

COURSE OUTLINE

HEED-213

Stress Management

3 Credit Hours

HOWARD COMMUNITY COLLEGE

Description

This course is designed to provide the student with the principles and methods necessary to developing a personal stress management plan as well as experience various means of stress reduction and relaxation. The concept of wellness, and the role stress and stress management play in personal wellness development are examined. Participation in labs, classroom activities, and take-home assignments will assist the student in evaluating their personal stress levels as well as their individual ability to relax. Students will be required to take part in various stress assessing and stress reducing activities.

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. Define basic concepts and definitions relevant to stress theory.
2. Describe the physiological response to stress.
3. Describe the impact stress has on health of the individual.
4. Identify personality factors and their role in stress.
5. Identify techniques and strategies for stress management.
6. Describe and demonstrate basic methods of relaxation.
7. Describe the impact negative health behaviors have on stress.
8. Describe the relationship stress management plays in the wellness concept.
9. Describe the relationship between exercise, nutrition, and stress.

Major Topics

1. Stress Theory
2. Physiology of Stress
3. Cognitive factors and stress

4. Self-appraisal for stress
5. Stress management techniques and strategies.
6. Relaxation methods.

Course Requirements

Grading/exams:

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

- ◆ Attendance
- ◆ Participation
- ◆ Written tests
- ◆ Labs and Assignments
- ◆ Personal Stress Management Strategy

Writing:

This class will require writing in its assignments and Personal Stress Management Strategy.

Other course information

This course is required for student majoring in Health Education.
This course is an Interdisciplinary and Emerging Issues core course.