HLTH 1225: Stress Management

A. COURSE DESCRIPTION
   Credits: 2
   Lecture Hours/Week: 2
   Lab Hours/Week: 0
   OJT Hours/Week: *.*
   Prerequisites: None
   Corequisites: None
   MnTC Goals: None
   This course will explore the many ways that stress affects us both physically and emotionally. Students will learn to identify personal stressors and learn holistic methods to reduce the impact of stress in their lives. Topics will include stress response, impact of stress, coping and managing, and techniques for relaxation and wellness. Students will learn about awareness, implement relaxation exercises, create personal inventories and design personal plans. (Prerequisite: none) (2 credits: 2 lecture/0 lab)

B. COURSE EFFECTIVE DATES: 02/02/2017 - Present

C. OUTLINE OF MAJOR CONTENT AREAS
   1. Stress
   2. Coping
   3. Relaxation

D. LEARNING OUTCOMES (General)
   1. Describe and explain the nature of stress, the stress response (fight or flight), causes of stress, the relationship between stress, disease, and a holistic approach to stress managements
   2. Assess and describe the impact of stress on one's body, mind, spirit, and emotions, including burnout and overload
   3. Identify, describe, and practice research-based coping strategies and relaxation techniques that empower the student to more effectively address life’s stress
   4. Develop a personal stress plan to incorporate coping strategies and relaxation techniques, to change behaviors which contribute to stress, to make changes to situations that can be changed, and to effectively cope with situations that cannot be changed

E. Minnesota Transfer Curriculum Goal Area(s) and Competencies
   None

F. LEARNER OUTCOMES ASSESSMENT
   As noted on course syllabus

G. SPECIAL INFORMATION
   None noted