Framingham State University
Division of Professional and Continuing Education
Course Syllabus

COURSE NAME: Keep it Simple: Healthy Living for Teachers and Students

DATES/TIMES: **Spring 2023**

CREDIT HOURS: One graduate credit. One Semester Hour of Graduate Credit = 45 contact hours. Therefore, students enrolled in a one semester hour credit graduate course should expect about 45 contact hours of work in total.

INSTRUCTOR: Caroline Maloney
(978) 270-3952

LOCATION: Online

COURSE DESCRIPTION: Teaching is a very high-energy, stressful career that requires you to juggle many things throughout the day. From disciplinary issues, administration demands, and many other stressful situations that can leave you feeling depleted and exhausted at times. Self-care is often on the back burner. This course will guide you to develop some simple lifestyle changes that contribute to Wellness and Longevity with the goal to also share out with your staff/students.
Get the most out of life by feeling your best! Focusing on these 4 areas together set up a fantastic foundation of good health.

- Eat your best! Food is your fuel and has a great impact on your health.
- Sleep your best! Set your day up for success by starting off in a restful state.
- Move as much as possible in a way that works for you!
- Relax and manage your stress!

******Each of these individually are not as powerful as when they are practiced together.***

Learning Outcomes:
Participants will:

- Identify the physical and mental health benefits of consistent, quality sleep.
- Reflect on personal sleep hygiene, and learn strategies to improve sleep.
- Describe the benefits of regular movement and tips on how to improve it.
- Identify tips to improve a healthy balance of food as our fuel. Explore the Blue Zones of the world, and compare cultures and diets that have proven to contribute to living a long, healthy life.
- What is stress and how does it impact our body?

- Learn and practice strategies to get more relaxation into your life (practices like mindfulness and meditation).
- Create ideas for engaging students and colleagues in physical, emotional, and mental wellness strategies.

NATIONAL COMPREHENSIVE HEALTH STANDARDS

1. Demonstrate healthy practices and behaviors to maintain or improve personal health.
2. Demonstrate behaviors to avoid or reduce health risks to self and others.
3. Analyze the role of individual responsibility for enhancing health.
4. Accessing Valid and Reliable Information.
5. Access and practice healthy ways to express emotions and to cope with feelings, including the common causes of stress, its effects on the body, and managing stress.

COURSE EXPECTATIONS:

a) Online attendance is mandatory which includes posting several times a week to the discussion board
b) Participants will be expected to complete the weekly assignments on time which will include readings, video viewing, written responses and participating in a class discussion.
c) A final project is required and due before the end of the course

Course Materials: Online readings and resources include, but are not limited to:
A smartphone (helpful but not required are earbuds and a smart watch)
https://www.myplate.gov/
https://www.bluezones.com/
How stress affects your body - Sharon Horesh Bergquist
Stressed - A Documentary Film | 4K OFFICIAL
Netflix documentary "Down to Earth" (I will offer a zoom screening if a student doesn't have an account)
How to make stress your friend | Kelly McGonigal
How to make diseases disappear | Rangan Chatterjee | TEDxLiverpool

https://www.ted.com/talks/matt_walker_how_sleep_affects_what_and_how_much_you_eat

COURSE OUTLINE:

<u>WEEK ONE</u>: How can you get more relaxation into your everyday life?

What we will go over:

- The science of stress and how it impacts your body. What is stress? The stress response.
- Anxiety vs Stress. What's the difference? The increase of stress is associated with anxiety, depression, heart disease, diabetes, sleep disorders and more.
- How much stress are you taking on? Take the stress scale test to assess your level of stress. Look at what the scores mean.
- How chronic stress affects your physical health and risk of disease
- Develop some practice like mindfulness and meditation.
- How we benefit from reduced stress and increased relaxation. It's benefits such as weight loss, a balanced perspective of life, improved sleep quality, and increased ability to concentrate.

Assessments:

Take the Stress Test and reflect on your results.

Practice some of the suggestive activities and reflect on what was helpful.

Develop a relaxation plan that fits your life. How can you add relaxation strategies into your classroom setting?

