South Central College

HHP 210 Stress Management

Course Outcome Summary

Course Information

**Description**
This course exposes students to a holistic approach to stress management. Students will learn the basic principles, theories, coping skills and relaxation techniques to effectively manage personal stress. Topics include: the effects of the stress response, the relationship between stress and health/disease, the identification of personal stress levels, the application of coping skills and relaxation techniques, and the understanding of the importance of personal responsibility for health. (Prerequisite: Must have a score of 78 or higher on the Reading portion of the Accuplacer test or completion of READ 0080 and READ 0090 with a grade of C or higher)

**Total Credits**
3

**Total Hours**
48

Types of Instruction

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Pre/Corequisites

READ 90 or a score of 77.5 on Accuplacer Reading Comprehension.

Institutional Core Competencies

Critical and Creative Thinking - Students will be able to demonstrate purposeful thinking with the goal of using a creative process for developing and building upon ideas and/or the goal of using a critical process for the analyzing and evaluating of ideas.

Course Competencies

1. **Demonstrate an understanding of terminology and concepts used in the study of stress management.**

   **Learning Objectives**
   Define the terms: holistic, stress, stressor, eustress, neustress, distress, stress prone, stress resistant, stress-hormone response, relaxation response, homeostasis, acute stress, chronic stress.
   Explain the concepts of fight-or-flight reaction, general adaptation syndrome, event based concept of stress, interactional model of stress, transactional model of stress.
   Apply terminology and concepts to personal experiences with stress.
2. **Explain contemporary concepts of stress.**

   **Learning Objectives**
   - Recognize the contributions of individuals key to the study of stress and stress management.
   - Discuss the concept of stress from different perspectives.
   - Examine current research on stress/stress management as it relates to the physiological, cognitive or emotional responses to stress.
   - Describe the role of exercise and nutrition as they relate to stress management.

3. **Describe the physiological, cognitive, and emotional responses to stress.**

   **Learning Objectives**
   - Explain the physiological responses that occur during the stress response.
   - Discuss cognitive theory as it relates to stress.
   - Discuss the following terms as they relate to stress: fear, anger, conflict, anxiety, perception, personality.

4. **Categorize sources of stress.**

   **Learning Objectives**
   - Identify sources of psychosocial stress.
   - Identify sources of environmental stress.
   - Identify sources of internal stress.

5. **Understand the role stress plays in illness and disease.**

   **Learning Objectives**
   - List the symptoms of acute and chronic stress.
   - Associate the physiological responses to stress to the development of stress-related illnesses.
   - Explain the results of prolonged distress.

6. **Practice coping skills.**

   **Learning Objectives**
   - Recognize coping skills as useful to preventing or managing stress.
   - Practice coping skills/methods such as: behavior modification, cognitive restructuring, time management, humor, communication.
   - Implement a coping skill to help prevent or manage stress.

7. **Practice relaxation techniques.**

   **Learning Objectives**
   - Recognize relaxation techniques as useful to preventing or managing stress.
   - Experience relaxation techniques such as: breathing, yoga, visualization, music, massage, meditation, progressive muscle relaxation, autogenic training, mindfulness.
   - Implement a relaxation technique to help prevent or manage stress.

8. **Examine complementary and alternative approaches to stress management.**

   **Learning Objectives**
   - Analyze information on a complementary/alternative approach to stress management.
   - Examine information on a complementary/alternative approach to stress management as it relates to the physiological, cognitive or emotional responses to stress.
   - Discuss the benefits and risks of utilizing a complementary/alternative approach to stress management.

9. **Apply stress management techniques to prevent and/or reduce the effects of personal stress.**

   **Learning Objectives**
   - Identify sources of personal stress.
   - Match personal stressors with coping skills and/or relaxation techniques that may help alleviate the effects of stress.
   - Evaluate the personal effectiveness of coping skills and/or relaxation techniques.
   - Implement a personal stress management plan.

**SCC Accessibility Statement**
South Central College strives to make all learning experiences as accessible as possible. If you have a disability and need accommodations for access to this class, contact the Academic Support Center to request and discuss accommodations. North Mankato: Room B-132, (507) 389-7222; Faribault: Room A-116, (507) 332-7222.

Additional information and forms can be found at: www.southcentral.edu/disability

This material can be made available in alternative formats by contacting the Academic Support Center at 507-389-7222.