



FLORIDA
ATLANTIC
UNIVERSITY

COURSE CHANGE REQUEST Graduate Programs

Department Exercise Science & Health Promotion
College Education

UGPC Approval _____
UFS Approval _____
SCNS Submittal _____
Confirmed _____
Banner Posted _____
Catalog _____

Current Course Prefix and Number HSC 4104

Current Course Title
Stress Management

Syllabus must be attached for ANY changes to current course details. See [Guidelines](#). Please consult and list departments that may be affected by the changes; attach documentation.

Change title to:

NA

Change description to:

See attached

Change prefix

From: NA **To:** NA

Change prerequisites/minimum grades to:

NA

Change course number

From: 4104 **To:** 4104/5104

Change corequisites to:

NA

Change credits*

From: 3 **To:** 3

Change registration controls to:

NA

Change grading

From: NA **To:** NA

Please list existing and new pre/corequisites, specify AND or OR and include minimum passing grade.

*Review [Provost Memorandum](#)

Effective Date (TERM & YEAR) Fall 2018

Terminate course List final active term NA

Faculty Contact/Email/Phone

Approved by

Department Chair

Michael White

Date

1/23/18

College Curriculum Chair

P.R.P.

2/8/18

College Dean

Walter J. Bristow

2/12/18

UGPC Chair

P.R.P.

2-28-18

UGC Chair

P.R.P.

2/28/18

Graduate College Dean

D. O'Leary

2-28-18

UFS President

Provost

Email this form and syllabus to UGPC@fau.edu one week before the UGPC meeting.

GRADUATE COLLEGE

FEB 14 2018

Received

FAU
FLORIDA ATLANTIC
UNIVERSITY

January 24, 2018

Dear Committee Members

Currently, our graduate curriculum has a paucity of 5000 levels courses as electives available to graduate students. In recognition of the pending policy change disallowing the inclusion of 4000 level courses in a graduate program of study and subsequent satisfaction of degree requirements, I am respectfully submitting Course Change Requests for PET 4143 Substance Abuse, HSC 4104 Stress Management, PET 4263 Obesity: Biological, Psychological, and Cultural Factors, and HSC 4581 Health Promotion. Specifically, our department is requesting to make these courses dual enrollment (i.e., 4000/5000) with appropriate changes.

If you have any questions, concerns, or need of further information, please don't hesitate to contact me.

Submitted respectfully for the Department of Exercise Science & Health Promotion,

Dr. Bob Zoeller
Professor and Graduate Coordinator
rzoeller@fau.edu
954 439-2132 (cell)

Dept. of Exercise Science & Health Promotion,
College of Education
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GRADUATE COLLEGE

FEB 14 2018

Received

GRADUATE COLLEGE

FEB 14 2018

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. The course is highly experiential and attendance is crucial.

NOTE: This is a split (4000/5000) level course. Students registered for HSC 5104 must complete all requirements of the HSC 4104 section AND the additional requirements as listed under HSC 5104 in order to receive graduate credit

GRADUATE COLLEGE

FEB 14 2018

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FEB 14 2018

Received

FLORIDA ATLANTIC UNIVERSITY
COLLEGE OF EDUCATION
Department of Exercise Science & Health Promotion
HSC4104/5104 – Stress Management
3 Credit Hours

Instructor:

Phone:

Office:

Office Hours:

Email:

Course is completely Online; CRN: 16470

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. The course is highly experiential and attendance is crucial.

NOTE: This is a split (4000/5000) level course. Students registered for HSC 5104 must complete all requirements of the HSC 4104 section AND the additional requirements as listed under HSC 5104 in order to receive graduate credit (see Evaluation for HSC 5104 below).

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.

REQUIRED TEXTBOOK: Seaward, B.L. (2012). Managing Stress: Principles and Strategies for Health and Well-Being. 8th Edition. Sudbury, MA: Jones and Bartlett Publisher

ISBN: 9781284036640

EXPECTATIONS:

- You will check your FAU email and Canvas course before class each week.
- This is an online course and relies on Canvas and email for assessment, classwork and any important information. It is important you have consistent internet access to complete required coursework.
- You are required to have the textbook, and it is expected that required readings will be completed before the material is covered in class.
- 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.

Course Delivery Mode:

This is a fully online course accessible only through FAU's learning management system—Canvas. You must log into Canvas with your FAU ID and Password to access the materials and assignments in this course. If you do not know your FAU ID or Password click the following link for help.

<http://www.fau.edu/oit/accounts/index.php>

The course begins with a START HERE unit that will familiarize you with the organization and navigation of the course. Each module contains the reading materials, PowerPoints, and assignments relevant to the Module Topic.

Computer Requirements

- Operating System
 - A computer that can run Mac OSX or Win XP or higher
- Peripherals
 - A backup option should be available to minimize the loss of work. This can be an external hard drive, a USB drive, cloud storage, or your folder on the FAU servers.

Technical Skills:

To be successful in this course, students should be familiar with and be able to execute the following technological skills:

- Creating and posting to a discussion board.
- Taking a test through Canvas.

Evaluation for HSC 4140:

Class Discussions (150 Points)

Each week there will assigned discussion board or other activities based on the readings and chapters from each week. This information will be available starting week one and will be due the following Sunday.

Exams (5): 50 points each

Exams will include multiple choice, true/false, and short answer. There will be no make-up exams unless there are unusual circumstances and/or a university approved absence. The Final Exam will be given during the designated Final Exam period for this class and is cumulative.

Assignments (50 Points):

Throughout the semester there will be two short assignments based on material covered in class.

