

San José State University
CHaHS/Department of Kinesiology
KIN 69, Stress Management: A Multidisciplinary Perspective
Section 08, Fall 2018

Course and Contact Information

Instructor:	Michelle Ruban, M.A.
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Office Hours:	By appointment – please email me
Class Days/Time:	Monday & Wednesday 6:00pm-7:15pm
Classroom:	YUH 236
GE Category:	Area E, Human Understanding and Development

Course Format

Canvas and MYSJSU Messaging

Course materials such as syllabus, handouts, notes, assignment instructions, etc. can be found on [Canvas Learning Management System course login website](http://sjsu.instructure.com) at <http://sjsu.instructure.com>. You are responsible for regularly checking with the messaging system through [Canvas](http://my.sjsu.edu) and/or [MySJSU](http://my.sjsu.edu) at <http://my.sjsu.edu> to learn of any updates.

Course Description

The stress process and its relation to health, disease, lifestyle, and the sociocultural environment. Physiological, psychological, sociological, and environmental parameters of stress across the lifespan, emphasizing university resources and stress management strategies to enhance academic, personal, and social development.

Course Goal

The primary goal of this course is to enhance the student's ability to understand and effectively manage stress through:

- an understanding of the psychological, physiological, and social/cultural aspects of stress.
- the incorporation of stress management techniques into one's lifestyle, with particular emphasis on identifying and utilizing available university resources to support academic, personal, and social development, and reduce stress associated with the transition to a university environment.
- an understanding of the stress process and its relation to health and disease.

GE Learning Outcomes (GELOs)

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

- GELO 1. recognize the physiological, social/cultural, and psychological influences on their well-being (demonstrated by the Stress Log assignment);
- GELO 2. recognize the interrelation of the physiological, social/cultural, and psychological factors on their development across the lifespan (demonstrated by A Lifetime of Stress Assignment and Occupational Stress or Mini Review Paper assignment);
- GELO 3. use appropriate social skills to enhance learning and develop positive interpersonal relationships with diverse groups and individuals (demonstrated by the University Resources assignment); and
- GELO 4. recognize themselves as individuals undergoing a particular stage of human development, how their well-being is affected by the university's academic and social systems, and how they can facilitate their development within the university environment (demonstrated by the University Resources assignment).

Course Learning Outcomes (CLOs)

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

- CLO 1. identify stressors experienced throughout the life span, with particular emphasis on stressors experienced by college students.
- CLO 2. analyze psychological, social/cultural, and environmental influences on one's experience of stress, and their impact on health and well-being.
- CLO 3. describe the physiological stress response and its relationship to health, disease, quality of life, and well-being.
- CLO 4. analyze and understand the dynamics of stress and the ways in which stress management may enhance one's options and potential throughout the life span.
- CLO 5. develop competency in a variety of specific stress management techniques including behavioral and cognitive methodologies to reduce the negative impact of stress.
- CLO 6. identify and utilize available university resources to enhance academic, personal, and social development, and reduce stress that may be associated with the transition to a university environment.
- CLO 7. discuss stressors unique to diverse groups and gain personal understanding of behaviors and values of others by working throughout the semester with students from diverse backgrounds.

Required Textbook

Greenberg, J. S. (2017). *Comprehensive stress management* (14th ed.). Boston: McGraw-Hill.
ISBN: 9781259848247. (Available at Spartan Bookstore or online retailers)

Library Liaison

The kinesiology library liaison is Adriana Poo (Adriana.Poo@sjsu.edu), 408-808-2019

Course Requirements and Assignments

[University Policy S16-9](http://www.sjsu.edu/senate/docs/S16-9.pdf), Course Syllabi (<http://www.sjsu.edu/senate/docs/S16-9.pdf>) describes the expected time commitment for SJSJ courses: "Success in this course is based on the expectation that students will spend, for each unit of credit, a minimum of 45 hours over the length of the course (normally three hours per unit per week) for instruction, preparation/studying, or course related activities, including but not limited to

internships, labs, and clinical practica. Other course structures will have equivalent workload expectations as described in the syllabus.”

