




HLTH 154: Stress Physiology

CRN: 81442

4 Credits

Professor:	Courtney Jensen, Ph.D.
Graduate Assistant:	Catalina Quedado-Thorntona
Class Location:	WPC 131
Class Days:	Monday, Wednesday, Friday
Class Times:	12:30pm – 1:45pm
Office Location:	Main Gym, Office 209
Office Hours:	Courtney: MW from 11:00am – 12:15pm Location: DUC fireside Catalina: W from 10:00am – 12:00pm Location: GA Office Other hours available by 

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1. Purpose of the Course

Stress Physiology is for students in Health & Exercise Science who wish to understand the breadth of human adaptation in diverse environments. We examine responses to environmental factors (e.g., heat and humidity, cold and windchill, hyper- and hypobaric stress), occupational and situational stresses (e.g., circadian disruption, sleep deprivation, noxious sights and smells), and imposed stresses (e.g., exercise, alcohol, pregnancy). The focus is on the underlying physiological responses whereby the body tolerates, accommodates, or adapts to stress. With each different topic, we begin with the foundation, followed by an exploration of exceptions.

2. canvas BY INSTRUCTURE and zoom and StressPhys.com

Students are required (*required* required) to use Canvas (<https://pacific.instructure.com/>). All lecture materials will be maintained there. And all announcements will be made there. If you're not familiar with Canvas, it's a good idea to do some familiarizing. Students may also want to use Zoom. We may have some interactions there. Lastly, recordings of lectures are posted at <https://stressphys.com>. If you lack familiarity with these platforms, it's a good idea to introduce yourself before the semester begins.

3. Exams, Assignments, and Grading

There are two exams (a midterm and a final) and one group video project. That's everything. The first exam is 100 points (taken individually). The group video submission is 50 points (2-3 people). The final exam is 150 points (50% group, 50% individual). 300 total points.

276 to 300 points (>92.0%) = Solid A.	222 to 233 points (>74.0%) = C+
267 to 275 points (>89.0%) = Wobbly A (A-)	210 to 221 points (>70.0%) = C
255 to 266 points (>85.0%) = B+	201 to 209 points (>67.0%) = C-
243 to 254 points (>81.0%) = B	189 to 200 points (>63.0%) = D+
234 to 242 points (>78.0%) = B-	165 to 190 points (>55.0%) = D

4. Accommodations for Students with Disabilities

If you are a student with a disability who requires accommodations, please contact the Office of Services for Students with Disabilities (SSD) for information on how to register for services and request accommodations.

1. Student must register for services by completing the intake and registration process and provide supportive documentation found at pacific.edu/disabilities.
2. Student requests accommodation(s) letters each semester online through the [SSD Student Portal](#) found at pacific.edu/disabilities.
3. As needed, student arranges to meet with their professor to discuss the accommodation(s).

To ensure timeliness of services, it is preferable that you obtain the accommodation email letter(s) from SSD within the first two weeks of classes starting.

The Office of Services for Students with Disabilities is located in the McCaffrey Center Room 229, 2nd floor
Phone: 209-946-3221
Email: ssd@pacific.edu
Online: www.pacific.edu/disabilities

5. Class Attendance Policy

There isn't one. You don't get dinged points for not being present. I will give live lectures, but there are also pre-recorded versions of the same lectures you can watch online (stressphys.com). Exams and presentations are a different matter. You **must** (*super* must) be in class on those days.

6. Course Objectives and Outcomes

The specific objectives and outcomes are all stated in the course content and calendar section, but here is a vague summary: at the conclusion of this course, you should understand how the human body interacts with its environment. You should know the underlying physiology at play when the body merely tolerates a stress, habituates to it, or adapts to it. These should not be memorized lines; you should be able to visualize the phenomena and express them in your own language. And you should be able to *apply* this information to your own life, in your workouts, in discussions with your family about health and disease, and in your daily behaviors.

7. Course Content and Calendar

CLASS #	DATE	TOPIC
<i>Week 1</i>		
1	MON, Aug 26	Syllabus and Expectations
2	WED, Aug 28	An Introduction to Stress and Allostatic Load
3	FRI, Aug 30	Stress and Environmental Implications
<i>Week 2</i>		
NO CLASS	MON, Sept 2	Labor Day. No class.
4	WED, Sept 4	Specificity of Adaptation: History and Biology
5	FRI, Sept 6	Specificity of Adaptation: Tissues and Time Course
<i>Week 3</i>		
6	MON, Sept 9	Stress and Pathology
7	WED, Sept 11	Stress and Performance
8	FRI, Sept 13	Physical Activity and Exercise as Stressors
<i>Week 4</i>		
9	MON, Sept 16	Physical <i>Inactivity</i> and <i>Unexercise</i> as Stressors
10	WED, Sept 18	Physical Inactivity and Disuse Atrophy
11	FRI, Sept 20	Physical Trauma and Injury
<i>Week 5</i>		
12	MON, Sept 23	Heat and Humidity: Part 1
13	WED, Sept 25	Heat and Humidity: Part 2
14	FRI, Sept 27	Heat and Humidity: Part 3

Week 6

15	MON, Sept 30	Heat and Humidity: Part 4
16	WED, Oct 2	Heat and Humidity: Part 5
NO CLASS	FRI, Oct 4	Fall break. No class.

