| **Course Alignment Map for HED 474/574** (based on QM2016\_HED\_474\_574)  This course is designed to assist health, sport and physical education professionals to examine the role and function of stress in everyday life from a physiological, psychological and sociological perspective. Personal, situational and environmental sources of stress are explored along the continuum from distress to eustress. Stress management techniques are examined including: lifestyle management, coping and communication skills, social support, time management, goal setting and behaviors/practices leading to physical and psychological well-being. Strategies appropriate for school, work, home, social and exercise settings are explored. After completing this course, students should be able to:  **(CLO1)**: Explain the role and function of stress from a physiological, psychological and sociological perspective  **(CLO2):** Identify factors associated with causes of stress   * **(CLO3):** Apply stress management and coping techniques to personal life experiences   **\*Course Level Objective = (CL0)**  **\*Module Level Objective = (ML0)** | | | | |
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| **Module**  (e.g. Module 1, Week 1, Unit 1) | **Module Learning Objectives** | **Assessments** | **Instructional Materials** | **Activities & Learner Interaction** |
| **Module 1**  **Chapters 1-4** | **(MLO1):** Define stress and stressors **(CLO1)**  Was 1 | * Module 1 Quiz | * Textbook - Seaward, B.L. (2015). *Managing Stress* * Chapter PowerPoints | * Read Chapters 1-4 (Seaward) * Review Chapters 1-4 PowerPoint |
| **1** | **(MLO2):** Describe the meaning of stress **(CLO1)**  Was 2 | * Module 1 Quiz | * Textbook - Seaward, B.L. (2015). *Managing Stress* * Chapter PowerPoints | * Read Chapters 1-4 (Seaward) * Review Chapters 1-4 PowerPoints |
| **1** | **(MLO3):** Explain the body’s physiologic response to stressors  **(CLO1)**  Was 3 | * Module 1 Quiz * Flight or Fight Assignment | * Textbook - Seaward, B.L. (2015). *Managing Stress* * Chapter PowerPoint * Article: The dark side of smartphone usage… (Lee, Chang, Cheng) | * Read Chapters 1-4 (Seaward) * Review Chapters 1-4 PowerPoints * Read Lee, Chang & Cheng article |
| **1** | **(MLO4** Describe the signs and symptoms of stress **(CLO1)**  Was 4 | * Module 1 Quiz * Flight or Fight Assignment | * Textbook - Seaward, B.L. (2015). *Managing Stress* * Chapter PowerPoints * Article: The dark side of smartphone usage… (Lee, Chang, Cheng) | * Read Chapters 1-4 (Seaward) * Review Chapters 1-4 PowerPoints * Read Lee, Chang & Cheng article |
| **1** | **(MLO5):** Describe the effects of various body systems in response to stress **(CLO1)**  Was 7 | * Module 1 Quiz * Flight or Fight Assignment | * Textbook - Seaward, B.L. (2015). *Managing Stress* * Chapter PowerPoints * Article: The dark side of smartphone usage… (Lee, Chang, Cheng) | * Read Chapters 1-4 (Seaward) * Review Chapters 1-4 PowerPoints * Read Lee, Chang & Cheng article |
| **1** | **(MLO6):** Diagram and discuss the physiological mechanisms of stress **(CLO1)** was 15 | * Flight or Fight Assignment | * Textbook - Seaward, B.L. (2015). *Managing Stress* * Chapter PowerPoints * Article: The dark side of smartphone usage… (Lee, Chang, Cheng) | * Read Chapters 1-4 (Seaward) * Review Chapters 1-4 PowerPoints * Read Lee, Chang & Cheng article |
| **1** | **(MLO7):** Identify the factors associated with occupational stress and stressors **(CLO2)**  Was 10 | * Discussion: Stress Inventory | * Textbook - Seaward, B.L. (2015). *Managing Stress* * Chapter PowerPoints | * Read Chapters 1-4 (Seaward) * Review Chapters 1-4 PowerPoints |
