



El Camino College

COURSE OUTLINE OF RECORD - Official

I. GENERAL COURSE INFORMATION

Subject and Number: Physical Education 266
Descriptive Title: Stress Management for Healthy Living

Course Disciplines: Physical Education

Division: Health Sciences and Athletics

Catalog Description: This course examines the effects of stress as it relates to work, sports, academics and daily life. Topics include understanding the nature of stress, the physiological and psychological reactions to stress and its effects on health (psychoneuroimmunology), assessments of personal coping styles, strategies for coping effectively with stress, relaxation techniques, mindfulness, and positive self-talk. Emphasis is placed on practical application of stress management techniques in daily life.

Conditions of Enrollment: Recommended Preparation
English 1A

Course Length: Full Term Other (Specify number of weeks):
Hours Lecture: 3.00 hours per week TBA
Hours Laboratory: hours per week TBA
Course Units: 3.00

Grading Method: Letter
Credit Status: Associate Degree Credit

Transfer CSU: Effective Date: Proposed
Transfer UC: No

General Education:
El Camino College: 5 – Health and Physical Education
Term: _____ Other: _____

CSU GE: E - Lifelong Understanding and Self-Development
Term: _____ Other: _____

IGETC: _____

II. OUTCOMES AND OBJECTIVES

A. COURSE STUDENT LEARNING OUTCOMES (The course student learning outcomes are listed below, along with a representative assessment method for each. Student learning outcomes are not subject to review, revision or approval by the College Curriculum Committee)

1. Upon successful completion, students will be able to identify and evaluate major sources and types of stress.
2. Upon successful completion, students will be able to demonstrate the application of progressive relaxation, autogenics, and stretching exercises that help alleviate daily and life event stressors.
3. Upon completion, students will be able to identify and apply three stress management techniques.

The above SLOs were the most recent available SLOs at the time of course review. For the most current SLO statements, visit the El Camino College SLO webpage at <http://www.elcamino.edu/academics/slo/>.

B. Course Student Learning Objectives (The major learning objective for students enrolled in this course are listed below, along with a representative assessment method for each)

1. Identify the physiological aspects of the stress response and its effects on the human body.
Objective Exams
2. Evaluate what is causing stress and isolate its physical and psychological manifestations.
Written homework
3. Analyze the different types of stress i.e. chronic vs. acute stress and the normal stresses of daily life.
Journal (kept regularly throughout the course)
4. Evaluate the differences between stress induced emotions of anxiety, anger, and fear.
Multiple Choice
5. Describe the models of stress and perception.
Written homework
6. Employ an aerobic and strength exercise program as a stress reduction tool.
Field work
7. Identify the nutritional needs for the body during stressful events.
Multiple Choice
8. Analyze a stressful situation and apply stress managing techniques.
Other (specify)
Journal and discuss in class.

III. OUTLINE OF SUBJECT MATTER (Topics are detailed enough to enable a qualified instructor to determine the major areas that should be covered as well as ensure consistency from instructor to instructor and semester to semester.)

Lecture or Lab	Approximate Hours	Topic Number	Major Topic
Lecture	6	I	Introduction to Stress and Health A. Relationship between stress and health B. Defining stress, health and wellness C. Stress terminology D. Stress assessments
Lecture	5	II	The Nature of Stress A. Times of change and uncertainty B. Stress response C. Types of stressors
Lecture	6	III	Science of Stress A. Central nervous system B. Autonomic nervous system C. Hormones and neurotransmitters
Lecture	3	IV	The Stress Managing Emotions: Anger, Anxiety, Fear, and Joy A. Anatomy of anger B. Anatomy of anxiety and fear C. Joy, eustress, and the art of happiness
Lecture	3	V	Stress-Prone and Stress-Resistant Personality Traits A. Behavior types
Lecture	10	VI	Managing Stress: Coping Strategies A. Cognitive restructuring: reframing B. Behavior modification C. Time management D. Humor therapy E. Communication skills
Lecture	12	VII	Health habits as stress buffers including: A. Physical exercise B. Nutrition C. Sleep D. Healthy pleasures
Lecture	9	VIII	Quieting the Mind and Body A. Relaxation B. Breathing C. Meditation
Total Lecture Hours		54	
Total Laboratory Hours		0	
Total Hours		54	

