



MASTER COURSE OUTLINE

A. PSYC 1116 Stress Management

B. COURSE DESCRIPTION:

This course provides an overview of the physical and psychological effect of stressors on the individual; the connection between stress, health and disease; and several methods of decreasing the negative effect of stress on the individual's health. Each student will be encouraged to identify and explore potential areas of stress in the student's own life. In addition, each student will have the opportunity to explore and practice several stress reduction methods that may be adopted into the student's lifestyle.

(1 Cr - 1 lect, 0 lab)

C. **Core Theme: Critical Thinking

D. RIVERLAND INSTITUTIONAL LEARNING OUTCOMES:

This course addresses the following Riverland Institutional Learning Outcome(s):

- ☒ ILO 1: critical thinking (*Core Theme Goal 2*)
- ☐ ILO 2: awareness of the larger global community (*Core Theme Goal 7 or 8*)
- ☐ ILO 3: ethical, engaged citizenship (*Core Theme Goal 9 or Goal 10*)
- ☐ ILO 4: communication and collaboration (*Discipline Goal 1 and by any learning outcome(s) involving communication or collaboration*)

E. MAJOR CONTENT AREAS:

- The Nature of Stress
 - Definitions of stress
 - Physical effects
 - Psychological effects
- Lifestyle and Stress
- The Connection Between Stress, Health and Disease
- Coping With Stress
 - Changing the source(s) of stress
 - Changing the perception of stress
 - Changing the stress response

F. GOAL TYPE, OBJECTIVES, AND OUTCOMES:

<u>GOAL TYPE</u>	<u>OBJECTIVES</u>	<u>OUTCOMES</u>
	Students will be able to	The student will successfully
**Critical Thinking	gather factual information and apply it to a given problem in a manner that is relevant, clear, comprehensive, and conscious of possible bias in the information selected	1. list and describe a personal stress management plan utilizing the information obtained in this course, steps

		the student will take to implement the plan, and possible problems or impediments to implementing the plan.
<u>CS</u>	explore the meaning and nature of stress.	1. define stress in general and discuss the meaning of stress in the student's personal life.
<u>CS</u>	describe the physical and psychological effects of stress.	1. list and explain the physical and psychological effects of stress on the individual.
<u>CS</u>	describe the relationship between lifestyle and different levels of stress.	1. identify and explain the lifestyle choices within the student's own life that increase and/or decrease the student's level of stress.
<u>CS</u>	describe the relationship between stress, health and disease.	1. list and explain the results of research studies that identify relationships between level of stress, level of health, and presence of disease.
<u>CS</u>	explore medical, physical and psychological approaches to reducing stress and the effects of stress.	1. compare and contrast currently recommended medical, physical and psychological approaches to coping with stress.

G. SPECIAL INFORMATION:

This course may require use of the Internet, the submission of electronically prepared documents and the use of a course management software program. Students who have a disability and need accommodations should contact Accessibility Services at the beginning of the semester. This information will be made available in alternative format, such as Braille, large print, or current media, upon request.

H. COURSE CODING INFORMATION:

Course Code D/Class Maximum 48; Letter Grade.

Revision date: 03/10/15; 09/16/22

AASC Approval date: 04/21/15; 10/18/22

*Riverland Community College Disciplines	MnTC Goal Number
Communication	1
Natural Sciences	3
Mathematics/Logical Reasoning	4
History and the Social & Behavioral Sciences	5
Humanities and Fine Arts	6

**Riverland Community College Core Themes	MnTC Goal Number
Critical Thinking	2
Human Diversity	7
Global Perspective	8
Ethical and Civic Responsibility	9
People and the Environment	10

*These five MnTC Goals have been identified as Riverland Community College Disciplines.

** These five MnTC Goals have been identified as Riverland Community College Core Themes.

***The Minnesota Transfer Curriculum “10 Goal Areas of Emphasis” are reflected in the five required discipline areas and five core themes noted in the Riverland Community College program of study guide and/or college catalog.