

Anoka-Ramsey Community College

PSYC 1115: Stress Management

A. COURSE DESCRIPTION

Credits: 3

Lecture Hours/Week: 3

Lab Hours/Week: 0

OJT Hours/Week: *.*

Prerequisites: None

Corequisites: None

MnTC Goals: Goal 02 - Critical Thinking

(Cross-listed with HPER 1115)

(MnTC Goal 2)

This course is designed to provide students with a scientific basis for understanding stress along with pragmatic tools for dealing with stress in real-life situations. Students will learn about theories and research to gain a better understanding of stress and will also gain direct experience using stress-management techniques such as breathing control, meditation, perception and thought modification, nutrition, exercise, time management, and many others.

B. COURSE EFFECTIVE DATES: 06/01/1998 - Present

C. OUTLINE OF MAJOR CONTENT AREAS

1. Definition of stress and approaches to studying it through history
2. Physiological, psychological, and social components of stress and the relationship to holistic health
3. Stress assessment and goal setting
4. Physiological aspects of stress and coping (nervous system, endocrine system, immune system, nutrition, exercise, breathing techniques, muscle relaxation)
5. Cognitive aspects of stress and coping (perception, appraisal, cognitive restructuring)
6. Personality aspects of stress (traits, stress vulnerability, hardiness)
7. Social aspects of stress and coping (relationships, communication, assertiveness)
8. Other techniques and strategies for effective stress management (goal setting/values clarification, time management, imagery, meditation, etc.)

D. LEARNING OUTCOMES (General)

1. Understand the concept of stress from a variety of theoretical and research perspectives (physiological, psychological, social)
2. Connect the various components of the stress concept to a holistic health framework
3. Gather relevant data to assess personal stress dimensions to formulate a stress-management plan that includes goal setting, data collection, and evaluation of outcomes
4. Understand and apply a wide range of stress-management techniques from a variety of perspectives (physiological, cognitive, personality, social)
5. Evaluate the effectiveness of stress-management techniques in a personal context while learning to customize methods to maximize personal effectiveness

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

Goal 02 - Critical Thinking

1. Gather factual information and apply it to a given problem in a manner that is relevant, clear, comprehensive, and conscious of possible bias in the information selected.
2. Imagine and seek out a variety of possible goals, assumptions, interpretations, or perspectives which can give alternative meanings or solutions to given situations or problems.
3. Analyze the logical connections among the facts, goals, and implicit assumptions relevant to a problem or claim; generate and evaluate implications that follow from them.
4. Recognize and articulate the value assumptions which underlie and affect decisions, interpretations, analyses, and evaluations made by ourselves and others.

F. LEARNER OUTCOMES ASSESSMENT

As noted on course syllabus

G. SPECIAL INFORMATION

None noted