

NEW MEXICO STATE UNIVERSITY  
COLLEGE OF HEALTH AND SOCIAL SERVICES  
DEPARTMENT OF HEALTH SCIENCE

**HLS 320- Human Stress Management**  
**Sections M70 & M71**  
**Spring Semester, 2008 (full semester version)**  
**Offered Entirely as a Distance Education (online) version**

## **COURSE SYLLABUS**

**INSTRUCTOR:** Jeffrey E. Brandon, Ph.D., Dean,  
College of Health and Social Services and  
Professor of Health Science

**OFFICE:** HSS 341 or else in HSS 310 (Dean's Office)

**PHONE:** 575-646-4693 or 4694

**E-MAIL:** jbrandon@nmsu.edu

Note: This section of HLS 320 is being delivered as a  
WEB-CT course, between now and May 15, 2008 you  
SHOULD be regularly using the internal course email.)

**OFFICE HOURS:** Noon – 12:30 p.m. & other times by appointment.

**GA INFORMATION:** Erin Sweeney for Section M71

**COURSE DESCRIPTION:** The physiology of stress, stress-related disease processes, and stress reduction through coping behaviors, relaxation techniques, and exercise.

**COURSE OBJECTIVES:** At the conclusion of this course you will be able to:

- (1) Describe the importance of stress management and related emotional health approaches in adaptation, adjustment and in achieving competence
- (2) Describe the social, cognitive, and environmental factors related to learning
- (3) Describe stress, the stress response, and the danger of prolonged distress
- (4) Identify sources of stress in your own life and in the lives of others across the age span
- (5) Select and adopt various stress management techniques
- (6) Gain experience with major forms of relaxation training
- (7) Evaluate current research findings and applications of relaxation training in various settings

- (8) Gain experience in applying stress management and relaxation training in your own life

**REQUIRED TEXT:**

**Greenberg, J. S. (2008). *Comprehensive stress management (10<sup>th</sup> ed) and Your personal stress profile and activity workbook\* (4th ed)*, Boston: McGraw-Hill.**

\*Note: the above workbook should come pre-packaged with your new stress management text by Greenberg. You are responsible for procuring your text either through the NMSU Bookstore (by either visiting the bookstore on the NMSU Las Cruces campus. It is recommended that you order this text today!! You will begin using it almost immediately!!!

**TENTATIVE COURSE OUTLINE:**

Class periods are actually asynchronous (meaning you can complete the work at your convenience so long as you meet the deadlines specified below AND on the course "Calendar" icon). Note, "lecturettes" are found in the Content Module area of the course/website.

Class #      Date                      Topic                                      Assigned Readings

(1)	Jan 16	Review syllabus, this schedule, and HLS 320 homepage Introduction: Adaptation, Adjustment & Competence; Social, cognitive, and environmental factors to learning & adjustment	See course content modules for Pre-text 01 of 02
-----	--------	--	--

***Note: If you have not already done so, you MUST place your text order TODAY! See Syllabus. You will need your text book no later than 11 days from today as first assignment is due Jan 28!!***

(2)	Jan 22	Foundations-What is stress?	Lecturette & Text Chapter 1
-----	--------	-----------------------------	-----------------------------

(3)	Jan 28	Stress Psychophysiology	Lecturette/Text Ch 2
-----	--------	-------------------------	----------------------

***Assignment 1 (pre-course scales) must be submitted via the Assignment 1 drop box by 11:55 p.m. on this evening (Jan28).***

(4)	Feb 4	Stress & Disease	Lecturette/Text Ch 3
-----	-------	------------------	----------------------

***Assignment 2 due by 11:55 p.m. this evening (Feb 4).***

(5)	Feb 11	Comprehensive Stress Management & Interpersonal interventions	Lecturette & Text Chapters 4-5
-----	--------	---	--------------------------------

***Assignment 3 (Stress Diary) due by 11:55 p.m. this evening (February 11)!***

(6)	Feb 18, but Exam 1 will continue to be available through 11:55 p.m. Feb. 19.	<b>Exam #1*</b>	Over all prior material from lecturettes, study questions, Greenberg Text Chapters 1-5
-----	--	-----------------	--

