

Spokane Falls Community College
COURSE LEARNING OUTCOMES AND OUTLINE

Prefix and Course Number: FLM 315

Course Title: ADVANCED STRESS MANAGEMENT

Version Date: 11/14/18

Course Learning Outcomes

Learning Outcomes

1. Conduct a comprehensive stress assessment
2. Identify the steps involved developing and implementing a stress management plan
3. Identify and define the major types of stress
4. Develop and implement strategies to address all forms of stress

Course Outline:

A Conduct Comprehensive Stress Assessment

- A1 Define the major domains (related to stress) to be assessed
- A2 Conduct assessment using various instruments

B Create a Stress Management Action Plan

- B1 Describe the steps to building healthy habits
- B2 Create a plan that considers all data gathered from the initial assessment
- B3 Prioritize domains according score, client needs and goals

C Execute Stress Management Action Plan

- C1 Establish effective strategies designed to achieve goals
- C2 Discuss possible obstacles to success and how to overcome them
- C3 Create a strategy to develop a support system

D Develop and Implement Strategies to Address All Forms of Stress

- D1 Develop strategies to address chemical stress
- D2 Develop strategies to address electromagnetic stress
- D3 Develop strategies to address thermal stress
- D4 Develop strategies to address nutritional stress
- D5 Develop strategies to address mental stress
- D6 Develop strategies to address physical stress