

**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. The assignments in the course require college-level reading fluency and coherent communication through written reports. Lecture 3 hours. Total 3 hours per week. 3 credits

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

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

Major Topics to Be Included:

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

Effective Date/Updated: January 30, 2019