| **1** | **(MLO8):** List and discuss the relationship of acute and chronic stress **(CLO1)**  Was 13 | * Module 1 Quiz | * Textbook - Seaward, B.L. (2015). *Managing Stress* * Chapter PowerPoints | * Read Chapters 1-4 (Seaward) * Review Chapters 1-4 PowerPoints |
| **1** | **(MLO9):** Explore the effects of stress and stress related behaviors in their own lives **(CLO3)**    Was 16 | * Module 1 Quiz | * Textbook - Seaward, B.L. (2015). *Managing Stress* * Chapter PowerPoints | * Read Chapters 1-4 (Seaward) * Review Chapters 1-4 PowerPoints |
| **Module 2**  **Chapters 5-8** | **(MLO1):** Describe the signs and symptoms of stress **(CLO1)** was 4 | * Module 2 Quiz | * Textbook - Seaward, B.L. (2015). *Managing Stress* * Chapter PowerPoints | * Read Chapters 5-8 (Seaward) * Review Chapters 5-8 PowerPoints |
| **2** | **(MLO2):** Describe the relationship between stress and health **(CLO1)** was 5 | * Module 2 Quiz | * Textbook - Seaward, B.L. (2015). *Managing Stress* * Chapter PowerPoints | * Read Chapters 5-8 (Seaward) * Review Chapters 5-8 PowerPoints * Complete Module 2 Quiz |
| **2** | **(MLO3):** Explain the relationship between stress and disease **(CLO1)** was 6 | * Module 2 Quiz * Article Review #1 | * Textbook - Seaward, B.L. (2015). *Managing Stress* * Selected article about stress and disease * Chapter PowerPoints | * Read Chapters 5-8 (Seaward) * Locate and read article about stress and disease * Review Chapters 5-8 PowerPoints |
| **2** | (**MLO4):** Identify the factors associated with the psychosocial causes of stress **(CLO2**) was 8 | * Module 2 Quiz | * Textbook - Seaward, B.L. (2015). *Managing Stress* * Chapter PowerPoints | * Read Chapters 5-8 (Seaward) * Review Chapters 5-8 PowerPoints |
| **2** | **(MLO5):** Identify the factors associated with the personality causes of stress **(CLO2)** was 9 | * Discussion #2: Stress & Personality * Module 2 Quiz | * Textbook - Seaward, B.L. (2015). *Managing Stress* * Chapter PowerPoints * Article: Casalin, Tang, Vliegen and Lyten * Article: Williams and Wingate | * Read Chapters 5-8 (Seaward) * Review Chapters 5-8 PowerPoints * Read Casalin, Tang, Vliegen and Lyten article * Read Williams and Wingate article * Take Personality Trait test |
| **2** | **(MLO 6):** Research and compile relevant and reliable stress management resources and information **(CLO3)** was 19 | * Article Review #1 | * Selected article about stress and disease | * Locate and read article about stress and disease * Write article review |
| **Module 3**  **Chapters 9-12** | (**MLO1):** Identify common traits associated with the approaches used to reduce stress and tension **(CLO3)** was 12 | * Module 3 Quiz | * Textbook - Seaward, B.L. (2015). *Managing Stress* * Chapter PowerPoints * Davidson and McEwen article | * Read Chapters 9-12 (Seaward) * Review Chapters 9-12 PowerPoints * Read Davidson and McEwen article |
| **3** | **(MLO2):** Explain strategies for coping with change **(CLO3)** was 14 | * Module 3 Quiz | * Textbook - Seaward, B.L. (2015). *Managing Stress* * Chapter PowerPoints | * Read Chapters 9-12 (Seaward) * Review Chapters 9-12 PowerPoints |
| **Module 4**  **Chapters 13-15** | **(MLO1):** Research and compile relevant and reliable stress management resources and information **(CLO3)** was 19 | * Annotated Bibliography | Websites: <http://owl.english.purdue.edu/owl/resource/614/01/>  <http://olinuris.library.cornell.edu/ref/research/skill28.htm> | * Review annotated bibliography websites * Write annotated bibliography |