<u>WEEK TWO</u>: How is my Sleep Hygiene?

What we will go over:

- Quality Sleep: We will look at the physical and mental health benefits of consistent, quality sleep. Some say we are living in a sleep deprivation epidemic. We will look at the consequences of sleep deprivation including its connection to chronic health conditions.
- Lack of sleep on mental health problems.
- How does sleep deprivation also affect the other pathways? Our other lifestyle choices like exercise and eating, stress?
- What is affecting you from getting quality and enough sleep?
- Most people with sleep problems don't have a sleep disorder; instead they are doing something in their everyday lifestyle that they don't realize is negatively impacting their sleep.
- Sleep Tips

Assessments:

- You will reflect on your own sleep quality, and learn strategies to improve your sleep or to help others

- Track your sleep hours using your smartphone or watch. Practice sleep tip ideas and reflect on it

<u>WEEK 3</u>: How's My Diet?

There are so many confusing messages about food and diets out there. How do you figure out what the right diet is for you? What diet gives you the most energy and helps you to feel your best? What we will go over:

- Mindful Eating
- How does diet improve our mood?
- The basic recommendations from the USDA including the MyPlate and US Dietary Guidelines.
- Tips to improve a healthy balance of food as our fuel.
- The Blue Zones diet philosophy. We will look at and compare cultures and diets that have proven to contribute to living a long, healthy life. What are the common principals with all the Blue Zones?

Assessments:

Take the My Plate quiz to assess how you are doing with the 5 food groups. Track one of your days and see how you do.
https://www.myplate.gov/
Choose one of the Blue Zones and research their habits and diets. Create a presentation to share with the class.
https://www.bluezones.com/

<u>Week 4</u> How much Movement/Exercise do I need? And how do I fit it into my busy schedule?

What we will go over;

We will dig deep into all the amazing benefits of regular movement. Including prevention of many chronic illnesses.
How do we get more regular movement into our day? Simple steps can go a long way.
Reducing our sitting time. Walking more.
The different types of exercise we need including strength training.

Assessments:

Tracking your daily steps using your Smartphone or watch.
Setting a program/plan goal to incorporate more steps into your day.
Set up a school wide challenge
Develop a plan for movement breaks for your students.

Final Project

Participants are required to develop one of the following;
-Develop a presentation demonstrating how to work on the 4 areas of Health for your staff. (teachers and support staff (such as guidance, psychology, or administration)
-Develop a unit for a class that would be appropriate for your population of students.

The project should be specific to what you think your school's needs are with using the information, resources and knowledge you acquired from taking the class.
Format choices: Slideshow, Screencast, or alternative on request.

Grading Criteria:

Weekly board discussion participation 40%
Weekly homework assignments 40%
Final Project 20%

Grades by points:
94-100: A 90-93: A-
87-89: B+ 83-86: B
80-82: B- 77-79: C+
73-76: C 70-72: C-

Academic Honesty Policy:

Integrity is essential to academic life. Consequently, students who enroll at Framingham State University agree to maintain high standards of academic honesty and scholarly practice. They shall be responsible for familiarizing themselves with the published policies and procedures regarding academic honesty. Academic honesty requires but is not limited to the following practices: appropriately citing all published and unpublished sources, whether quoted, paraphrased, or otherwise expressed, in all of the student's oral and written, technical and artistic work. Please refer to the academic honesty policy in the FSU Graduate Catalog, Student Conduct section on page 21.

Academic Accommodations Policy

Framingham State University offers equal opportunities to all qualified students, including those with disabilities. The University is committed to making reasonable accommodations as necessary to ensure that its programs and activities do not discriminate, or have the effect of discriminating, on the basis of disability. Disability/Access Services works with students with ADD/ADHD, learning and psychiatric disabilities, students with mobility disabilities, students who are blind or low vision, students who are d/Deaf or hard of hearing, and students with chronic medical conditions. Please refer to the link below for more information:https://www.framingham.edu/academics/center-for-academic-success-and-achievement/disability-access-services/index

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