

# Common Course Outline

## HLTH 111

### Stress/Tension Management

3 Semester Hours:

## The Community College of Baltimore County

### Description

#### Stress/Tension Management

Studies the nature of stress; examines the factors which may contribute to its manifestation, and determine which of these factors may be operating in students' lives.

Corequisite: RDNG 052

### Overall Course Objectives

Upon successful completion of this course the student will be able to:

1. define the nature and effects of stress including the stress response and relaxation response as described by Hans Selye;
2. describe how stress triggers individual emotional responses;
3. describe the relationship between self-esteem and the stress-response;
4. explain how diet affects the stress response;
5. identify one • thinking style and how thought affects anxiety and stress;
6. integrate a wide variety of stress management techniques into one •s everyday life;
7. design and update a personal stress management plan which includes time-management, relaxation techniques, exercise, and diet;
8. identify negative copers and their impact of long-term health;
9. explain how stress compromises the immune system;
10. develop insight into one •s personal stressors and awareness of their own physiological reaction to stress.

### Major Topics

1. The nature of stress • stress as a natural response
2. The disease models • impact of chronic stress
3. The body •s response to stress • psychobiological pathways
4. Anxiety • origins, process, symptoms, management
5. Personality as a stressor • type A and Anxious-Reactive, management techniques
6. Time-Management • components of and impact of stress response
7. Self Esteem • origins, symptoms and management
8. Assertiveness training • benefits of, connection to, stress response
9. Cognitive Restructuring • how thoughts effect mood, attitude and self-esteem
10. Nutrition and exercise • relationship to stress, developing plans of action
11. On-going presentation and practice of management techniques

### Course Requirements

1. Completion of required assignments by time deadline.
2. Participation in classroom group relaxation activities
3. A minimum of one written and one oral examination
4. Oral presentations to class, with question/answer period

### **Other Course Information**

The Community College of Baltimore County is committed to providing a high-quality learning experience that results in a growth in knowledge, attitudes, and skills necessary to function successfully as a transfer student, in a career and as a citizen. To accomplish this goal, we maintain high academic standards and expect students to accept responsibility for their individual growth by attending class, completing all homework and other assignments, participating in class activities and preparing for tests.