discussed therein, but because active participation is frequently essential to insure maximum benefit for all members of the class. Attendance per se shall not be used as a criterion for grading.”
- Note that “All students have the right, within a reasonable time, to know their academic scores, to review their grade-dependent work, and to be provided with explanations for the determination of their course grades.” See [University Policy F13-1](http://www.sjsu.edu/senate/docs/F13-1.pdf) at <http://www.sjsu.edu/senate/docs/F13-1.pdf> for more details.

Classroom Protocol & Policies

- **Communication with Instructor.** E-mail is the best way to reach me and please be advised that it will take 24-48 hours for me to respond to your e-mail. I usually check e-mail in the early morning, and may not check it on the weekends. This means that you may send an e-mail on Thursday and might not get a response until Monday. If you have an emergency situation, label your e-mail accordingly and I will respond. **Assignment instructions, due dates, and items covered in the syllabus are not classified as emergencies.** Please review the syllabus, note the due dates, and plan accordingly, to avoid last minute issues.
- I respond to, and appreciate, emails and written correspondence that are professional. This includes addressing me as Professor or Ms. Shaw, the use of proper grammar and spelling, subject lines that succinctly state the purpose of the email, including your first and last name along with the class and section of the course you’re in, and that you’ve referred to the syllabus before emailing to ensure the information you’re seeking is not already available. If you have questions on how to compose a professional email, please see this link: http://www.smu.ca/webfiles/Email_Netiquette.pdf
- Course material developed by the instructor is the intellectual property of the instructor and cannot be shared publicly without his/her approval. You may not publicly share or upload instructor generated material for this course such as filming during class, exam questions, lecture notes, or homework solutions without instructor consent.
- Students are expected to be courteous during class. Any student engaging in disruptive behavior may be asked to leave. Please turn off all cell phones, pagers, laptops, PDAs or other electronic devices. The use of anything that beeps or vibrates during class is disruptive and will not be tolerated. Using a device, even silently, such as texting or websurfing, is distracting, and students who engage in these actions may be asked to leave. Further disruption may be cause for the student’s behavior being reported to the SJSU Office of Student Conduct and Ethical Development.
- All materials must be typed with text and references in APA format.
- Assignments are due *at the beginning of class to Canvas* on the assigned date unless

otherwise noted. Late papers will be penalized one full grade (e.g., A- → B-) each day they are late. Late papers must be submitted to the late papers drop box in Canvas for partial credit.

- There are NO make-ups for in-class labs or activities, with the exception of officially sanctioned University activities or serious and compelling personal circumstances. So, it will be important to regularly attend class.
- Only under extreme circumstances will an “incomplete” grade be earned, and use of the “incomplete” grade will be consistent with SJSU policies.
- Students are responsible for checking the course homepage daily for various websites and other information (e.g. quiz/exam hints, current events) related to the course.
- If a student has a verifiable instructor approved absence (jury duty, medical situation, accident) or other extenuating circumstance, the student must inform the instructor immediately, preferably PRIOR to the absence, to see *if* an alternate date can be arranged for a major assignment or exam. Personal medical emergencies with verifiable proof *will be* considered by instructor. Clear and detailed physician’s note with ‘wet’ signature is required. Funerals for family members must be verified by printed funeral announcements/program from service.

Library Liaison

Adriana Poo is the library liaison for the KIN department. You can reach her at 408-808-2019 or Adriana.poo@sjsu.edu.

University Policies

Per University Policy S16-9, university-wide policy information relevant to all courses, such as academic integrity, accommodations, etc. will be available on Office of Graduate and Undergraduate Programs' [Syllabus Information web page](http://www.sjsu.edu/gup/syllabusinfo/) at <http://www.sjsu.edu/gup/syllabusinfo/>

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Fall 2018 Course Schedule

(Subject to change with as much advance notice as possible from the instructor)

<u>Date</u>	<u>Topic</u>	<u>Reading Assignments</u>	<u>Due</u>
08/22	Course Introduction		
08/27	How do you know something?	Watch Crash Course Philosophy #8 (on Canvas)	Personal Summary on Canvas 3:00pm
08/29	History of Stress Research/Defining Stress		
09/03	NO CLASS LABOR DAY		
09/05	Physiology of Stress		
09/10	Physiology of Stress & Diaphragmatic Breathing		Stress Assessment Due on Canvas 3:00pm
09/12	Stress Management Lab		
09/17	Stress Management Lab		Stress Lab due hard copy 3:00pm (1st group)
09/19			
09/24	Film: "Stress: Portrait of a Killer" & Discussion		Stress Lab due hard copy 3:00pm (2nd group)

09/26	Introduction to group dynamics & diversity (Tribe Exercise)		
10/1	Why do health disparities persist?: Social Advantages & Disadvantages		Tribe Exercise reflection due on Canvas 3:00pm
10/3	Why do health disparities persist?: Social determinants of Health		
10/8	Health Disparity Workshop	Text Ch. 5; 4 CDC articles on Health Disparities on Canvas	
10/10	Why do health disparities persist?: Deficit Discourses; Film: <i>Bad Sugar</i>		Health disparity worksheet due on Canvas 3:00pm
10/15	Films: <i>Becoming American</i> & <i>When the Bough Breaks</i> (tentative)		
10/17	Midterm Exam Review (tentative) <i>Becoming American</i> & <i>When the Bough Breaks</i> (tentative)		PERSONAL INEQUALITY PAPER DUE TO CANVAS 3:00PM
10/22	MIDTERM EXAM	Bring T&E 200 Scantron	
10/24	Diverse Identities: Gender	Rose Text Ch. 10; Phillips (2005); Doyal (2000)	
10/29	Continue Gender discussion & Film: <i>"Killing Us Softly 4"</i>		
10/31	Media Influences Lab	Bruce (2015)	Turn in hard copy Lab for Participation Credit
11/5	Final Paper Workshop (DO NOT MISS)	Rose Text Ch. 13-15	
11/7	Film: <i>"Tough Guise 2"</i> & Discussion		Advertisement Critique Due on Canvas 3:00pm

11/12	NO CLASS MEETING: VETERAN'S DAY		
11/14	Diverse Identities: Sexual Orientation		
11/19	Diverse Identities: Race/Ethnicity	Smedley & Smedley (2005); Williams (2012)	
11/21	NON- INSTRUCTIONAL DAY		
11/26	Extra school days???		
11/28	Extra school days???		
12/3	Extra school days???		
12/5	Extra school days???		
12/10	LAST DAY OF INSTRUCTION		
12/14	FINAL EXAM	Friday, December 14 12:15 – 2:30 PM	