(7)	Feb 25	Interpersonal & Perception Interventions	Lecturette & Chapters 6 & 7
-----	--------	--	-----------------------------

***Assignment 4 is due on this date (Feb. 25) at 11:55 p.m.***

(8)	March 3	Spirituality & Meditation	Lecturette & Chapters 8 & 9
-----	---------	---------------------------	-----------------------------

***Assignment # 5 on this date (March 3) by 11:55 p.m.***

(9)	March 10	Autogenic Training/Imagery & Progressive Relaxation	Lecturette & Chapters 10-11
-----	----------	---	-----------------------------

***Assignment 6 is due on this date (March 10) at 11:55 p.m.***

***Begin Assignment 7 (relaxation technique ratings) on this date! It is due on April 7 at 11:55 p.m.***

(10)	March 17	Biofeedback & other relaxation techniques	Lecturette & Chapter 12
------	----------	---	-------------------------

(11)	March 31 & exam will continue to be available through 11:55 p.m. on Tuesday, April 1.	<b>Exam # 2*</b>	<i>Over all material covered since exam #1 including lecturettes, study questions, Greenberg Text Chapters 6-12</i>
------	---	------------------	---

(12)	April 7	Physiological Arousal—Fitness and strategies for decreasing stressful behaviors	Lecturette & Chapters 13&14
------	---------	---	-----------------------------

***Assignment #7 (Relaxation Technique Ratings) due on this date (April 7) at 11:55 p.m.***

(13)	April 14	Diversity & Stress	Lecturette & Text Chapter 15
------	----------	--------------------	------------------------------

(14)	April 21	Occupational Stress and College Student Stress	Lecturette & Text Chapters 16& 17
------	----------	--	-----------------------------------

***Assignment #8 is due on this date (April 21) at 11:55 p.m.!***

(15)	April 28	Family Stress and Stress and the elderly	Lecturette & Text Chapters 18 & 19
------	----------	--	------------------------------------

(16)	May 5- Exam will become available at Noon on May 5 through 11:55 p.m. on May 6.	<b>Exam # 3*</b>	<i>Over all material since Exam # 2 including lecturettes, study questions, Greenberg Text Chapters 13-19)</i>
------	---	------------------	--

## **COURSE REQUIREMENTS:**

As previously stated, this is a asynchronous, online course, which means there are not set times during which you must be involved in viewing lectures, etc. You must still meet all deadlines as listed above and on the WebCT page calendar icon. Such self-directed courses require a high degree of self-responsibility, so you demonstrate the ability to keep up with all assignments and examination deadlines. You must meet all assignments by their respective due dates and complete all online examinations during the “window of opportunity” (e.g., during the scheduled time period). Late assignments will not be accepted unless there are unusual circumstances and with the final approval of your instructor. Examinations will only be available at the assigned dates and times, again usually available for initial “one-time-only” launch, completion and submission with a 36 hour “window-of-opportunity” period. If any emergency or similar major life event gets in the way of completing an exam by the deadline, you must confer with your instructor prior to the time scheduled for the exam to discuss alternative/conditional arrangements.

This self-directed, online course requires a high degree of self-responsibility. It is important that you demonstrate the ability to keep up with the assigned.

Note, it is highly recommended that you complete and keep your answers to the various study questions/learning objectives included within each “course content module” lecturette. Yet, these are not to be submitted to your instructor. You will find your responses to these study questions/learning objectives helpful when you are taking the exams.

### **Teaching Strategies:**

You will have access to notes from course lecturettes, with study objectives which you should answer related to each topic. These are posted under the “Course Content Module” icon on your HLS 320 course homepage. You are the one solely responsible for reading each and every posting under the course content icon and reading the emails from your instructor that will be sent out throughout this course.

