

**PE 130 Stress Management
(Spring 2014 MWF 10:45 to 11:35am)**

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Office hour: MWF: 12:50 to 1:50pm
Also by appointment.

Office: Gym 103 H
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Location: Williams Gym 103
TTh: 11:15am to 11:50am, 1:05 to 1:40pm

Basic Principles for developing physical and mental strategies to achieve states of relaxation. The student will engage multiple modes of physical activity that can promote effective stress management. Time management, breathing and meditation practice, and effective communication skills will be included.

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. Learn to relax the mind
2. Learn to relax the body
3. Learn the mind and body are not two different things,
but different conditions of being aware of the whole.

At the conclusion of the course, students will:

1. Apply the terminology and basic principles of stress management.
2. Learn how to manage stress by applying basic techniques of stress management.
3. Learn how to relax, deeply concentrate and meditate. Improve personal health and fitness.
4. Demonstrate some simple forms of tai chi, qi gong, yoga etc.

Course Topics:

- A. Lectures: Class orientation, general introduction of stress management.
- B. Class Activity: Meditation, tai chi chuan, yoga, qi gong, progressive relaxation, visualization, journal-keeping, music therapy, art therapy, cognitive therapy skills, communication skills, relaxation techniques, anger management, breathing techniques, cardiovascular and flexibility exercise.

Instructional Activities and Methodology:

A developmental and systematic approach will be employed for teaching. Students will be provided with a variety of practice sessions and activities to improve their cognitive knowledge and motor skills.

Evaluation: The final grade will be based on:

Written Exams: (20 %) 200 points

Midterm Written Exam:	100
Final Written Exam:	100

Written Assignments: (20%) 200 points

Write and submit typed two essays (double spaced) on the following:

1. Statement of goal for stress management
 - a. listing of steps toward goal
 - b. motivation for the goal
 - c. obstacles to achieving your goal
 - d. plan for assessing your stepwise progress toward the goal
 - d. plan for assessing your goal achievement at the end of the semester

2. Reflection of personal goal in stress management

You will do an analysis and assessment of your personal achievement of your goal of stress management. It must be at least 3 pages long. The deadline will be announced later.

You will describe your thinking and reflections across the semester as you try to achieve each of the personal goals you have set for yourself. These words should reflect how you have “put into practice” the quotations you listed for each goal and how your “practice” may have changed your thinking.

Note: All of your papers must be type-written in paragraph form, double-spaced and 12 point font. It must demonstrate clear, concise, college-quality writing that is free of grammar and spelling errors. Your writing should reflect critical thinking and reflection on your experience achieving your goals in this class. You are encouraged to ask your peers to check your paragraphs for clarity, conciseness, and for grammar and spelling errors. It is a violation of the Oxford College Honor Code for anyone to correct your writing for you. Your peer may note where imprecision is and mark grammar and spelling errors, but may not make corrections for you. The paper must reflect your thinking alone and your corrections alone. At the end of your paper type Honor Pledge and write your signature. This signifies that you have “neither given nor received unauthorized information on the work, nor [have you] condoned the giving or receiving of unauthorized information by others.”

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. Due April 18, type a short paragraph describing 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.

Team Power Point Presentation: 100 points (10%)

You will find a partner and do a team power point presentation within ten minutes. The topic you select must relate to stress management. I will help you to select a topic for your presentation.

Participation and Motivation: 400 points (40 %)

Students may earn a total of 400 points for their final grade if they do not miss any class or do not miss more than three (3) classes for serious illness and emergencies, and actively participating class activities. Student participation is a key for success in this class. 0 to 10 points will be given each day depending on how actively you are participating the class, for example, if you come class on time and follow instructions and actively work out, you will earn 10 points or even more, however, if you are in class but not very active, you might just earn 5 points etc.

100 points of your participation and motivation grade is from my observations and subjective evaluation of how motivated and active you are in class.

