

## Stress Management EXS 215 (CRN 12947) On line Winter 2018



### COURSE SYLLABUS

**Course Term:** Winter 2016 January 3<sup>rd</sup> to April 17<sup>th</sup>  
**Location:** On line  
**Instructor:** Terry L. Dibble, MS  
**Office:** 3135 Human Health Building  
**Phone:** 248-364-8663  
**e-mail:** [dibble@oakland.edu](mailto:dibble@oakland.edu)  
**Office Hours:** Monday/Tuesday/Wednesday 1pm-3:00pm, Thursday 10:00am-12:30pm or by appointment.

#### Meet the Instructor

My professional career expands the health and fitness field. I have worked in Cardiac Rehabilitation, Corporate Wellness, and Physical Rehabilitation. I am on the faculty at Oakland University as a Special Lecturer in which I teach in the Exercise Science, Wellness and Health Promotion, and Health Science programs. My formal education includes: MS in Exercise Science, BS in Public Administration, Minor in Physical Education, concentration in Health Behavior Sciences from Oakland University. I am a Registered Clinical Exercise Physiologist through the American College of Sports Medicine. I am currently enrolled in the Masters in Health Behavior Psychology at Oakland University.

Other Interest: I enjoy biking and activities with my wife and kids.

Please contact me using the QUICK EMAIL function in Moodle. You can access course email by logging into Moodle and then clicking on QUICK EMAIL, located on the top of the course home page. If Moodle is not available and you need some other way to contact me, you can use my personal email at [dibble@oakland.edu](mailto:dibble@oakland.edu).

**There will also be a course question and answer forum. Please use this forum for general course questions. If you have personal issues you would need to discuss then please contact me through e-mail.**

**Course Materials:  
Required:**

Managing Stress: Principles and Strategies for Health and Well-Being (9th Edition). Seaward. Jones and Bartlett Publishers. 2018

**You are not required to purchase any other online materials.**

**Course Goals**

**By the conclusion of this course, students will:**

1. Be able to cite knowledge, attitudes, and skills that can help manage stress.
2. Know the leading researchers and the history of the stress field.
3. Know the diseases and illnesses associated with stress and the nature of that association.
4. Recognize stressors and means of intervention to prevent these stressors from resulting in negative consequences.
5. Interact with other members of the class discussion through on line forums and assignments.
6. Keep a stress management journal for the semester.
7. Applying your learning to become more effective at managing your stress.

Moodle is Oakland University's learning management system. You will use Moodle to participate in online activities and to progress through the course. You can access Moodle at <http://moodle.oakland.edu> – login there with your university supplied NETID username and password.

**Meeting Dates and Times:** This is an asynchronous class. There are no face to face or web-based meetings required.

**Asynchronous Online Learning Activities:** In an online course, you are expected to participate in asynchronous activities, such as online discussions, web assignments, or quizzes. These are activities which don't require the entire class to "meet" in the traditional sense – instead, you are expected to participate anytime within a specific window of time. For instance, you may be expected to contribute to an online discussion once or twice a week.

For information about specific asynchronous activities, please login to Moodle, or refer to the schedule at the end of this syllabus.

**Penalties for late submission of work:** Assignments will be penalized 10% per day late when submitted after due dates.

**Technical Skills Required:** Students enrolled this course are expected to have a moderate level of computer proficiency. You should be comfortable doing all of the following:

- Using your chosen computer operating system and a web browser
- Following online directions for using a new program
- Typing at least 20 words a minute
- Troubleshooting basic computer problems

Working through problems you can't resolve on your own with remote support technicians.

**Required Technology:** In order to fully participate in this course you will need:

- An internet connected computer a web browser installed. *Use of smartphones and tablets is not recommended.*

In the event that your computer crashes or internet goes down, it is recommended to have a backup plan to be able to log in from another computer or another location as needed.

**Technical Assistance:** If you have general questions about the course (such as due dates, content, etc.), please contact the instructor using any of the contact methods described in the instructor section at the beginning of this document. For technical issues that you cannot resolve on your own, please contact the E-Learning and Instructional Support office:

- Phone : (248) 805-1625
- Submit a help ticket : <http://www2.oakland.edu/elis/help.cfm?lms=2>

If you have any trouble accessing any of the content in this course, please contact the instructor.

### **Student and Teacher Expectations:**

Students are expected to:

- Complete all reading assignments before each class
- Ensure that their computer is compatible with Moodle.
- Login to Moodle 3-5 times a week; daily login is highly recommended.
- Follow the calendar of events and complete all assignments by their deadline
- Respond to emails within 2 days
- Participate in a thoughtful manner
- Respect rules of netiquette
  - Respect your peers and their privacy
  - Use constructive criticism
  - Refrain from engaging in inflammatory comments.

The teacher is expected to:

- Login to the course every week
- Moderate conversations in forums
- Respond to forum postings and email within 1 week
- Grade assignments within 7 days of the assignment deadline

The course materials are designed to be covered topic by topic during the semester. You will find your reading materials and assignments for each Topic in the Table of Contents under the COURSE MATERIAL icon. The instructor reserves the right to make minor changes to this schedule.

**Course Organization:** Material will be presented primarily in the form of group discussions, readings assignments from the text, and handouts. You should plan on 2 hours of study each week.

**Grading: Your grade will be determined based upon the total points earned on examinations, assignment, and a stress management journal. (880 possible points for the semester). Students must complete all the assignments for the course. Not completing all of the required assignments**

**may result in failure of the class.**

### **GRADING SCALE**

A	100%	4.0	B	89%	3.8	C	79%	3.1	D	69%	2.1
	99%	4.0		88%	3.8		78%	3.0		68%	2.0
	98%	4.0		87%	3.7		77%	2.9		67%	1.9
	97%	4.0		86%	3.7		76%	2.9		66%	1.8
	96%	4.0		85%	3.6		75%	2.8		65%	1.7
	95%	4.0		84%	3.5		74%	2.7		64%	1.7
	94%	4.0		83%	3.4		73%	2.6		63%	1.5
	93%	3.9		82%	3.3		72%	2.5		62%	1.4
	92%	3.9		81%	3.2		71%	2.3		61%	1.3
	91%	3.9		80%	3.1		70%	2.2		60%	1.0
	90%	3.8									
									F	□59%	0.0

**SWOT ANALYSIS:** Each student will be required to complete this analysis. The format is posted on Moodle. I would like you to use this to analyze your success in this course. This is worth 100 points and is due Sunday January 14<sup>th</sup> and will be submitted on Moodle. Students must complete the SWOT assignment. This is an opportunity for each of you to evaluate your strengths, weaknesses, opportunities and threats to complete this course. There should be no excuses for turning in an assignment late. If you have computer issues then you need to make sure you have a “Plan B”. If you have completed a SWOT assignment for me in the past then I would like you to reflect back on your previous SWOT and make the appropriate changes as it pertains to this class.

**QUIZZES:** There will be 2 essay type quizzes as scheduled in the syllabus. Quizzes will be posted on Day 1 of the week scheduled and will be due the 7<sup>th</sup> day of the week by 11:55pm. Each quiz will be worth 100 points.

**MINDFULNESS JOURNAL:** Each student will be required to complete a journal which will be turned in on line at the end of the semester. Students will be expected to keep up with the labs. The content of the journal will be your completed This I Believe paper, On Purpose assignment, Creative Project, your reflection paper and weekly stress entries (required information is posted on Moodle). You will create an on- line journal that you will submit on Moodle April 15<sup>th</sup>. The journal will be worth 200 points.

**LTD ASSIGNMENTS:** Learning Through Discussion is a teaching method design to encourage class participation, reading, and deeper thought about the issues discussed in class. The LTD assignments will be due every 2 weeks according to the schedule. Students will read the assigned text book chapters and follow the LTD outline to complete the assignment. The LTDs will be submitted on line. Each LTD is worth 30 points.

**WEEKLY DISCUSSIONS:** Each week the instructor will post a question or issue related to that week’s readings. Students will be responsible for addressing the question or issue in a substantive post. The required words for the initial post will vary depending on the discussion. Students will post an initial discussion and respond to one of your classmates (see schedule). Weekly discussions will be worth 20 points (13 points for the initial post and 7 points for the response). Guidelines for discussions will be posted on Moodle.

Assignment	Points	Due Date
SWOT	100	Jan. 14 <sup>TH</sup>
Quizzes (2)	200	Feb. 16 <sup>th</sup> /April 15 <sup>th</sup>
LTDs (4)	120	See Schedule
Weekly discussions (13)	260	See Schedule
Journal (Reflection paper/ Creative Project/This I Believe/Weekly stress entry, On Purpose Assignment)	200	April 15 <sup>th</sup>
Total	880	

**SESSIONS:** For purposes of the on line class the week begins on Monday and ends on Sunday. All initial post and written assignments will be due the 4<sup>th</sup> day (Thursday) of the week by Midnight unless otherwise designated. Response to your classmates will be due by the 7<sup>th</sup> day (Sunday) at 11:55pm. This represents a tentative schedule and may be changed at the instructor's discretion.

### **Week 1-Meditation**

Introduce yourself to the class and review of syllabus.

### **Week 2-Spirituality**

SWOT assignment due Day 7.

Watch video "The Shift" by Dr. Wayne Dyer. Can be found at [www.dyermovie.com](http://www.dyermovie.com) or on YouTube.

### **Week 3-Time Management**

Read Chapters 1, 2, 3,4

Post Discussion of SWOT assignment.

Post Weekly Discussion by Day 4. Respond to at least one classmate by Day 7.

### **Week 4- Energy Management and Flow**

LTD # 1 Due Day 7. Answer questions related to the Shift.

Introduction to On Purpose assignment

Post Weekly Discussion by Day 4. Respond to at least one classmate by Day 7.

### **Week 5- Creativity**

Post Weekly Discussion by Day 4. Respond to at least one classmate by Day 7.

### **Week 6- Happiness and Humor**

LTD # 2 due Day 7. Chapters 1-4

Read Chapters 5, 6, 7, 8

**Post Weekly Discussion by Day 4. Respond to at least one classmate by Day 7.**

**Week 7- GRASP**

**Post Weekly Discussion by Day 4. Respond to at least one classmate by Day 7.**

**Quiz 1 opens February 11th closes February 16th.**

**Week 8- Winter Break**

**Winter Recess begins Feb. 17th to Feb. 25th. No assignments this week.**

**Week 9-Love and Kindness**

**LTD # 3 Due Day 7. Chapters 5-8**

**Post Weekly Discussion by Day 4. Respond to at least one classmate by Day 7.**

**Begin working on This I Believe paper (see instructions on Moodle).**

**Week 10-Forgiveness**

**Read Chapters 9, 10, 11, 12. Post Weekly Discussion by Day 4. Respond to at least one classmate by Day 7.**

**Week 11- Gratitude**

**LTD # 4 due Monday Day 7. Chapter 9-12**

**Post Weekly Discussion by Day 4. Respond to at least one classmate by Day 7.**

**Week 12- No Means NO**

**Post Weekly Discussion by Day 4. Respond to at least one classmate by Day 7.**

**Week 13-Where do we go From Here?**

**Post Weekly Discussion by Day 4. Respond to at least one classmate by Day 7.**

**Week 14- Relaxation Kit**

**Write Reflection Paper (instructions available on Moodle).**

**Post Weekly Discussion by Day 4. Respond to at least one classmate by Day 7.**

**Week 15- Submit Reflection Journal on line.**