*Concerning exams:* Start dates for exams—reflect date and hour during which exams become available for you to complete. Once launched (earliest point at which exams will be available is Noon on the assigned first date of availability), the exam will continue to be available for approximately 36 hours after this time. You must log-on to begin and complete your entire exam sometime during the “window of opportunity” for each of the dates above. Once launched by you, each exam is open and available for a total of 130 minutes within the assigned availability time period. During this time period, you must not only launch, but you must complete and submit your completed exam within the 130 minutes max. So, make sure you begin the exam at least 130 minutes prior to the final ending time for the window of availability (or by 9:45 p.m. on the final day of

exam availability--at the latest. Exams may not be graded if you click [submit] later than 11:55 p.m. on the final day of exam availability, as this is the final cutoff time. In order to maximize the time available, it is recommended that you do not leave the exam or to terminate it early during your 130 minutes exam time (thinking you can stop in the middle and continue taking it later).

*Final Grade Assignment:* At the conclusion of this course, every attempt will be made to have your total grades out by 5 p.m. on Wednesday, May 7th. The entire course will close at 11:55 p.m. on May 15. No other correspondence, etc. will be accepted via the WebCT email system after that time. Should you need to contact your instructor after this date, please use his regular email at: [jbrandon@nmsu.edu](mailto:jbrandon@nmsu.edu)

**Evaluation Criteria:**

Assignments (7 at 10 points each) = 70 pts

Final Paper (behavior change project, Asg #8) = 30 pts

(Specific directions and due dates and time listed under the assignments icon included on the HLS 320 course homepage).

Exam # 1 =100 pts

Exam # 2 =100 pts

Exam # 3 =100 pts

Again, the weekly schedule of assigned readings/lecturettes (listed under course content modules icon), assignments (including directions for completing your final project paper), and dates for the three exams are listed on your Web-CT homepage for HLS 320.

**GRADING:** Below you will see a description of how your final grade for the course will be derived.

A = 400 – 360 Points

B = 359 – 320 Points

C = 319 – 280 Points

D = 279 – 240 Points

F = <240 Points

**ACADEMIC INTEGRITY**

Academic integrity is the pursuit of scholarly activity free from fraud and deception and is an educational objective of this institution. Academic dishonesty includes, but is not limited to, cheating, plagiarizing, fabricating of information or citations, facilitating acts of academic dishonesty by others, having unauthorized possession of examinations, submitting work of another

person or work previously used without informing the instructor, or tampering with the academic work of other students.

Any student accused of a specific act stated in the previous paragraph is subject to NMSU academic procedures relating or pertaining to violations of the student code of conduct for academic integrity.

### **ADA STATEMENT**

The Americans with Disabilities Act (ADA) is a federal antidiscrimination statute that provides comprehensive civil protection for persons with disabilities. Among other things, this legislation requires that all students with disabilities be guaranteed a learning environment that provides for reasonable accommodation of their disabilities. If you believe you have a disability requiring an accommodation, please contact Services for Students with Disabilities, Corbett Center, Room 244, 575.646.6840.

### **E-MAIL CONTACT**

As was previously stated, during this online course, you are to use your email available within the Web-CT system. Please be sure to check that account every week prior to class for important messages, handouts, etc.

If you are not responsive to the emails sent within the WebCT course, and after the completion of this course, all communications associated with this course will be via your official NMSU e-mail account.

### **Related Reference Sources (For your information only, not required):**

Anderson, N. (2004). *Emotional longevity: What really determines how long you live*. NY: Penguin Press.

Antonovsky, A. (1981). *Health, stress and coping*. San Francisco: Jossey-Bass.

Donnelly, J.W., Eburne, N., & Kittleson, M. (2001). *Mental health: Dimensions of self-esteem and emotional well-being*. Boston: Allyn & Bacon.

Loehr, J. & Schwartz, T. (2003). *The power of full engagement*. NY: Free Press.

Reivich, K., & Shatte, A. (2002). *The resilience factor: 7 keys to finding your inner strength and overcoming life's hurdles*. NY: Broadway Books/Random House.

Seligman, M.E.P. (1991). *Learned optimism*. New York: Knopf.

Smith, J.C. (1986). *Meditation: A sensible guide to a timeless discipline*. Champaign, IL: Research Press.