

School of Education/Professional Studies and Graduate Division  
Department of Health and Physical Education  
Eastern Connecticut State University

**Course Title** Stress Management

**Course and Section Number** HPE 326 On line

**Faculty Name/Title** Nanette Tummers, Ed.D. Associate Professor

**Faculty Contact Information** Please use WebCT email to contact. If not working, use: tummersn@easternct.edu. I will be conducting specific office hours on line (see chat section) and will post them. This means you will be able to converse/chat on line. I will not have office hours at ECSU. The last preference for contacting me is a voice mail message. In your voice mail-state what day you called, which class you are taking, and **slowly** state your **full** name and number including **area code**. Voice mail: 860-465-0061.

**Course Description (University Catalog)**

This course is designed to provide students with a comprehensive approach to stress management that is proactive and motivating. The purpose is to gain a foundation for creating and implementing plans for recognizing the causes of stress and applying effective coping skills and relaxation techniques and to begin a process towards lifelong stress management (3 credits).

**On line version of HPE 326:** This is an on-line course. You will interact with the instructor and your classmates through WebCT/VISTA. All students must be competent users of computers, computer software (e.g., word processing, Adobe Acrobat Reader), e-mail, and the Internet. High-speed Internet access is **required** to access some course materials. Libraries including ECSU Smith Library can provide this service to the public on a limited basis.

IF YOU DO NOT HAVE ACCESS TO HIGH-SPEED INTERNET SERVICE ON EVEN A TEMPORARY BASIS, YOU SHOULD NOT TAKE THIS COURSE.

**Responsibilities of On-line Learners:**

1. This course is divided into 8 modules. This is normally a 15 week class. As an on-line learner you will determine when to review the course material, do activities, post responses to discussions, take quizzes and submit assignments within this intensive 4-5 week time frame. There will be deadlines to help you pace the course modules within the winter session time frame. It is important to treat this class as if this was a traditional face to face class in order to commit enough time to do all of this in a quality and meaningful manner. This is a 3 credit class that requires **45 hours** of class time. The academic standard for junior level course is an additional 2 hours per hour of class time. Consider that you will need the self motivation and discipline to complete this class—put in your planner enough time for this class.
2. This course will allow you flexibility to determine where and when you will do your work. But the deadlines are not flexible and require you to check in often with the instructor and classmates in the several discussions that we will be having. Check the calendar often for these deadlines. I will not be reminding you—this is your responsibility.

**If you cannot make this accommodation-you should reconsider your ability to fully participate in an on line class.**

I will not serve as your technology support. Please contact web support through VISTA for your questions. You can also leave a posting in the course common room to see if your other classmates can help you. You received a USPS letter with information for starting your on line course. Do not ignore this. If you have problems email, call, or go to 4<sup>th</sup> floor Webb to get your problems solved. The tendency is to delay or procrastinate –do not do this! 860-465-1248.

### **Course Objectives**

By the end of this course, students will:

1. Demonstrate knowledge of stress management content, disciplinary concepts, skill knowledge, scientific research, current issues, and tools of inquiry related to the development of lifelong stress management.
2. Demonstrate the ability to design and implement personal stress management plans.
3. Develop strategies to facilitate effective stress management programs for a wide variety of populations

### **Required Texts**

- a. Olpin, M. & Hesson, M., (2007), Stress Management for Life. Thomson Higher Education: Belmont, CA. ISBN: 0-534-64476-7. Can be purchased through ECSU bookstore or any on line textbook site. You only need the text only NOT the DVD.

### **Required Materials: Access to WebCT/Vista**

1. You will be required to have an active WebCT/Vista account. All of the teaching materials and information necessary for this course will be on WebCT/Vista. All of the assignments will be turned in on WebCT/Vista. You will also be taking quizzes (see assessment section) and participating in discussions (see discussion section) through WebCT/Vista.
2. It is important you are very familiar with VISTA so that assignments are turned in correctly and on time. **Late assignments will not be accepted.** Once the due date passes, VISTA will not allow you to enter an assignment. I will not accept them as an attached email (see assignment section). The assignments can only be submitted through the assignment section. Make sure to leave enough time to complete and submit your work. I will be teaching over 60 students during a 4-5 week time frame and I will not accept mail attachments in fairness to all students. There is no negotiation on this requirement.
3. Assignment due dates, course calendar and important notices etc will be posted on VISTA (see calendar section). Regular and active participation is essential and an unmistakably important aspect of on line classes. The expectation of the instructor is that students will log on a minimum of 4 times every seven days. It is critical you review the

lecture, do the readings, activities and as well as the class discussion materials. You full participation in the abbreviated course is not only a requirement but an essential aspect of the online course process. All students are expected to do the work, notify the instructor if emergencies arise.

### **Course Outline**

**As a result of participation in this class, the student will be able to understand:**

1. Physiology of stress
2. Psychology of stress
3. Stress and disease
4. Stress prone and stress resistant personalities
5. Stress and human spirituality
6. Scientific evidence supporting the efficacy of coping strategies and relaxation techniques

**As a result of participation in the class activities and exercises, the student will be able to demonstrate:**

1. Coping strategies: cognitive restructuring, behavior modification, journal writing, art therapy, humor therapy, creative problem solving, communication skills, and time management
2. Relaxation techniques: breathing, meditation, yoga, mental imagery and visualization, music therapy, massage therapy, progressive muscle relaxation, autogenic training, nutrition, physical exercise
3. Planning and implementation of effective stress management plans

### **Grading – 400 points**

My grading policy that rewards two things: quality and timeliness of your responses and assignments. Please keep your work well written, and clearly address the issues being discussed. Take time to read the questions as posted.

1. Discussions- 100 points (see discussion section)  
There is a separate rubric addressing how you will be assessed a grade in discussions
2. Assignments- 400 points (see assignment section)  
Each module has exercises to do as well as assignments to complete. There are 8 modules each worth 50 points.
3. Tests- 200 points. 4 tests@ 50 points each (see assessment section). These are timed quizzes. Once you open the quiz you will have one hour to complete it.

Grades are based on a percentage of the total possible points earned (700).

**Reasonable Accommodations** - If you are a student with a disability and believe you will need accommodations for this class, you must contact the Office of AccessAbility Services at 465-5573. It is important that you contact the Office of AccessAbility Services as soon as possible, to avoid any delay in receipt of accommodations. Please note that I do not make accommodations based on disability unless I receive an accommodation letter from the Office of AccessAbility Services. Your cooperation is appreciated. (Prepared by the Office of AccessAbility Services)

**Cheating and Plagiarism Policy:** Refer to the ECSU Academic Integrity policy. <http://www.easternct.edu/smithlibrary/library1/plagiarism/AcademicMisconduct.htm>. Please be advised any work that is cut and pasted will result in a failing grade. Work must be correctly cited in APA format.

This link will help you do to this. <http://www.easternct.edu/smithlibrary/library1/citing.htm>

1. "Why do I have to cite?" <http://www.csulb.edu/library/eref/vref/style.html#when>, explaining about why citations are needed
2. Purdue OWL <http://owl.english.purdue.edu/owl/resource/560/01/> with great presentation of APA style
3. Citation Online, <http://www.bedfordstmartins.com/online/citex.html> , with good examples of APA style citations for unusual resources
4. Citation Styles Handbook [http://www.english.uiuc.edu/cws/workshop/writer\\_resources/citation\\_styles/apa/apa.htm](http://www.english.uiuc.edu/cws/workshop/writer_resources/citation_styles/apa/apa.htm), APA in details