| **4** | **(MLO2):** Identify common traits associated with the approaches used to reduce stress and tension **(CLO3)** was 12 | * Module 4 Quiz | * Textbook - Seaward, B.L. (2015). *Managing Stress* * Chapter PowerPoints | * Read Chapters 13-15 (Seaward) * Review Chapters 13-15 PowerPoints |
| **4** | **(MLO3):** Explain strategies for coping with change **(CLO3)** was 14 | * Module 4 Quiz | * Textbook - Seaward, B.L. (2015). *Managing Stress* * Chapter PowerPoints | * Read Chapters 13-15 (Seaward) * Review Chapters 13-15 PowerPoints |
| **Module 5**  **Chapter 16 & 28** | **(MLO1):** Research and compile relevant and reliable stress management resources and information **(CLO3)**  was 19 | * Book Review (Grad) * Article Review #2 | * Textbook - Seaward, B.L. (2015). *Managing Stress* * Chapter PowerPoints * Selected article about stress & time management | * Read Chapters 16, 28 (Seaward) * Review Chapters 16, 28 PowerPoints * Locate and read article about stress & time management |
| **5** | **(MLO2):** Explain the body’s physiologic response to stressors **(CLO1)**  Was 3 | * Module 5 Quiz | * Textbook - Seaward, B.L. (2015). *Managing Stress* * Chapter PowerPoints | * Read Chapters 16, 28 (Seaward) * Review Chapters 16, 28 PowerPoints |
| **5** | **(MLO3):** Describe the relationship between stress and health **(CLO1)**  Was 5 | * Module 5 Quiz | * Textbook - Seaward, B.L. (2015). *Managing Stress* * Chapter PowerPoints | * Read Chapters 16, 28 (Seaward) * Review Chapters 16, 28 PowerPoints |
| **Module 6**  **Chapters 17-21** | **(MLO1):** Explain strategies for coping with change **(CLO3)** was 14 | * Personal Stress Management Plan | * Textbook - Seaward, B.L. (2015). *Managing Stress* * Chapter PowerPoints   Journal articles:   * Is yoga an effective treatment in the management of patients with chronic low back pain compared with other care modalities - a systematic review (Hill, 2013) * An exploration of music listening in chronic pain (Gold & Clare, 2012) | * Read Chapters 17 - 21 (Seaward) * Review Chapters 17 - 21 PowerPoints * Read assigned journal articles |
| 6 | **(MLO2):** Explore the effects of stress and stress related behaviors in their own lives **(CLO3)** was 16 | * Personal Stress Management Plan | * Textbook - Seaward, B.L. (2015). *Managing Stress* * Chapter PowerPoints   Journal articles:   * Is yoga an effective treatment in the management of patients with chronic low back pain compared with other care modalities - a systematic review (Hill, 2013) * An exploration of music listening in chronic pain (Gold & Clare, 2012) | * Read Chapters 17 - 21 (Seaward) * Review Chapters 17 - 21 PowerPoints * Read assigned journal articles |
| 6 | **(MLO3):** Develop personal stress management plan **(CLO3)** was 18 | * Personal Stress Management Plan | * Textbook - Seaward, B.L. (2015). *Managing Stress* * Chapter PowerPoints   Journal articles:   * Is yoga an effective treatment in the management of patients with chronic low back pain compared with other care modalities - a systematic review (Hill, 2013) * An exploration of music listening in chronic pain (Gold & Clare, 2012) | * Read Chapters 17 - 21 (Seaward) * Review Chapters 17 - 21 PowerPoints * Read assigned journal articles |
