

OHLONE COLLEGE
Ohlone Community College District
OFFICIAL COURSE OUTLINE

I. Description of Course:

1. **Department/Course:** HLTH - 125
2. **Title:** Stress Management
3. **Cross Reference:**
4. **Units:** 2
Lec Hrs: 2
Lab Hrs:
Tot Hrs: 36.00
5. **Repeatability:** No
6. **Grade Options:** Letter Grade, May
Petition for Pass/No Pass (GP)

7. **Degree/Applicability:**
Credit, Degree Applicable, Not
Transferable (D)
8. **General Education:** District General
Education (Plan A)
V-B. Wellness
9. **Field Trips:** Not Required
10. **Requisites:**
Advisory
Ability to read and write English at a
college level is highly recommended.

12. Catalog Description:

This course is a theoretical and experiential approach for incorporating stress management into your daily life. Understand the stressors in your life, the physical and psychological implications of that stress, prevention strategies and stress reduction techniques.

13. Class Schedule Description:

A theoretical and experiential approach for incorporating stress management into your daily life.

14. Counselor Information:

This course is open to all students. The goal is for the course to be added to the GE Plan A Wellness category.

II. Student Learning Outcomes

The student will:

1. Explain the stress response, terminology of stress, the physiological response to stress, and the dimensions of health.
2. Assess personal sources of stress.
3. Demonstrate and practice the concepts of mindfulness and meditation.
4. Demonstrate and practice a variety of stress prevention strategies, including time management, cognitive restructuring, and locus of control.
5. Examine and practice a variety of stress reduction techniques including breathing exercises, autogenics, progressive relaxation, guided imagery, and yoga.

III. Course Outline:

A. Introduction to Stress

1. Terminology: stressor, eustress, distress, acute and chronic stress
2. Dimensions of Health
 - a. Physical Health
 - b. Intellectual Health
 - c. Emotional Health
 - d. Spiritual Health
 - e. Social Health
3. Sources of Stress
 - a. Time management
 - b. Personal expectations
 - c. Family
 - d. Employment
 - e. School
 - f. Relationships
 - g. Physical Health
 - h. Environmental

B. Self Assessment

C. Understanding Stress

1. The Science of Stress
 - a. The Fight or Flight Response
 - b. Physiological Response to Stress
 - c. The General Adaptation Syndrome

D. The Mind-Body Connection

1. Psychological Health
2. The Role of Chronic Stress in Disease

E. Stress Prevention Strategies

1. Cognitive Restructuring
2. Locus of Control
3. Self Efficacy
4. Mindfulness
5. Managing Emotions
6. Values Clarification
7. Spirituality
8. Time and Life Management
9. Social Support
10. Relationships and Communication
11. Creating a Healing Environment
12. Healthy Lifestyles

F. Stress Reduction Techniques

1. Relaxation
2. Breathing Exercises
3. Autogenics
4. Guided Imagery
5. Yoga
6. Progressive Relaxation
7. Complementary and Alternative Health

IV. Course Assignments:

A. Reading Assignments

1. Readings from text and journals.

B. Projects, Activities, and other Assignments

1. Completion of homework assignments.
2. Development of a personal stress management plan.

C. Writing Assignments

1. Maintenance of a daily journal reflecting on experiences and feelings as stress patterns are identified and managed.
2. Written responses to online discussion topics.

V. Methods of Evaluation/Assessment:

- A. Maintenance of journal that meets course criteria (SLO 3,4, and 5)
- B. Development of a personal stress management plan (SLO 3,4,and 5)
- C. Written assessments (SLO 1 and 2)

VI. Methods of Instruction:

- A. Lecture
- B. Discussion
- C. Demonstration
- D. Audiovisual
- E. Computer Assisted Instruction
- F. Collaborative Learning

VII. Textbooks:

Recommended

1. Michael Olpin and Margie Hesson *Stress Management for Life* 1st Edition, Thomson Brooks/Cole, 2007 ISBN: 0-534-64476-7

Supplemental

VIII. Supplies: