Dixie State College Family and Consumer Science  
Syllabus Fall 2012

COURSE INFORMATION

Course Number: FSC 2430  
Course Name: Balancing Stress  
Credit Hours: 1 credit Hours  

Dates: WED Jan 9- May 2  
Section 01: WED 12:00-12:50pm Rm EDFAM 113 crn 20443  
Section 02: WED 1:00 -1:50pm EDFAM Room 113 crn 26256  

Text: Managing Stress: Principles and Strategies for Health and Well-Being, (Seaward, Brian)

INSTRUCTOR

Name: Jennie J. McBride (M.S.)  
Phone: 435-879-4247 (Department Secretary)  
Email: jmcbride@dixie.edu or Jen@jen.co  
Website: Healthyliving.co (All assignments are on this site!)  

Office: EDFAM Room 116 (Adjunct Office)  
Office Hours: By Appointment Only

COURSE DESCRIPTION

This course is open to all students with an interest in learning principles and techniques of stress management. Various stress reduction techniques and activities will be presented in class. Students will have the opportunity to practice using these various techniques. This course will also allow the student the opportunity to design a personal stress reduction program and utilize this program for 8 weeks. 1 lecture hours per week.
**COURSE OBJECTIVES**

**Students successfully completing this course will be able to:**

1) Students will participate in Personal Learning Experiences
2) Students will design and implement a personal stress reduction health behavior in their life for 8 weeks and log their weekly progress.
3) For the Final Students will be required to present their progress on incorporating their stress reduction activities in their own life.
4) Students will be required to attend class and participate in various stress reduction activities.
5) Identify and describe different terms and principles that relate to stress, communication, coping techniques, time and money management, creative problem solving, meditation, visualization, breathing techniques, progressive muscular relaxation

**CLASS SCHEDULE/OUTLINE**

**NFS 1030: Lifespan Fitness and Nutrition Class Schedule Spring 2012**

<table>
<thead>
<tr>
<th>Date</th>
<th>Day of Class</th>
<th>Discussion Topic</th>
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<tbody>
<tr>
<td>1.9.2013</td>
<td>1</td>
<td>Introduction/Syllabus/Assignments/Grades/ Intro to stress</td>
<td>Ch 1</td>
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<td>Breathing Exercises- Group Projects work on...</td>
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<td>Group Presentations- Stress Reduction Activities</td>
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<td>Core Beliefs- The way we view ....</td>
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<td>Reframing and Anger and Fear</td>
<td>Ch 5, 8</td>
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<td>15</td>
<td>Exercise Stress Reduction Activity</td>
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<td>Humor: Benefits of a Good Sense of Humor!</td>
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<td>Final Prep</td>
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<td><strong>FINAL</strong></td>
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<td>FINAL - HEALTH BEHAVIOR Paper and grade</td>
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CLASS POLICIES

PERSONAL RESPONSIBILITY: It is each student's responsibility to know when assignments are due and to get them in on time and to take exams in testing center during scheduled time. If a student misses class it is their responsibility to get notes from other students and to get assignments in on time.

DO NOT EMAIL ME and ask what you have missed!!!

RESPECT: Treat everyone, classmates, instructor and visitors with respect. Those acting disrespectfully will be asked to leave. Remember to use appropriate language and behavior for a classroom setting. (Disruptive behavior in class may lead to an administrative withdrawal. Disruptive behavior is defined as any behavior that interferes with the teacher’s ability to teach or the learning of other students.)

WATER ONLY: Water is the only drink permitted to drink in class and it must have a top. Other drinks such as coffee, juice, soda pop can damage “homework”, “Computers” and are very difficult to clean up when spilled!

FOOD: No food is permitted to be eaten in class during lecture time. Food may be eaten during breaks, before class starts or after.

TRASH: Trash is to be thrown in garbage cans. Clean up after yourself!

BE ON TIME TO CLASS: Everyone is expected to be on-time for class. All assignments are due at the beginning of class and

ASSIGMENTS: Assignments are due on the date provided. No late work will be accepted. If you are going to miss class, you need to turn in work early (especially if you are involved in athletics and will be unable to attend class) If there is a “real” emergency set up a time to meet with me to discuss it.

