

Course Objectives/Course Outline
Spokane Community College

Course Title: Stress Management

Prefix and Course Number: HLTH 104

Course Learning Outcomes:

By the end of this course, a student should be able to:

- Understand body physiological processes as they relate to fight or flight response
- Describe the risk factors as they relate to stress and numerous types of disease
- Describe healthy vs. unhealthy relationships and how they contribute to or reduce stress
- Identify the difference between healthy and unhealthy coping mechanisms
- Self-assess stressors in their lives and the affects of these stressors
- Demonstrate how exercise can burn stress chemicals
- Describe the value of time management skills
- Identify stress producing behaviors and develop a plan to change that behavior
- Demonstrate the “Relaxation Response” through various methods
- Describe and evaluate the impact of social support systems as it relates to personal health issues

Course Outline:

- I. Stress Assessments
 - A. Personal Evaluations
 - B. “One Nation Under Stress”
- II. Stress and Disease
 - A. Stress Physiology
 - B. Immune System Function
- III. Life Situations
 - A. Interpersonal
 - B. Time Managements
- IV. Relaxation Techniques
 - A. Meditation
 - B. Autogenics
 - C. Progressive Relaxation
- V. Stress
 - A. Occupational
 - B. Student
 - C. Family
 - D. Financial

