

## **KNLS 222**

### **Stress Management for Human Performance**

3 Credits

## Community College of Baltimore County Common Course Outline

### **Description**

**KNLS 222– Stress Management for Human Performance:** explores how the mind, body, and physical performance are affected by stress and muscle tension. Students examine the effects of stress on various body systems, learn to identify factors that influence the onset of mental and physical stress-related illnesses, and explore the relationship between stress-related muscle tension and fitness and/or sport performance. Students participate in weekly experiential application of neurological-response manipulation techniques.

**Pre-requisites:** ACLT 052 or ACLT 053 or (ESOL 052 and ESOL 054)

### **Overall Course Objectives**

Upon completion of this course, students will be able to:

1. identify stress-related factors which influence mental and physical illnesses;
2. explore invasive and non-invasive intervention and techniques of stress management;
3. explain active, non-invasive stress management techniques;
4. practice fitness-based stress management techniques;
5. explain the connection between neurological stress-responses and muscle tension and/or physical performance;
6. analyze the impact of personal lifestyle choices on neurological and muscular stress responses;
7. evaluate the significance of nutrition in fitness and sport performance to manage performance-related stress;
8. assess personal risks of stress-inducing behaviors and impact on physical performance;
9. incorporate preventive cognitive and physical stress management interventions in athlete exercise prescriptions;
10. develop proficiency with mindful fitness practices;
11. devise coaching techniques and interventions for athletes affected by stress;
12. evaluate overtraining and burnout in athletes caused by stress;
13. recognize exercise addiction, eating disorders, and negative body image;
14. investigate the relationship between stress and athletic injuries; and
15. develop a plan to improve athletic performance during stressful situations.

### **Major Topics**

- I. Stress-related illnesses

The Common Course Outline (CCO) determines the essential nature of each course.

For more information, see your professor's syllabus.

- II. Stress and human performance
- III. Stress and injury during exercise and/or sports
- IV. Personal risk assessment and plan
- V. Lifestyle connection to stress management
- VI. Preventive techniques in exercise prescription
- VII. Improved performance during stressful situations
- VIII. Sports nutrition
- IX. Mindful fitness-based modalities
- X. Exercise addiction
- XI. Eating disorders
  - a. Anorexia
  - b. Bulimia
- XII. Interventions for stress-related impairments
  - a. Invasive
  - b. Non-invasive
- XIII. Neurological responses to stress
  - a. Cognitive
  - b. Physical
  - c. Human performance

### **Course Requirements**

Grading will be determined by the individual faculty member, but shall include the following, at minimum:

- One written paper with oral presentation
- Three exams
- Nine experiential learning lab reports
- Active participation in experiential learning

Written assignments and research projects: Students are required to use appropriate academic resources in their research and cite sources according to the style selected by their professor.

### **Other Course Information**

Weekly labs require active participation, including appropriate fitness attire.

Students must be reasonably fit to participate and participation may require a physician's clearance.

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