IV. PRIMARY METHOD OF EVALUATION AND SAMPLE ASSIGNMENTS

A. PRIMARY METHOD OF EVALUATION:

Substantial writing assignments

B. TYPICAL ASSIGNMENT USING PRIMARY METHOD OF EVALUATION:

Please submit a two page typed paper, identifying and describing personal top ten stressors. Why is it a stressor? How does the stressor make you feel and what do you do to alleviate the stress? Following, your analysis, develop and implement a personal stress reduction program.

C. COLLEGE-LEVEL CRITICAL THINKING ASSIGNMENTS:

1. Students will develop a relaxation or visualization script to meet specific individual needs.
2. Research and present a stress management technique in class. Explain the technique, provide proof that it is a valid stress management technique, discuss statistics and valid research articles. Present through Prezi, Power Point, or demonstration.

D. OTHER TYPICAL ASSESSMENT AND EVALUATION METHODS:

Objective Exams

Quizzes

Written homework

Class Performance

Multiple Choice

Completion

True/False

Presentation

Journal (kept regularly throughout the course)

V. INSTRUCTIONAL METHODS

Demonstration

Discussion

Group Activities

Guest Speakers

Internet Presentation/Resources

Laboratory

Lecture

Multimedia presentations
Role Play

Note: In compliance with Board Policies 1600 and 3410, Title 5 California Code of Regulations, the Rehabilitation Act of 1973, and Sections 504 and 508 of the Americans with Disabilities Act, instruction delivery shall provide access, full inclusion, and effective communication for students with disabilities.

VI. WORK OUTSIDE OF CLASS

Study
Answer questions
Skill practice
Required reading
Problem solving activities
Written work
Journal

Estimated Independent Study Hours per Week: 6

VII. TEXTS AND MATERIALS

A. UP-TO-DATE REPRESENTATIVE TEXTBOOKS

John Romas and Manoj Sharma. Practical Stress Management. 6th ed. Pearson, 2014.
Jerrold Greenberg. Comprehensive Stress Management. 13th ed. McGraw Hill, 2012.

B. ALTERNATIVE TEXTBOOKS

C. REQUIRED SUPPLEMENTARY READINGS

The Art of Peace and Relaxation Workbook

Brian Luke Seaward

D. OTHER REQUIRED MATERIALS

VIII. CONDITIONS OF ENROLLMENT

A. Requisites (Course and Non-Course Prerequisites and Corequisites)

Requisites	Category and Justification
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B. Requisite Skills

Requisite Skills

C. Recommended Preparations (Course and Non-Course)

Recommended Preparation	Category and Justification
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Course Recommended Preparation
English-1A

D. Recommended Skills

Recommended Skills

Student should be able to read and use critical thinking skills for class discussions and writing assignments. ENGL 1A -
 Read and apply critical-thinking skills to numerous published articles and to college-level, book-length works for the purpose of writing and discussion.
 ENGL 1A -
 Compose multi-paragraph, thesis-driven essays with logical and appropriate supporting ideas, and with unity and coherence.
 ENGL 1A -
 Demonstrate ability to locate and utilize a variety of academic databases, peer-reviewed journals, and scholarly websites.
 ENGL 1A -
 Utilize MLA guidelines to format essays, cite sources in the texts of essays, and compile Works Cited lists.

E. Enrollment Limitations

Enrollment Limitations and Category	Enrollment Limitations Impact
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Course created .

BOARD APPROVAL DATE: 11/20/2017

LAST BOARD APPROVAL DATE: 11/20/2017

Last Reviewed and/or Revised by Danielle Roman on 02/16/2017