ACADEMIC INTEGRITY: Scholastic dishonesty will not be tolerated and will be prosecuted to the fullest extent. There is time when it is appropriate and encouraged to work with others. However, you may not quote someone without giving them credit, you may not copy other people’s work, you may not copy other people’s exams, and you may not write in answers during the grading of exams. If you cheat you will FAIL! (I may or may not give you a warning... that is up to me! You will at least Fail the assignment, however, if it is a serious infraction you will FAIL the class. I will not tolerate cheating or scholastic dishonesty!)
STUDENT SUPPORT SERVICES

Drop in tutoring is available to all registered Dixie State College students: http://dsc.dixie.edu/tutoring/

Help with writing papers:
  Writing Lab in the Browning Learning Center, room 105
  Online Writing Lab at http://dsc.dixie.edu/owl/

Help from a librarian:
  http://library.dixie.edu/ or visit the library in person during regular hours.

The Testing Center’s hours of operation are posted online at http://dsc.dixie.edu/testingcenter/officehours.htm.

Disability Resource Center:
  Proper documentation of a disability is required in order to receive services or accommodations. Any student eligible for and requesting reasonable academic accommodations due to a disability must provide a letter of accommodation to their professor from the Disability Resource Center within the first two weeks of the beginning of classes. Please contact the Center on the main campus to follow through with the documentation process. We are located in the Student Services Center Room #201, or you may call for an appointment and further information regarding the Americans with Disabilities Act at 652-7516.

FCS Department Objectives

Students taking FCS courses will:

1. Study currently accepted theory within the discipline.
2. Expand understanding of theory using applications and exercises that personalize the depth of knowledge and understanding.
3. Complete assignments demonstrating professional practices specific to the discipline.
4. Analyze course concepts against previously held schema prior to experience in the course.
5. Show, in writing, the ability to think critically.
6. Achieve a passing grade on the comprehensive final exam for the course.

COLLEGE WITHDRAWAL POLICY

If you must withdraw from this class, for any reason, it is your responsibility to do this officially by completing paperwork at the registrar’s office. This must be done before the drop deadline for complete withdrawal. If you fail to do this, you will still receive a grade in this class, regardless of whether you attend or not.
FCS 2430 Assignments and Grade System

<table>
<thead>
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<th>Class Assignments</th>
<th>Points Possible</th>
<th>Points Awarded</th>
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<td>Extra Credit Service Project (4 hours)</td>
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**GRADING**

The final grade will be calculated based on the following point system:

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<th>Point Total and Grade</th>
<th>A 940 or more</th>
<th>B- 800-839</th>
<th>B+ 870-899</th>
<th>C- 700-739</th>
<th>D+ 670-699</th>
<th>D 640-669</th>
<th>C 740-769</th>
<th>D- 600-639</th>
<th>F 599 or less</th>
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<td>C+ 770-799</td>
<td>B 840-869</td>
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<td>F 599 or less</td>
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ASSIGNMENTS

Group Presentation - Introduction to Stress Reduction Activities
60 PTS

The purpose of this assignment is to “learn” different stress reduction activities and share them with the class. We will be doing a 8 week stress reduction behavior program and you may choose to do one of these activities in your personal program. (I will show you an example of what I expect with the breathing activity.)

Journal Writing Ch 10
Art Therapy Ch 11
Meditation Ch 18
Music Therapy Ch 21
Progressive Muscular Relaxation Ch 24

Each group will be assigned one of the activities from THE LIST ABOVE. Review the chapter as a group. Summarize what the activity is and briefly describe the benefits. Find one activity to share with the class to allow them to practice this stress reduction activity. You may use internet, you-tube, read script from text, ..... You are not limited to the text book.

Students will be divided into 4-5 groups. Each student must participate but does not have to “present”/teach the activity. Provide an “Activity Sheet” that will help the other students do the activity at home.

Each group will have 8 minutes to present a stress reduction activity

1 min INTRO
Briefly describe the purpose & benefits of activity
Hand out- Activity Sheet You will need 20-35 copies for all students
Set up the activity

7-8 min ACTIVITY
One or more students will lead students through stress reduction activity
You may choose to use a DVD, CD... but must “lead” the activity

Note- Remember this is an introduction to an activity... try to do an activity that will be finished in the time limit... but if you don’t get through it all... don’t feel bad! Make sure you practice “leading” the activity so that you come prepared.

To Get 60 Points
Must come prepared to share and lead activity
Must Give “Activity Sheet” to all Students
Must Participate in Group (Not everyone has to
Must turn in one Group Presentation Worksheet

J. McBride pg. 6
Group Presentation Worksheet

Group Presentation Topic: _______________________
(Points awarded: ______/60 Pts- I will fill this out! Jen)

Group Members: Include Full Name and Class ID number
Please put in alphabetical order Last Name First... THANK YOU!
1) ____________________________________________
2) ____________________________________________
3) ____________________________________________
4) ____________________________________________
5) ____________________________________________

Briefly describe how each person contributed to the group

Provide Brief Outline of Presentation and Activity Sheet you provided the other students (You may use more paper or the backside of this paper if needed!)
ASSIGNMENT : PERSONAL LEARNING EXPERIENCE

This assignment allows you the opportunity to get credit for learning in a way that works best for you. You have the opportunity to choose what you want to study and how you want to study it. This assignment should take approximately 2-4 hours or more depending upon you, your time and your interest in the topic. There are three of these assignments due throughout the semester. The subject matter you choose to study and how you choose to learn it is up to you. You may use the same subject in all three assignments.

