Course Outline

COURSE:  KIN 92       DIVISION:  40       ALSO LISTED AS:  HE 92

TERM EFFECTIVE:  Fall 2019  CURRICULUM APPROVAL DATE:  03/12/2019

SHORT TITLE: STRESS MANAGEMENT

LONG TITLE: Stress Management

<table>
<thead>
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<th>Units</th>
<th>Number of Weeks</th>
<th>Type</th>
<th>Contact Hours/Week</th>
<th>Total Contact Hours</th>
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<td>Lecture:</td>
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<td>Lab:</td>
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<td>Other:</td>
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COURSE DESCRIPTION:

This course examines the stress process and its relationship to health, disease, lifestyle and the sociocultural environment. Stress across ones lifespan will be examined with emphasis on available resources and stress management strategies.

PREREQUISITES:

COREQUISITES:

CREDIT STATUS: D - Credit - Degree Applicable

GRADING MODES
L - Standard Letter Grade
P - Pass/No Pass

REPEATABILITY: N - Course may not be repeated

SCHEDULE TYPES:
02 - Lecture and/or discussion
05 - Hybrid
72 - Dist. Ed Internet Delayed
STUDENT LEARNING OUTCOMES:
By the end of this course, a student should:
1. Explain the psychological, physiological, and social/cultural aspects of stress.

2. Incorporate stress management techniques into one's lifestyle, with particular emphasis on identifying and utilizing available college resources to support academic, personal, and social development, and reduce stress associated with the transition to a college environment.

3. Describe the stress process and its relationship to health and disease.

CONTENT, STUDENT PERFORMANCE OBJECTIVES, OUT-OF-CLASS ASSIGNMENTS
Curriculum Approval Date: 03/12/2019
6 Hours
Content: Welcome; Course Syllabus; Expectations; Student Introductions; Introduction to Stress; What is Stress (CH 1); Stress Psychophysiology (CH 2)
Student Performance Objectives: Define stress and stressors. List what personally causes you stress.
3 Hours
Content: Stress Psychophysiology Continued (CH 2)
Student Performance Objectives: Describe what you know about stress psychophysiology.
3 Hours
Content: Meditation (CH 10); Autogenic Training, Imagery, and Progressive Relaxation (CH 11)
Student Performance Objectives: Define meditation. Identify the various types of meditation and list their benefits. Discuss the process of meditation. State the benefits of autogenic training. State the benefits of progressive relaxation.
3 Hours
Content: Autogenic Training, Imagery, and Progressive Relaxation Continued (CH 11)
Student Performance Objectives: Explain how to do autogenic training. Explain how to do progressive relaxation. Discuss which of the three relaxation techniques presented might work for you and why.
3 Hours
Content: Stress and Illness/Disease (CH 3)
Student Performance Objectives: List and describe specific health conditions stress may cause. Describe stress response and its relationship to health, disease, quality of life, and well-being.
3 Hours
Content: Exam (CH 1, 2, 3, 10, 11); Stress and the College Student (CH 4)
Student Performance Objectives: Identify stressors experienced throughout the life span, with particular emphasis on stressors experienced by: the younger college student, the older college student, and the minority college student.
3 Hours
Content: Stress and the College Student Continued (CH 4); Gavilan College Resources
Student Performance Objectives: Identify and utilize available college resources to enhance academic, personal, and social development; and reduce stress that may be associated with the transition to a college environment.
3 Hours
Content: Gavilan College Resources Continued; Intervention (CH 5)
Student Performance Objectives: Identify and utilize available college resources to enhance academic, personal, and social development; and reduce stress that may be associated with the transition to a college environment. State what eustressors you have experienced.
Content: Gavilan College Resources Continued; Life-Situation Interventions: Intrapersonal (CH 6)
Student Performance Objectives: Identify and utilize available college resources to enhance academic, personal, and social development; and reduce stress that may be associated with the transition to a college environment. Discuss how you can eliminate unnecessary stressors.

Content: Life-Situation Interventions: Interpersonal ? Communication, Conflict Resolution, Time Management (CH 7)
Student Performance Objectives: Analyze how assertive you are. Investigate how you resolve conflicts. Evaluate your communication skills. Assess your time management techniques.

Content: Perception Interventions (CH 8); Other Relaxation Techniques (CH 12)
Student Performance Objectives: Explain how stress is caused for you personally and what you will do about it. Develop competency in a variety of specific stress management techniques.

Content: Exam (CH 4, 5, 6, 7, 8, 12); Occupational Stress (CH 16)
Student Performance Objectives: Define occupational stress and state why it is a concern. Determine if you have occupational stress and identify ways to manage this type of stress.

Content: Physiological Arousal Interventions - Healthy Lifestyles (CH 13)
Student Performance Objectives: Appraise the relationship between exercise and health. Name and discuss the principles of exercise. Assess your fitness level and if necessary determine an exercise program appropriate for you.

Content: Strategies for Decreasing Stressful Behaviors (CH 14)
Student Performance Objectives: Recognize methods for decreasing stressful behaviors. Discuss the behavior change theories.

Content: Diversity and Stress (CH 15)
Student Performance Objectives: Discuss your experiences with diverse groups and individuals. Discuss stressors unique to diverse groups and gain personal awareness of behaviors and values of others from diverse backgrounds.

Content: Family Stress (CH 17)
Student Performance Objectives: Identify family stressors specific to your life. Discuss family stress interventions.

METHODS OF INSTRUCTION:
Lecture, discussion, multi-media presentation, guest speaker.

OUT OF CLASS ASSIGNMENTS:
Required Outside Hours: 45
Assignment Description: Read related textbook chapters. Study for exams.

Required Outside Hours: 36
Assignment Description: Complete written assignments such as Journal and Paper.

Required Outside Hours: 27
Assignment Description: Homework: Such as Worksheet Assessments and College Resources information sheets.
METHODS OF EVALUATION:
Writing assignments
Percent of total grade: 40.00 %
30% - 50% Journal, Paper
Problem-solving assignments
Percent of total grade: 20.00 %
10% - 30% Worksheets, College Resources
Objective examinations
Percent of total grade: 30.00 %
20% - 40% Exams
Other methods of evaluation
Percent of total grade: 10.00 %

REPRESENTATIVE TEXTBOOKS:
Required Representative Textbooks
ARTICULATION and CERTIFICATE INFORMATION

Associate Degree:

CSU GE:
CSU E, effective 201970

IGETC:

CSU TRANSFER:
Not Transferable

UC TRANSFER:
Not Transferable

SUPPLEMENTAL DATA:

Basic Skills: N
Classification: Y
Noncredit Category: Y
Cooperative Education: N
Program Status: 1 Program Applicable
Special Class Status: N
CAN: 
CAN Sequence: 
CSU Crosswalk Course Department: KIN
CSU Crosswalk Course Number: 69
Prior to College Level: Y
Non Credit Enhanced Funding: N
Funding Agency Code: Y
In-Service: N
Occupational Course: E
Maximum Hours: 
Minimum Hours: 
Course Control Number: CCC000603155
Sports/Physical Education Course: N
Taxonomy of Program: 083500