This course combines theory and experiential learning. Personal applications will be emphasized. Classes consist of lecture, large and small group discussions, multimedia presentations, and guided laboratory activities.

Evaluation, Grading, and Assessment Activities:

Participation in Classroom & Laboratory Activities (GELO 2; CLO 5).	20%.
Stress Log (GELO 1; CLO 1,2,3,4).	10%.
University Resources (GELO 3,4; CLO 6,7).	10%.
Occupational Stress or Mini-Review Paper. (GELO 2, CLO 2,3,4,5)	15%.
A Lifetime of Stress (GELO 2, CLO 1,3,4)	10%.
Midterm Examination	15%.
Final Examination or Evaluation.	20%.

Assignment of Grades:

100-97%. A +	96-93%. A	92-90%. A -
89-87%. B +	86-83%. B	82-80%. B -
79-77%. C +	76-73%. C	72-70%. C -
69-67%. D +	66-63%. D	62-60%. D -
	Below 60%. F	

Example.

Component.	% Earned.	%.	X.	Points Possible.		Points Earned.
Participation.	91%.	.91 .	X.	20.	=	18.2
Stress Log.	97%.	.97 .	X.	10.	=	9.7
University Resources.	88%.	.88 .	X.	10.	=	8.8
Occupational Stress or Mini-Review Paper.	80%.	.80 .	X.	15.	=	12
A Lifetime of Stress.	92%.	.92 .	X.	10.	=	9.2
Midterm.	78%.	.78 .	X.	15.	=	11.7
Final Exam.	85%.	.85 .	X.	20.	=	17
						86.6
						Grade: B plus.

Participation in Classroom and Laboratory Activities:

Examples of classroom activities include small and large group discussions, written responses to videotapes, and other in-class writing. Examples of laboratory activities include participation in interventions such as meditation, autogenic training, progressive muscle relaxation, diaphragmatic breathing, visualization/guided imagery, cognitive reappraisal, social engineering, creative problem solving, time management, systematic desensitization, biofeedback and self-regulation activities.

Active participation in all lecture and laboratory sessions is expected. This requires that EACH class member makes an INDIVIDUAL COMMITMENT to be an active participant in the teaching/learning process. Individual contributions and differing viewpoints will be appreciated and respected.

Excellent participation: Always reads assigned material before class. All self-assessments are completed before class and demonstrate the ability to apply course content to one's life. Student actively and appropriately contributes to, and participates in, class activities, including discussions and labs. Written work and class contributions demonstrate excellent thought and insight.

Above average participation: Assigned material is usually read before class. Self-assessments are completed with some application to one's life. Student usually contributes to class discussions. Written work and class contributions demonstrate thought and insight.

Average participation: Assigned material is sometimes read before class. Most self-assessments are completed with some application to one's life. Student occasionally contributes to class discussions. Written work and class contributions demonstrate some thought and insight.

Below average participation: Student attends class but is frequently unprepared (has not completed assigned readings or self-assessments). Rarely contributes to class discussions; demonstrates minimal thought and insight.

Out-of-Class Assignments:

All general education courses are required to assess students' written work including grammar, clarity, conciseness, and coherence. Out-of-class assignments are to be well written with correct grammar and spelling. Grades may be lowered on assignments that fail to meet these criteria.

All out-of-class assignments are due on the dates indicated, and should be typed, double-spaced, using normal typeface and margins (e.g., 12 point font, 1 inch margins). Assignments will be evaluated on the following criteria: (a) content, (b) organization, (c) analysis and critical thinking, (d) citing and use of appropriate references, when required, (e) syntax, grammar, and spelling. All assignments must be original work for this course. Any forms of plagiarism will be reported to the office of Student Conduct and Ethical Development. Assignments should reflect your best work, and must be uploaded to Canvas, in addition to submitting a hard copy at the beginning of class on the due date.

Deduction for late assignments (university resources, stress log, occupational stress or mini-review paper):

Due Date.	Received.	Deduction.
Monday.	After class Monday through Wednesday. Thursday through Friday. Saturday through the following Monday	Drop 1 grade step (e.g., A minus → B plus) Drop 2 grade steps (A minus → B) Drop 1 full grade (A minus → B minus)

Wednesday	After class Wednesday through Friday Saturday through the following Monday Tuesday through the following Wednesday	Drop 1 grade step (e.g., A minus → B plus) Drop 2 grade steps (A minus → B) Drop 1 full grade (A minus → B minus)
Students must speak with the instructor regarding assignments that are more than 1 week late.		