1) Choose something you want to learn about (Stress management)
2) Plan how you are going to learn about your subject
3) Learn about your subject
4) Share what you have learned

1) Choose something you want to learn about.
There are basically millions of topics in regards to health, fitness, and nutrition. Here are just a few diseases, illnesses, exercises, foods, specific diets, specific sports, stress related disorders, stress management topics, eating disorders...
   Example a) Heart Disease
   Example b) Yoga
   Example c) Art therapy for managing stress and healing
   Example d) Personal Challenge: Do something Uncomfortable

2) Plan how you are going to learn about your subject.
   Example a) Research Heart Disease and Stress. Write a brief summary,
   Example b) Yoga Research different types of Yoga and try different types via class or video.
   Example c) Art Therapy Research various types of art therapy. Interview 1 or 2 therapists or patients who have used it. Discover what was the benefits of art therapy
   Example d) ....

3) Learn about your subject.
Do what you set out to do. In the examples above you follow your plan. However, if you are led down a new path of discovery feel free to discover and enjoy the learning process.

4) Share what you have learned.
Turn in a brief summary of steps 1-4 on due date. You may also choose to share what you have learned via a blog or video or with a roommate. Make sure your name, class Id number and assignment number are on the assignment.

Note: For those of you who are not as comfortable with freedom to learn. You may read the additional chapters in the book and write a brief summary or answer the questions at the end of the chapter or borrow my Peach and relaxation workbook.
ASSIGNMENT # 4: INDIVIDUAL Health Behavior Plan

Use about 1 page single spaced (or 2 pages double spaced) to answer the following questions and plan your own personal health behavior plan. You will be incorporating this plan for the next 8 weeks of class. Behavior Logs 1-8 are part of Assignment 2. Assignment 2 is worth about 1/3rd of your grade.

a) Core Belief of McBride Health Behavior Modification Model- My body is an instrument that will allow me to fulfill my unique purpose. Define what this core belief means to you?

b) Briefly describe how this core belief will help you improve the quality of your life and help you to continue to make healthy choices.

c) Choose one of the eight primary health behavior classifications where you would like to improve your health by incorporating a new healthy behavior. REST AND RELAXATION

d) Identify a specific healthy behavior that you will incorporate in your life for 10 weeks. The Behavior should fall under one of the 8 Health Behavior classifications.

e) Describe 4-6 specific benefits you will get from implementing this behavior in your life. How will it benefit you specifically? Make sure it’s real and specific.

f) Specifically Plan how you are going to incorporate your new behavior in your life. Choose or design a plan, Identify when where and how to incorporate plan

g) Create Log form that you will submit each week. (include a blank log form in assignment)

h) Reward and Recognize- Some people are highly motivated by recognition and reward, plan to reward and recognize your healthy choices. Include a reward for each week, month, and/or at the end of the 8 weeks. (new clothes, massage, trip..)

Note: You may not go on to logs for assignment 4 until this assignment is submitted and your behavior is approved.
List of Approved Health Behaviors

Here is a list of approved behaviors or you may choose to do something else on this list, but it needs to be approved before starting. Note you will be doing this activity for 8 weeks for 3-5 times a week. Choose something that will improve your physical and or mental health and help you get on the path to healthy living.

CHOOSE ONLY ONE

Sleep- Rest and relaxation
I will get 7-9 hours of sleep a night. 4-5 times a week
I will do a relaxation program for 15-30 minutes 3-5 times a week. (breathing, yoga, music...)
I will participate in Yoga 20-40 min 3-4 times a week
I will exercise 30-45 min 3-4 times a week
I will Journal 4-5 times a week
I will take a personal time out 30 minutes 3-5 times a week or for a total of 2 hours a week.

Example Health Behavior Assignment

Jen McBride
1/1/2013

Assignment # 4 Health Behavior Assignment
a) Core Belief of McBride Health Behavior Modification Model- My body is an instrument that will allow me to fulfill my unique purpose. Define what this core belief means to you?

This core belief helps me to understand that my body is my unique instrument and if I don’t take care of it, I won’t be able to do the things that I was meant to do.

b) Briefly describe how this core belief will help you improve the quality of your life and help you to continue to make healthy choices.