Week 7

17	MON, Oct 7	Heat and Humidity: Part 6
18	WED, Oct 9	Heat and Humidity: Part 7
19	FRI, Oct 11	Cold Stress: Part 1

Week 8

20	MON, Oct 14	Cold Stress: Part 2
21	WED, Oct 16	Review for Exam
MIDTERM	FRI, Oct 18	EXAM # 1 of 2 (Midterm)

Week 9

22	MON, Oct 21	Exam Discussion & Mid-Semester Housekeeping
23	WED, Oct 23	Alcohol: Part 1
24	FRI, Oct 25	Alcohol: Part 2

Week 10

25	MON, Oct 28	Alcohol: Part 3
26	WED, Oct 30	Drugs: Part 1
27	FRI, Nov 1	Drugs: Part 2

Week 11

28	MON, Nov 4	Drugs: Part 3
29	WED, Nov 6	Altitude Stress and Lung Function: Part 1
30	FRI, Nov 8	Altitude Stress and Lung Function: Part 2

Week 12

31	MON, Nov 11	Hyperbaric Stress: Part 1
32	WED, Nov 13	Hyperbaric Stress: Part 2
33	FRI, Nov 15	Hypobaric Stress: Part 1

Week 13

34	MON, Nov 18	Hypobaric Stress: Part 2
35	WED, Nov 20	Microgravity
36	FRI, Nov 22	Sleep: Part 1

Week 14

37	MON, Nov 25	Sleep: Part 2 Group video assignment is due.
NO CLASS	WED, Nov 27	Thanksgiving. No class.
NO CLASS	FRI, Nov 29	Thanksgiving. No class.

Week 15

38	MON, Dec 2	Sleep: Part 3
39	WED, Dec 4	Sleep: Part 4
40	FRI, Dec 6	Sleep: Part 5

Week 16 **FINAL** *FINAL* WEEK

FINAL Dec 9 – Dec 13 MONDAY, December 9 from Noon to 3:00pm

Potential topics for group projects: Occupational stress, Stresses Across the Lifespan (Puberties & Elderlies), Starvation and Nutritional Deficits (e.g., Female Athlete Triad), Obesity and Nutritional Surpluses, Social and Emotional Stresses, Air Quality (Pollution, Allergens, etc.), Covid and Post-Covid... or other topics.

8. Student Responsibilities

- Timeliness. If you're going to come to live lectures, don't come late.
- "Due dates" aren't negotiable. You have two exams and one presentation. Make sure you're present for those days. Cancel your wedding if you have to.
- If you become aware of a scheduling conflict (an *important* conflict) that precludes your presence on one of the three important days (exam, presentation, exam), it can be rescheduled if you notify me at least 24 hours prior to the date of the quiz or exam. If I receive an email from you mid-class ("hey sorry something came up can I take the test tomorrow?"), you will receive a zero.
- Emergencies. I understand these, and experience them myself. In the case of an emergency, you don't need to contact me in advance. Just attend to your situation and notify me when you can. But be prepared to provide documentation. We'll figure out a solution and your grade won't be affected; there's no reason to worry here. However, if your definition of "emergency" is not compatible with my definition (e.g., "my pet looked so sad this morning; I couldn't leave him home all by his lonesome"), then you probably do have reason to worry.
- All students must abide by the University of the Pacific's policy regarding academic honesty (page 14 of Tiger Lore Student Handbook) and the University Honor Code:

The Honor Code at the University of the Pacific calls upon each student to exhibit a high degree of maturity, responsibility, and personal integrity. Students are expected to:

- 1) Act honestly in all matters
- 2) Actively encourage academic integrity
- 3) Discourage any form of cheating or dishonesty by others
- 4) Inform the instructor and appropriate university administrator if she or he has a reasonable and good faith belief and substantial evidence that a violation of the Academic Honesty Policy has occurred.

Violations will be referred to and investigated by the Office of Student Conduct and Community Standards. If a student is found responsible, it will be documented as part of his or her permanent academic record. A student may receive a range of penalties, including failure of an assignment, failure of the course, suspension, or dismissal from the University. The Academic Honesty Policy is available at: <http://www.pacific.edu/Campus-Life/Safety-and-Conduct/Student-Conduct/Tiger-Lore-Student-Handbook-.html>

9. Professor's (i.e., My) Responsibilities

1. Canvas postings: I will maintain a presence on Canvas. Not a particularly sophisticated one, but certainly a routine one. You can find the syllabus, all lecture slideshows, and additional readings there.

