



**COLLEGE OF EDUCATION
DEPARTMENT OF EXERCISE SCIENCE & HEALTH INFORMATION
HSC 4104: Stress Management – Summer 2009**

1. **Instructor:** Tobias Mastrocola, M.S., Ed.S
Office: Boca Campus
Office Hours: By appointment before and after class
Contact: Email: tmastroc@fau.edu Office Phone: 954-236-1260
Course Schedule: M W 6:30 - 9:40PM Boca FL424

2. **COURSE DESCRIPTION:** The course includes a comprehensive study of the scientific foundations of stress. These include lifestyle conditions and their relationship to disease, recognizing stressors in various settings and stages of life, behavioral change interventions, and stress management techniques. This course examines and applies stress management concepts based on individual response and adaptation to internal and external influences.

3. **COURSE OBJECTIVES:** Upon completion of this course the student will be able to:
 - Recognize cognitive appraisal of stressors.
 - Talk about interpersonal awareness and management of stress.
 - Discuss basic anatomy and physiology of the brain.
 - Discuss disease and its relationship to stress.
 - Assess personal stress level.
 - Identify stressors and determine effective healthy ways for coping/managing your stress.
 - Apply relaxation techniques.

4. **REQUIRED TEXTBOOK:** Seaward, B.L. (2008). Managing Stress: Principles and Strategies for Health and Well-Being. 6th Edition. Sudbury, MA: Jones and Bartlett Publishers-
<http://health.jbpub.com/managingstress/6e> ISBN: 9780763756147

5. **EXPECTATIONS:**
 - You will check your FAU email and Blackboard course before class each week.
 - It is expected that everyone will come to **EVERY** class, **ON TIME** and actively participate in class activities and discussions.
 - You are required to have the textbook and it is expected that required readings will be completed before the material is covered in class.
 - An exam may be made up because of a legitimate excuse only (i.e. military service, death in family, court imposed legal obligation). Make-up exams **WILL NOT** be the same as the regularly scheduled exam. If an exam is not made up within **ONE WEEK**, a grade of **ZERO** will be given.
 - Plagiarism or cheating on any assignment or exam will result in failing grade. Appropriate university guidelines will be followed and/or disciplinary action will take place.

6. **ASSIGNMENTS:**

Class Participation (5/11, 5/13, 5/18, 6/1, 6/3, 6/8, 6/10) 70 Points

– There will be a total of seven in-class participation activities worth 10 points each.

Online Quizzes (Due 5/18) 30 Points

– There will be a total of two online quizzes worth 10/20 points each. (chapters 1 and 2-4). Quizzes will consist of multiple choice questions and are open book. You need to complete the quizzes on your own time and they are due on or before 5/18 in Hard Copy (printed). Please make arrangements with another student for delivery, **IF YOU ARE UNABLE TO MAKE CLASS**; and with instructors permission you may be able to submit online on or before 5/18. **There are no make up quizzes.** You will receive a **zero** for each quiz you miss.

In-Class Project I (5/18) 10 Points

- You will watch the movie – “*What the Bleep Do We Know?*” in class
- Write a 2-4 page paper (legible) on the movie’s presentation of topics and questions provided by the instructor. If absent & permission is given paper must be typed, dbl. spaced and points will be deducted.

Mid-Term (5/21) Half Way There! 50 Points

– This test will be on Chapters 1-16. Be sure to keep up with the reading and lectures/activities during the semester. You can expect definitions, multiple choice, true/false, short answer questions and essays.

In-Class Project II (5/27) 10 Points

- You will watch the movie “*Lions for Lambs*” in class.
- Write a 2-4 (Legible) page paper on the movie’s presentation of topics and questions provided by the instructor. If absent & permission is given paper must be typed, dbl. spaced and points will be deducted

Project III Paper – Due 6/15 10 Points

- You have the option to choose **One** of the following projects OR by permission of Instructor. Be sure to use the technical terms found in your text when Typing the paper (2-4pages, Dbl. Spaced). Points will not be awarded for general terms. No projects will be accepted after 6:30 pm on Due Date.

○ **Yoga Class**

Participate in a minimum of 4 yoga classes on campus and write a 2-4 page paper on yoga as a stress reliever. Start by reading Chapter 19 to better understand the practice of yoga as a relaxation technique.

○ **Wellness Center Workout**

Log in and complete 6 workouts on campus and write a 2-4 page paper on exercise as a stress reliever. Start by reading Chapter 28 to better understand the practice of exercise as a relaxation technique.

○ **Heart Disease Research**

Research the relationship between stress and heart disease and write a 2-4 page paper discussing court findings. Start by reading Chapter 3 and focusing on pages 74-75.

