



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

Instruction Type

Lecture

Credits/Hours

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.