2. Office hours: I won't be "in my office", but I'll be in the DeRosa Student Center during the hours stated on the first page. "Is it possible to schedule an appointment with you outside of those hours?" Possible. But I do receive approximately 20 hours / week of requests above what I'm capable of addressing. If I were two people, I could manage every request. But I'm just a person. I'll try. But the workload exceeds what a person can do at times. Sorry ☹️

3. Phone and email responses: I will be as punctual as I can be with response times. At the busiest times of the semester, it won't feel that way. But I'll do my best. If you have a lot of questions or your questions would require a lot of typing, I might ask that you take advantage of office hours.

4. Returning assignments (exams and whatever): You'll get feedback back in relatively short time. I may or may not return materials, but you'll always receive your grades quickly, along with any applicable feedback so you can improve your work in the next assignment, quiz, report, exam, presentation, or whatever.

5. Digital lecture postings: Every lecture is posted at <https://stressphys.com>. I also give live lectures, but those aren't recorded.

6. Changes to class schedule: I reserve the right to change the class schedule as required. For example, if a fire is currently consuming Stockton, we'll probably postpone our lectures. I will also have medical appointments that conflict with the class schedule on time. I'm not going to risk mortality for class sessions, so that has to be my first priority. In any schedule-changing event, I will post all changes on Canvas and announce them in class.

7. Preferred pronouns: I tend to call people by their names. Excepting words like "they" and "somebody" (and those that involve me, e.g., I and mine), I'm not very pronouny in my speech. But if you have a pronoun that would not be obvious to me (or feel like sharing your obvious pronouns), please, please do so. Let me know at any time and I will, of course, respect and honor it. I may not have time to discuss exam grades in detail or respond to administrative questions (or whatever), but being polite and fostering an inclusive learning environment that feels safe and dignified doesn't take time. I'm not Dolores Umbridge. Every day, I receive about 15 hours of requests beyond what any human is capable of doing, but addressing people as they wish to be addressed takes 5 seconds.



10. Course Evaluation

1. Copies of student work may be retained to assess how the learning objectives of the course are being met. And I might scan your work (just the good bits) for future slideshows.

2. If you have suggestions ("it'd be great if we could learn about..."), feel free to speak up. If possible, we will accommodate all suggestions. If not possible, office hours or student presentations would be a good time for it.

3. We'll do the student evaluations at the very end of the semester. I prefer to do it on the last day of class, immediately after the final. That feels like the best way for you to know what it is you're evaluating. Filling out the forms three weeks before the end of class seems odd to me. It's like reviewing a movie without watching the last 20 minutes. That said, digital evals are sort of imprecise. So... somewhere around the end of the semester, this will happen.

11. Important Dates for University of the Pacific, Fall '24

Fall 2024

Description	Date(s)
Payment Deadline for Fall 2024	August 1
Classes Begin	August 26
Labor Day (Holiday - no classes)	September 2
# Last Day to Add Classes	September 6
# Last Day for Pass/No Credit or Letter Grade Option	September 6
# Last Day to Drop Classes (without record of enrollment)	September 6
# Last Day to Drop Classes with 100% Refund	September 6
Last Day for Pro-Rated Refund	September 20
Census Date	September 20
Deadline for faculty to submit week 5 Early Grades	September 27
Fall Student Break	October 4
Spring 2025 Schedule of Classes Available	October 7
* Advising for Spring 2025 for continuing students	October 14-25
Last Day to Withdraw	October 25
* Early Registration Appointments begin for continuing students-Spring 2025	October 28 - November 1
Thanksgiving Break	November 27-29
Classes Resume	December 2
Classes End	December 6
Final Examination Period	December 9-13
Deadline to Petition to Walk in May 2025 Commencement (Summer 2025 Graduates)	December 13
Deadline for Faculty to Submit Final Grades	December 17

Day/Time of Final	Monday	Tuesday	Wednesday	Thursday	Friday
	Dec. 9	Dec. 10	Dec. 11	Dec. 12	Dec. 13
DAY/TIME OF CLASS					
8-11 a.m.	MWF 8-9:30 a.m.	TR 10 a.m.-noon	MWF 9:30-11 a.m.	TR 8-10 a.m.	MWF 11 a.m.-12:30 p.m.
11 a.m.-noon	Break				
Noon-3 p.m.	MWF 12:30-2 p.m.	TR 1-3 p.m.	MWF 2-3:30 p.m.	X	X
3-6 p.m.	X	X	X	TR 3-5 p.m.	MWF 3:30-5 p.m.
6-7 p.m.	Break				
7-10 p.m.	MW 8-10 p.m.	TR 8-10 p.m.	MW 5-7 p.m. 6-8 p.m.	TR 5-7 p.m. 6-8 p.m.	X

Final exam Schedule

Our final exam:
Monday, December 9
Noon to 3:00pm