

KIN A288: STRESS MANAGEMENT THEORY AND APPLICATION

Item	Value
Curriculum Committee Approval Date	04/08/2020
Top Code	127000 - Kinesiology
Units	3 Total Units
Hours	54 Total Hours (Lecture Hours 54)
Total Outside of Class Hours	0
Course Credit Status	Credit: Degree Applicable (D)
Material Fee	No
Basic Skills	Not Basic Skills (N)
Repeatable	No
Grading Policy	Standard Letter (S)

Course Description

This course is designed to give students an understanding of physiological and mental determinants and manifestations of stress. Topics include the nature and physiology of stress, mental stress, stress as it relates to disease, emotions, and personality, behavior modification, communication, time management, with emphasis placed on physical activity and nutrition. Students are also introduced to a variety of stress management techniques including imagery, progressive muscle relaxation, biofeedback, centering, breathing exercises, yoga, and meditation. Transfer Credit: CSU; UC: Credit Limitation: Any or all of these HLED, KIN, PE Theory courses combined: maximum credit, 8 units.

Course Level Student Learning Outcome(s)

1. Students will be able to identify and apply three appropriate stress management techniques into their lives.
2. Demonstrate the application of progressive relaxation, autogenics, and stretching exercises that help alleviate daily and life event stressors.
3. Demonstrate an understanding of the major sources and types of stress in students lives.
4. Students will compose a self-evaluation of how they will continue to use the information, and stress management techniques they have learned throughout their lives.

Course Objectives

- 1. Identify the physiological aspects of the stress response and its effects on the human body.
- 2. Evaluate what is causing stress and isolate its physical and psychological manifestations.
- 3. Analyze the different types of stress (i.e. chronic vs. acute stress) and the normal stresses of daily life.
- 4. Evaluate the differences between two stress-induced emotions of anxiety and anger.
- 5. Organize a relaxation program to meet specific individual objectives.
- 6. Students will be able to identify and apply three stress management techniques.
- 7. Identify the nutritional needs for the body during stressful events.

- 8. Design and implement a personalized stress management program.

Lecture Content

Introduction to Stress and Health Relationship between stress and health Defining stress, health and wellness Stress terminology Stress assessments The Nature of Stress Times of change and uncertainty Stress response Types of stressors Science of Stress Central nervous system Autonomic nervous system Hormones and neurotransmitters The Stress Managing Emotions: Anger, Anxiety, Fear, and Joy Anatomy of anger Anatomy of anxiety and fear Joy, eustress, and the art of happiness Stress-Prone and Stress-Resistant Personality Traits Behavior types Managing Stress: Coping Strategies Cognitive restructuring: reframing Behavior modification Time management Humor therapy Communication skills Health habits as stress buffers including: Physical exercise Nutrition Sleep Healthy pleasures Quieting the Mind and Body Relaxation Breathing Meditation Current Research Biofeedback Stress management and health outcomes Case studies pertaining to stress management

Method(s) of Instruction

- Lecture (02)
- DE Online Lecture (02X)

Instructional Techniques

Methods of instruction used to achieve student learning outcomes may include, but are not limited to: Course type: scheduled lecture hours Observation Guest speakers Show instructional videos Lecture Discussion Guest speakers Audio/visual aids Self-assessment inventories Practice of relaxation techniques

Reading Assignments

Students will spend approximately 2 - 4 hours a week reading from the text book and articles from peer reviewed journals and research articles

Writing Assignments

Students will spend approximately 1 – 2 hours per week be required to complete written assignments including weekly in-class practical application assignments, self-assessment questionnaires, and the identification of stressors during everyday life.

Out-of-class Assignments

Students will spend 1-2 hours a week completing individual and group assessments of personal stressors and coping styles. Group projects will be assigned in which students examine, compare, and contrast various philosophies related to stress and health.

Demonstration of Critical Thinking

Group projects will be assigned in which students examine, compare, and contrast various philosophies related to stress and health. Written assignments and activities will require students to analyze basic principles of stress management and propose solutions to current topics related to stress. Assessment of personal stressors and coping style will be assigned to assist students in evaluating personal behaviors and creating a personal stress management plan.

Required Writing, Problem Solving, Skills Demonstration

Weekly in-class practical application assignments Self-assessment questionnaires The identification of stressors during everyday life

Eligible Disciplines

Kinesiology: Masters degree in kinesiology, physical education, exercise science, education with an emphasis in physical education, kinesiology, physiology of exercise, or adaptive physical education OR Bachelors degree in any of the above AND Masters degree in any life science, dance physiology, health education, recreation administration or physical therapy OR the equivalent.

Textbooks Resources

1. Required Seaward, Brian. Managing Stress, Principles and Strategies for Health and Well-Being, 9th ed. Burlington, MA: Jones and Bartlett Learning, 2017