| 6 | **(MLO4):** Research and compile relevant and reliable stress management resources and information **(CLO3)** was 19 | * Personal Stress Management Plan * Article Review #3 | * Textbook - Seaward, B.L. (2015). *Managing Stress* * Chapter PowerPoints * Selected article about stress & coping techniques   Journal articles:   * Is yoga an effective treatment in the management of patients with chronic low back pain compared with other care modalities - a systematic review (Hill, 2013) * An exploration of music listening in chronic pain (Gold & Clare, 2012) | * Read Chapters 17 - 21 (Seaward) * Review Chapters 17 - 21 PowerPoints * Locate and read article about stress & coping techniques * Read assigned journal articles |
| 6 | **(MLO5):** Describe the signs and symptoms of stress **(CLO1)** was 4 | * Module 6 Quiz | * Textbook - Seaward, B.L. (2015). *Managing Stress* * Chapter PowerPoints | * Read Chapters 17 - 21 (Seaward) * Review Chapters 17 - 21 PowerPoints |
| 6 | **(MLO6):** Identify common traits associated with the approaches used to reduce stress and tension **(CLO3)** was 12 | * Module 6 Quiz | * Textbook - Seaward, B.L. (2015). *Managing Stress* * Chapter PowerPoints | * Read Chapters 17 - 21 (Seaward) * Review Chapters 17 - 21 PowerPoints |
| **Module 7**  **Chapters 23 & 24** | **(MLO1):** Experiment with various techniques for coping with stress **(CLO3)**  Was 17 | * Discussion #3: Stress Management Techniques | * Textbook - Seaward, B.L. (2015). *Managing Stress* * Chapter PowerPoints * Journal Article: Health benefits of qigong or tai chi for cancer patients: a systematic review and meta-analyses (Zeng, Luo, Xie, Huang & Cheng, 2014) | * Read Chapters 23 & 24 (Seaward) * Review Chapters 23 & 24 PowerPoints * Read (Zeng, Luo, Xie, Huang & Cheng, 2014) article |
| **7** | **(MLO2):** Identify the advantages and disadvantages of the various approaches used to reduce stress **(CLO3)** was 11 | * Module 7 Quiz | * Textbook - Seaward, B.L. (2015). *Managing Stress* * Chapter PowerPoints | * Read Chapters 23 & 24 (Seaward) * Review Chapters 23 & 24 PowerPoints |
| **7** | **(MLO3):** Identify common traits associated with the approaches used to reduce stress and tension **(CLO3)** was 12 | * Module 7 Quiz | * Textbook - Seaward, B.L. (2015). *Managing Stress* * Chapter PowerPoints | * Read Chapters 23 & 24 (Seaward) * Review Chapters 23 & 24 PowerPoints |
| **7** | **(MLO4):** Explain strategies for coping with change **(CLO3)** was 14 | * Module 7 Quiz | * Textbook - Seaward, B.L. (2015). *Managing Stress* * Chapter PowerPoints | * Read Chapters 23 & 24 (Seaward) * Review Chapters 23 & 24 PowerPoints |
| **Module 8**  **Chapter 25 & 26** | **(MLO1):** Explore the effects of stress and stress related behaviors in their own lives **(CLO3)** was 16 | * Discussion #4: Reflection & Preparation | * Textbook - Seaward, B.L. (2015). *Managing Stress* * Chapter PowerPoints | * Read Chapters 25 & 26 (Seaward) * Review Chapters 25 & 26 PowerPoints |
| **8** | **(MLO2):** Develop personal stress management plan **(CLO3**) was 18 | * Discussion #4: Reflection & Preparation | * Textbook - Seaward, B.L. (2015). *Managing Stress* * Chapter PowerPoints | * Read Chapters 25 & 26 (Seaward) * Review Chapters 25 & 26 PowerPoints |
| **8** | **(MLO3):** Identify common traits associated with the approaches used to reduce stress and tension **(CLO3)** was 12 | * Module 8 Quiz | * Textbook - Seaward, B.L. (2015). *Managing Stress* * Chapter PowerPoints | * Read Chapters 25 & 26 (Seaward) * Review Chapters 25 & 26 PowerPoints |
| **8** | **MLO4:** Explain strategies for coping with change **(CLO3)** was 14 | * Module 8 Quiz | * Textbook - Seaward, B.L. (2015). *Managing Stress* * Chapter PowerPoints | * Read Chapters 25 & 26 (Seaward) * Review Chapters 25 & 26 PowerPoints |