If I truly believe that my instrument is of value and that I have a purpose, I will want to take care of the instrument that will allow me to take care of the instrument. I am taking this class to learn how to take care of my amazing instrument. The behavior I am choosing will help me take care of my instrument and improve my ability to fulfill my unique purpose.

c) Choose one of the eight primary health behavior classifications where you would like to improve your health by incorporating a new healthy behavior. (Think about an area and behavior that will IMPROVE the quality of your life!)

REST AND RELAXATION

J. McBride pg. 11
d) **Identify a specific healthy behavior** that you will incorporate in your life for 10 weeks. *The Behavior should fall under one of the 8 Health Behavior classifications.*

Sleep 7-9 hours a night 4-5 times a week (Hopefully 7 times a week)

e) **Describe 4-6 specific benefits** you will get from implementing this behavior in your life. How will it benefit you specifically? Make sure it’s real and specific.

1. Increase Energy
2. Increase Focus (be able to finish my work faster!
3. Decrease sugar cravings
4. Increase Time to do things in the morning
5. Exercise in the morning
6. Eat better

f) **Specifically Plan how you are going to incorporate your new behavior in your life.**

   Choose or design a plan, Identify when where and how to incorporate plan

I will turn off the TV or computer at 10 and get ready for bed. I will go to sleep between 10 and 11 and get up between 6 and 7 everyday! (or at least Sunday night through Thursday night. On Friday I can stay up until 12!

g) **Create Log form** that you will submit each week. (include a blank log form in assignment)

   Jane DOE

LOG WEEK 1

Health Behavior: Sleep 7-9 hours a night 4-5 nights a week

Week One From Jan 1 - Jan 7

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h) **Reward and Recognize**- Some people are highly motivated by recognition and reward, plan to reward and recognize your healthy choices. Include a reward for each week, month, and/or at the end of the 8 weeks. (new clothes, massage, trip..)

At the end of each week I will take a long relaxing bath. R
ASSIGNMENT  Health Behavior LOGS

In Part of Assignment 4, you designed a log that will be submitted each week. In order to get full credit, you must complete the behavior the minimum times selected and you must submit the log on time.

You will submit the log weekly.

Here is a simple Example

Jane Doe
Date
Class Number

LOG WEEK 1
Health Behavior:  Sleep 7-9 hours a night 4-5 nights a week

Week One From Jan 1 - Jan 7

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I slept 7-9 hours 5 out of the 7 nights! FULL POINTS

My roommates and I were watching Lost Wed and Thursday night and didn't get to bed until 1 and I had to work at 7 am. I was very tired and didn't get to play much in the weekend because I was so tired. Next week I am going to work on getting to bed between 10 and 12 every night so that I can get the minimum amount of sleep. NO MORE LOST!
ASSIGNMENT UNIQUE PURPOSE

This assignment is intended to help you discover your unique purpose (s). Have fun!

Answer the following questions on a separate page (2-3 pages).
I prefer typed. You can write notes on this worksheet during our class discussion, but I want a separate paper turned in. As much effort as you put into this assignment, you will get back! Must answer all the questions to get full points!

“My body is an instrument that will allow me to fulfill my unique purpose.” This is a core belief that can serve as a motivating force in the health behavior modification model.

Part 1- What is a Purpose? (10 pts)
1) What does this core belief mean to you? Do you believe that you have a unique purpose? (The dictionary defines PURPOSE as “the reason for which something exists”.)
2) What does it mean to live your life on Purpose?
3) What is a Purpose? (define it, talk about it, think about it out loud!)
4) What is the purpose of you getting your education?
5) What is the purpose of your hobbies?
6) What is the purpose of your relationships?
7) What are some purposes of your existence now?

Part 2- What were my unique Dreams? (10 pts)
8) Think back to your childhood... what were some of your dreams in elementary school? (for example I wanted to be a fireman....)
9) What were some of your dreams in Jr High and High School?
10) Which of those dreams do you wish were still your dreams?

Part 3- What are some of my most Favorites things? (10 pts)
11) What was your favorite job? why?
12) What was your least favorite job(s)? why?
13) What was favorite class(es) in Jr High, High School, College (LIST ALL)
14) If you didn’t have to work, or go to school, what would you do (besides catch up on your sleep)?
15) What are your favorite things (activities) to do alone?
16) What are your favorite things to do with others?
17) When are you the happiest and most relaxed?
18) What are your favorite types of challenges?
19) If you only had 5 years to live... what would you do with your time? (what if you only had 1 year?)
Each of us have a unique purpose(s). When we are on our path and when we are fulfilling our unique purposes we are much more likely to be at peace and be happy. There are many influences that seek to distract us from the PATH of Purpose!

