

PE 130 Stress Management Activities  
Spring, 2009

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**Instructor:** Dr. Penelope England

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**Office:** Williams Gymnasium 103HB      **Phone:** 4-8350, FAX 770.784-4677

**Office Hours:**

MW 1:00 - 2; 3:30 - 4. TTH 10 – 11:30; **and by appointment**

**Roll is taken at 2 p.m., MW and 2:30 p.m. TTH. Class is dismissed at 3:15 MW and 3:45 TTH.**

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*Physical activities for this class include vigorous movement. Whenever there is a medical condition that would cause you undue risk or prevent your full participation in this class, it is your responsibility to inform me immediately. If you have a chronic condition which limits your potential for fulfilling the requirements for this class, have your physician FAX a letter stating what you cannot do and her/his recommendations for physical activities you can use to achieve the goals of this course.*

**Course Objectives:**

1. Practice cognitive therapy skills
2. Practice effective communication skills
3. Practice relaxation techniques
4. Practice problem-solving skills
5. Practice meditation techniques
6. Practice anger management techniques
7. Practice using cardiovascular and flexibility activities for stress reduction

**Course Activities:**

Meditation techniques, tai chi chuan, yoga, qu gong, progressive relaxation, visualization, journal-keeping, music therapy, art therapy, Pilates, exercise,  
Breathing techniques

**Text:** *The Tao of Pooh*, Benjamin Hoff and class handouts

## Evaluation:

### Managing My Mind: 30%

Write a pamphlet (no less than 1200 words) describing what you consider to be your "Best Practices" for coping with stress. On **Monday, February 2/Tuesday, February 3**, turn in your tentative outline along with a list of five references. On **Monday, March 2/Tuesday, March 3**, turn in your **first draft to a peer editor** (classmate who will return it to you during class no later than March 5). Turn in your **second draft** (including your peer editor's name) to Dr. England on **Monday, March 11/Tuesday, March 17**. You will be graded primarily on content. However, if there are grammar and spelling errors, your second draft grade will be reduced by one letter grade. On **Monday, April 20/Tuesday, April 21**, turn in your **final draft**. "Chapters" for your pamphlet follow. If you wish to change the topics, make an appointment to speak with Dr. England to discuss why you need to address different topics.

Develop a System of Time Management

Effective Communication

Assertiveness

Keeping Things in Perspective

Cognitive Therapy

NATS – Negative Automatic Thinking

Effective Study Skills

Strategies for Changing Behavior

Overcoming Fears/Anxiety

Managing Anger

Managing Relationships

Personal Chapter

Personal Chapter

### Journaling and Journal Summary: 10%

Keep an in-class journal. You will be expected to read and reflect on your journals periodically. **I will never see these journals.**

On **Wednesday, April 22/Thursday, April 23**, write what you learned about yourself through your journal-writing, include a passage of your choice from your journal and write why you chose that particular passage.

### Participation in Daily Activities: 10%

See **Class Participation** below. This grade is based primarily on being present in class. ***Being present*** means not only being "in class," but actively attending to one's inner self while class is ***in silence***, and actively attending to others when we are not in silence. In other words, you could

be absent while being "in" class. That would negatively affect your participation grade. Also, your participation grade is lowered **each** day that you miss a class.

Personal Moving Meditation: 30%

Create 1) a five minute series of warm-up moves, 2) an "upper threshold" cardio workout, a "moderate" cardio workout, and a "lower threshold" cardio workout (each twenty minutes), and 3) a five minute series of cool-down moves. These will be turned in on **Wednesday, March 4/Thursday, March 5**. 10% of this grade will be a result of this written list. The other 20% will be how you implement your list during class time. **Note: You cannot implement your list in class unless you are PRESENT in class; therefore this 20% grade is highly correlated to the number of times you are absent.**

Personal Action: 20%

Choose a personal habit that you can commit to improving. Turn in a written plan of action toward that goal (no more than 200 words) on **Monday, January 25/Tuesday, January 26**. Keep a record of your actions toward your goal. On **Monday, April 13/Tuesday, April 14**, turn in the record and a written account of (no more than 100 words) the outcome of your action plan.

**Grading Scale:**

- A – 90 – 100**
- B – 80 – 89**
- C – 70 – 79**
- D – 60 – 69**
- F – < 60**

**no plus or minus scale**

**Grade Appeal Process:** If you wish to appeal the final grade you receive in this class you are to put your request to me in writing within 5 days of final grade posting. Your request must address the specific reasons as to why I should re-examine your grade. I will not respond to informal e-mail messages or appeals submitted after the 5 day deadline.

**Class Participation and Contribution:**

In order to pass this course you must actively participate and contribute during each class meeting. Missing more than two classes will result in a **5-point reduction** in your grade **per additional absence**. If you believe you have justification for an absence to be excused you must discuss this with me in person and authentic documentation must be provided on the first day back to class. There will be no exceptions. \*\*If you miss two consecutive days it is my responsibility to report your name to the Office of

Academic Services. **If you accumulate a total of six absences your final grade will result in an "F"**

**Come to class!** Even if you do not feel well enough to participate there are other ways you can contribute so that your grade will not be penalized.

There will be NO MAKE UPS for written work or skills tests unless you have medical documentation or you make prior arrangements with me regarding an exceptional circumstance.

Lateness will not be tolerated! Every third time you are late (not in class at roll call) you will be penalized an absence. If you are late, you must see me **at the end of that class** to remind me to change your absence to a late. If you do not, you may be counted absent even when you were in class.

### **Additional Important Information:**

Reasonable accommodation for students with disabilities: If you have a disability that may require assistance or accommodation, or you have questions related to any accommodations for testing, note takers, readers, physical activity, etc., please speak with me as soon as possible. Students may also contact the Office of Disability Services (404.727-6016) with questions about such services. It is the student's responsibility to initiate considerations; all students must self-disclose to ODS and complete the registration process. Students with identified or suspected writing disabilities of any kind should contact the Writing Center located in Language Hall (770. 784-4722).

Reminder: Class activities may include vigorous physical activity. If you have any medical condition or physical problems to prevent you from full participation in such activity, it is your responsibility to inform me of its nature and provide documentation from your physician stating 1) the medical condition, 2) limitations of the condition, and 3) recommendations that would help you meet the requirements of the course. Students may also contact the Office of Disability Services (404.727-6016).

Banned Materials: PDAs, cell phones, or any other items that could distract the student, other students, or the instructor must be **turned off** during class. *If you have a need to have a cell phone on, please let me know. Otherwise, if I become aware of the phone, you will be asked to leave class and will receive an absence.*

Learnlink: I will read and answer e-mail only between 10 a.m. and 4 p.m. each class day. If you need to communicate with me at other times, leave a voice message on my office phone.

**HONOR CODE:** I expect that you will have read the Honor Code and that you will abide by its dictates. Whenever you take a written test or skills test for this class you are under the dictates of the Honor Code. If you have questions regarding my expectations, do not hesitate to ask. Ignorance will not be an acceptable plea.

Please see <http://www.college.emory.edu/students/honor.html>

“You have to decide what your highest priorities are  
And have the courage—pleasantly, smilingly,  
Nonapologetically—to say “no” to other things.  
And the way you do that is having a bigger  
“yes” burning inside”

“Time management” is really a misnomer—the challenge is not  
really to manage time,  
but to manage ourselves.

Steven R. Covey *The Seven Habits of Highly Successful People*

*“Whether you believe you can, or you can’t,  
You’re right!”* Henry Ford