University Resources:

Working in groups, students will explore two campus resources that may reduce personal, academic, environmental, or social stressors, and facilitate academic life and student learning. (Resources will be assigned in class.) Groups will present the resources to the class and each student will turn in a description of the assigned resources, including how these resources can help students effectively manage stress and enhance academic life. The written paper (2 to 3 pages) should reflect on how the group worked together, each group member’s contribution to the project, and how conflicts, if any, were resolved.

Stress Log:

Students will record routine and unique stressors encountered during 1 week (7 days). For example, driving to school/work each morning through heavy rush hour traffic is routine, but getting a flat tire is (one hopes) unique. Next, record your psychological and emotional reactions to these stressors, how you responded physically to the stressors (physiological stress response), and how you coped with each stressor (use of interventions). After recording entries for 7 days, analyze your entries, identifying patterns of stressors, responses, and coping methods. Discuss the patterns you observe, and include methods that could have been employed to cope more effectively with the identified stressors, including use of appropriate university and community resources. A 2 to 3 page reflective summary of your log will be submitted.

A Lifetime of Stress:

Students will imagine themselves 10, 30, and 50 years from now. Students will individually submit written responses to questions regarding stressors during those three decades. In addition, they will compare the differences between physiological responses, social/cultural factors, intervention techniques, and buffers during those three decades. This written assignment will help students recognize the interrelation of physiological, social/cultural, and psychological factors on their development across the lifespan.

Occupational Stress or Mini-Review Paper:

For the occupational stress paper, students will investigate potential stressors likely to be encountered in their chosen careers by reviewing the literature and interviewing at least one person working in that career. A minimum of two professional journal articles that relate directly to the career must be used. If students are unable to locate articles directly relating to their careers, they may use, with instructor permission, professional journal articles that discuss occupational stress of a more general nature. Write a concise summary of the research, integrating information from the journal articles and the interview, including methods used by your interviewee to cope with stressors.

For the mini-review paper, students will review the literature on a pre-approved topic related to stress or stress management. For the review of literature, use a minimum of four professional journal articles. Write a concise summary of the research, integrating information from the journal articles.

Professional journal articles, or scholarly articles, have undergone a review process before publication. This means that the article has been reviewed by experts and typically revised prior to publication. The peer-review process helps to ensure that high quality articles are published. For this assignment, it is recommended that

you begin searching for articles using Academic Search Premier (one of the library's databases) and on the search menu, check the box to limit your search to peer-reviewed articles.

All references must be appropriately cited in the text, and a reference list must be included. For this assignment, a maximum of two sentences may be direct quotations. Papers will be 2-3 pages, not including reference list.

Examinations:

Make-up exams are permitted only for illness and emergency (truly extraordinary circumstances – proof/evidence may be required). The student is responsible for notifying the instructor and making arrangements at the earliest possible time. In most cases, the exam must be completed prior to the next class meeting. All requests for make-up exams will be evaluated on an individual basis.

The midterm exam will be written in class on the scheduled day (please refer to course calendar). It will cover material from both lecture and lab from the first half of the course. A **scantron 882e form** will be needed for the midterm exam. The exam will include multiple choice, true/false, matching, and short answer questions. The midterm exam will NOT be given early. The date of the midterm exam is subject to change with fair notice.

The final examination will be written in class on the scheduled final exam day (according to the final exam schedule as set forth by SJSU). The final exam will be cumulative. A **scantron 882e form** will be needed for the final exam. The exam will include multiple choice, true/false, matching, and short answer questions. The final exam will NOT be given early.

Classroom Protocol

All students should demonstrate respect for themselves, each other, and the instructor at all times. Intense discussions are encouraged, but never at the expense of respect and understanding. We may not agree with one another, but we do need to hear and respect one another.