**Part 4- What are your unique talents? (20 pts)**
20) When your friends compliment you what do they compliment you about?
21) What do people say that you do really well?
22) What do you feel are your greatest talents and abilities (remember some come so easy you might not see them as talents!)
23) If you could do anything in the world, what would you want to do? (be specific)
25) What are ways you can specifically help others and impact the world for good?

**Part 5- What is your unique purpose (25 pts)**
25) What do you believe your unique purpose is or purposes are? *(do your best to clarify what you feel your purpose is, realizing it may become more defined in the future. A purpose doesn’t necessarily mean a job. Have fun and just do you best!)*

26) List things that could distract you from fulfilling your unique purpose(s).
27) What can you do now to fulfill you unique purpose?
28) How can Healthy Living and managing stress help you to fulfill your unique purpose?

**REMEMBER**
Must be turned in on a separate page.
Include your name (class ID)
Name of class and time of class or section.
Identify all parts and questions of each part!
HEALTH BEHAVIOR FINAL

Remember --- The Main objective of this class was to learn how to incorporate healthy behaviors into our lives and receive the benefits that come from healthy living!

FINAL MUST BE TYPED and include FULL NAME and Student ID

MUST TURN IN AN ELECTRONIC COPY AND HARD COPY
MUST SUBMIT An ELECTRONIC COPY TO Jen@jen.co and Submit Hard Copy day of Final
Must be 2-4 pages double spaced (12 point font)

PART 1- HEALTH BEHAVIOR RESULTS
Intro- Discuss what you chose to do and why
What specific behavior did you choose to work on?
What specific classification was this health behavior from?
Why did you want to incorporate this behavior in your life?

Body-
a) Discuss benefits of this behavior-
What were the specific benefits you wanted to receive from incorporating this behavior in your life? What specific benefits did you receive from incorporating this behavior in your life? What would be some long term benefits you would receive as you continue this behavior for the rest of your life?

b) Discuss what you did well with your program. What things wouldn’t you change? What was good about your plan and your ability to implement the health behavior in your life?

c) Discuss where you were challenged and possible areas of improvement.
What would you do differently? What was hard? Are there areas you could have improved your plan?

d) Discuss- Are you going to modify this plan and continue to work on this behavior? Or have you established this behavior as a habit and want to choose to focus attention to a new behavior (while continuing this behavior:)?

e) Discuss-What have you done to recognize and reward yourself for incorporating this behavior? (or what are you going to do to reward yourself?)

f) Discuss- Would you recommend this program to someone else?

Conclusion- Summarize:
What you have learned and how you have specifically benefited from implementing a new health behavior in your life using the health behavior modification model?
PART 2- Revise Old Health Behavior Plan or Design New Health Behavior Plan to incorporate a new healthy behavior in your life this summer!

a) **Core Belief of McBride Health Behavior Modification Model-** My body is an instrument that will allow me to fulfill my unique purpose. Define what this core belief means to you?

b) Briefly describe how this core belief will help you improve the quality of your life and help you to continue to make healthy choices.

c) **Choose one of the eight primary health** behavior classifications where you would like to improve your health by incorporating a new healthy behavior. (Think about an area and behavior that will IMPROVE the quality of your life!)

d) **Identify a specific healthy behavior** that you will incorporate in your life for 10 weeks. *The Behavior should fall under one of the 8 Health Behavior classifications.*

e) **Describe 4-6 specific benefits** you will get from implementing this behavior in your life. How will it benefit you specifically? Make sure it’s real and specific.

f) **Specifically Plan how you are going to incorporate** your new behavior in your life. Choose or design a plan, Identify when where and how to incorporate plan

g) **Create Log form** that you will submit each week. (include a blank log form in assignment)

h) **Reward and Recognize-** Some people are highly motivated by recognition and reward, plan to reward and recognize your healthy choices. Include a reward for each week, month, and/or at the end of the 10 weeks. (new clothes, massage, trip..)
Service Project: EXTRA CREDIT

NAME: _________________________________      CLASS ID: _______

FSC 2430      Class Time: (Circle One) 12:00 or 1:00

DUE: LAST DAY OF CLASS OR DURING FINALS

Objective: Spend 4 hours doing service. Service is defined as

Choose what you are going to do
Plan how you are going to do it
Do the Service
Share what you have done

1) What Service did you do?

2) What plans did you make to complete your service?

3) How did you spend your four hours of service?

4) How did you service benefit someone else?

5) How did your service decrease your stress?