

Minnesota State University Moorhead

UNIV 145: Stress Management

A. COURSE DESCRIPTION

Credits: 1

Lecture Hours/Week: 1

Lab Hours/Week: *.*

OJT Hours/Week: *.*

Prerequisites: None

Corequisites: None

MnTC Goals: None

In this course students will explore the sources and effects of stress. They will identify societal pressures and personal choices that lead to stress disease and learn the physiological effects of stress on an individual's health. Students will identify current and potential sources of stress in their own lives and learn stress management techniques to develop a stress resistant lifestyle.

B. COURSE EFFECTIVE DATES: 02/17/2013 - Present

C. OUTLINE OF MAJOR CONTENT AREAS

D. LEARNING OUTCOMES (General)

1. Choose and practice appropriate stress management techniques to reduce personal stressors and enhance resilience.
2. Recognize and combat cognitive messages that exacerbate personal stress levels.
3. Recognize social changes that lead to stress disease in the population and identify personal sources of stress.
4. Understand the physiological effects of stress on an individual's health.

E. Minnesota Transfer Curriculum Goal Area(s) and Competencies

None

F. LEARNER OUTCOMES ASSESSMENT

As noted on course syllabus

G. SPECIAL INFORMATION

None noted