○ **Music Therapy**

Create an original CD (no less than 15minutes long) with songs of your choice to use during the process. Do a 15minute music therapy session incorporating diaphragmatic breathing. Turn in the CD and a 2-4 page paper of your experience and why you used the music selection. Start by reading Chapter 17 to better understand the practice of diaphragmatic Breathing. Incorporate Diaphragmatic Breathing with the

music therapy exercise described next. Read Chapter 21 to better understand the practice of music therapy as a relaxation technique. Follow the steps on pages 420 and 421 to initiate music therapy.

○ **Art Therapy**

Design an original piece of artwork in a medium of your choice, depicting your current stressors and your favorite stress management technique. Turn in the artwork and a 2-4 page paper interpreting the meaning of colors and images. Start by reading Chapter 11 to better understand the practice of Art Therapy as a coping technique. Follow the steps to initiate art therapy on pages 245-246.

○ **Personality**

Write a 2-4 page paper on stress resistant and stress prone personalities. Include research on the life of Lance Armstrong or Aron Ralston and describe how their personality helped them overcome obstacles. Start by reading Chapter 6.

In-Class Project IV (6/16) 10 Points

You will receive three real life scenarios in which you will act as a stress management consultant.

Stress Management (6/9, 6/11) 10 Points

Class Presentations! Approximately 5-10 minutes duration in front of class on topic of your choice relating to stress management.

Final (6/18) Yea, We Made It! 50 Points

– This test will be on Chapters 17-28. Be sure to keep up with the reading and lecture/activities during the semester. You can expect definitions, multiple choice, true/false, short answer questions and essays.

In compliance with the Americans with Disabilities Act (ADA), students who require special accommodations due to a disability to properly execute coursework must register with the Office for Students with Disabilities (OSD) located in Boca Raton - SU 133 (561-297-3880), in Davie - MOD I (954-236-1222), in Jupiter - SR 117 (561-799-8585), or at the Treasure Coast - CO 128 (772-873-3305), and follow all OSD procedures.

Students at Florida Atlantic University are expected to maintain the highest ethical standards. Academic dishonesty, including cheating and plagiarism, is considered a serious breach of these ethical standards, because it interferes with the University mission to provide a high quality education in which no student enjoys an unfair advantage over any other. Academic dishonesty is also destructive of the University community, which is grounded in a system of mutual trust and places high value on personal integrity and individual responsibility. Harsh penalties are associated with academic dishonesty.

For more information, see http://www.fau.edu/regulations/chapter4/4.001_Honor_Code.pdf.

BlackBoard Information

1. Web Address: <http://bb.fau.edu>
2. Username: your FAU Net ID – If you do not know your FAUNetID, go to <http://accounts.fau.edu>. Enter your social security # and PIN in order to obtain your FAUNETID. Your initial password for Blackboard is your PIN (default – 2 zeros followed by the 2-digit day and 2-digit year of birth).
3. The courses that you are enrolled in will be listed under the Courses area. Click on the course title in order to enter the course. You may not see all of the courses that you are registered for listed here, as not all courses at FAU use Blackboard.
4. If you encounter any problems, click on the “?” (Help) icon at the top of the screen or contact the helpdesk at (561) 297-3999 or via the web at <http://fau.edu/helpdesk>

EVALUATION TOTAL: 240 POINTS

A=93% & Up	223.0-240 points	C=73%-76.99%	175.0-183.99 points
A-90.0%-92.99%	216.0-222.99 points	C-=70%-72.99%	168.0-174.99 points
B+=87%-89.99%	208.0-215.99 points	D+=67%-69.99%	160.0-167.99 points
B=83%-86.99%	199.0-207.99 points	D=63%-66.99%	151.0-159.99 points
B-=80%-82.99%	192.0-198.99 points	D-=60%-62.99%	144.0-150.99 points
C+=77%-79.99%	184.0-191.99 points	F=<59%	143.99 or less points

7. TENTATIVE COURSE SCHEDULE (may be subject to change)

May 11	Introduction, 1: Nature of Stress
May 11	2: Physiology, 3: Disease, 4: Psychology
May 13	5: Emotions, 6: Personalities, 7: Spirituality
May 13	8: Cognitive Restructuring, 9: Behavior Modification
May 18	10: Journal Writing, 11: Art Therapy, 12: Humor Therapy
May 18	In Class Project I, “What the Bleep Do We Know?” movie
May 18	13: Problem Solving, 14: Communication Skills, 15: Time Management, 16: Coping *OnLine Quizzes Due*
May 20	Mid-Term Exam of Chapters 1-16
May 25	Memorial Day Holiday No Classes
May 27	In Class Project 2, “Lions for Lambs” movie
June 1	17: Breathing, 18: Meditation, 19: Yoga, 20: Mental Imagery/Visualization
June 1, 3	21: Music Therapy, 22: Massage Therapy, 23: Tai Chi, 24: Muscular Relaxation
June 3, 8	25: Autogenic Training, 26: Biofeedback, 27: Nutrition, 28: Exercise
June 8, 10	Class Presentations
June 15	Class Project 3 Papers Due, In Class Project IV, Final Review
June 17	Final Exam Chapters 17-28