

San José State University
Department of Kinesiology
KIN 69, Stress Management: A Multidisciplinary Perspective
Section #3, Fall 2017

Course and Contact Information

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|-------------------------|---|
| Instructor: | Ky Carnell Russell. |
| Office Location: | SPX 170. |
| Telephone: | n./a. |
| Email: | Ky.russell@sjsu.edu |
| Office Hours: | T/TH 11:00 – 11:45 am by appointment. |
| Class Days/Time: | T/TH: noon – 1:15pm |
| Classroom: | YUH 236. |
| GE Category: | Area E – Human Understanding & Development. |

Faculty Web Page 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 for updates as indicated by your instructor. To contact me please use my email address or message me through Canvas.

Course Description

The stress process and its relation to health and disease, lifestyle, and the sociocultural environment. Analysis of physiological, psychological, sociological, and environmental parameters of stress, emphasizing development of personalized stress management strategies to enhance academic, personal, and social development. 3 units

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 (GELO)

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

- GELO #1. recognize the physiological, social/cultural, and psychological influences on their well-being;
- GELO #2. recognize the interrelation of the physiological, social/cultural, and psychological factors on their development across the lifespan;
- GELO #3. use appropriate social skills to enhance learning and develop positive interpersonal relationships with diverse groups and individuals; 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.

Course Learning Outcomes (CLO)

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 (custom version at Spartan Bookstore, 17th ed): 9781260194104

Library Liaison

The Kinesiology library liaison is Suzie Bahmanyar (408) 808-2654, Suzie.Bahmanyar@sjsu.edu

Course Requirements and Assignments

“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 3 hours per unit per week with 1 of the hours used for lecture) for instruction or preparation/studying,” completing assignments, and other course-related activities”. 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>.

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:

| | |
|---|------|
| Stress Log (GELO #1, CLO #1,2,3,4). | 15%. |
| University Resources (GELO #3,4, CLO #6,7). | 15%. |
| Occupational Stress or Mini-Review Paper (GELO #2). | 15%. |
| Midterm Examination. | 15%. |
| Final Comprehensive Examination. | 20%. |
| Participation in Classroom & Laboratory Activities (GELO #2, CLO #5). | 20%. |

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.

Participation points will be awarded based on your participation in class labs and the completion of complementary assignments. These small assignments are made up of inventories, written responses to videos, and miscellaneous worksheets to help inform your learning of stress management principles and concepts.

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 contributions to class discussions; demonstrates minimal thought and insight.

Make-up exams are permitted only for illness and emergency (truly extraordinary circumstances). 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 final exam will NOT be given early.

Example.

| Component. | % Earned. | %. | X. | Points Possible. | | Points Earned. |
|---|-----------|-------|----|------------------|---|-------------------|
| Stress Log. | 91%. | .91 . | X. | 15. | = | 13.7. |
| University Resources. | 93%. | .93 . | X. | 15. | = | 14. |
| Occupational Stress or Mini-Review Paper. | 88%. | .88 . | X. | 15. | = | 13.2. |
| Participation. | 90%. | .90 . | X. | 20. | = | 18. |
| Midterm 1. | 76%. | .76 . | X. | 15. | = | 11.4. |
| Final Exam. | 84%. | .84 . | X. | 20. | = | 16.8. |
| | | | | | | 87.1. |
| | | | | | | Grade: B plus. |

Assignment of Grades:

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|------------------|------------|------------------|
| 100-98%. A plus; | 97-93%. A; | 92-90%. A minus; |
| 89-87%. B plus; | 86-83%. B; | 82-80%. B minus; |
| 79-77%. C plus; | 76-73%. C; | 72-70%. C minus; |
| 69-67%. D plus; | 66-63%. D; | 62-60%. D minus; |
| Below 60%. F; | | |

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.

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. Assignments should reflect your best work, and must be uploaded to Canvas by posted date and time.

Minor assignments (lab and assessment assignments) and all participation assignments (canvas postings, discussions, etc.) must be turned in on time to receive credit. No credit will be given for late participation assignments.

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

| Due Date. | Received. | Deduction. |
|-----------|--|--|
| Tuesday. | After class Tuesday through Thursday. Friday through Saturday. Sunday through the following Tuesday. | Deduct 10% from total score. Deduct 20% from total score. Deduct 30% from total score. |
| Thursday. | After class Thursday through Saturday. Sunday through the following Tuesday. Wednesday through the following Thursday. | Deduct 10% from total score. Deduct 20% from total score. Deduct 30% from total score. |

Students must speak with the instructor regarding assignments that are more than 1 week late.