Grading Summary:

A=920–1000 A-= 900-919 B+=880–899 B=820-879 B-800–819 C+=780–799
C=720-779 C-=700-719 D+=680-699 D=620–679 D-=600-619 F=0 – 599

Department Class Attendance Policy: MWF (3) TTH (2) attendance policy

a. Religious holidays approved by the college may be observed without penalty but your instructor must be informed of your intention to do so in writing and in advance of the holiday.

b. You are expected to attend all classes at the scheduled time; therefore tardiness and absences will affect your final grade. There are no excused absences in this class. If you have to miss a class due to unusual circumstances (serious illness/emergencies), you must communicate your reasons to your instructor prior to the absence via email or voice message; if that is impossible, you must communicate with your instructor as soon as you are able. A maximum of three (MWF)/two (TTH) absences for illness or emergencies maybe allowed with instructor's consent without penalty..
**If you miss three consecutive days it is the instructor's responsibility to report your name to the Office of Academic Services.

c. Five percent (5%) on MWF classes and seven percent (7%) on TTH classes of your final grade maybe deducted from your participation grade if you miss the class without a good reason. After the three or two (3/2) allowed absences for emergencies or serious illness, each additional and following absence will result in a 5% or 7% reduction of your final grade. If a cumulated deduction of your participation grade is over 35%, your final grade is going to be an automatic F.

d. You are expected to be on time for class. If you arrive after roll call, you are responsible to confirm your presence with your instructor.

e. At the end of the semester, MAKE UP work may be provided at the instructor's discretion. For make-up work to be considered, 1) all absences must be valid 2) you must provide acceptable medical documentation or a reasonable explanation regarding an exceptional

circumstance must be provided 3) you must schedule an appointment in a timely manner for the purpose of presenting a record of missed classes and your justification for the absences. Your instructor will decide whether make-up opportunities should be granted and will set a deadline for the completion of such work before final grades are due.

Late Arrivals

Students are expected to come to the class on time. If you arrive after roll-call, you are late. Three (3) late arrivals will be equivalent to one 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.

Leaving class early

Leaving class early without instructor's consent will be considered as an absent.

Honor Code:

Oxford College considers any academic misconduct such as cheating of any form on a quiz, examination or homework to be a very serious offense. Any students not adhering to the honor code policy will be subject to likely consequences of disciplinary probation, suspension, and/or dismissal from the college.

General Requirements and Information

- A.** No food, drinks, or gum chewing is allowed in the class.
- B.** Dress: Loose sportswear, t-shirts, shorts, sweat pants and so on are required and highly recommended. No Jeans except Lecture time. Failure to wear proper Gym cloth may result in a penalty absence.
- C.** Try not to wear jewelry during classes.
- D.** Attention: Class activities may include vigorous exercises. If you have any medical condition or physical problems to prevent you from full participation in such activity, it is your responsibility to inform the instructor of its nature (e.g., weak knee joint, history fainting etc.). If you have a condition which would limit your potential for fulfilling the requirements of this class you should have your physician fax a letter immediately to me stating a) the nature of the limitation(s) and b) his/her suggestions for activities which would help you meet the requirements of this course.
- A.** Text Book: No textbook are required and I will give handouts. You are responsible to take notes.

PE 130		MWF	Stress Management
W	Month	Day	Activities
1	January 15	W	Introduction
	17	F	activities
2	20	M	MLK day no class
	22	W	activities
	24	F	activities
3	27	M	activities
	29	W	Lecture and Due day for Goal of Stress management
	31	F	activities
4	February 3	M	activities
	5	W	Lecture
	7	F	activities
5	10	M	activities
	12	W	Lecture
	14	F	activities
6	17	M	activities
	19	W	First Written Exam and Lecture
	21	F	activities
7	25	M	activities
	26	W	Presentation
	28	F	activities
8	March 3	M	activities
	5	W	Presentation
	7	F	Skill practice
9	10-14	M-F	Spring Break-No class
10	17	M	activities
	19	W	Presentation or lecture
	21	F	activities
11	24	M	activities
	26	W	Lecture
	28	F	activities
12	31	M	activities
	April 2	W	Lecture
	4	F	activities
13	7	M	activities
	9	W	activities
	11	F	activities
14	14	M	activities
	16	W	activities
	18	F	activities
15	21	M	activities
	23	W	activities
	25	F	Exam Review, Refelction and Journal Summary Due day
16	28	M	Final Exam

All dates and activities are subject to change. Instructor will give proper notice of such change(s).