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

Date Created/Updated (Month, Day, and Year): January 30, 2019