

Stress Management

HPER/PSYC 1115 ☿ Summer 2006

Section 90
T, Th 6:30-9:40 p.m.
B202

Professor: Jim Biederman
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Course Description: This course is designed to teach you about theories and techniques for effective stress management. The main focus will be to provide you with practical tools for managing stress in real-life situations. We will cover progressive muscle relaxation, meditation/deep breathing, guided imagery, exercise, and others. This 3-semester-credit course may be taken as either HPER or PSYC.

Required Texts (other readings may be assigned):

Blonna, R. (2005). *Coping with stress in a changing world (3rd ed.)*. New York, NY: McGraw-Hill.
Davis, M., Eshelman, E. R., & McKay, M. (2000). *The relaxation & stress reduction workbook (5th ed.)*. Oakland, CA: New Harbinger Publications.

Other Materials:

- Three-ring binder for journal worksheets (with an inside pocket to hold loose sheets and forms)

Course Outline

Date	Lecture/Demonstration Topic	Reading	Due Dates
May 16	Defining and measuring stress	Blonna 1 Workbook 1 & 2	
May 18	Psychological factors	Blonna 2	
May 23	Physical factors	Blonna 5 & 6	Quiz 1 (Blonna 1-2)
May 25	Social factors	Blonna 4	
May 30	Environmental factors, coping overview, and goal setting	Blonna 3, 7 (153-157) Workbook 16 & 18	
June 1	Breathing and meditation	Blonna 9 Workbook 3, 5	
June 6	Progressive muscle relaxation	Blonna 9 Workbook 4	Quiz 2 (Blonna 3-6)
June 8	Visualization, hypnosis, and autogenics	Blonna 9 Workbook 6, 8, 9	
June 13	Irrational beliefs	Blonna 7 Workbook 12	
June 15	Thought stopping and worry control	Workbook 13 & 14	
June 20	Time management and assertion training	Blonna 8 Workbook 16 & 17	
June 22	Nutrition and exercise	Blonna 10 Workbook 19 & 20	
June 27	Massage	Blonna 9	Journals due
June 29	Wrap up		Quiz 3 (Techniques)

Grading: Your grade in this course will be based upon your performance on three quizzes (each with 30 multiple-choice questions) and the journal project, which will be constructed from the completed worksheets handed out in class. In general, your grade should reflect the commitment, seriousness, and diligence with which you pursued the goals of effective stress management in this course.

Points:

Quizzes (3 @ 30 pts)	90 points	(60% of course grade)
Journal (final score)	<u>60 points</u>	(40% of course grade)
Total =	150 points	

A = 90-100% (135+), B = 80-89% (120-134), C = 70-79% (105-119), D = 60-69% (90-104), F = below 60%

Your Stress Management Journal: This course will include a great deal of work outside of class as you assess the nature of stress in your life and practice a wide range of stress-management techniques. I will give you worksheets and handouts for many of the topics that we cover in class. You should complete the worksheets (which may involve taking questionnaires, practicing techniques, and writing about your reactions) and turn them in at the next class period. Your worksheets will be returned to you and should then be included in your binder, which will become your stress management journal when everything is complete.

The final evaluation of the journal will take place at the end of the course and will reflect the scores you receive on individual worksheets plus the completeness and organization of everything else. I expect you to put some time and thought into each worksheet, to document the effort you are putting into the class. Late worksheets will be accepted but will detract from your overall score.

The worksheets and journal will contain personal information. I will respect your privacy, but it is up to you to determine what you are comfortable disclosing in your written assignments. If you have reactions and thoughts that you want to write about but would not want to turn in, keep a separate journal for your own use.

Attendance: Because this is an active-learning class, with a lot of class time devoted to demonstrating and practicing stress-management techniques, you will need to attend class regularly to learn. Attendance will be recorded and excessive absenteeism will result in a lower grade for the course.

Ground Rules:

1. Attendance is expected and poor attendance will affect your grade by lowering the quality of your work (missing or late worksheets, missed lecture material, poor quiz scores).
2. Class participation is encouraged (to make the class mutually interesting).
3. Please read ahead and come to class prepared.
4. If you get stressed as a result of this class, you're missing the point.
5. Respectful behavior is expected from everyone.
6. Make-up quizzes can be arranged if you have a good excuse and notify me quickly.
7. No audible cell phones in class unless an emergency is looming.
8. Expect some occasional group/partner work.
9. If you have a medical condition that may interfere with class activities, please visit with your doctor and bring me any written instructions or limitations.

Important: You will be expected to do a considerable amount of work outside of class with reading, completing the worksheets, and practicing the stress management techniques. **The benefits you derive from this class will certainly be based on what you invest.**

This syllabus and most of the worksheets/handouts for the class are available at Jim's website:

webs.anokaramsey.edu/biederman