

HLTH 212

Stress Management

3 Credits

Community College of Baltimore County
Common Course Outline

Description

HLTH 212 – Stress Management: explores the nature of stress, examines the factors which may contribute to its manifestation, and determines which of these factors may be operating in students' lives. Students are exposed to a wide variety of healthy coping strategies and engage in relaxation practices. Personal stress management plans are created to reduce stress levels.

Pre-requisites: ENGL 101 or HLTH 101 or PEFT 101 or permission of the program coordinator

Overall Course Objectives

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

1. explain the nature and effects of stress, including the stress response and relaxation response, as described by leading professionals;
2. explain how stress relates to illness and compromises the immune system;
3. relate stress to the six dimensions of wellness;
4. assess current level of stress from a variety of perspectives;
5. appraise personal stressors and stress reactivity patterns;
6. distinguish between effective and ineffective methods for coping with stress;
7. analyze personal lifestyle choices and behaviors from the perspectives of locus of control and self-efficacy;
8. explain how perception and emotion impact the stress response;
9. characterize healthy relationships and effective communication;
10. prioritize the values most important in their lives;
11. practice a wide variety of relaxation techniques to induce the relaxation response;
12. integrate a wide variety of stress management techniques into daily life; and
13. create a personal stress management plan that includes time management, cognitive techniques, relaxation, nutrition, and exercise...

Major Topics

- I. The nature of stress and stress as a natural survival response
- II. The disease models and the impact of chronic stress
- III. The body's psycho-physiological response to stress
- IV. Perception, cognitive restructuring, and how thoughts affect mood and attitude
- V. Healthy lifestyles and developing plans of action
 - a. Nutrition
 - b. Exercise

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For more information, see your professor's syllabus.

- VI. Presentation and practice of a wide variety of relaxation techniques
- VII. Social support, relationships, and communication
- VIII. Clarification of values
- IX. Management for reducing stress
 - a. Time management
 - b. Money management
 - c. Management of emotions

Course Requirements

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

- one written or oral research assignment
- two examinations
- four written assignments, including but not limited to stress assessments, self-reflection papers, and relaxation journals
- attendance and active participation are required to meet course objectives

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.

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