

**Framingham State University**  
**Division of Professional and Continuing Education**  
**Course Syllabus**

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

**DATES/TIMES:** Fall 2025

**CREDIT HOURS:** One graduate credit  
**INSTRUCTOR:** Caroline Maloney  
Email: Use the inbox feature on Canvas  
(978) 270-3952

**LOCATION:** Online

**COURSE DESCRIPTION:** Teaching is a high-energy, high-pressure career that demands juggling multiple responsibilities throughout the day, including disciplinary issues, administrative demands, and various other stressful situations that can leave you feeling depleted and exhausted. Self-care is often on the back burner. This course will guide you in developing simple lifestyle changes that contribute to Wellness and Longevity, with the intention of sharing these insights with your staff/students.

Get the most out of life by feeling your best! Focusing on these 4 areas together sets up a fantastic foundation for good health.

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

**\*\*\*Each of these is less powerful than when 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).

- Develop ideas to engage 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 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, including 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**

A smartphone

A Fitbit or a Smart Watch (helpful but not required)

## **COURSE OUTLINE:**

### **WEEK 1: *Uncover the Impact Stress Has on Both Our Body and Mind***

- 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 in 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 practices such as mindfulness and meditation.
- Reduced stress and increased relaxation benefit us in many ways. These include 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?

## **WEEK 2: The Importance of Sleep and Why It Should Be Prioritized**

- Quality Sleep: We will examine the physical and mental health benefits of consistent, quality sleep. Some say we are living in a sleep deprivation epidemic. We will also explore the consequences of sleep deprivation, including its connection to chronic health conditions.
- Lack of sleep and the role it plays in mental health.
- How does sleep deprivation also affect the other pathways? Our other lifestyle choices include exercise, eating habits, and 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 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

## **WEEK 3: Learn Simple Tips for Eating that Can Improve Your Health**

There are so many confusing messages about food and diets out there. How do you determine the right diet for yourself? 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 include the MyPlate and the US Dietary Guidelines.
- Tips to improve a healthy balance of food as our fuel.
- The Blue Zones diet philosophy. We will examine and compare cultures and diets that have been shown to contribute to a long, healthy life. What are the common principles of all the Blue Zones?

### **Assessments:**

Take the My Plate quiz to assess how you are doing with the five 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/>

**Week 4: Explore the Benefits of Movement and How it Impacts Your Health. How do I fit it into my busy schedule?**

We will explore the numerous benefits of regular movement in depth.

The role of movement in disease prevention.

How can we incorporate more regular movement into our daily routine? Simple steps can go a long way.

Reducing our sitting time. Walking more.

The different types of exercise we need include strength training.

**Assessments:**

Tracking your daily steps using your Smartphone or watch.

Set a goal to incorporate more steps into your daily routine.

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 four 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 tailored to your school's specific needs, utilizing the information, resources, and knowledge gained from 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, based on 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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