

**J. Sargeant Reynolds Community College
Course Content Summary**

Course Prefix and Number: HLT 215

Credits: 3

Course Title: Personal Stress and Stress Management

Course Description (including lecture hours, lab hours, total contacts)

Provides a basic understanding of stress and its physical, psychological, and social effects. Includes the relationships between stress and change, self-evaluation, sources of stress, and current coping skills for handling stress. Lecture 3 hours per week.

General Course Purpose

This course will engage the person as to the harmful risks of stress on the organism and how it exerts a summative effect on the human body both positively and negatively.

Course Prerequisites/Corequisites (*Entry-level competencies **required** for enrollment*): none

Course Objectives (Each item should complete the following sentence.)

Upon completing the course, the student will be able to:

- a. determine the nature of stress and its psychophysiological effects.
- b. demonstrate competency in time management and relaxation techniques.
- c. ascertain the importance of modifying stressful lifestyles and will be able to develop appropriate nutrition and exercise programs.
- d. differentiate among various stress management techniques and be able to apply appropriate intervention techniques as indicated.

Major Topics to be Included

- a. Determinants of Stress, Stress Psychophysiology, Stress and Illness
- b. Life Situation and Perception Interventions
- c. Time Management
- d. Relaxation Techniques
- e. Modifying Stressful Lifestyles and Health Behaviors
- f. Beneficial Effects of Nutrition and Exercise
- g. Applications of Stress Management Techniques: the College Student, Sex role, Occupational, the Family, and Aging.

Effective Date of Course Content Summary (Month, Date Year): August 1, 2008