

COURSE OUTLINE
HEED-106
Introduction to Stress Management
3 Credit Hours

HOWARD COMMUNITY COLLEGE

Description

This course is designed to add to the one-credit health education courses. These one-credit courses provide both students and community members with basic health knowledge and information. HEED-106, Introduction to Stress Management, specifically presents information that will help the student in developing a personal stress management plan. This course will also provide an additional online course offering.

A liberal education prepares students to lead ethical, productive, and creative lives and to understand how the pursuit of lifelong learning and critical thinking fosters good citizenship. General education courses form the core of a liberal education within the higher education curriculum and provide a coherent intellectual experience for all students by introducing the fundamental concepts and methods of inquiry in the areas of mathematics, the physical and natural sciences, the social sciences, the arts and the humanities, and composition. This course is part of the general education core experience at Howard Community College.

Overall Courses Objectives

Upon completion of this course the student will be able to:

1. Describe sources of stress.
2. Analyze the effects of major life events and everyday stressors on health.
3. Describe the physiological and psychological effects of the stress response.
4. Explain the effects of stress on behavior.
5. Explain the relationship of stress on behavior.
6. Identify techniques for managing stress.
7. Identify strategies for avoiding stress.

Major Topics

1. Sources of Stress and the Stress Response
2. Physiology and Psychology of Stress
3. Quieting the Internal – Methods of Relaxation
4. Quieting the External – Environmental Planning
5. Quieting the External – Cognitive Restructuring

Course Requirements

Grading/exams:

Grading procedures will be determined by the individual faculty member but include the following:

- ◆ Attendance
- ◆ Participation
- ◆ Written tests
- ◆ Personal Stress Management Plan

Writing:

This class will require writing in its assignments and personalized stress management plan.

Other course information

This course is an Interdisciplinary and Emerging Issues elective.