

**Lincoln University  
Department of Health Science  
Course Syllabus**

<b>TITLE:</b>	Stress Management	<b>NUMBER:</b>	HSC 220
<b>CREDIT HRS:</b>	2	<b>PREREQ(S):</b>	HPR101
<b>TERM:</b>		<b>CO-REQ(S):</b>	
<b>METHOD:</b>	Lecture and Lab	<b>MEETING DAYS/TIME:</b>	
<b>INSTRUCTOR:</b>		<b>MEETING LOCATION:</b>	
<b>OFFICE LOCATION:</b>		<b>EMAIL:</b>	
<b>OFFICE HRS:</b>		<b>PHONE EXT:</b>	

**COURSE DESCRIPTION:** This course explores the causes of stress and its mental and physical impact on the body. With student-focused content, we will discuss issues relating to one's daily lives such as academic stress, first-generation challenges, time management, financial issues, etc. Students will learn about the stressors in their lives and how they can best manage them. Students will also have the opportunity to practice and employ stress management techniques to become healthier and live a more fulfilling and satisfying life.

**REQUIRED TEXT:** Jerrold S. Greenberg, (2017). Comprehensive Stress Management McGraw-Hill, 14<sup>th</sup> Edition. ISBN 9780073529721

**REQUIRED MATERIALS:** ACTIVITY CLOTHES

**ASSESSMENT CRITERIA & ALIGNMENT:**

CSLOs	PSLOs	ILOs	Direct and Indirect Assessment Methods
CSLO 1	#1	#5	Exam 1- Exam 3
CSLO 2	#6	#1	Lab 1 & 2
CSLO 3	#2	#3	Lab 3 & 4
CSLO 4	#1	#8	Exam 1-3
CSLO 5	#4	#8	In-class Labs

**COURSE STUDENT LEARNING OUTCOMES (CSLO):**

Upon successful completion of this course the student will:

1. Identify the causes of stress and the impact on the body
2. Discuss issues relating to their daily lives that cause stress.
3. Explore the impact that gender, race, culture have on stress and its effects on students and their families
4. Explain how healthy habits i.e., regular exercise, better sleep, hygiene and proper nutrition can defend against stress and prevent burnout.
5. Practice a variety of stress management techniques to reduce the effects of stress

**PROGRAM STUDENT LEARNING OUTCOMES (PSLO):**

- #1 Describe the five body systems and explain their function
- #2 Demonstrate personal, professional and ethical competency
- #4 Plan health programs
- #6 Communicate effectively with constituents

**INSTITUTIONAL LEARNING OUTCOMES (ILO):**

- #1 Effective Communication
- #3 Diversity Awareness and Cultural Awareness
- #5 Critical Thinking
- #8 Integrative and Lifelong learning

**CALCULATION OF FINAL GRADES:**

ASSIGNMENT	WEIGHTED POINTS
<b>Unit Tests</b> Three exams will be given, each worth 100 pts.	<b>50%</b>
<b>Assignments</b>	<b>10%</b>
<b>Final Presentation</b>	<b>15%</b>
<b>Labs/Wednesday - Activity day (0, 1, 2 pts.)</b>	<b>25%</b>
<b>TOTAL</b>	<b>100%</b>

**GRADING SCALE:**

Grade	A	A-	B+	B	B-	C+	C	C-	D+	D	F
GPA	4.0	3.7	3.3	3.0	2.7	2.3	2.0	1.7	1.3	1.0	0.0
%	100-93	92.9-90	89.9-88	87.9-82	81.9-80	79.9-78	77.9-72	71.9-70	69.9-67	66.9-60.1	60 and under

**SCHEDULE OF LEARNING TOPICS COVERED**

<b>CLASS MEETS:</b> <b>•ASSIGNMENT SELECTION &amp; SCHEDULE MAY BE SUBJECT TO CHANGE•</b>	
<b>Week 01:</b>	Introduction <b>Unit I:</b> What is Stress? LAB- “Your Typical Response to Stress”
<b>Week 02:</b>	Stress and Triggers; Personality Types LAB – “Your Stress Knowledge”
<b>Week 03:</b>	Causes of Stress LAB – “Tension Level Test”
<b>Week 04:</b>	Personality Types, Anxiety <b>Exam 1</b>
<b>Week 05:</b>	<b>Unit II:</b> The Brain, Stress and College Students LAB - “Student Stress Scale”, “Know Your Facts Repaying Loans”

<b>Week 06:</b>	Stress and Illness/Disease LAB – “Life Satisfaction Scale”
<b>Week 07:</b>	Life Situations Interventions; Spiritual Health
<b>Week 08:</b>	<b>Exam 2</b>
<b>Week 09:</b>	<b>Unit III:</b> Diaphragmatic Breathing; Meditation
<b>Week 10:</b>	Mindfulness; Meditation; Autogenic Training
<b>Week 11:</b>	Mental Imagery (Visualization, Guided Imagery)
<b>Week 12:</b>	Progressive Relaxation
<b>Week 13:</b>	Other Relaxation Techniques
<b>Week 14:</b>	Managing Stress
<b>Week 15:</b>	How Effective is Your Coping Personality <b>Exam 3 (Will be given during Finals Week)</b>

### Course Policies:

**1. BLACKBOARD:**

All students will need to enroll in Blackboard.

