

# North Hennepin Community College

## HLTH 1050: Stress Management

### A. COURSE DESCRIPTION

Credits: 3

Lecture Hours/Week: \*.\*

Lab Hours/Week: \*.\*

OJT Hours/Week: \*.\*

Prerequisites: None

Corequisites: None

MnTC Goals: None

Stress is one of the most commonly referred to, but least understood, of all health problems. This class is designed to examine the differences between stress and personal challenges with an emphasis on the importance of the role of perception in distinguishing between the two. This course will also examine the many common sources of stress for most people and practice strategies for managing these stressors. The students will also discover how to control their stress instead of letting their stress control them.

**B. COURSE EFFECTIVE DATES:** 08/26/2004 - Present

### C. OUTLINE OF MAJOR CONTENT AREAS

1. Definition of Stress
2. Holistic Basis of stress
3. Time Management Skills
4. Physiological and Psychological effects of Stress
5. Stress Management Techniques
6. Additional Techniques to Deal with Personal Stressors

### D. LEARNING OUTCOMES (General)

1. Recognize the goal of stress management (NHCC Core Ability Critical Thinking- comps a-d; NHCC Core Ability Ethical and Civic Responsibility-comp c; NHCC ELOs 1, 2)
2. Identify the physiological and psychological changes due to stress (NHCC Core Ability Critical Thinking- comps a-d; NHCC Core Ability Ethical and Civic Responsibility-comp c; NHCC ELOs 1, 2)
3. Improve time management techniques (NHCC Core Ability Critical Thinking- comps a-d; NHCC Core Ability Ethical and Civic Responsibility-comp c;d;e; NHCC ELOs 2, 3, 4)
4. Compare and contrast the relationship between stress, disease, and health (NHCC Core Ability Critical Thinking- comps a-d; NHCC Core Ability Ethical and Civic Responsibility-comp c;d;e; NHCC ELOs 1, 2, 4)
5. Practice stress management techniques (NHCC Core Ability Critical Thinking- comps a-d; NHCC Core Ability Ethical and Civic Responsibility-comp c;d;e; MnTC Goal 10-comp c;e; NHCC ELOs 1, 3, 4)
6. Assess the personal relationship between life-style behaviors, stress and society. (NHCC Core Ability Critical Thinking- comps a-d; NHCC Core Ability Ethical and Civic Responsibility-comp b; c;d;e; MnTC Goal 10-comp c;e; NHCC ELOs 1, 2, 3, 4)

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

None

## **F. LEARNER OUTCOMES ASSESSMENT**

As noted on course syllabus

## **G. SPECIAL INFORMATION**

1. Knowledge of Human Cultures and the Physical and Natural World--Through study in the sciences, mathematics, social sciences, humanities, histories, languages, the arts, technology and professions.
2. Intellectual and Practical Skills--Including: Inquiry and analysis; Critical and creative thinking; Written and oral communication; Quantitative literacy; Information literacy; Teamwork and problem solving.
3. Personal and Social Responsibility and Engagement--Including: Civic knowledge and involvement--campus, local and global; Intercultural knowledge and competence; Ethical reasoning and action; Foundations and skills for lifelong learning.
4. Integrative and Applied Learning--Including: Synthesis and advanced accomplishment across general education, liberal studies, specialized studies and activities in the broader campus community.