EVALUATION TOTAL FOR HSC 4104: 450 POINTS

Evaluation for HSC 5140:

Class Discussions (150 Points)

Each week there will assigned discussion board or other activities based on the readings and chapters from each week. This information will be available starting week one and will be due the following Sunday.

Exams (5): 50 points each

Exams will include multiple choice, true/false, and short answer. There will be no make-up exams unless there are unusual circumstances and/or a university approved absence. The Final Exam will be given during the designated Final Exam period for this class and is cumulative.

Assignments (50 Points):

Throughout the semester there will be two short assignments based on material covered in class.

Project (50 Points): Additional requirement for students in the graduate section

Graduate students will complete and submit the Psychological Stress Assessment Project.

EVALUATION TOTAL FOR HSC 5104: 500 POINTS

Grading Scale:

94.0- 100%	= A
90.0- 93.9%	= A-
88.0- 89.9%	= B+
84.0- 87.9%	= B
80.0- 83.9%	= B-
78.0- 79.9%	= C+
74.0- 77.9%	= C
70.0- 73.9%	= C-
68.0- 69.9%	= D+
64.0- 67.9%	= D
60.0 - 63.9%	= D-
< 60.0%	= F

Classroom Etiquette/Behavior and Course Policies:

- Attendance is required for this course. Attendance will be taken every class. Habitual tardiness or leaving early will result in a loss of attendance/participation points for the day.
- There will be no personal electronics (cell phones) used during class. Using cell phones during class will result in a loss of attendance/participation points for the day.
- The student shall be expected to contribute to class discussions. Therefore, it is necessary that reading assignments be completed prior to the class sessions in which those readings are addressed.
- There are no makeup assignments, you are to be present and on time for all examinations and projects.
- This class is web-assisted. The syllabus, handouts, assignments, review sheets, and class lectures will appear on Canvas. To access these materials, sign on to <http://Canvas.fau.edu>. Using Canvas in this course does not rule out your requirement to attend all lectures and class meetings.

Special Needs/Accommodations:

In compliance with the Americans with Disabilities Act (ADA), students who require reasonable accommodations due to a disability to properly execute coursework must register with the Office of Student Accessibility Services (SAS) and follow all SAS procedures. SAS has offices across three of FAU's campuses- Boca Raton, Davie, and Jupiter, however, disability services are available for students on all campuses

Code of Academic Integrity:

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:

http://wise.fau.edu/regulations/chapter4/4.001_Code_of_Academic_Integrity.pdf

STUDENT CODE OF CONDUCT (4.007):

“The University’s Student Code of Conduct is an integral part of the educational mission of the University, emphasizing the development of each individual’s acceptance of his or her own personal and social responsibilities and to ensure fairness and due process for all students. Since behavior which is not in keeping with standards acceptable of the University community is often symptomatic of attitudes, misconceptions, and emotional crises; reeducation and rehabilitative activities are essential elements of the disciplinary process.

A humanistic approach is employed. The University’s Student Code of Conduct is designed to provide and help maintain an atmosphere within the University community that is conducive to academic pursuits. Serious action against a student, such as separation, is considered and invoked only when other remedies fail to meet the needs of the University’s mission.”

**HSC 4104/5104 – Stress Management
Course Outline**

Subject to Change

Week	Date	Topic
1		Introduction/Nature of Stress
		The Sociology of Stress
2		Physiology of Stress
		Stress and Disease
3		EXAM 1
4		Psychology of Stress
		The Stress Emotions
5		Personality
		Spirituality
6		EXAM 2
7		Behavior Theory
		Cognitive Restructuring
8		Journal Writing
		Expressive Art Therapy/Humor Therapy
9		Creative Problem Solving
		Communication Skills
10		Time/Money Management
		Coping Techniques
11		EXAM 3
12		Meditation and Mindfulness
13		Diaphragmatic Breathing
		Progressive Muscular Relaxation
14		Mental Imagery and Visualization
		Physical Exercise, Nutrition and Stress
15		Autogenic Training and Biofeedback
16		EXAM 4
FINALS WEEK		Final Exam

HSC 5104 Graduate Project

- 1. Describe what makes a literature review a “systematic review”**
- 2. Briefly describe the “Campbell Collaboration” – your description should include the “mission statement”; and the origination of the group**

Visit the Campbell Library → Click on “see all reviews” under “Campbell Systematic Reviews”

In the “Keyword” box use terms, such as: psychological stress, cognitive-behavioral therapy, sexual abuse, stress management, etc. to find examples of systematic reviews.

- 3. Once you select a systematic review present the APA formatted citation of the article and proceed to the project protocol**

Project Protocol

- 1. Click on the title of the review; then download the .pdf by clicking on the download icon next to “Review”**
- 2. State the objectives of the review, specifically, report the research question(s) if given**
- 3. The Campbell Collaboration focuses on reviews of interventions, describe the intervention of interest as reported by the systematic review**
- 4. Summarize the methods used in this review, include the specifics of the inclusion criteria (what needs to be met in order for a study to be used in the systematic review), time frames for the search, databases searched and keywords used. Include any other details that were given describing the search/selection process**
- 5. Summarize the results of the study; number of articles retained; number of unique studies (i.e. there may be 18 articles used, but some of the articles present information/data from the same study); number of total participants represented by the studies.**
- 6. What data were extracted from each of the retained studies, describe the tables related to the reported characteristics of the studies**
- 7. Summarize the conclusions of the study**
- 8. What are the implications of the review findings to practice and/or research**
- 9. Based on the findings, what do you see as ‘gaps’ in the literature? In other words, what are additional research questions do you suggest to further the understanding of the stress topic you selected?**

Assignment Format

1” margins, with 12 pt font, double-spaced

Minimum of 4 pages in length

Attach the Word document and the Campbell Collaboration .pdf to Canvas