A few words on cell phones, headphones, and laptops: Cell phones should be turned off during class. A vibrating cell phone is still an activated cell phone. Please remove all headphones or earpiece devices during class. Texting, e-mailing, or surfing on your cell phone or laptop are not appropriate classroom activities. They distract your attention, as well as the attention of those around you. Students who engage in these activities will be asked to leave the classroom and will lose participation credit for that day.

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/> Make sure to review these university policies and resources.

Aug. 31 is the last day to drop this class without a "W" being assigned. According to university policy, dropping the class after the drop deadline is permissible only for serious and compelling reasons, and requires written documentation. Unsatisfactory performance in course work is not a serious and compelling reason. The last day to add the class is **Sept. 10**. However, students who receive add codes should use them as soon as possible.

KIN 69 – Stress Management, Fall 2018 Proposed Schedule

***Subject to change with fair notice. Changes will be announced in class and/or posted on Canvas.

Week or Date.	Content.	Reading Assignments.	Written Assignments.
W - 8/22	Course introduction		
M - 8/27	What is stress?	Ch.1	
W - 8/29	Stress model, stressors, stress & university life Lab: Diaphragmatic breathing	Ch.4, Pg. 281	
W - 9/5	Psychophysiology of stress (neuroendocrine response, physiological pathways) Lab: Body scanning and breathing review	Ch.2, Pg. 281-282	
M - 9/10	Personality & stress. Lab: Progressive muscle relaxation	Ch.8	
W - 9/12	Stress and Disease Lab: Meditation.	Ch.3, Ch.10	
M - 9/17	Watch – Portrait of a Killer		
W - 9/19	Biofeedback	Pg. 267-281	
M - 9/24	University resources (personal, academic, financial, & social support services) presentations groups 1-5		Due: University resources presentations.
W - 9/26	University resources (personal, academic, financial, & social support services) presentations groups 6-10		
M - 10/1	Stress-related disorders (effects of chronic stress on the cardiovascular system & immune function)	Ch.3	
W - 10/3	Lab: Visualization/guided imagery.	Pg. 255-257	

M -10/8	Cognitive reappraisal, creative problem solving, social engineering.	Ch.5	Due: Monday 10/8 Stress log
W -10/10	Restorative Exercise	Ch.13	
M - 10/15	Social/cultural dimensions of stress, communication skills (active listening, conflict resolution, cross-cultural communication), styles of behavior (assertive, passive, aggressive), cultural influences on stress and coping styles.	Ch.15	Wednesday 10/17 Midterm Exam in class
W - 10/17	Midterm Exam		
M - 10/22	Occupational stress, burnout, characteristics of high level performers, time management.	Ch.16	
W - 10/24	Interventions: Intrapersonal Lab: Mindfulness	Ch.6, Pg. 288-290	
M - 10/29	Interventions: Interpersonal	Ch.7	Due: Monday 10/29 A Lifetime of Stress
W - 10/31	Anger, fear, anxiety disorders, systematic desensitization Lab: Progressive neuromuscular relaxation.	Pg. 188-198, 257	
M - 11/5	Lab: Autogenic training.	Ch.11	
W - 11/7	Physiological arousal interventions, physical activity, nutrition, changing stressful behaviors.	Ch.13	
M - 11/12	Stress across the lifespan, stress and gender.	Pg. 365-367	
W - 11/14	Biofeedback	Pg. 277	
M - 11/19	Philosophy & spirituality, coping with grief Lab: Art and the creative process.	Ch.9	Due: Monday 11/19 Occupational stress or mini-review paper.
W - 11/21	No Class! Thanksgiving Break		
M - 11/26	Alternative therapies	Ch.12	
W - 11/28	Perception intervention Spirituality, family, and gratitude	Pg. 402, Ch.17	

M - 12/3	Strategies for decreasing stressful behaviors Lab: visualization	Ch.14	
W - 12/6	Lab: Mindfulness and meditation revisited	Ch.10, Pg. 288-290	
M - 12/10	Humor therapy, Final Exam review.	Pg. 182, 205	
Date & Time.	Final Exam Wednesday December 12th 5:15pm-7:30pm in YUH 236		Wednesday 12/12 at 5:15pm Final Exam in class