**Course progress grades** will be posted and updated regularly on Blackboard.

Several assignments will be posted on Blackboard. It is the student’s responsibility to keep up with class work through Blackboard.

**2. Exams: Three exams** will be given during the semester. All exams will be announced in advance. **No make-up exams** will be given to those students who are absent without a legitimate excuse. Students missing exams for “emergency” situations will have **one week to make up** missed exams. After that, **NO MAKE-UP EXAMS WILL BE GIVEN.**

**3. Final Presentation:** Students will present a Relaxation Technique to the class.

**4. Attendance: Daily attendance is imperative for success in this class. Late arrivals and early departures** will not be **tolerated.** Class will begin **promptly** and attendance will be taken at the **beginning** of each class. There are **NO** excused absences. **Students are responsible for any missed notes, work and assignments.** A total of 3 absences are permitted without penalty. After that, deductions will be taken.  
**2 lates = 1 absence.**

**\*\* Students with more than 4 absences may be subject to failure - (F for the course).**

**5. Cell phones are NOT permitted in class!! Turn them OFF upon entering!**

Students (no one) cannot multi-task - (texting and trying to pay attention to the material in class does not work!)

Students' texting or using phones during class time will be marked **absent** that day. If use becomes a habitual problem, students may be asked to place cellphone in basket, or leave the classroom.

6. On Wednesday's, students are required to wear athletic attire so that they can participate in relaxation techniques. Students may earn up to 2 pts for fully participating in relaxation techniques (0, 1, 2 pts).

0 = absent; 1 = present, but barely participating/poor attitude; 2 = dressed and fully engaged in technique.

### Important Dates -

#### **UNIVERSITY ATTENDANCE POLICY:**

Lincoln University uses the class method of teaching, which assumes that each student has something to contribute and something to gain by attending class. It further assumes that there is much more instruction absorbed in the classroom than can be tested on examinations. Therefore, students are expected to attend all regularly scheduled class meetings and should exhibit good faith in this regard. For the control of absences, the faculty adopted the following regulations: 1. Four absences may result in an automatic failure in the course. 2. Three tardy arrivals may be counted as one absence. 3. Absences will be counted starting with whatever day is specified by the instructor but not later than the deadline for adding or dropping courses. Students are responsible for all missed work.

<http://www.lincoln.edu/sites/default/files/pdf/registrar/Catalog.pdf?11> (pg. 73)

#### **STUDENTS WITH DISABILITIES STATEMENT:**

Lincoln University is committed to non-discrimination of students with disabilities and therefore ensures that they have equal access to higher education, programs, activities, and services in order to achieve full participation and integration into the University. In keeping with the philosophies of the mission and vision of the University, the Office of Student Support Services, through the Services for Students with Disabilities (SSD) Program, provides an array of support services and reasonable accommodations for students with special needs and/or disabilities as defined by Section 504 of the Rehabilitation Act of 1973 and the Americans with Disabilities Act of 1990. The Services for Students with Disabilities Program seeks to promote awareness and a campus environment in which accommodating students with special needs and/or disabilities is natural extension of the University's goal. Any student with a documented disability should contact the Office of Student Support Services.

<http://www.lincoln.edu/departments/office-institutional-equity/ada-accommodation/services-students-disabilites-ssd>

#### **UNIVERSITY ACADEMIC INTEGRITY STATEMENT:**

Students are responsible for proper conduct and integrity in all of their scholastic work. They must follow a professor's instructions when completing tests, homework, and laboratory reports, and must ask for clarification if the instructions are not clear. In general, students should not give or receive aid when taking exams, or exceed the time limitations specified by the professor. In seeking the truth, in learning to

think critically, and in preparing for a life of constructive service, honesty is imperative. Honesty in the classroom and in the preparation of papers is therefore expected of all students. Each student has the responsibility to submit work that is uniquely his or her own. All work must be done in accordance with established principles of academic integrity. <http://www.lincoln.edu/sites/default/files/pdf/registrar/Catalog.pdf?11> (pg. 63)

**TITLE IX STATEMENT:**

The following person has been designated to handle inquiries regarding the non-discrimination policies: Gerard Garlic, Title IX Coordinator/Director of the Health and Wellness Center, room 126B, Lincoln University, 1570 Baltimore Pike, Lincoln University, PA 19352 (p) 484-746-0000 or Office of Civil Rights, U.S. Department of Education, The Wanamaker Building, 100 Penn Square East, Suite 515, Philadelphia, PA 19107-3323, phone 215-656-8541, fax 215-656-8605, email: [ocr.philadelphia@ed.gov](mailto:ocr.philadelphia@ed.gov)

**POLICY ON ELECTRONIC DEVICES IN CLASSROOM:**

**Cell phones** are **NOT** permitted in class!!

Students' texting or using phones during class time will be marked absent that day. If use becomes a habitual problem, students may be asked to place cellphone in basket, or leave the classroom.