Course Prefix and Number: HLT 215

Course Title: Personal Stress and Stress Management

Course Description (including lecture hours, lab hours, total contacts)

Provides a basic understanding of stress and its physical, psychological, and social effects. Includes the relationships between stress and change, self-evaluation, sources of stress, and current coping skills for handling stress. Lecture 3 hours per week.

General Course Purpose

This course will engage the person as to the harmful risks of stress on the organism and how it exerts a summative effect on the human body both positively and negatively.

Course Prerequisites/Corequisites (Entry-level competencies required for enrollment): none

Course Objectives (Each item should complete the following sentence.)

Upon completing the course, the student will be able to:

a. determine the nature of stress and its psychophysiological effects.
b. demonstrate competency in time management and relaxation techniques.
c. ascertain the importance of modifying stressful lifestyles and will be able to develop appropriate nutrition and exercise programs.
d. differentiate among various stress management techniques and be able to apply appropriate intervention techniques as indicated.

Major Topics to be Included

a. Determinants of Stress, Stress Psychophysiology, Stress and Illness
b. Life Situation and Perception Interventions
c. Time Management
d. Relaxation Techniques
e. Modifying Stressful Lifestyles and Health Behaviors
f. Beneficial Effects of Nutrition and Exercise
g. Applications of Stress Management Techniques: the College Student, Sex role, Occupational, the Family, and Aging.

Effective Date of Course Content Summary (Month, Date Year): August 1, 2008