

**J. Sargeant Reynolds Community College
Course Content Summary**

Course Prefix and Number: HLT 215

Credits: 3

Course Title: Personal Stress and Stress Management

Course Description: Provides a basic understanding of stress and its physical, psychological, and social effects. Includes the relationships between stress and change, self-evaluation, sources of stress, and current coping skills for handling stress. Lecture 3 hours per week.

General Course Purpose: This course will discuss the harmful risks of stress on an organism and how stress exerts a summative effect on the human body both positively and negatively.

Course Prerequisites and Co-requisites:

None

Student Learning Outcomes:

Upon completing the course, the student will be able to

- a. Determine the nature of stress and its psychophysiological effects;
- b. Demonstrate competency in time management and relaxation techniques;
- c. Ascertain the importance of modifying stressful lifestyles and develop appropriate nutrition and exercise programs; and
- d. Differentiate among various stress management techniques and be able to apply appropriate intervention techniques as indicated.

Major Topics to Be Included:

- a. Determinants of Stress, Stress Psychophysiology, Stress and Illness
- b. Life Situation and Perception Interventions
- c. Time Management
- d. Relaxation Techniques
- e. Modifying Stressful Lifestyles and Health Behaviors
- f. Beneficial Effects of Nutrition and Exercise
- g. Applications of Stress Management Techniques: College Student, Sex Role, Occupational, Family, and Aging

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