Stress Log:

Students will record routine and unique stressors encountered during 2 weeks (14 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 14 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.

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.

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 one sentence may be direct quotations. Papers will be 2-3 pages, not including reference list.

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/>

Sept. 6 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. 13. However, students who receive add codes should use them as soon as possible.

Information about the latest changes and news is available at the [Advising Hub](http://www.sjsu.edu/advising/) at <http://www.sjsu.edu/advising/>.

Proposed Schedule

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

| Date. | Content. | Reading Assignments. | Written Assignments. |
|-------|--|----------------------|--|
| 8/24 | Course Introduction Lab: Diaphragmatic Breathing | Pg. 281-282 | |
| 8/29 | What is stress? Lab: Body scanning and breathing review | Ch. 01 & 282-283 | |
| 8/31 | Stress and the College Student Group Project Assigned | Ch. 04 | Lab 4.1 (pg. 105) reaction post due on Canvas |
| 9/5 | Myofascial Release & Restorative Exercise | | Wear comfortable clothes |
| 9/7 | Stress Psychophysiology | Ch. 02 | Lab 2.2 (pg. 42) reaction due on Canvas |
| 9/12 | Watch – Portrait of a Killer Lab: Discussion Activity | | Group contact list due on Canvas |
| 9/14 | Stress and Disease | Ch. 03 | |
| 9/19 | Meditation | Ch. 10 | |

| Date. | Content. | Reading Assignments. | Written Assignments. |
|--------------|--|-----------------------------|--|
| 9/21 | Interventions Lab: Intro to Mindfulness | Ch. 05 & pg. 288-290 | Response to Portrait of a Killer due on Canvas |
| 9/26 | Life Situation Interventions: Intrapersonal | Ch. 06 | |
| 9/28 | Life-Situation Interventions Interpersonal Lab: Assertiveness Exercise | Ch. 07 | Lab 7.1 (pg. 169) & 7.2 (pg. 171) reaction due on Canvas |
| 10/3 | Occupational Stress Occupational Stress/Mini-Review Paper Assigned | Ch. 16 | A week of meditation response due on Canvas |
| 10/5 | Midterm: All lectures, labs, readings & activities from 8/24 through 9/28. | | |
| 10/10 | U.R. Groups 1-3 Presentations | | U.R. paper due & Power point due on Canvas (all groups) |
| 10/12 | U.R. Groups 4-6 Presentations | | |
| 10/17 | Perception Intervention Lab: Laughter Yoga | Ch. 08 | |
| 10/19 | Occupational Stress paper interview | | Labs 8.1 – 8.6 (pg. 205 – 212) response due on Canvas |
| 10/24 | Gratitude and Stress Relief | | Paper Topic & 2 references due on Canvas |

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|-------|---|-------------|--|
| 10/26 | Physiological Arousal Interventions Stress Log Assigned | Ch. 13 | |
| 10/31 | Yoga or Exercise TBD | | |
| 11/2 | Strategies for Decreasing Stressful Behaviors Lab: Visualization | Ch. 14 | Lab 14.1 (pg. 345), 14.2 (pg. 347), 14.3 (pg. 348) & 14.4 (pg. 349) reaction due on Canvas |
| 11/7 | Biofeedback/alternate activity | Pg. 277-281 | |
| 11/9 | Biofeedback/alternate activity | | |
| 11/14 | Mindfulness Walk *** Wear shoes for walking*** | | Occupational Stress/Mini-Review Paper due on Canvas - |
| 11/16 | Diversity and Stress | Ch. 15 | Lab 15.1 (pg. 373) and 15.2 (pg. 374) reaction post due on Canvas |
| 11/21 | Watch: Killing us Softly Lab: Discussion Activity | | |
| 11/23 | No Class – holiday | | |
| 11/28 | Spirituality and Stress | Ch. 09 | Lab 9.1 (pg. 231) & 9.2 (pg. 233) reaction due on canvas |
| 11/30 | Progressive Muscle Relaxation | Ch. 11 | Response to Killing us Softly due on Canvas |

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|--------------|--|-------|--------------------------------------|
| 12/5 | Family Stress Lab: TBD | Ch.17 | Stress Log Paper due on Canvas |
| 12/7 | Alternative Therapies Lab: Art & Stress Relief | | |
| 12/13 | Final Exam: 9:45am -noon in YUH 236 all lectures, labs, activities, and readings from entire semester | | |